

# **Gym & Juice**

**Robert Koch**

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## **Disclaimer**

I'm some dude who's self-published a book. I claim no formal expertise on anything that I write. Please do your own research and consult more trustworthy sources before doing anything that I advise.

## Introduction

Here's the part where I'm supposed to sell you on the idea of juicing. The paragraph where you expect me to recite all of juicing's wonderful benefits (like the fact that it cleared up my acne and gave my skin a radiant glow, or how I feel more alert since I started), but I'm not going to mention any of that. Why? Because you're already reading a book of juicing recipes. You *know* the advantages, I don't have to convince you of anything.

Instead of rehashing how great juicing is, I'm just going to say this: what you have before you is an awesome list of recipes to try. Enjoy.

Oh, and before I forget: make sure to peel the rinds off fruit before juicing them. I accidentally broke my first juicer by feeding it a whole lemon.

## Initiation

This is it, the gateway juice. While connoisseurs may find it weak, it's non-threatening yet potent enough to entice newcomers. This is the very drink that got me hooked on juicing, and (for nostalgic purposes) I still make every now and then.

### Ingredients:

- 4 carrots
- 1 apple
- 1" piece of ginger

## **Break-in #1**

While the initiation juice is a great starter, it lacks the health benefits provided by juicing green vegetables. This “break-in” juice will help get you accustomed to the stronger flavor of kale.

### **Ingredients:**

- 1 apple
- 4 carrots
- 1 bunch kale
- 1” piece of ginger

## **Break-in #2**

When juiced, celery has a very harsh flavor. This drink does wonders developing your “acquired taste” for it.

### **Ingredients:**

- 1 apple
- 4 carrots
- 1 stalk celery
- 1” piece of ginger



## Mean Green Juice

Made famous in the film Fat Sick & Nearly Dead, this recipe makes a large quantity of incredibly nutritious juice.

### Ingredients:

- 1 cucumber
- 4 celery stalks
- 2 apples
- 8 kale leaves
- ½ lemon
- 1” piece of ginger

## Faux Soda

Personally I don't drink much of this. But I've included it in the book for those trying to ween themselves off sugary beverages.

### Ingredients:

- ½ pineapple
- 1 lime
- ½ cup sparkling water
- 1” piece of ginger

## Old Fashioned

This is your grandfather's juice. It's a simple to make, healthy, and is composed entirely of (pardon the terrible pun) garden-variety vegetables.

### Ingredients:

- 4 carrots
- 2 celery stalks
- 1 handful spinach

## Orange Dawn

A great breakfast juice, using minimal ingredients.

### Ingredients:

- 4 carrots
- 1 large orange

## **CBS**

A great drink to make while integrating beets into your juicing routine.

### **Ingredients:**

- 3 carrots
- ½ beet
- 1 handful spinach

## **Pink Pineapple**

Another delicious breakfast juice, and a great source of Vitamin C.

### **Ingredients:**

- ½ pineapple (sliced into chunks)
- 1 red grapefruit
- 1 kiwi

## **Glass Of Salad**

This green juice is loaded with vegetables, vitamins, and antioxidants.

### **Ingredients:**

- 1 large tomato
- 1 bunch parsley
- 2 handfuls spinach
- ¼ bell pepper

## No Make Out

While shopping for this juice's ingredients, make sure to pick up a few extra packs of gum.

### Ingredients:

- 3 carrots
- ½ beet
- 1 clove garlic
- 1” piece of ginger
- 1 bunch scallions



## **My Favorite**

As the title would suggest, this is my favorite juice. I love it's smooth flavor.

### **Ingredients:**

- 5 carrots
- 1 bunch Italian parsley
- 1 lime
- 1” piece of ginger

## **My Second Favorite**

While healthier than my favorite juice, I don't think it tastes quite as good.

### **Ingredients:**

- 5 carrots
- 1 bunch kale
- 1 lime
- 1" piece of ginger

## **Carrot Detox**

A great source of carotene.

### **Ingredients:**

- 3 carrots
- ½ beet
- 1 cucumber

## Death By Citrus

This drink is like a citrus overload.

### Ingredients:

- 1 orange
- 1 lime
- 1 lemon
- $\frac{1}{4}$  pineapple (sliced into chunks)

## Apples To Oranges

Rather than drinking store bought juice, I make my own. One day, I mixed my homemade apple and orange juices, and the result was amazing. This is a tweaked version of the recipe that I've recently started drinking.

### Ingredients:

- 3 oranges
- 3 apples
- 1 cup raspberries

## Thank You

This short book of recipes is the first work that I've ever published. I hope that you enjoyed reading it. If you want to learn more about juicing, health, or what I'm writing next; please feel free to visit my [website](#) and follow me on [Twitter](#).

Until next time,

A handwritten signature in black ink that reads "Robert Koch". The script is cursive and fluid, with the first letter of each name being capitalized and prominent.

Robert Koch