




JONNY JUICER'S ULTIMATE JUICE RECIPES



BY JONNY MORELLI



"Not only did I lose over 60 lbs, but my energy, happiness, motivation and drive all improved once I changed my health. And it all started with just one juice!" -Jonny Juicer



About Jonny

Hi I'm Jonny, better known as Noah's father. I'm super excited to finally bring to you my Ultimate Juice Recipes book! My whole health journey started with juicing, and with this e-book, you will be given the tools to start regaining your health, energy and vitality to help transform your life!

Juicing is such a powerful tool because it floods your body with nutrients, while giving your digestive system, the most over used system in the human body, a break.

My whole life I suffered from gut issues, especially Irritable Bowl Syndrome (IBS). I was lactose intolerant, had debilitating migraines and was 65 lbs heavier than I am today.

After stumbling upon "Fat, Sick and Nearly Dead" on Netflix, it inspired me to go buy the same juicer from the documentary the very next day.

My journey hasn't always been easy, but juicing is the life-changing tool that helped me overcome food addiction by changing my taste buds. This eventually transitioned me into a vegetarian, vegan and raw foods diet.

In this e-book I will go over juicing benefits, juice cleanses (which is also a powerful tool), as well as all my recipes I share with the clients I coach. I truly hope this e-book gives you the motivation and inspiration to help with your health journey no matter where you are today!



Contents

About Jonny	2
Tips & Tricks	5
Recipes	12
Beginner Juices	13
Shots	19
Workout Juices	23
Holiday Juices	27
Level Up Juices	33
Juice Cleanse Guide	42
Thank You	48



Tips & Tricks

DOES EVERYTHING NEED TO BE ORGANIC?

Yes! When it comes to juicing, I highly recommend everything being organic. The reason behind this is that you're not just stripping the fiber of whatever you're juicing, but you are also extracting everything from that fruit/vegetable. Yes, you'll be getting the nutrients, but you'll also get all the wax, pesticides and other toxic chemicals that comes with it.

There is a huge difference in organic and conventional produce. I know it's more expensive to buy organic, but like I always say, you can't put a price on your health. Have you seen hospital bills lately?



WHERE DO YOU SHOP FOR PRODUCE?

The good news is you can pretty much find organic produce anywhere. From Aldi to Walmart, you don't have to just depend on Whole Foods anymore. If you want the freshest, highest quality produce, I would highly recommend checking out your local farmer's market and creating a relationship with the farmers if possible.

If you plan to juice daily and are looking for the most cost effective ways to get produce, I would recommend looking into your local wholesale market. Most of the time, you can negotiate a reasonable price when you buy in bigger quantities.

If you don't have a wholesale market near you, you can also check out grocery stores like Costco who carry a lot of organic produce at reasonable prices.

If you're looking for exotic fruits, vegetables or coconuts, check with your local asian market to see what's available.



WHAT JUICER SHOULD I USE?

This might be the most popular question I get when it comes to juicing. There are two types of juicers to choose from-- centrifugal and slow masticating.

Centrifugal juicers have a stronger motor, but are also known to oxidize nutrients much quicker, produces more waste and it's recommended to drink within 24 hours of juicing. A slow masticating juicer oxidizes at a slower rate, creates less pulp and can last up to 3 days when properly stored.

When I first started my juicing journey, I purchased a Breville Elite, which is a centrifugal juicer. It did the job when I first started my journey, but after some research I was ready to invest in a Tribest Green Star slow juicer. This was the game changer when it came to taste, as well as yielding the most juice out of leafy greens, with minimal pulp. That being said, go with where your budget is and what you feel is the best option for you.



WHAT DO YOU DO WITH THE PULP?

There's a number of things you can do with your juice pulp. One of the things I always recommend doing is re-juicing it. This is especially recommended if you have a centrifugal juicer, which tends to leave more pulp that's wet.

You can also throw the pulp in a nut straining bag to make sure you're really squeezing and yielding all the juice from it. Another suggestion is composting the pulp.

A couple of my favorite things I often do is mix the pulp in my dog's food (as long as everything was dog friendly) or make dehydrated pulp crackers or bread. At the end of the day, it's just mulched up vegetables so you can cook with it, or even make a vegetable stew or soup.

