

Go with the Glow









6

ALKALISING JUICES



www.gowiththeglow.com

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	<p>Good Morning...</p> 	<p>Grapefruit, Le...</p> 	<p>Vitality Juice</p> 	<p>Green Herbal ...</p> 	<p>Wake-Up Surp...</p> 	<p>Watermelon, C...</p> 	
Snack 1							
Lunch							
Snack 2							
Dinner							

Alkaline Juices

Fruits

- 1.5** Grapefruit
- 2** Lemon
- 2.5** Lime
- 1** Orange
- 1** Pear
- 1** Pink Grapefruit
- 1** Red Apple
- 1/4** Watermelon

Baking

- 1 tsp** Raw Honey

Vegetables

- 1 cup** Baby Spinach
- 1** Beet
- 2** Carrot
- 5 stalks** Celery
- 2** Cucumber
- 1/2** Fennel
- 1/4 cup** Ginger
- 1/2 cup** Mint Leaves
- 1 stalk** Mint Leaves
- 3 bunches** Parsley
- 3 cups** Radishes
- 3 leaves** Romaine
- 1** Sweet Potato

Other



- 1/2 cup** Water

Condiments & Oils

- 1 tsp** Flaxseed Oil
- 1 tsp** Walnut Oil

Watermelon, Cucumber and Mint Juice

#breakfast

 4 ingredients  5 minutes

Directions

1. Cut the watermelon thinly
2. Peel the cucumber
3. Squeeze the juice from the lime
4. Add everything to a blender and blend until smooth

Notes

From Alkaline Juices & Smoothies by Stephen Domenig



1 Servings

Ingredients

- **1/4** Watermelon
- **1/2** Cucumber
- **1** Lime
- **1/2 cup** Mint Leaves

Wake-Up Surprise

#breakfast

 6 ingredients  5 minutes



Directions

1. Peel and chop the sweet potato, pear and carrot
2. Peel grapefruit
3. Place in juicer along with the romaine leaves, fennel and grapefruit

Notes

From Alkaline Juices & Smoothies by Stephen Domenig



1 Servings

Ingredients

- 1 Sweet Potato
- 1 Pear
- 1 Carrot
- 3 leaves Romaine
- 1/2 Fennel
- 1 Grapefruit

Vitality Juice

#lunch

 4 ingredients  5 minutes

Directions

1. Juice everything except the oil
2. Serve in a glass with oil poured over

Notes

From Alkaline Juices & Smoothies by Stephen Domenig

1 Servings

Ingredients

- **1** Orange
- **1** Beet
- **2 tbsps** Ginger
- **1 tsp** Walnut Oil (Can also use almond or olive)

Grapefruit, Lemon and Lime Juice

#vegetarian

 6 ingredients  5 minutes

Directions

1. Make using either a citrus press or juicer. If using a juicer, it's best to peel the grapefruit, lemon and lime.
2. Stir in honey or stevia. Mix well
3. Serve with freshly crushed mint leaves

Notes

From Alkaline Juices & Smoothies by Stephen Domenig



1 Servings

Ingredients

- 1 Pink Grapefruit
- 1 Lemon
- 1 Lime
- 1 tsp Raw Honey (Or 2 Stevia leaves)
- 1/2 cup Water
- 1 stalk Mint Leaves (Grind them in a pestle and mortar)

Green Herbal Cleanser

#vegan

 7 ingredients  5 minutes

Directions

1. Juice the celery and carrot
2. Followed by the cucumber, spinach and parsley
3. Pour out the juice and add a squeeze of lime along with a spoonful of oil

Notes

From Alkaline Juices & Smoothies by Dr Stephan Domenig

1 Servings

Ingredients

- **3 stalks** Celery
- **1 cup** Baby Spinach
- **3 bunches** Parsley
- **1** Carrot
- **1** Cucumber
- **1/2** Lime
- **1 tsp** Flaxseed Oil (Can also use pumpkin or avocado oil)

Good Morning Juice

#vegan #breakfast



 7 ingredients  5 minutes

Directions

1. Peel grapefruit
2. Peel lemon if it's not organic
3. Juice the grapefruit, lemon and rest of the ingredients. Mix well and serve

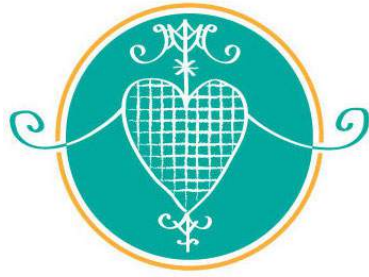
Notes

From Alkaline Juices & Smoothies by Dr Stephan Domenig

1 Servings

Ingredients

- **1/2** Grapefruit
- **1** Lemon
- **2 stalks** Celery
- **3 cups** Radishes
- **1/2** Cucumber
- **1** Red Apple
- **2 tbsps** Ginger



Go with the Glow



SIGN UP FOR MORE



www.gowiththeglow.com