

# 3 Day Juice Diet Recipes

# 72 HOUR JUICE CLEANSE

## DAY 1: *Green Juice*

- 4 apples, cored
- 2-3 cucumbers
- handful of parsley
- 2 handfuls of spinach
- 4 stalks of kale
- 1 bunch of celery
- 1 lemon
- 1 tsp ginger root



## DAY 2: *Colon Cleanser*

- 10 small cuts of beets
- 1 bunch of celery
- 1 handful of cilantro
- 1 cucumber
- 1 tsp ginger root
- 2 lemons
- 10 romaine lettuce leaves
- 1 handful of spinach
- 15 carrots



## DAY 3: *Liver & Kidney Flush*

- 6 apples, cored
- 10 small cuts of beets
- 1 bunch of celery
- 1 handful of spinach
- 1 cucumber
- 1 lemon
- 2 tomatoes
- 15 carrots



## *Instructions:*

1. Make one recipe each day, beginning with the Green Juice. Each recipe makes about 64 ounces. Store your juice in a sealed pitcher.
2. Refrigerate and consume 1 cup of juice every hour, for a total of 8 hours. Every meal for these 3 days will consist of juice only, except for dinner.
3. Every 30 minutes, drink one cup of water or more, avoiding alcohol or caffeine.
4. Your last meal of the day will be a full meal and should consist only of grilled or baked lean protein and green vegetables. Avoid starches and processed foods.
5. Finish each evening with a glass of warm chamomile tea with freshly squeezed lemon.

3 day juice diet recipes can be a refreshing way to detoxify your body, boost your energy levels, and improve overall health. This approach to dieting involves consuming only juices from fruits and vegetables for three days, allowing your digestive system to rest while providing your body with essential nutrients. In this article, we'll explore why you might consider a juice diet, the benefits it offers, and a variety of juice recipes to help you embark on this journey.

## Why Choose a 3-Day Juice Diet?

The 3-day juice diet can be appealing for several reasons. Here are some key points to consider:

### 1. Detoxification

- Cleansing the Body: Juices made from fruits and vegetables can help to flush out toxins from the body, aiding in liver function and improving overall health.
- Nutrient-Rich: Fresh juices are packed with vitamins, minerals, and antioxidants that can enhance your immune system and overall vitality.

### 2. Weight Loss

- Caloric Deficit: Consuming only juices can create a caloric deficit, leading to weight loss.
- Reduced Cravings: A juice diet can help to reset your cravings, making it easier to make healthier choices after the diet ends.

### 3. Improved Digestion

- Rest for the Digestive System: A juice diet allows the digestive system to take a break, which can help to reset its function.
- Easy to Digest: Juices are easier to digest than solid foods, ensuring that your body can quickly absorb nutrients.

## Preparing for Your 3-Day Juice Diet

Before diving into the juice diet, it's important to prepare your body. Here's how you can get ready:

### 1. Gradual Transition

- Day 1: Start by reducing your intake of solid foods. Focus on light meals like salads and fruits.
- Day 2: Eliminate processed foods, caffeine, and alcohol. Opt for only whole foods, such as nuts and seeds.

## 2. Gather Supplies

- Juicer or Blender: Ensure you have a high-quality juicer or blender for preparing your juices.
- Storage Containers: Invest in glass jars or bottles to store your juices and keep them fresh.

## 3. Plan Your Juice Recipes

Having a diverse set of juice recipes can help keep your juice diet interesting. Here are some recipes to consider:

### Delicious 3-Day Juice Diet Recipes

Each day of your juice diet will consist of several juices. Here's a sample plan with recipes:

#### Day 1: Refresh and Revitalize

Breakfast Juice: Green Glow

- Ingredients:
  - 2 green apples
  - 1 cucumber
  - 1 cup of spinach
  - Juice of 1 lemon
- Instructions: Wash all ingredients, chop them into smaller pieces, and juice them together. Serve chilled.

Mid-Morning Juice: Carrot-Citrus Delight

- Ingredients:
  - 4 carrots
  - 1 orange
  - 1 inch of ginger
- Instructions: Peel the orange and ginger, chop the carrots, and juice everything together.

Lunch Juice: Beetroot Bliss

- Ingredients:
  - 1 medium beetroot
  - 2 apples
  - 1 carrot
- Instructions: Peel and chop the beetroot, then juice it with the apples and carrot.

Afternoon Juice: Tropical Refresh

- Ingredients:
- 1 cup pineapple chunks
- 1/2 coconut (water and flesh)
- 1 lime
- Instructions: Blend the pineapple, coconut water, and juice of the lime together until smooth.

#### Dinner Juice: Evening Elixir

- Ingredients:
- 1 cup of watermelon
- Juice of 1 lemon
- A few mint leaves
- Instructions: Juice the watermelon, mix in the lemon juice, and garnish with mint leaves.

## Day 2: Energizing and Nourishing

#### Breakfast Juice: Berry Burst

- Ingredients:
- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1 banana
- 1 cup almond milk (or coconut water)
- Instructions: Blend all ingredients until smooth and serve.

