

# Top 21 Recipes for Healthy Living and Weight Loss

By Elisha Graham



## 1. Green Monster

The Green Monster is an iron-packed, vitamin K-enriched kale-based juice that promotes increased blood cell, muscle, and bone health. For an all-around healthy detox juice, it's hard to find anything better than the Green Monster.

### **Ingredients:**

- 1 small green apple
  - 1 cucumber
  - 1-cup kale
- 1-cup seedless grapes
  - 1/2 cup of water

### **Prep Instructions:**

Core and chunk the green apple, slice the cucumber, and chop the kale.

Place all ingredients into a blender and process until smooth. If desired, strain the final mixture to remove chunks and add additional water to the thin beverage.

## 2. Beet the Morning

Beet the Morning is an energy-boosting wonder juice that helps ensure your day gets off to a positive and super productive start. The main ingredients, beets, are high in a large variety of minerals and nutrients, including vitamins A, B, and C, beta-carotene, iron, and fiber.

### **Ingredients:**

- 2 small yellow beets
  - 2 large carrots
  - 2 celery sticks
  - 1 small orange

- 1 small red apple
- 1-cup spinach (or kale)

**Prep Instructions:**

Peel and chunk the orange and apple, slice the beets, celery, and carrots, and chop the spinach. Place all ingredients into a blender or juicer and process to desired texture. Chill for 1-2 hours in the refrigerator for maximum refreshment.

### **3. Tasty Immunity**

The Tasty Immunity contains a radiant pool of vitamin-enriched brilliance that come together to give a well-deserved boost to your immune system allowing your body to effectively battle colds, flu, and other sicknesses.

**Ingredients:**

- 1 medium grapefruit
- 1 large Naval orange
  - 3 kiwis

**Prep Instructions:**

Peel and chunk all three ingredients. Then, add them to the blender and liquefy until smooth. When needed, scrape the sides of the blender to ensure all ingredients get properly processed. Strain, if desired.

### **4. Ginger-Apple Ale**

The [ginger](#) in this tasty Ginger-Apple Ale recipe is a real rock star at healing digestive ailments; while the apples and carrots [help improve skin](#) complexion, prevent certain cancers, and maintain bone and heart health.

**Ingredients:**

- 2 medium red apples
- 2 medium green apples
  - 2-3 large carrots
- 1/2-inch cube of ginger root

**Prep Instructions:**

Peel and chunk the apples and slice the carrots. Place all ingredients into the blender and pulse for approximately one minute. Then liquefy until smooth. Strain, if desired, and serve.

## 5. Get Ripped Soon

Get Ripped Soon is the juicing athlete's answer to boosting muscle nutrition while detoxifying the body. This nutrient-packed combo of orange, pear, and yam literally fuel your muscles with the nutrients they need to function at optimum levels.

**Ingredients:**

- 3 medium oranges
- 2 yellow pears
- 1 small yam
- 1/2-cup water

**Prep Instructions:**

Peel and chunk the oranges, pears, and yam (removing orange seeds, if needed). Then, combine all ingredients into the blender and blend to desired consistency.

## 6. Tropical Detoxical

The Tropical Detoxical uses orange, apple, melon, carrot, and a dash of ginger to properly rid your body of harmful toxins while simultaneously blasting your taste buds with a refreshingly fruity flavor profile.

### **Ingredients:**

- 1 medium orange
- 1 medium apple
- 2-3 slices of watermelon
  - 1 carrot
- 1/2"-cube of ginger
- 1/2-cup water

### **Prep Instructions:**

Peel and chunk the orange and apple, cut the watermelon into cubes, slice the ginger, and chop the carrot.

Then, combine all ingredients in the blender and process until smooth. Strain to remove excess bits and enjoy!

## 7. The Miracle

The Miracle is *the* antidote for bruised and aching muscles. All the ingredients in this juice combine to create a powerhouse of nutrients and vitamins that can significantly decrease irritation caused from [pain and inflammation](#).

### **Ingredients:**

- 1 lemon
- 1 medium orange

- 2 medium yellow pears
- 2 medium apples
- 1/4-cup water

**Prep Instructions:**

Peel the orange and lemon. Then chunk all ingredients and combine them into the blender (with water) and process until desired consistency.

Add ice at the end of the blend session for maximum refreshment.

## **8. Liver Alone**

The Liver Alone is a delicious apple-influenced concoction dedicated to improved liver health and liver cancer prevention (thanks to the highly nutritious apple skins). But don't let the name fool you, Liver Alone can also help prevent other cancers and lower [cholesterol](#), too!

**Ingredients:**

- 3 medium green apples
  - 3 kale leafs
  - 3 cups spinach
- 2 large celery stalks
  - 1 lemon
- 1/2-cup water

**Prep Instructions:**

Chunk the apples, peel and chunk the [lemon to juice](#), chop the kale, spinach, and celery, and combine all ingredients in the blender.

Process until smooth. Strain, if desired.

## 9. The Total Package

The Total Package is your answer juice-based answer to whole body health. It's packed full of vitamins A, B, C, and E (along with other important nutrients) that help keep your body in tip-top shape.

### **Ingredients:**

- 1 medium red apple
- 2 small-to-medium Bartlett pears
- 1/2-cup cherries (fresh or frozen)
  - 1/2-cup water

### **Prep Instructions:**

Peel and chunk the apple and chop the pears.

If needed, remove the pits from the cherries. Then combine all ingredients in the blender and process until smooth. Strain and enjoy!

## 10. Baby On Board

The Baby On Board is a juice recipe designed specifically for those wanting to conceive.

It contains fertility-boosting vitamins A, C, and E and includes nutrients that promote a more alkaline body, healthier fetus, and improved hormone production.