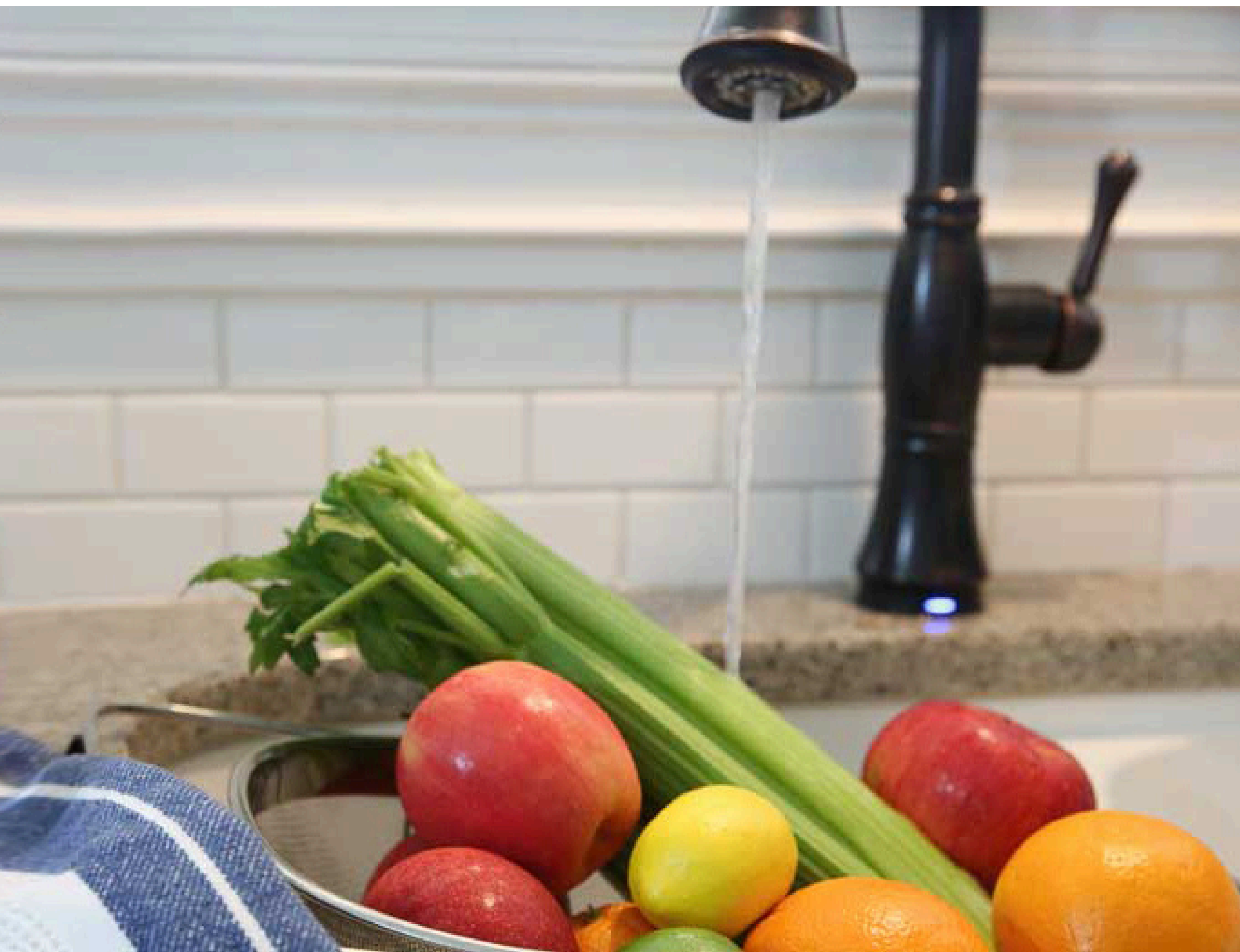


DO YOU WASH YOUR PRODUCE?

As I stated earlier, I always buy and encourage others, especially if you're juicing, to buy all organic. With that said, I do a light rinse with distilled water over all my produce before running it through the juicer.

You can also use a water-and-vinegar solution to soak and wash your produce (add in 2 tablespoons of apple cider vinegar per 8 cups of water) for about 10 minutes. You can also add some lemon juice to that mixture.

