



# MY GOAL

## 5 DAY JUICE CHALLENGE

Full meal plan and recipes for a 5 day detox juicing only fruits & veggies.

**RESOURCES:** 'Fat Sick & Nearly Dead' documentary - 5 Day Juice Challenge complete plan & recipes. Visit with your doctor first.

**SUGGESTED GOAL PAIRINGS:** Track Progress - Drink Water - Begin Working Out

**PROGRESS:** For every day you complete the 5 Day Juice Challenge, color in the box.

- 
**Sunny Mint Recipe**
  - Apple 1 Granny Smith Apple
  - Orange 2 Oranges
  - Mint 1 Bunch Mint
- 
**Mean & Green Recipe**
  - Pear 1 Bartlett Pear
  - Celery 4 Stalks Celery
  - Cucumber 1 Cucumber
  - Spinach 1 Handful Spinach
  - Cos Lettuce 3 Lettuce Leaves
  - Lemon 1 Lemon
- 
**The Big Bang Recipe**
  - Pear 2 Bartlett Pears
  - Apple 1 Granny Smith Apple
  - Spinach 1 Handful Spinach
  - Mango 1 Mango
  - Banana 4 Bananas
- 
**Red Roar Recipe**
  - Carrot 3 Carrots
  - Beetroot 2 Large Red Beets
  - Apple 2 Granny Smith Apples
  - Lemon 1 Lemon
  - Ginger 1 Inch Ginger Root
- 
**Spicy Lemonade Recipe**
  - Lemon 2 Lemons
  - Apple 3 Granny Smith Apples
  - Cayenne 1 Tsp Cayenne Pepper
- 
**Very Berry Good Recipe**
  - Raspberry 1 Handful Raspberries
  - Spinach 1 Handful Spinach
  - Mango 1 Mango
  - Banana 4 Bananas
  - Pear 1 Bartlett Pear
  - Apple 1 Granny Smith Apple
- 
**Liquid Sunshine Recipe**
  - Pineapple 1 Pineapple
  - Apple 3 Granny Smith Apples
  - Cos Lettuce 3 Lettuce Leaves
  - Lemon 2 Lemons
- 
**Morning Joe Recipe**
  - Raspberry 1 Handful Raspberries
  - Spinach 1 Handful Spinach
  - Mango 1 Mango
  - Banana 4 Bananas
  - Pear 1 Bartlett Pear
  - Apple 1 Granny Smith Apple

# 5 DAY JUICE CHALLENGE

Watch 'Fat, Sick & Nearly Dead'

Day 1

Day 2

Day 3

Day 4

Day 5