Mr. Fitness 72 Hour Juicing, Smoothie, and Soup Green Detox Fast

It's time to clean house.

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The Mr. Fitness 72 Hour Juicing,Smoothie, and Soup Green Detox Fasting Guide

This fasting program incorporates alkaline water and green cold-pressed juice, green smoothies, and green vegetable soup fasting over the course of three days to alleviate the body's digestive systems, promote mental clarity, reduce stomach **bloating**, decrease belly fat, and energize the body.

This 72 hour Green Detox will also help you body with the following:

- Enhanced Nutrient Absorption. **Green vegetables** like kale, spinach, collard **greens**, and lettuce are nutrient powerhouses
- Increased Energy. ...
- Improved Digestion. ...
- Boost Your Immune System. ...
- Healthy Bones. ...
- Heart Health. ...
- Get that Glow. ...
- Consume those **Veggies** without even Realizing

INSTRUCTIONS

The 72 liquid fast hours will go as follows:

BREAKFAST 6AM-9AM DRINK 8-16 OZ OF FRUIT INFUSED ALKALINE WATER DRINK 8-12 OZ OF GREEN JUICE	SNACK 9AM-12PM DRINK 20-24 OZ OF ALKALINE WATER	LUNCH 12PM-3PM DRINK 8-16 OZ OF GREEN SMOOTHIE	SNACK 9AM-12PM DRINK 20-24 OZ OF ALKALINE WATER	DINNER 7PM-9PM EAT 8 OZ GREEN SOUP	SNACK 9AM-12PM DRINK 20-24 OZ OF ALKALINE WATER

DON'T FORGET THAT YOU CAN PURCHASE YOUR FRESH COLD-PRESSED JUCIES FROM ANY LOCATION NEAR YOU THAT PROVIDES FRESH COLD-PRESSED JUICES SUCH AS ARDEN'S GARDEN OR WHOLE FOODS.

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Recipes

If you don't have a juicer, just go to Whole Foods or do a google maps search for a fresh juice shop near you. Drink no more than 8-12 oz of juice at a time, and when consuming your soups only eat one cup (8-10 oz) at a time. Below you'll find simple recipes for the juices. The green juices help clean the blood and the red juices help clean the liver. After liquid fasting it's best to start back drinking smoothies or soups then transition gradually back to fully solid foods and meat. Be sure to wash your fruit very well before adding to your water.

Green Juice Ingredients

1. 1 1/2 cups water.
2. 2 cups kale.
3. 2 **green** apples, cored.
4. 1/2 cup parsley leaves.
5. 1 medium cucumber, quartered.
6. 2 celery stalks, roughly chopped.
7. 1 (1-inch) piece of ginger, peeled.
8. 2 Tablespoons lemon **juice**.

Go Green Smoothie

1.Put 1/2 cup of ice, 1/2 banana, 1 handful of spinach, 1⁄4 cup of pineapple, 1⁄2 green apple, and 1⁄4 of cucumber sliced inside the Nutribullet or blender.
2.Blend for one to two minutes or until contents are a smooth green color, and enjoy good amount of fresh fruits and veggies to start your day

Broccoli and kale green soup

This super healthy soup combines broccoli and kale with ginger, coriander and turmeric for a nutrient dense and low-fat lunch
PREP 15 mins
COOK 20 mins
DIFFICULTY Easy

Ingredients

500ml stock, made by mixing 1 tbsp bouillon powder and boiling water in a jug
1 tbsp sunflower oil
2 garlic cloves, sliced
thumb-sized piece ginger, sliced

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½ tsp ground coriander
3cm/1in piece fresh turmeric root, peeled and grated, or ½ tsp ground turmeric
pinch of pink Himalayan salt
200g courgettes, roughly sliced
85g broccoli
100g kale, chopped
1 lime, zested and juiced
small pack parsley, roughly chopped, reserving a few whole leaves to serve

Method

- Put the oil in a deep pan, add the garlic, ginger, coriander, turmeric and salt, fry on a medium heat for 2 mins, then add 3 tbsp water to give a bit more moisture to the spices.
- Add the courgettes, making sure you mix well to coat the slices in all the spices, and continue cooking for 3 mins. Add 400ml stock and leave to simmer for 3 mins.
- Add the broccoli, kale and lime juice with the rest of the stock. Leave to cook again for another 3-4 mins until all the vegetables are soft.
- Take off the heat and add the chopped parsley. Pour everything into a blender and blend on high speed until smooth. It will be a beautiful green with bits of dark speckled through (which is the kale). Garnish with lime zest and parsley.

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Grocery List

Juices: (if you're not purchasing them pre-juiced)
1.3lbs of kale
2.6 Green Apples
3.3 cucumbers
4.6 celery stalks
5.3 inches of ginger
6.3 Lemons

Smoothies:
1. 2 bananas
2. 1lbs of spinach (or kale your choice)
3. 3/4 cup of pineapples
4. 1 cucumber

Soup:
1.16 oz vegetable stock
2.1 tbsp sunflower oil
3.2 garlic cloves, sliced
4.Thumb-sized piece ginger, sliced
5.½ tsp ground coriander
6.3cm/1in piece fresh turmeric root, peeled and grated, or ½ tsp ground turmeric
7.Pinch of pink Himalayan salt
8.1/2 lbs courgettes, roughly sliced
9.1/4 lb broccoli
10.100g kale, chopped
11.1 lime, zested and juiced
12. Small pack parsley, roughly chopped

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