



Nourish | Cleanse | Restore

THE *ULTIMATE*
JUICE DETOX
RECIPES

Stephanie Hall
www.StephanieTHall.com

Stephanie Hall

Coaching & Cuisine

Green Smoothies	4
<i>Lean GREEN Smoothie</i>	4
<i>GREEN Smoothie</i>	4
Green Juices	5
<i>Greens In A Bottle</i>	5
<i>Green Fusion</i>	5
Nut Milks	6
<i>Basic Almond Milk Recipe</i>	6
<i>Spiced Brazil Nut Milk</i>	6
Fruit Juices	7
<i>Cran-Apple Cleanser</i>	7
<i>Festive Holiday Cooler</i>	7
Fruit Smoothies	8
<i>Raspberry Cooler</i>	8
<i>Island Dream</i>	8

INTRODUCTION

Fresh cleansing drinks are the perfect solution in maintaining a healthy eating regimen. Fresh pressed juices, smoothies and nut milks infuse the body with vitamins and minerals that gently nourishes the body at the cellular level. Fresh drinks essentially flood the body with organic hydration providing a deeper level of nourishment that will result in optimal health and glowing skin.

Green juices are ideal for restoring and rejuvenating the body temple while fruit juices help to cleanse the body at an accelerated rate of unwanted toxicity. Smoothies are quick and easy and are ideal for the busy professional who needs to save time. Smoothies are also the perfect go to drink to have in between meals and can even replace a meal. Nut milks are comforting and provide us with the essential healthy fats and oils that they body needs to thrive. Nut milks can also be used as the base for many smoothies and can also be used to create the most AMAZING, creamy non dairy milk shakes.

This ebook contains 10 of my go to staple recipes that I share with clients who are looking to incorporate more fresh foods into their existing regimen and also clients looking to cleanse and detoxify the body. These recipes are super healthy, delicious and easy to make. The only equipment that you will need to proceed in making these delicious drinks is a high speed blender and juicer. The blender will be used for making smoothies and nut milks and blending things that need to be made into a really smooth consistency while the juicer will enable you to make fresh pressed green juices and fruit juices that are loaded with enzymes and life force energy.

GREEN SMOOTHIES

Liquid Meal– DRINK YOUR VEGGIES

GREEN SMOOTHIE

½ - 1 cup frozen strawberries
1 banana
1 bunch organic spinach
1 cup coconut water

Add ingredients to blender.
Blend and enjoy

LEAN GREEN MACHINE

3 cups apple juice
(fresh pressed or organic)
1 banana
½ cup spinach
½ cup organic frozen mango
½ cup organic frozen pineapple
1 tsp Spirulina (optional)

Blend and Enjoy!!!!



KITCHEN EQUIPMENT NEEDED

High Speed Blender

Recommended Brand: VITAMIX

GREEN JUICES

Chlorophyll Rich – PLANT BLOOD

GREENS IN A BOTTLE

1 bunch lacinato kale
1 cucumber
1/2 bunch swiss chard (red or green)
3 red delicious apples
1/4 cup fresh squeezed lime juice

Juice and Enjoy!!!

GREEN FUSION

1 bunch spinach
1/2 bunch parsley
1/2 bunch dandelion greens
1/2 bunch romaine lettuce
2 fuji apples
1/4 cup fresh squeezed lemon juice

Juice and Enjoy!!!

KITCHEN EQUIPMENT NEEDED

Juicer

Recommended Brand: BREVILLE



Stephanie Hall

Coaching & Cuisine

NUT MILKS

Creamy and Rich- THE PERFECT SUBSTITUTE

ALMOND MILK

2 cups soaked raw almonds
4 cups coconut water
1/4 tsp sea salt

Add all of the ingredients to a high powered
blender.
Blend and strain through a fine mesh bag.
Store in glass
jar.



SPICED BRAZIL NUT MILK

1 1/2 cups soaked raw Brazil nuts
4 cups coconut water
1 banana
3 dates
1/2 tsp cinnamon
1/4 tsp nutmeg
1/2 vanilla bean or organic vanilla extract
pinch sea salt

KITCHEN EQUIPMENT NEEDED

High Speed Blender

Recommended Brand: VITAMIX

FRUIT JUICES

Organic Hydration– The Ultimate Cleanser

CRAN-APPLE CLEANSER

2-3 cups cranberries
3-4 fuji apples
1/2 thumb ginger
fresh squeezed lime juice from half lime

Add ingredients to juicer and enjoy!!!!