Please note, you do not need to peel the skin off cucumbers, ginger, lemons, etc. if you're buying organic--just give it a nice scrub. I would recommend lemon being the only citrus you juice with the peel as grapefruit and orange peel will overpower the juice.



HOW MUCH JUICE SHOULD I MAKE AND SHOULD I JUICE DAILY?

I'm going to share what has worked for me, from my 7 years of experience juicing, as well as my clients and even my mother who converted to a plant-based diet and eventually reversed her heart disease.

Start the daily juicing habit! As far as how much to drink daily, I would recommend at the very least 24 ounces but prefer 32 ounces. One 32 ounce jar is equivalent to roughly 12-15 servings of raw fruits and vegetables. The recommended serving amount to consume daily is 5, so this doubles, and almost triples the daily recommended amount.

Juicing helps give your digestive system a break by flooding your body with nutrients, with minimal energy exerted and using the nutrients to heal and regenerate your body.



DO YOU ADD ANYTHING TO YOUR JUICES?

I love adding things to my juices--one of the most popular things you see me add is fresh, young thai coconut water to add a little sweetness.

However, there's plenty of things you can sprinkle in to supercharge your juice to add some healthy fats, omegas, protein and other vital nutrients. I've listed below a few of my favorites:

- Hemp Seeds
- Ground Flax Seeds
- Chia Seeds
- Spirulina Powder (Hawaiian Pacifica or Vimergy)
- Chlorella
- Liquid Chlorophyll
- Barley Grass Juice Powder (Vimergy)



*Now to the juice &
shot recipes*



Jonny's Go To Green

This was my very first juice and is still my favorite go to green juice. This recipe is the perfect green juice for ANYONE starting out. If you don't like spinach or prefer another leafy green, keep in mind you can always substitute for kale, swiss chard, dandelions or your favorite greens. You can also use lime instead of lemon, or pears instead of apples.

- 1 WHOLE HEAD OF CELERY
- 1 CUCUMBER
- 1 LEMON W/PEEL
- 2 GRANNY SMITH APPLES
- 1 THUMB SIZE OF GINGER
- 1 WHOLE BUNCH OF SPINACH

(MAKES ROUGHLY 32 OZ)



Carrot Apple Energizer

This became a favorite of mine early on for being quick, simple and delicious. It's also perfect for a quick pick me up energy boost.

- 2 LBS BAG OF CARROTS (12-16 CARROTS)
- 4 GRANNY SMITH APPLES
- 1 THUMB SIZE OF GINGER

(MAKES ROUGHLY 28-32 OZ)



Celery Juice

The hype is REAL! If you know about juicing, I'm sure you're aware of the global celery juice craze. Celery juice and the many healing benefits has been made popular by Anthony William (Medical Medium) who's helped hundreds of thousands of people. The best way to consume celery juice and its many benefits is first thing in the morning on an empty stomach having anywhere from 17-24 ounces.

- ONE FULL HEAD OF CELERY

(MAKES ROUGHLY 17-24 OZ)



On The Glow Cucumber Juice

Looking for a simple juice that is one ingredient, tastes delicious, super hydrating and excellent for your skin? Cucumber juice is one of my favorites for hydration. Cucumbers are in many skin moisturizers and face mask products on the market. Cucumber juice takes it to the next level for helping to hydrate, nourish and revitalize your skin.

- 4-5 MEDIUM SIZED CUCUMBERS (W/SKIN)

(MAKES ROUGHLY 28-32 OZ)



Jump Starter

Over the years, I've picked up on the fact that nothing really gets me energized and going in the morning quite like citrus juice. It's also been known to help relieve congestion and decrease mucus. After loving the way I felt off grapefruit or orange juice in the morning, I went on to add ginger to the mix. Talk about jump starting your day, it's the perfect balance of fruit with a little heat. You can use oranges instead of grapefruit or use both!

- 4-5 RUBY GRAPEFRUITS (DEPENDING ON SIZE)
- 1 THUMB SIZE OF GINGER

(MAKES ROUGHLY 24-32 OZ)



Grape Juice

Grapes are high in antioxidants and astringent properties which helps remove toxins from the body. It's been said grapes are one of the best lymphatic cleansers, as well as helping maintain a healthy blood pressure. It also decreases the risk of blood clots and the amount of bad cholesterol and preventing damage to blood vessels in your heart. Always choose organic and seeded grapes to juice if possible.

