



Juicing Diet

Student D, Student E,
Student F

Background

- The juicing diet started to get really popular in 2010 after the documentary, “Fat, Sick, and Nearly Dead” came out.
- Joe Cross was a man 100lbs over weight, loaded up on pills, and suffering from a severe autoimmune disorder.
- Juicing was his idea to have the body heal itself by drinking raw fruits and vegetables. But he also wanted to prove this could cure other things as well.

Guidelines

- See a doctor before starting to make sure there is no “hiding” health problems
- Pick a length you want to do the diet. (It is recommended to do between 2-30 days)
- Alter your eating habits 7-10 days before you start your diet. (no sweetened beverages, etc.)
- Need a juicer
- Avoid food temptations
- Stock up on fruits and vegetables since the first few days some people are weak and tired
- Can supplement with condensed green powder (vitamineral green, green vibrance, incredible greens, or macro greens)

PROS of Juicing

- Lose weight
- If you don't like fruit and vegetables this will help
- Juice is pack full essential vitamins and minerals
- Help remove toxins from the body
- Boost your immune system
- Reduce the risk of cancer and heart disease
- Grocery shopping becomes easy

Cons of Juicing

- You need LOTS of self control, and will power
- Lack of protein might result in loss of muscle mass
- Lack of fiber unless you add pulp back into the juice
- Whole fruits and vegetables cannot be replaced with juicing

Challenges

- People with diabetes
 - Stick to the 80/20 ratio
 - LOTS of water
 - Doctor supervision
- Thyroid Condition
 - Avoid broccoli, kale, cauliflower, radishes, etc
- Pregnancy
 - NO juicing during pregnancy
- Protein?
 - A lot of plant based foods contain a decent amount of protein
- Fiber?
 - Add a little pulp to your juice

Day 1

- Breakfast: Immune Booster
- Snack: Antioxidant Supreme
- Lunch: Total Health Booster
- Snack: Detox
- Dinner: Post-workout Refueler

Daily Totals: Calories: 932

Carbs: 217g, 72.3%

Protein: 16g, 28.6%

Fat: 11g, 15.7%



Day 2

- Breakfast: Ultimate Green Juice
- Snack: Red Tangy Spice
- Lunch: Mexican Style Jugo
- Snack: Power Gulp
- Dinner: Asparagus Delight

Daily Totals: Calories: 937

Carbs: 212g, 70.7%

Protein: 30g, 53.6%

Fat: 5g, 7.1%



Day 3

- Breakfast: Blueberry-Cabbage Power Juice
- Snack: Strawberry Cucumber Juice
- Lunch: Get Your Green On
- Snack: Spinach-Apple Juice
- Dinner: Veggie Delight

Daily Totals: Calories: 671

Carbs: 151g, 50.3%

Protein: 16g, 28.6%

Fat: 5.7%



Day 4

- Breakfast: Beets and Treats
- Snack: Heart Beet
- Lunch: The Anytime Cocktail
- Snack: Green Lemonade
- Dinner: The Wingman

Daily Totals: Calories 1,267

Fat 7.24g, 11.1%

Carbs 387g, 129%

Protein 42.21g, 75.3%



Day 5

- Breakfast: Beet Nik
- Snack: Can't Beet It
- Lunch: Don't Forget Your Roots
- Snack: Hang Under
- Dinner: Red Tangy Spice

Daily Totals: Calories 901

Fat 6.36g, 9.78%

Carbs 269.73g, 89.9%

Protein 32.81g, 58.6%



Day 6

- Breakfast: Morning Glory
- Snack: Banana Heaven
- Lunch: Mean Green
- Snack: Carrots and Apples
- Dinner: Sunset Passion

Daily Totals: Calories: 1206

Fat: 4g, 6.15%

Carbs: 312g, 104%

Protein: 18g, 32.1%



Day 7

- Breakfast: Jolt Juice
- Snack: Melon Juice
- Lunch: Bruschetta Tang
- Snack: Pineapple Mango
- Dinner: Green Machine

Daily Totals: Calories: 659
Carbs: 189g, 63%
Protein: 29g, 51.7%
Fat: 7g, 10.7%



References

- <http://fatsickandnearlydead.com/about.html>
- <http://www.fitday.com/fitness-articles/nutrition/the-risks-and-benefits-of-juicing.html#b>
- <http://www.webmd.com/diet/features/juicing-health-risks-and-benefits>
- <http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/expert-answers/juicing/faq-20058020>
- <http://www.livestrong.com/article/319561-30-day-juice-diet/>
- <http://livinggreenmag.com/2012/05/21/food-health/the-beginners-guide-to-juice-fasting/>

Our Live Demo Sample

Morning Glory:

- 2 Apples
 - 1 Cucumber
 - 1 cup Blueberries
 - 2 cups of Grapes
 - 2 Kale Leaves
 - 1" Ginger
- Roughly chop all ingredients who won't easily fit into the juicer. Chop any thicker root veggies or spices ie ginger and remove outer skin. Add all ingredients into the juicer and enjoy!