POMEGRANATE COCKTAIL

4 ounces of fresh pressed pomegranate juice
(from the juice of 3-4 pomegranates)
2 to 4 ounces of fresh pressed apple juice
2-4 ounces of fresh coconut water
(used to reduce the sugar content)

Add ingredients to juicer and enjoy!!!!



KITCHEN EQUIPMENT NEEDED

Juicer

Recommended Brand: BREVILLE

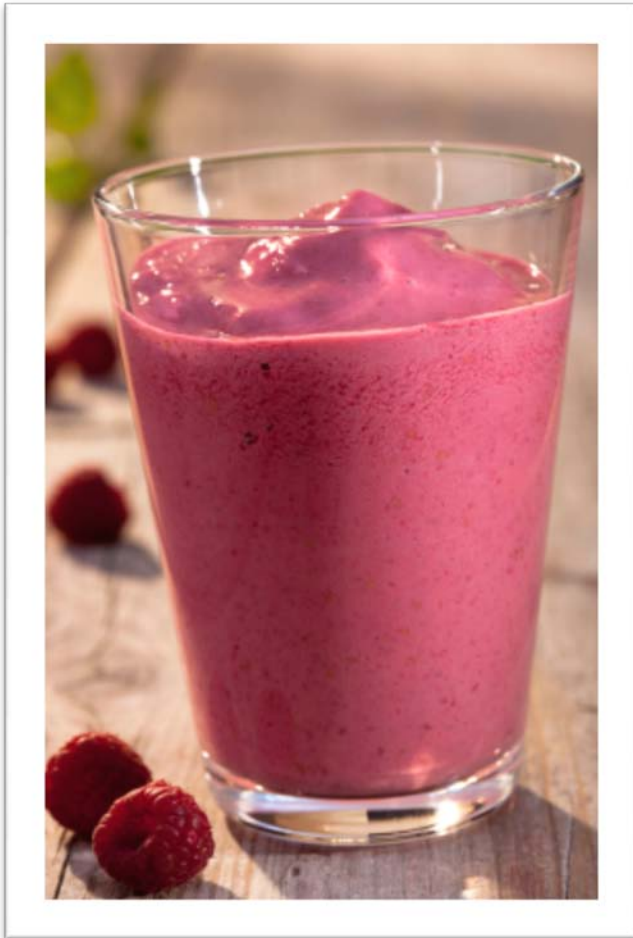
Stephanie Hall

Coaching & Cuisine

FRUIT SMOOTHIES

The Perfect Blend- FRESH SMOOTHIES

RASPBERRY COOLER



2 cups fresh squeezed apple juice or organic
apple juice
1 cup raspberries
1/2 cup mango
1/2 cup pineapple

Blend and Enjoy

ISLAND DREAM SMOOTHIE

2 cups of coconut milk
1 banana
1/2 cup strawberries
1/2 cup pineapple
1/2 cup mango

Blend and Enjoy!!!

KITCHEN EQUIPMENT NEEDED

High Speed Blender

Recommended Brand: VITMAX

Stephanie Hall

Coaching & Cuisine

ABOUT STEPHANIE



Stephanie Hall is a native of Philadelphia and has lived and worked in the Northern Virginia area for over 9 yrs. She is a Certified Holistic Health Coach through the Institute for Integrative Nutrition in New York City and Certified in Integrative Nutrition through Purchase College SUNY. Stephanie enjoys playing a role in transforming people's lives by educating them on how to make conscious food choices. Stephanie has a thriving coaching practice where she works with clients all over the country coaching them on how to make lasting diet and lifestyle changes. She has been a workshop presenter at various organizations and government agencies. She has also provided personal chef services to many high profile clientele including actors and recording artists. She has also taught raw vegan food preparation and presentation throughout the D.C. Metropolitan area and continues to be an advocate of natural living with a specific focus on the consumption of a plant based diet. She is very passionate about the healing and rejuvenating benefits that plant foods offer and loves sharing this information with everyone that she meets.