- 2 LBS OF ORGANIC SEEDED GRAPES
- 1 LEMON (OPTIONAL)

(MAKES ROUGHLY 20-24 OZ)



Juice Shots



Concentrated energy and immune boosting wellness shots



Fireball

- 1 LEMON W/PEEL
- 1 THUMB OF GINGER
- 1 CAYENNE PEPPER
- 1 PINKY OF TURMERIC
- 1 GARLIC CLOVE



Flu Shot

- 1 LEMON W/PEEL
- 1 THUMB OF GINGER
- 1 PINKY OF TURMERIC
- 1 CAYENNE PEPPER



Apple Ginger AMP



- 1 GREEN APPLE
- 1 THUMB OF GINGER
- 1 LEMON (OPTIONAL)

Stomach Soother

- 1 THUMB OF GINGER
- 1 PINKY OF TURMERIC
- 1 LIME (OR LEMON)
- 1 ALOE LEAF GEL
(SEE NOTES BELOW)



Note: I blend the aloe gel (inside of aloe leaf) with either a half cup of distilled water or coconut water then mix with the juiced ingredients.

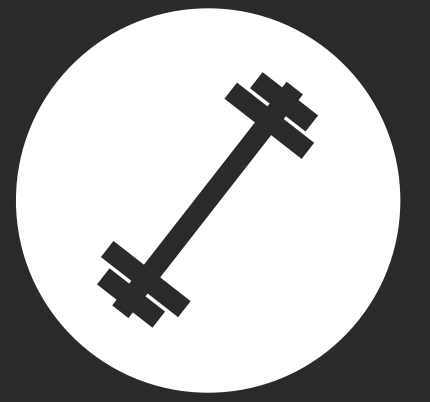
Wheat Grass

You can grow wheatgrass, which is fairly simple, and you can get it fully grown to harvest in about a week. In my experience, you need to drink wheatgrass shots daily for a period of time to feel the maximum benefits of this superfood. It is super high in chlorophyll, vitamins, minerals and amino acids. Studies have found that its high antioxidant content may prevent oxidative stress, cell damage to help fight chronic illness.

- ENOUGH WHEAT GRASS TO EQUAL ROUGHLY 3-4 OUNCES



WORKOUT JUICES



Red Rush

Looking for the perfect pre-workout juice? Look no further. The combination of watermelon and beets work wonders by increasing levels of artery-relaxing nitric oxide in the body. Relaxed arteries mean increased blood flow, and that means better athletic (as well as sexual) performance. This is by far my number one choice for energy, endurance and stamina during workouts.

- 1/2 OF A SEEDED WATERMELON
- 1 BEET
- 1 THUMB OF GINGER

(MAKES ROUGHLY 32-40 OZ DEPENDING ON WATERMELON SIZE)



Nature-ade

This juice is a game changer when it comes to hydrating and energizing your body during your workout. Cucumbers are one of the most hydrating foods next to watermelon, being made up of 90% water. Additionally, coconut water is without a doubt the best hydrating drink. It is low in calories and rich in potassium and is known to have better hydrating qualities than water alone. The two together make the ultimate, delicious sports drink.

- 4 CUCUMBERS
- 1 YOUNG THAI COCONUT (WATER)

(MAKES ROUGHLY 32 OZ)



Hulk Juice

Looking for the best possible juice to consume post workout? Try Hulk Juice! Adding pineapple which is rich in the enzyme bromelain, has been shown to increase the rate at which your body absorbs dietary protein and also helps to reduce inflammation and muscle soreness. We also doubled the spinach dose to make this the perfect tasting, post workout replenishing juice.

- 2 BUNCHES OF SPINACH
- 1 CUCUMBER
- 1/4 OF A WHOLE PINEAPPLE
- 1 THUMB OF GINGER
- 1 LEMON
- 1 HEAD OF CELERY
- 1 GREEN APPLE



Holiday Juices



Christmas Juice

This juice will give you the perfect minty, gingery Christmas taste, if that makes sense. The cranberry and beets give it the perfect holiday color as well! You can also add a drop of pine needle essential oil to add an extra holiday kick to the flavor.

