

7 Day Juice Fast Plan (for 14 days just double up)



The 7 Day Juice Fast Plan is great if you're looking to get cleansed, detoxed, and lose weight. There are two breakfasts, two lunches, and two dinners for you to choose from but remember, this 7 Day Juice Fast Plan is just that, a plan. You don't have to follow it 100% word for word or meal for meal, but you should follow the core advice within it. A few things to keep in mind when following the 7 Day Juice Fast Plan.

Juice Fast Tip 1 If a certain recipe is unappealing to you, make substitutions that are similar. For example, if a recipe calls for Kale but you can't get any Kale or just don't like Kale, then replace it with Spinach, Swiss chard or even Broccoli. It's perfectly okay to replace, substitute, or change up the recipes.

Juice Fast Tip 2 You should not eat any solids during this 7 Day Juice Fast Plan. It defeats the purpose of it. So stay away from any solids, you'll be Just On Juice and water for seven days (or the duration of your fast).

Juice Fast Tip 3 If you get headaches, or strong cravings, it is normal for the first 2-4 days. Just stay focused and stay on the juice. Make an extra Juice to drink if you feel like you're about to cave in and eat or drink something other than juice or water.

Juice Fast Tip 4 Drink at least 450ml of water after each juice meal. Make sure you are drinking plenty of water throughout the day.

Juice Fast Tip 5 Start each day off by juicing 1/2 lemon (peeled) and mix it with 350-500ml of warm to hot water. I do this as soon as I wake up each morning, it's important to cleanse your digestive system and give you a good boost of energy.

Juice Fast Tip 6 It's recommended to have between 4-6 juices per day each consisting of 450-600ml. The below list is great to get you started with different juices. You can choose whichever juices you please while on your juice fast. The list takes into consideration you will try them all. So feel free to experiment while on your juice fast plan!

Breakfasts

Lunches

Dinners

Breakfasts**Lunches****Dinners****Morning Glory**

2 Apples
 1 Cucumber
 1 cup Blueberries
 2 cups of Grapes
 2 Kale Leaves
 2.5cm Ginger

Jolt Juice

2 Apples
 1 Orange
 1 Cucumber
 1/4 Lemon Peeled
 4 Kale Leaves

Mean Green

1 Granny Smith Apple
 1 Cucumber
 4 Stalks of Celery
 4-6 Kale Leaves
 1/4 Lemon Peeled
 2.5cm Ginger

Bruschetta Tang

2 Tomatoes
 1-2 Garlic Cloves Peeled
 1 Bunch of Basil (20 Leaves)
 1/4 Lemon Peeled

Sunset Passion

1 Beet Sliced
 1 Cucumber
 1 Carrot
 1 Granny Smith Apple
 4 Kale Leaves
 1/4 Lemon Peeled
 1/4 Lime Peeled

Green Machine

4 Kale Leaves
 2 Apples
 2 Cups Spinach
 1/2 Cucumber
 2 Celery Stalks
 1 Med Carrot
 2.5cm Ginger

Shopping List of 7 Day Juice Fast Plan

12-15 Granny Smith Apples x 2
 16 – 20 Cucumbers
 1 Bag of Carrots
 1 Bag of Oranges
 6-12 Tomatoes
 7 Beets
 1 Garlic
 1 Bag of Basil Large
 4 Cups of Blueberries
 A Bag of Grapes
 3 Bags of Celery
 5 Big Bags of Spinach or 8-12 Bundles of Kale
 A Ginger Root
 7 Lemons
 2 Limes

Things to Remember While on the 7 Day Juice Fast Plan

- You may want to split up the 7 Day Juice Fast Plan into two separate trips to the grocery store. You can do this by getting 12 apples, 12 cucumbers, 1 bag of celery and 2-3 bags of spinach or kale half way through the 7 Day Juice Fast Plan.
- After 3-4 days you will start to feel an abundance of energy, headaches will be gone, and you won't be as hungry. This means you have overcome the hard part and pushed out a majority of the toxins in your body. Keep going strong, it's definitely worth it. Why stop now?
- Always wash and clean your produce before juicing it!
- Clean out your juicer after each use.
- It helps to take 4 litre Ziploc bags and prepare your fruit and veggies ahead of time. I will put breakfast in one bag, and lunch in another bag, it cuts down juicing time in the morning.
- REMEMBER, you don't have to follow this 7 Day Juice Fast Plan 100%. Feel free to experiment with your own veggies and fruits while juicing. You can come up with your own recipes so use the above recipes as guidelines.
- Make sure you are coring your apples as you do not really want to juice the seeds.
- You can pour any of these drinks over ice and enjoy them or drink them how they are.
- Do not add salt, but feel free to add spices such as pepper, fresh mint, basil, oregano, chives, or thyme.