

## **Green Monster Drink**

Modified from several different detox plans

This is meant to be your first beverage after your 1/2 lemon in water every morning. It actually makes a great pre-exercise or post workout drink, too! Lotsa photo-nutrients!

If you have a juicer, this is what I want you to have:

- 1-1 1/2 apples (preferably organic)
- 1/2 lemon or juice of half lemon
- 1-3 leaves of kale (1 to start with)
- 3-4 leaves of romaine lettuce (preferably organic)
- 1 inch of ginger root (less to start with)
- 1 clove garlic (optional) with inside vein removed
- Optional – 1 inch of cucumber (this helps to lessen the ‘bite’ of ginger and garlic)

And this is the green energy drink you can drink all day if you want. It should be made fresh each time and drunk within an hour of making it, especially if done in a juice extractor!

You can add other green veggies, too or replace kale with spinach, chard, collards, etc.

You can also start with more apple, and less ginger or less/more kale.

(Note, you can make this in a blender, too but use less apples (core and chop). Juice the lemon and use about 1 cup or more liquid (water and raw apple juice/cider) – this becomes a smoothie instead of a clear drink. Then you also don’t have the waste. Blend until smooth. Vitamix works best if you can afford one.