- 1 CUP OF CRANBERRIES
- 1 BEET (W/ STEMS)
- 1 THUMB OF GINGER
- 1 HONEYCRISP APPLE
- 1 BUNCH OF MINT



Halloween Juice

This juice is only named Halloween juice due to using a pumpkin in it. But this juice is delicious nonetheless. To juice pumpkin, you'll need a pie pumpkin and unless it's organic, you must shave the shell and take the seeds out before juicing.

- 1 PIE PUMPKIN
- 2 HONEYCRISP APPLES
- 1 THUMB OF GINGER
- 1 PINKY OF TURMERIC
- DASH OF CINNAMON FOR AN EXTRA KICK (OPTIONAL)



The Watermelon Cooler

This isn't much of a holiday drink, although I couldn't think of a better juice for the Fourth of July in the heart of summer! Watermelon juice is so hydrating that it's one of my favorite juices, especially in the summer. These ingredients take the watermelon juice to another level.

- 1/2 SEEDED WATERMELON (OR MORE IF YOU PREFER)
- 1 LIME
- 1 BUNCH OF MINT
- 1 CUP OF YOUNG THAI COCONUT WATER



Sparkling Lemonade

This is the PERFECT juice to make a New Year's toast! Half juice, half sparkling water! It's got the perfect amount of sizzle and so delicious for special occasions. I normally use Mountain Valley Spring or Topa Chico for sparkling water, and mixing it into the juice takes it to another level!

- 2 CUPS OF SPARKLING WATER
- 1 RUBY GRAPEFRUIT
- 1 LEMON
- 1/2 CUP RASPBERRIES
- 1 HONEYCRISP APPLE



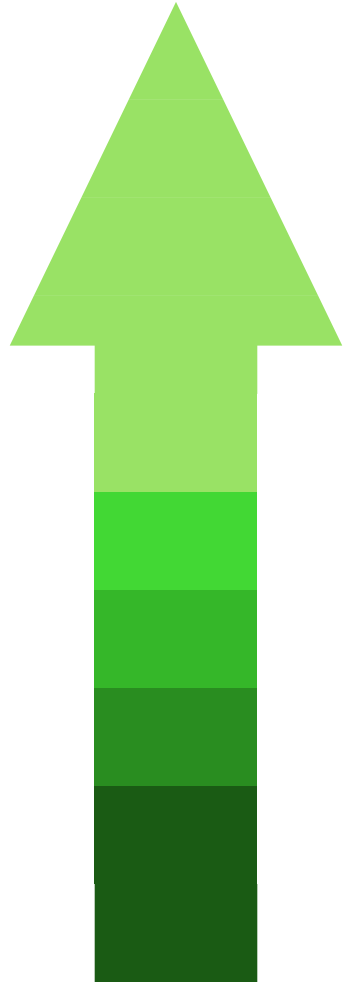
Valentine's Day Elixir

This one is for all my men out there! Watermelon and beets alone, like in a preworkout juice, is EXCELLENT for circulation. Beets are high in nitrates and the body turns nitrates into nitric oxide, opens blood vessels wider, increasing blood flow. Watermelon is rich in citrulline, an amino acid that helps improve blood flow as well.

- 1/2 SEEDED WATERMELON
- 1 BEET
- 1 LEMON
- 1 GALA APPLE
- HANDFUL OF STRAWBERRIES (NEXT LEVEL TASTE)



LEVEL UP JUICES



Liquid Sunshine

Other than my green juices, this is my favorite tasting juice concoction and I bet you'll love it too. It's an excellent energizing juice that also is immune boosting and will help fight inflammation.

- 2 LBS BAG OF CARROTS (12-16 CARROTS)
- 5 PEELED ORANGES
- 1 LEMON
- 1 THUMB OF GINGER
- 1 PINKY OF TURMERIC

(MAKES ROUGHLY 32 OZ)



Liver Renewal

Have an over-worked, beat-up liver and looking for a juice to help clean it out? Look no further. The liver renewal is the juice you're looking for. Beets alone activate liver enzymes and increase bile, which helps the liver's detox function. It's high in betalains which is shown to reduce inflammation, protect against oxidative stress and reduce the risk of liver damage.

