

Juicing/Smoothie Resources

1. Documentary

1.1. Fat, Sick and Nearly Dead: <http://www.fatsickandnearlydead.com>

2. Juice Ideas

You really can't go too far wrong with juicing. I recommend mostly (if not entirely) vegetables. Lots of green veg, some leafy greens in there too. I almost always have a based of lemon, ginger, cucumber and celery and then add whatever vegetables I can find. Experiment and aim for around 250 ml - 500 ml of juice. If it's too strong for you, you can always water it down. Or add a little fruit too.

Never juice avocado or banana's.

I currently use a Philips Avance Juicer, which I'm happy with. It's a centrifugal one but there are other ones out there like masticating, and cold press ones.

The following are good resources to check out when deciding on type of juicer:

<http://foodmatters.tv/juicer-buying-guide>

<http://www.juicemaster.com> (UK)

<http://www.juicemaster.com/us/> (USA)

<http://www.juicemaster.com/au/> (Australia)

1	2	3	4	5
Pink Panther	Time to Tango	Lambogreeni	The Green Top	Red or Bed?
Carrot (3cm)	Carrot (3cm)	Broccoli (5cm)	Broccoli (florete)	Beetroot (1/2)
Cucumber (4cm)	Celery (1 stalk)	Cucumber (3cm)	Celery (1 stalk)	Celery (1 stalk)
Ginger (2cm)	Cucumber (4cm)	Ginger (1cm)	Cucumber (4cm)	Cucumber (2cm)
Lemon (1/2)	Ginger (2cm)	Green Beans (10)	Ginger (1cm)	Ginger (1cm)
Lettuce (2cm)	Lemon (1/2)	Lemon (1)	Lemon (1)	Lemon (1/2)
Red Cabbage (2cm)	Lettuce (2cm)	Water (little)	Parsley (small bit)	Parsley (pinch)
White Cabbage (2cm)	Parsley (small bunch)		Red Cabbage (2cm)	Red Cabbage (2 cm)
	Red Cabbage (2cm)		Spinach (handful)	Spinach (bunch)
	White Cabbage (2cm)		Water (little)	

3. Smoothie Ideas

You can use any blender but the more powerful, the smoother you'll get the smoothie. There really is a big difference between a bulk standard blender and something like a Vitamix. It took me a year to finally work up to buying a Vitamix and that was after two years of blending. Other good options are Blendtec and also Nutri-bullet.

Vitamix: <https://www.vitamix.co.uk> (my personal choice and the grand-daddy of blending. Of course, it's not a blender - it's a Vitamix!)

Blendtec: <http://www.blendtec.com>

Nutri-bullet: <http://www.nutribullet.com> (Good cheaper option than two above. Not quite as good, but for the money a good option)

Check out this channel for ideas on what to buy for juicers and blenders: <http://www.youtube.com/user/rawfoods/featured>

A YouTube channel with some ideas to get you going too: <http://www.youtube.com/user/blenditandMendit/featured>

Recipes: Just include lots of nuts, seeds, veg, fruit, oils, non-dairy milk, [green powders](#) and you'll be fine. A couple of ideas for you.

1		2	
Dynamite Dozen		Green Goddess	
Seeds (chia, flax, sunflower, sesame, pumpkin)	Avocado	Celery (1/2 stalk)	Squeeze Lemon
Nuts (walnuts, hazelnut, pine, almonds, hazelnuts, cashew, pecans)	Spirulina	Cucumber (4 cm)	Seeds (chia, flax, sunflower, sesame, pumpkin)
Berries (gogi, blueberries, black, strawberry, raspberry)	Omega Oils	Kale (small bunch)	Nuts (walnuts, hazelnut, pine, almonds, hazelnuts, cashew, pecans)
Frozen Peas	Amazing Grass Powder	Spinach (bunch)	Berries (gogi, blueberries, black, strawberry, raspberry)
Frozen Bananas	Spinach	Courgette/Zucchini (3cm)	Coconut water
Ice	Coconut Milk	Amazing Grass Powder	Omega Oils