



Shine  
KITCHEN  
co.  
by Tribest®



**Your Guide To Get Juicing Now!**

# 40 Juice Recipes



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# *Juicing Basics You NEED to know!*

## **Juicy Details:**

- Juice is a great vitamin mineral supplement, but it is not designed as a meal replacement except as part of a juice cleansing program.
- Juice recipes are basic guidelines. Each fruit and vegetable is unique in its composition so after juicing taste your juice and see if you need to add any ingredients to balance out your juice.
- Wherever possible juice organic produce to eliminate added pesticides in your juice. If it's not possible to find something organic be sure to clean the produce well before juicing.
- Citrus skins should not be juiced through a cold press juicer. The skin contains essential acids that are difficult for digestion. Remove the skins by cutting them off but leave the white pith portion as it contains bio-flavonoids that support healthy brain function.
- Skins of green vegetables, melons, apples, pears and other fruits may be left on during juicing and contain healthy nutrients.
- Save your fresh juices in glass jars filled to the top for maximum shelf life. Juices are sensitive to the light and heat as well as oxidation after juicing..





# *Juicing 101:*



## **Every great juice contains:**

A juicing base from a fruit or vegetable with lots of juice. Here are some great juicing bases:

- Apples
- Pears
- Pineapple
- Celery
- Cucumber
- Carrots

Once you have a great base you can add in the following easy to find ingredients for simple green juices:

- Lemon
- Lime
- Kale
- Spinach
- Collard Greens
- Mustard Greens

For vegetable heavy juices try these additions to your base juice:

- Beets
- Parsnips
- Squash
- Red Bell Pepper
- Tomato

For extra nutritious flavor try adding:

- Ginger
- Cilantro
- Parsley
- Serrano Peppers
- Turmeric

**OR TRY ONE OF THE FOLLOWING 40 TRIED AND TRUE RECIPES FROM OUR KITCHEN TO YOURS- HAPPY JUICING!**



# SHINE GREEN JUICE



## INGREDIENTS

- 2 green apples
- 6 ribs celery
- 2 cups spinach
- 1 lime or lemon, peeled

## INSTRUCTIONS

Juice, alternating each ingredient for best results.

Leafy greens juice easily when placed in your juicer in-between harder vegetables like celery.



# PINEAPPLE POWER JUICE



## INGREDIENTS

- 2 cups pineapple
- 2 cups spinach
- 1 cup cucumber
- 1 lime

## INSTRUCTIONS

Juice, alternating each ingredient for best results. Pineapple contains bromelain which is an anti-inflammatory enzyme. This enzyme will foam when juiced, this is totally normal!





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# POM MIX JUICE

## INGREDIENTS

- 2 cups pomegranate seeds
- 2 apples
- 1 lime, peeled
- 1/4 inch ginger
- 1/8 cup lemongrass (optional)

## INSTRUCTIONS

Juice, alternating each ingredient for best results. This drink may cause you to spontaneously roll up into a handstand, actual results may vary person to person. Shine on!



# SIP THE BEET! JUICE

## INGREDIENTS

2 beets  
2 apples  
1/2 cup basil (optional)  
1 lime, peeled

## INSTRUCTIONS

Juice, alternating each ingredient for best results.  
For best results cut your beets into 1 1/2 inch  
pieces and alternate with other ingredients.





# BLUEBERRY APPLE JUICE



## INGREDIENTS

- 2 cups Blueberries
- 2 cups green apples
- 1 cup spinach

## INSTRUCTIONS

Juice, alternating each ingredient for best results.  
Blueberries are especially great for brain health  
and boosting memory!



# CARROT ORANGE JUICE



## INGREDIENTS

5 Carrots

2 Oranges, No Skin

## INSTRUCTIONS

Juice, alternating each ingredient for best results. Carrots make a great vitamin boost and are especially high in immune boosting antioxidants,



# NATURE'S V8

## INGREDIENTS



- 4 large tomatoes
- 6 ribs celery
- 1 cup spinach
- 1 green apple
- 1/2 jalepeno or serrano  
pepper

## INSTRUCTIONS

Juice, alternating each ingredient for best results. Tomatoes are great for cardiovascular health! When paired with these other fruits and vegetables this combination is a nutrition powerhouse.



# GREENS ONLY



## INGREDIENTS

- 6 leaves kale
- 6 ribs celery
- 2 cups spinach
- 2 cups cucumber
- 1 lime

## INSTRUCTIONS

Juice, alternating each ingredient for best results. Kale and other dark leafy greens deliver iron and calcium. This blend is balanced by the citrus only, making this a very low sugar juice.





# GREEN JUICES

A collage of fresh green vegetables including romaine, spinach, and kale.

## Simple Green

2 cups romaine  
1 cup spinach  
1 cup kale  
1 green apple  
1 lemon-skin  
removed

A close-up of fresh green parsley leaves.

## Parsley Power

2 cups parsley  
1 cup spinach  
1 green apple  
2 lemons- skin  
removed

A collage of fresh green vegetables including spinach, green apples, and celery.

## Sweet Spinach

4 cups spinach  
3 green apple  
2 ribs celery  
1/2 lime, skin  
removed

A collage of fresh green vegetables including cucumbers and lemons.

## Cucumber 3

3 cucumber  
1 green apple  
2 lemons, skin  
removed

*green elixirs for energy*





# VEGGIE JUICES

A photograph of several whole, bright orange carrots with green tops, arranged in a row.