- 1 BEET
- 1 GRAPEFRUIT
- 2 LBS BAG OF CARROTS (12-16 CARROTS)
- 1 LEMON
- 1 GREEN APPLE
- 1 BUNCH OF DANDELIONS

(MAKES ROUGHLY 32 OZ)



Ultimate Mean Green

What makes this mean green "ultimate" is the amount of greens that go into it. It doesn't get more green than this containing 3 varieties of leafy greens making this juice super rich in minerals.

- 1 BUNCH OF LACINATO KALE (OR ANY VARIETY)
- 1 BUNCH OF SPINACH
- 1 BUNCH OF PARSLEY
- 1 CUCUMBER
- 1 HEAD OF CELERY
- 1 LEMON
- 2 GREEN APPLES
- 1 THUMB OF GINGER
- COCONUT WATER (OPTIONAL)



Allergy Buster

Pineapple will give you relief with allergies. It's full of Vitamin C, but the true allergy powerhouse is the enzyme bromelain. This enzyme fights inflammation to help reduce the swelling and irritation brought on by pollen and other seasonal allergens.

- 1 WHOLE PINEAPPLE
- 1 THUMB OF GINGER
- 1 LEMON (OR LIME)

(MAKES ROUGHLY 24-28 OZ DEPENDING ON PINEAPPLE SIZE)



Purple Rain

The name is because it's simply one of my favorite Prince songs and because of the color. Red cabbage is a cruciferous vegetable that is rich in nutrients and a great source of antioxidants and other beneficial plant compounds that help protect against cellular damage.

- 1/2 MEDIUM HEAD OF RED CABBAGE
- 1 LEMON
- 1 THUMB OF GINGER
- 10-12 CARROTS
- 1 BEET
- 1 GREEN APPLE

(MAKES ROUGHLY 32 OZ)



Goodness Grapeness

Grapes are an excellent addition to green juices and I found through trial and error, this one in particular. Grapes like citrus, are great at dissolving mucus and flushing things out and reducing acidity in the body. Add cilantro and basil to the mix and we're not just talking tasty but cleansing as well.

- 1 1/2 CUP OF GREEN GRAPES
- 2 CUCUMBERS
- 1 LEMON
- 1 HANDFUL OF BASIL
- 1 BUNCH OF CILANTRO
- 1/2 THUMB OF GINGER

(MAKES ROUGHLY 24-28 OZ)



V8 Juice

Who has tried a V8 juice? How about one that's preservative, additive, processed sodium/sugar free and chemical free? Here's my fresh organic version and I promise you won't be disappointed!

- 1 HEAD OF CELERY
- 1 TOMATO
- 1 BUNCH OF PARSLEY
- 1 BEET
- 1 CUCUMBER
- 1 LEMON
- 1 JALAPENO
- 1/2 BUNCH SPINACH
- 8 CARROTS



Holy Honeydew

Holy honeydew, Batman! I happened to create this juice after falling in love with juicing melons.

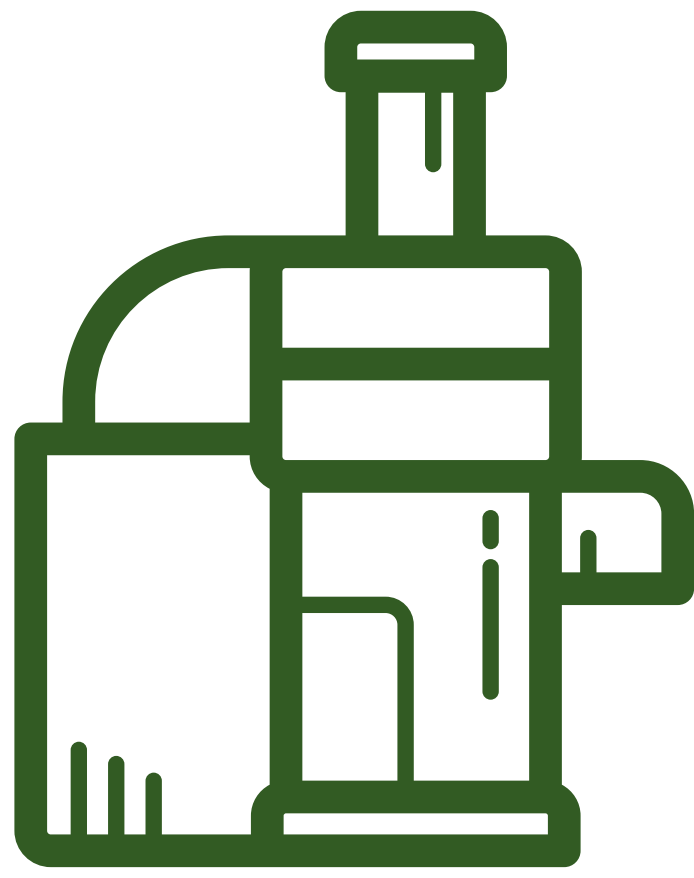
Watermelon, cantaloupe and honeydew all taste amazing juiced and taste even better when adding some refreshing mint.

