

## Shake Recipes:

### Ingredients:

1 cucumber  
4 celery stalks  
2 apples  
6-8 leaves kale (Tuscan cabbage)  
1/2 lemon  
1 inch/2.5 cm piece of fresh ginger

### Ingredients:

1/2 green apple  
3 kale (Tuscan cabbage) leaves  
8 stems and leaves of mint  
3 limes, peeled  
1 1/2 cucumbers  
2 handfuls of spinach

### Ingredients:

4 slices fresh pineapple  
1 large handful of cherries  
1 large carrot  
2 inch/5 cm piece of fresh ginger  
4 small pieces turmeric root

### Ingredients:

4 – 5 large kale leaves  
1 large handful of spinach  
3 romaine leaves  
1 cucumber  
3 celery stalks  
1 green apple  
1 lemon, peeled (You can leave the peel on but it will taste very bitter)

### Ingredients:

1/2 wedge of regular sized red cabbage  
1/2 small watermelon  
2 oranges  
1/2 fennel bulb

## Mean Green Juice Substitute Ingredients

Cucumber -> Zucchini  
Apples -> Pears or Carrots

Kale -> Spinach, Collard greens, Romaine leaves, or Cabbage leaves  
Lemon -> Lime