#### Mid-Morning Juice: Spicy Tomato Twist

- Ingredients:
- 3 tomatoes
- 1 cucumber
- 1 jalapeño (optional)
- Instructions: Juice the tomatoes and cucumber, and blend in the jalapeño for a spicy kick.

#### Lunch Juice: Super Green Juice

- Ingredients:
- 1 cup kale
- 1 green apple
- 1/2 avocado
- Juice of 1 lime
- Instructions: Juice the kale and apple, then blend with avocado and lime juice for a creamy texture.

#### Afternoon Juice: Apple-Ginger Zing

- Ingredients:
- 2 apples
- 1 inch ginger
- 1 tablespoon honey (optional)
- Instructions: Juice the apples and ginger, then stir in honey if desired.

### Dinner Juice: Creamy Cucumber Cocktail

- Ingredients:
- 1 cucumber
- 1/2 avocado
- Juice of 1 lemon
- Instructions: Juice the cucumber, then blend with avocado and lemon juice until smooth.

## Day 3: Cleanse and Rejuvenate

### Breakfast Juice: Mango Madness

- Ingredients:
- 1 ripe mango
- 1 orange
- 1 tablespoon chia seeds
- Instructions: Blend the mango and orange together, then stir in chia seeds for added fiber.

### Mid-Morning Juice: Celery Cleanse

- Ingredients:
- 4 stalks of celery
- 1 green apple
- Juice of 1 lemon
- Instructions: Juice the celery and apple, then mix in the lemon juice for a refreshing cleanse.

### Lunch Juice: Zesty Green Detox

- Ingredients:
- 2 cups spinach
- 1 green apple
- 1/2 cucumber
- Juice of 1 lime
- Instructions: Juice the spinach, apple, and cucumber, and add lime juice for a zesty twist.

### Afternoon Juice: Peach Paradise

- Ingredients:
- 2 ripe peaches
- 1 cup of coconut water
- Instructions: Blend the peaches with coconut water until smooth.

### Dinner Juice: Final Flush

- Ingredients:
- 1 cup cranberry juice (unsweetened)
- 1 apple
- 1/2 lemon
- Instructions: Juice the apple and lemon, then mix with cranberry juice for a final flush.

# Tips for Success on Your Juice Diet

To ensure you get the most out of your 3-day juice diet, consider the following tips:

- Stay Hydrated: Drink plenty of water throughout the day in addition to your juices.
- Listen to Your Body: If you feel weak or dizzy, consider modifying your juice intake or adding a light snack.
- Consult a Professional: If you have underlying health conditions, consult with a healthcare professional before starting a juice diet.
- Post-Diet Transition: After completing the juice diet, gradually reintroduce solid foods, starting with light meals like salads and soups.

## Conclusion

A 3-day juice diet can be an effective way to detoxify your body, jump-start weight loss, and improve your overall health. With a variety of delicious and nutritious juice recipes at your disposal, you can make this diet enjoyable and fulfilling. Remember to prepare your body before starting the diet, stay hydrated, and listen to your body's needs throughout the process. Whether you're looking to kick-start a new health journey or simply want a refreshing reset, a juice diet can be a beneficial addition to your wellness routine. Happy juicing!

## Frequently Asked Questions

### What is a 3 day juice diet and how does it work?

A 3 day juice diet involves consuming only fruit and vegetable juices for three days. This diet aims to detoxify the body, provide a boost of nutrients, and promote weight loss. It typically includes a variety of juices made from fresh produce to ensure a balance of vitamins and minerals.

### What are some easy juice recipes for a 3 day juice diet?

Some easy juice recipes include: 1) Green Detox Juice: kale, cucumber, green apple, lemon, and ginger. 2) Tropical Citrus Juice: orange, pineapple, and coconut water. 3) Beetroot Bliss Juice: beetroot, carrot, and apple. These recipes are refreshing and packed with nutrients.

### Can I include smoothies in my 3 day juice diet?

Typically, a juice diet focuses on liquid extracted from fruits and vegetables, excluding pulp. However, some people choose to include smoothies for added fiber and satiety, but this may alter the intended detox benefits of the juice diet.

### What are the potential benefits of a 3 day juice diet?

Potential benefits of a 3 day juice diet include improved digestion, increased energy levels, weight loss, clearer skin, and enhanced hydration. It can also provide a mental reset regarding food choices and encourage healthier eating habits post-diet.

## Are there any risks associated with a 3 day juice diet?

Yes, risks can include nutrient deficiencies, low energy levels, headaches, and irritability due to the lack of solid food. It's essential to consult with a healthcare professional before starting a juice diet, especially for individuals with underlying health conditions.

## How can I prepare for a 3 day juice diet?

Preparation involves gradually reducing solid food intake a few days before starting, ensuring you have a variety of fresh fruits and vegetables on hand, and planning your juice recipes. Staying hydrated and mentally preparing for the diet can also enhance the experience.

## What should I do after completing a 3 day juice diet?

After completing a 3 day juice diet, it's advisable to reintroduce solid foods gradually, starting with light meals like soups and salads. Focus on whole, nutrient-dense foods to maintain the benefits achieved during the juice diet and avoid processed foods.

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