- 1 HONEYDEW
- 1/2 LEMON (OR LIME)
- 1 BUNCH OF MINT
- 1 GREEN APPLE

(MAKES ROUGHLY 32-40 OZ DEPENDING ON HONEYDEW SIZE)



Juice Cleanse Guide



HOW MANY DAYS SHOULD I JUICE AND DO YOU ONLY DRINK JUICE?

Doing a "3-day Juice Cleanse" is very popular among juice bars. In my experience, after doing extended cleanses, 3 days isn't long enough to experience the true benefits that come from a juice cleanse.

Most of the time, by the third day, you'll still be experiencing brain fog, withdrawal from processed sugars, salts and caffeine. It isn't until you reach day 4, 5 and 6 where you'll start experiencing mental clarity, some highs as well as allowing your taste buds to reset.

With that said, 7 days is what I normally recommend to experience the full benefits of a juice cleanse. Please note that during a juice cleanse, you are only to consume juice, water and maybe even tea. Smoothies are not recommended as they have fiber and pulp which defeat the purpose of the cleanse and to give the digestive system a break.



HOW MUCH JUICE SHOULD YOU DRINK A DAY DURING A CLEANSE?

I always recommend AT LEAST 96 ounces of juice a day and up to a gallon or more if needed. 96 ounces, to make it easier, is roughly 3 of the 32 ounce mason jars shown below. A gallon would be 4 full mason jars.

I also recommend drinking at least 12-20 ounces of water in between each juice. I normally start my juice cleanse by doing a gallon of juice a day. The longer I am on the juice cleanse, my body will naturally only crave around 96 ounces of juice a day. Everyone's body is different and if you feel you need more juice, listen to your body.



WHAT KIND OF JUICES SHOULD I DRINK?

I start every morning by drinking 32 ounces of distilled water with lemon. After drinking the 32 ounces of water in the morning during the cleanse, I like to start my first 32 ounces of juice with either orange, grapefruit or even watermelon juice.

I find that fruit juice being the first juice of the day helps to energize the body and get things going. Following the fruit juice, the rest of the day is predominately green juices.

If you're using recipes from this e-book, I'd recommend going with my grapefruit juice to start, then following it with my Jonnys Go To Green juice (while rotating greens everyday, for example, instead of spinach switch to kale, chard, dandelions, etc.) for the next 64 ounces. Then finishing off with the Ultimate Green to complete your gallon for the day.



CAN YOU WORKOUT WHILE ON A CLEANSE?

You don't have to stop exercising when you're cleansing, but it's recommended to take your normal workout routine down a few notches. The key is to not over stress the body.

However, moving your body will increase blood circulation, respiration and sweating, all of which enhance your body's ability to release toxins during the cleansing process. I'd shoot for about 20 or 30 minutes of light to moderate activity like jogging or yoga.