## Sweet Carrot

**6 Carrots**  
**1 lemon, skin removed**  
**1 cup spinach**  
**4 ribs celery**

A photograph of various vegetables including red beets, a green apple, and celery stalks.

## Beet Medley

**2 red beets**  
**1 cup spinach**  
**1 green apple**  
**4 ribs celery**  
**1 lime, skin removed**

A photograph of a large pile of fresh, red cherry tomatoes.

## Tomato Tonic

**4 large tomato**  
**1 green apple**  
**2 ribs celery**  
**1/2 lime, skin removed**

A photograph of a variety of vegetables including a red beet, carrots, celery, and a green apple.

## Veggie Combo


**1 red beet**  
**2 carrots**  
**4 ribs celery**  
**1/2 green apple**  
**1 cup spinach**

*veggie elixirs for strength*





# FRUIT COMBOS



**Watermelon  
Lemonade**  
8 cups  
watermelon  
2 lemons, skin  
removed  
1 cup mint



**Tropical Twist**  
2 cups mango  
1 cup pineapple  
2 cups spinach  
1 lime, skin  
removed



**Triple Citrus**  
2 large  
grapefruit  
1 lemon  
1 lime  
all with skin  
removed




**Green Apple  
Ginger Tonic**  
2 green apple  
2 lemons, skin  
removed  
2 inches ginger

*fruit elixirs for hydration*







# SPICY COMBOS

A close-up photograph of a large quantity of fresh, vibrant green serrano peppers, filling the frame.


**Serrano  
Lemonade**  
2 green apple  
2 lemons, skin  
removed  
4 ribs celery  
1 serrano

A close-up photograph of a small wooden bowl filled with bright yellow turmeric powder, with some powder spilled onto the surface next to it.

**Turmeric Tonic**  
1 grapefruit  
2 inches turmeric  
1 green apple  
1 pinch black  
pepper

A close-up photograph of fresh ginger root and several garlic cloves, showing their natural textures and colors.

**Immune Boost**  
2 green apple  
1 lemon, skin  
removed  
2 inches ginger  
2 cloves garlic

A close-up photograph of a small white bowl containing a vibrant red cayenne pepper powder, with some powder scattered on the surface around it.

**Cayenne Veggie**  
6 ribs celery  
1/2 green apple  
2 cups spinach  
1/2 tsp cayenne  
pepper

*spicy elixirs for circulation*





# HERBAL TONICS

## **Cilantro Power**

**2 green apples  
2 lemons, skin  
removed  
4 ribs celery  
1 cup cilantro  
leaves**

## **Mint Digestive**

**1 cucumber  
2 ribs celery  
1 green apple  
1 cup mint leaves  
1/2 lime, skin  
removed**

## **Stevia Strength**

**2 cups spinach  
1 green apple  
2 inches ginger  
1/2 cup stevia  
leaves**

## **Basil Cocktail**

**6 ribs celery  
1/2 green apple  
or 1 cup  
pineapple  
2 cups spinach  
1 cup basil**

*ultra-functional elixirs for wellness*





# KID-FRIENDLY JUICES



## Apple Cider

2 green apples  
2 lemons, skin  
removed  
1 cup spinach  
1 dash  
cinnamon



## I SEE CARROT

6 carrots  
2 ribs celery  
2 oranges



## Cool Cucumber

2 cucumber  
1 green apple  
1 lemon, skin  
removed



## ABC Juice

2 green apple  
1 red bell  
pepper  
3 ribs celery

*ultra-functional elixirs for wellness*





# SUPER CLEANSING

## **Kale Cure**

**8 leaves kale  
10 ribs celery  
1 cucumber  
1/2 green apple  
1/2 lime, skin  
removed**

## **Cantaloupe**

**6 cups cantaloupe  
with the skin and  
seeds  
1 lemon, skin  
removed**

## **Collard Green Combo**

**4 collard greens  
6 napa cabbage  
leaves  
1 pear or apple**

## **Citrus Celery**

**10 ribs celery  
2 lemons, skin  
removed  
1 grapefruit,  
skin removed  
1 inch ginger**

*cleansing elixirs for vitality*





# BRAIN POWER COMBOS

A close-up photograph of fresh blueberries, filling the background of the top-left quadrant.


## Blueberry Boost

2 cups  
blueberries  
1 green apple  
1 lemon, skin  
removed  
1 tbsp coconut oil

A close-up photograph of a sliced grapefruit, filling the background of the top-right quadrant.

## Grapefruit Love

2 grapefruit, skin  
removed  
1 lemon, skin  
removed  
1 tbsp flax oil

A close-up photograph of sliced honeydew melon, filling the background of the bottom-left quadrant.

## Happy Honeydew

6 cups  
honeydew  
melon with the  
skin and seeds


A close-up photograph of a pomegranate with its seeds (arils) exposed, filling the background of the bottom-right quadrant.

## Pomegranate Plus

1 cup pomegranate  
seeds  
1 green apple  
1 inch ginger  
1 tsp coconut oil

*brain power elixirs for focus*





We hope your next juice is the best yet!  
Post your juicing success with us online!

*#juicetribe*

Stay connected for more great  
juicing info!

Our in-house chef Jenny Ross can  
help answer any of your juicing  
questions and posts lots of juicy  
recipes at:

[insta@shinekitchenco](mailto:insta@shinekitchenco)

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The Shine Vertical Cold Press  
Juicer by Tribest is just  
another innovative tool from  
the Tribest family, check out  
more tools for healthy living  
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