

Liver Jolt Blend	
<p>ingredients</p> <ul style="list-style-type: none"> • 1 c. Water • 1 Lemon's Juice (approx. 3 tbsp) • 1 inch fresh Gingerroot, peeled • 2 or 3 cloves of peeled Garlic • 2 or 3 tbsp Extra-Virgin Olive Oil <p style="text-align: right;">→ option: 1 Lime's juice</p>	<p>instructions</p> <ul style="list-style-type: none"> • Blend thoroughly in blender. <p>notes</p> <ul style="list-style-type: none"> • Best to get already peeled garlic, often in vacuum packed pouches at groceries. • A "clove" is one section of a garlic bulb. • The amount of garlic and olive oil can definitely be increased or decreased, if desired. • Time Saver: Double the recipe, make enough for two days as it will remain fresh for two days.

Cucumber & Red Beet Juice	
<p>ingredients</p> <ul style="list-style-type: none"> • 2 Cucumber - peeled if not organic • 2 Red Beet, w/ 1 or 2 leaves • 6 Carrots, tops removed • 2 inch fresh Gingerroot, peeled • 1 Lemon, peeled (about 3 tbsp of juice) • 4 Celery pieces <p style="text-align: right;">→ option: a few pieces of Parsley</p>	<p>instructions</p> <ul style="list-style-type: none"> • Juice all in a juice extractor. • Ingest over a 1 or 2 day time span. <p>notes</p> <ul style="list-style-type: none"> • Use more carrots (or use store bought carrot juice) to sweeten the taste. • Bolthouse Farms carrot juice, found in many groceries and in CostCo, is made from 100% organically grown carrots.

Gallbladder Cleanse Juice	
<p>ingredients</p> <ul style="list-style-type: none"> • 1 handful Parsley • 4 Carrots, tops removed (about 1 c. of juice) • 1 Avocado • 2 Celery sticks • 1 Lemon, peeled (about 3 tbsp of juice) 	<p>instructions</p> <ul style="list-style-type: none"> • Juice all in a juice extractor. <p>notes</p> <ul style="list-style-type: none"> • Use more carrots (or use store bought carrot juice) to sweeten the taste. • Bolthouse Farms carrot juice, found in many groceries and in CostCo, is made from 100% organically grown carrots.

Garden Salad	
<p>ingredients to mix & match</p> <ul style="list-style-type: none"> • Romaine Lettuce • Spinach • Mixed Greens • Onions - fresh and/or sautéed • Avocado • Tomato • Alfalfa or other sprouts • Red Beets • Flax, Sunflower, Pumpkin, Hemp hearts, and/or Chia seeds, whole or ground • Extra-Virgin Olive Oil • Lemon Juice 	<p>instructions</p> <ul style="list-style-type: none"> • Mix and match ingredients, as available or desired. <p>notes</p> <ul style="list-style-type: none"> • A dressing or Craisins or some other processed ingredients can be added, if desired. Moderation in used of precessed ingredients is always best. • Always make a salad you enjoy eating. If a few squirts of Ranch dressing gets you to enjoyment, use it. It's better to eat a very high percentage of alkaline salad ingredients than to avoid salad because you aren't enjoying the taste.