### **Ingredients:**

- 3 large carrots
- 1-cup spinach
- 1-cup romaine lettuce

- 1/2-cup watercress
- 1/2-lemon

**Prep Instructions:**

Slice the carrots, peel and chunk the lemon, and combine all ingredients into the blender. Process until smooth, and strain to remove excess chunks.

## **11. The Wild Ride**

The Wild Ride provides juicers two key benefits: a metabolism boost *and* an energy surge.

If you're looking for a juice that specializes in making you feel more energetic and ready to tackle the day, this is the option for you.

**Ingredients:**

- 2 small yams
- 2 radishes
- 2 celery stalks
- 1 slice of Spanish onion
  - 1 lemon
- 2 tbsp. apple cider vinegar
  - 1/2-cup water

**Prep Instructions:**

Peel and chunk the yams and lemon. Slice the radishes and celery.

And chop the onion slice.

Combine all ingredients in the blender and process until smooth. Strain for best results.

## **12. The Fire Starter**

The Fire Starter isn't for the weak of heart. But if you have the mental fortitude to push through the intensity of this juice, your body will sing your praises for the rest of the day!

The Fire Starter uses a blend of pepper, fruits, vegetables, and spices to shift your metabolism into overdrive and keep your energy vigorously pumping until it's time for bed.

**Ingredients:**

- 3 Globe tomatoes
  - 2 celery stalks
  - 1 green apple
  - 1/2 red pepper
- 1-tsp onion powder
- 1-tsp garlic powder
- 1 1/2-tsp Worcestershire sauce
  - 1-tsp hot sauce

**Prep Instructions:**

Chunk the tomatoes, red pepper, and apple. Slice the celery into 1/2-inch sections.

Combine all ingredients in the blender and process until smooth. Add water as needed to thin out the beverage.

## **13. Ageless Berry**

It might not be the "Fountain of Youth," but the Ageless Berry can definitely help slow down the aging process thanks to its main ingredients – berries – which are packed with antioxidants that help fight those harmful free radicals known to speed up the aging process.

**Ingredients:**

- 2-cups mango

- 1-cup strawberries
- 1-cup blueberries
- 1/2-cup water

**Prep Instructions:**

Peel and chop the mango and cut the strawberries into halves.

Then, add all ingredients into the blender. Process to desired consistency and strain, if desired.

(Note: Frozen berries are fine to use with this beverage)

## 14. Boost Juice

Boost Juice is designed to give juicers a powerful, all-natural, jolt of energy for having a super productive work session at any point in the day (thanks to the fructose and glucose in pears).

But that's not all it does. It also helps lower blood pressure, reduces inflammation, and improves digestion.

**Ingredients:**

- 2 carrots
- 2 celery stalks
- 1 large Bartlett pear
  - 1 red apple
  - 1 lemon
- 1/2-inch ginger root
- 3-inch turmeric root

**Prep Instructions:**

Peel and chunk the apple, lemon, and pear. Slice the carrots, celery, ginger root, and turmeric root.

Then combine all ingredients in the blender and process until smooth. Add water to thin out the beverage as needed.

## 15. Remember When

The Remember When is the juicer's answer to boosting mental health. The folic acid found in strawberries is linked to improved memory and concentration, while the kiwi is high in magnesium – a key mineral for enhanced mental energy.

### **Ingredients:**

- 2 kiwis
- 2-cups blueberries
- 1-cup strawberries
- 15 mint leaves
- 1/2-cup water

### **Prep Instructions:**

Peel and slice the kiwis and slice the strawberries in half.

Finely chop the mint leaves. Then, combine all ingredients into the blender. For maximum nutrition, do *not* strain this beverage.

## 16. Mean Green

In addition to lemon juice, the kale in this recipe offers a big nutritional kick with very few calories. This helps to feel fuller while keeping the calorie count low.

### **Ingredients**

- 2 granny smith apples
- 4 large celery stalks
  - 1 cucumber
- 1” thumb of ginger root
  - 6 leaves of kale
  - 1/2 lemon

## 17. Beets and Treats

Spinach and beets both have ***high levels of iron which helps build blood***. This creates a better supply of oxygen which gives the body more energy.

### Ingredients

- 1 Beet
- 2 leaves of cabbage
  - 1/2 lemon
  - 1 orange
- 1/4 pineapple
- 2 handfuls spinach

## 18. Heart Beet

Not only is this drink helpful in weight loss, but the carrots, oranges, and beets are also helpful in keeping cholesterol levels down and, in turn, preventing heart disease.

### Ingredients

- 1 medium apple
  - 1 beet

- 12 medium carrots
  - 1/2 lemon
  - 2 oranges

## **19. Any Time Cocktail**

While the lemon and kale in this drink can help with controlling weight, the silica found in cucumbers can help keep a clear complexion.

### **Ingredients**

- 2 medium apples
- 2 celery stalks
- 1 cucumber
- 5 kale leaves
- 1/2 lemon
- 2 oranges
- Handful parsley

## **20. Green Lemonade**

This refreshing drink is great for a low-calorie afternoon snack on a hot day. The mix of lemon juice, kale, and spinach keeps calories low while the cucumber and apples help keep a bright and clear complexion.

### **Ingredients**

- 2 medium apples
- 1 cucumber
- 4 kale leaves

- 1 lemon
- 2 cups spinach

## **21. Turmeric Sunrise**

This pretty drink offers an energy boost and strong, healthy bones due to the presence of pears. High levels of boron in pears aids in bone health, while fructose and glucose give a natural burst of energy.

### **Ingredients**

- 2 medium apples
- 3 medium carrots
- 3 large celery stalks
- 1 thumb of ginger root
  - 2 lemons
- 2 medium pears
- 6 thumb turmeric root

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