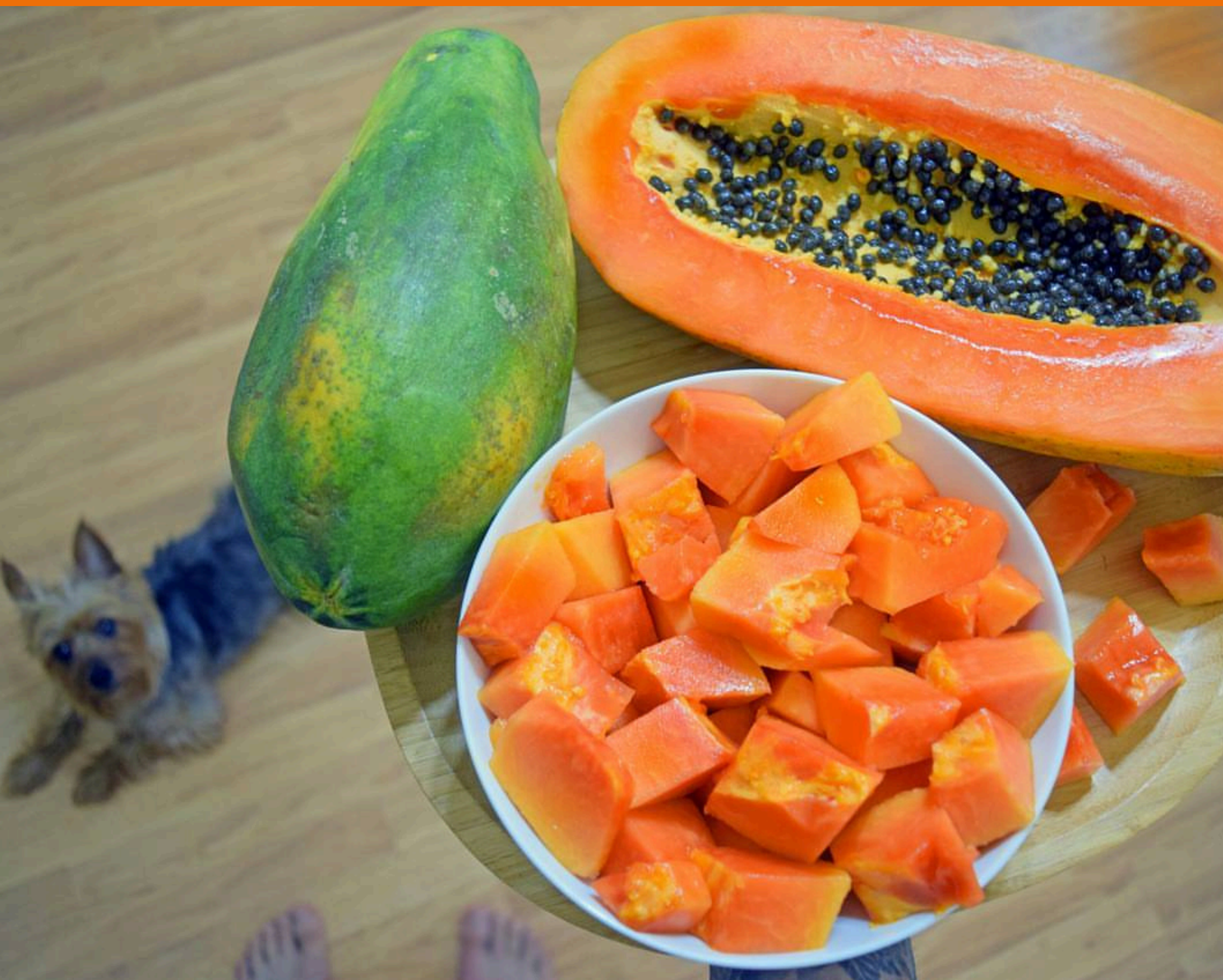
I've experienced being very light headed when playing basketball 4 days into a juice fast so I learned the hard way. Give your body a break from excessive movement during this time. I also recommend getting in saunas and infrared saunas to continue sweating out toxins as well as hydrocolontherapy.



HOW SHOULD WE BREAK OUR JUICE FAST?

You want to start with foods that your body will find easy to break down like fruits which are a great choice, especially water-based fruits like watermelon. I've even broken juice fasts with apples or papaya.

If you don't plan on eating raw coming off the fast, I would highly recommend at least being raw the day of breaking the fast. This will allow your body to adjust to digesting food again. You can then move on to steamed veggies and cooked food when it feels right.





Thank you so much not just for your continued love and support, but for making this investment in your health! My journey all started one day with one juice and I don't doubt it can do the same for you. I hope this e-book gives you all the tools needed to make your juicing journey a smooth one!

With love,
Jonny & Noah

Thank You!

