



ZION LIFESTYLE FITNESS CHALLENGE

5 DAY JUICE AND MEAL PLAN DETAILS AND GUIDELINES

JUICING

This is very different than making a smoothie and a blender. If you do not have a juicer, you *could* use a cheese cloth or something similar to strain the smoothie into juice. If you want to do that, you can still do it, but you'll find this whole process a lot more enjoyable with a juicer.

These recipes are made with juicers in mind. If a recipe tastes great juiced, it may come out gross or have a weird texture to it when blended. The ninja/nutribullet/vitamix and similar blenders don't juice, they make smoothies. Even though their marketing may call it 'juice', it's still a blender. There's no amount of blending that will make it into juice.

It is not mandatory to do the juice diet. If you want optimal results, it is the best and fastest way. It may be difficult, but stick with it.

For the first 5 days, follow the below detox juice recipes.

Keep in mind this isn't a fast. It's a challenge to drink 2 glasses of juice every day for 45 days. Your juice plans for these first 5 days will be as follows.

5 Day Juice Detox Cleanse Plan:

DAY 1

Ingredients

- Apples - 2 medium (3" dia)
- Celery - 4 stalk, medium (7-1/2" - 8" long)
- Carrots – 3 Medium

DAY 2

Ingredients

- Apples - 3 medium (3" dia)
- Celery - 4 stalk, large (11"-12" long)
- Ginger Root - 1/4 thumb (1" dia)
- Lemon (with rind) - 1/2 fruit (2-1/8" dia)
- Orange (peeled) - 1 large (3-1/16" dia)
- Spinach - 5 handful

DAY 3

Ingredients

- Apples - 2 medium (3" dia)
- Beet Root - 1 beet (3" dia)
- Carrots - 4 medium
- Celery - 3 stalk, large (11"-12" long)
- Cucumber - 1/2 cucumber (8-1/4")
- Ginger Root - 1/2 thumb (1" dia)

DAY 4

Ingredients

- Apples - 2 medium (3" dia)
- Celery - 4 stalk, large (11"-12" long)
- Cucumber - 1 cucumber (8-1/4")

- Ginger Root - 1 thumb (1" dia)
- Kale - 6 leaf (8-12")
- Lemon - 1/2 fruit (2-3/8" dia)

DAY 5

Ingredients

- Apples - 4 medium (3" dia)
- Cabbage (red) - 1/4 head, small (4" dia)
- Lime - 1 fruit (2" dia)

JUICE TO HELP WITH SUGAR CRAVINGS

TROPICAL JUICE

- Apple - 1 medium (3" dia)
- Kiwifruit - 2 fruit (2" dia)
- Lemon (with rind) - 1/4 fruit (2-3/8" dia)
- Lime (with rind) - 1/4 fruit (2" dia)
- Orange (peeled) - 1 fruit (2-5/8" dia)
- Pineapple - 1/2 fruit

BERRY

- Apples - 2 large (3-1/4" dia)
- Lime - 1/2 fruit (2" dia)
- Strawberries - 3 cup, whole

SHERRY

- Apples - 2 large (3-1/4" dia)
- Green Tea - 1 cup
- Honey (optional) - 1 tsp
- Lemon - 1/4 fruit (2-1/8" dia)
- Peppermint - 12 leaves
- Strawberries - 1.5 cup, whole

5 Day Meal Plan:

Day 1

Breakfast

- Juice of the day. At least 12-16 Oz
- Snack 3/4 cup bran flakes, 1 banana, 1 cup Almond milk

Lunch

- Sandwich: 1 mini whole wheat pita or lettuce wrap with, 4oz of turkey breast, light mayonnaise, mustard, lettuce
- 1 stick string cheese
- 2 kiwifruits

Dinner

- Juice of the day. At least 12-16 Oz

Snack - 2 sliced plum tomatoes sprinkled with 2 tablespoons grated Parmesan cheese, broiled until just golden

- 2-4 Boiled eggs
- 1 cup steamed broccoli
- 1 fat-free pudding cup

Day 2

Breakfast

- Juice of the day. 12-16 Oz
- Snack 2 Boiled eggs, 1 Avacado.

Lunch

- BBQ chicken: Brush 4 ounces boneless, skinless breast with barbecue sauce and grill.
- 15 grapes

Dinner

- Juice of the Day 12-16 Oz
- 6 ounces Greek yogurt
- 1/2 cup vegetarian baked beans
- 3 small boiled red potatoes topped with 1 teaspoon light margarine and a pinch of dill

Day 3

Breakfast

- Juice of the day 12-16 Oz

Snack: Oatmeal: In the microwave, cook 1/2 cup quick-cooking oats with 3/4 cup fat-free milk; 1/2 apple, chopped; 1 teaspoon honey; and a pinch of cinnamon

Lunch

- Chicken salad: Toss 4 ounces shredded skinless roast chicken breast with 1/4 cup sliced red grapes, 1 tablespoon slivered almonds, 1 tablespoon light mayonnaise, and 1 tablespoon fat-free sour cream. Serve over lettuce.
- 1 banana

Dinner

- Juice of the day 12-16 Oz
- Snack 4 ounces steamed shrimp, 1 baked potato topped with 3 tablespoons salsa and 1 tablespoon fat-free sour cream

Day 4

Breakfast

- Juice of the Day 12-16 Oz
- Snack 1/2 toasted English muffin topped with 1/2 small apple, sliced, and 1 ounce shredded reduced-fat cheese, any type. Microwave 30 seconds on High.

Lunch

- 1 cup tomato soup
- Sandwich: 1 mini whole wheat pita, 3 ounces thinly sliced roast beef, 1 teaspoon horseradish, mustard, tomato slices, lettuce

Dinner

- Juice of the Day 12-16 Oz
- Snack: Toss 1 1/4 cups coleslaw mix and 2 sliced green onions with 2 tablespoons fat-free dressing (no more than 30 calories per 2 tablespoons)

Day 5

Breakfast

- Juice of the day 12-16Oz
- Snack Cut up 2 Bananas, mix with honey with peanut butter.

Lunch

- Quesadilla: Spread 1/4 cup fat-free refried beans over 1 small whole wheat tortilla. Sprinkle on 1 ounce shredded reduced-fat cheese. Top with salsa and another tortilla; microwave 45 seconds on High.

Dinner

- Juice of the day 12-16 Oz

- Snack 1/2 cup low-fat cottage cheese topped with 1/2 cup mandarin orange sections

Notes

It may cost you anywhere between \$85-130 depending on where you live, the season, and if you're going for organic produce.

Apples - Harder apples are better to juice (granny smith, pink ladies, etc.) It's also a good idea to get some extra apples if you want a little bit more yield out of a recipe or if you need it a little sweeter.

Celery - Be sure to count your celery stalks. Celery bunches can have a wide range of stalks in them.

Kale - A kale leaf is also known as a kale stalk. Make sure you count each leaf/stalk that comes in a bunch and make sure you have 21 total because it can vary widely depending on the season and location.

If you have any questions, call me or get with me at the box 435.313.2699.

Good Luck!