

# JUICING GUIDE

BY  
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**FIT MOMMI**  
**CHALLENGE**

**TRANSFORMING**  
YOUR BODY, SPIRIT & MIND...

A close-up photograph of a vibrant pink smoothie in a clear glass. The smoothie is topped with three fresh blueberries and a single green mint leaf. The background is softly blurred, showing more of the smoothie and some greenery.

# **Seven Layer Slay**

JuSmoo

I absolutely love this "JuSmoo" because it literally is the epitome of its name! It has an ingredient that will slay every aspect of the human body! From helping with inflammation to aiding with digestive issues; this powerhouse drink will definitely get your insides going!

Ginger root is such a life changing ingredient by itself but with the powerful antioxidant cinnamon; it is guaranteed to completely slay your insides with the proper consistency!

# Ingredients

- (4) cups of Spinach
- (2) cups of Kale
- (1) chopped pineapple
- (1) cup of Arugula
- (1) piece of chopped ginger root
- (4) Kiwi (Yellow or Green)
- 1/2 Teaspoon of Ground Cinnamon



# Directions

- Place Spinach, Kale and Arugula in a juicer
- Blend other ingredients and add (4) cups of Alkaline Water;
- After blending for (60) seconds, place chopped ginger root and rest of ingredients in and blend until satisfied! Sprinkle with ground cinnamon and garnish with a slice of Kiwi and ENJOY!



A tall, clear glass filled with a vibrant pink smoothie. A bright pink straw is inserted into the drink from the top left. On the right side of the glass, a single blueberry is perched on the rim. The smoothie has a thick, frothy top layer. The background is plain white.

**I'm Sicka You**

Elixer

This tea/elixir helped me so much through my cancer journey!

It helped ease a lot of the pain that I was navigating and not to mention that it is a natural antioxidant.

Turmeric Root is the main key ingredient to this healer as it is great for attacking cancer cells and reduces inflammation within the body!



## INGREDIENTS

- (1) Soursop Leaf
  - (1) Cinnamon Stick \*cut in half\*
  - 1/4 cup of apple cider vinegar
  - Dash of Agave/Organic Honey
  - (1) Turmeric Root Peeled
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## DIRECTIONS

Bring ingredients to a boil for 15 minutes; let steep for 5 minutes and add a dash of Agave or Organic Honey!

\* Garnish with Cinnamon Stick and ENJOY!



# Let Me Calm My Damn Nerves

Tea



What I love most about this tea is that it is short, simple and to the point but so powerful! I know there are times where we all suffer with anxiety or just simply struggle to calm our mind!

The most valuable component in this tasty smoothie is the magnesium powder! This lethal weapon has properties in it that is known to reduce symptoms of depression and anxiety!

# INGREDIENTS

- (1) tsp of Chia Seeds
- (1) tsp of magnesium powder
- (1) half of an organic lemon
- (2) tsp of organic raw honey
- (1) tsp of Turmeric Powder

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## DIRECTIONS

Combine all ingredients into a pot  
and bring to a boil; let  
steep and ENJOY!

A close-up, soft-focus photograph of a white vanity table. A large, round, light-colored mirror is mounted on the wall behind the table. On the table, a brown quilted leather brush roll is laid out, containing several makeup brushes with wooden handles and pink bristles. To the left of the brush roll, various makeup products are visible, including a compact, a tube of lipstick, and a bottle of foundation. The background shows a wooden wall and a window with blinds, creating a warm and inviting atmosphere.

# The MUVA Makeover Smoothie

What makes this juice so powerful is that it has a way of awakening the inside of the body!

As mummies we can often lose sight of what is being put into our bodies. Whether it's not getting enough greenery or simply not having time to eat at all; this green baddie of a drink is going to start cleaning you out like an episode of "Clean House" on NBC. With the proper consistency, this can bring that "MUVA Stamina" that we all desire and start having your face looking like a million bucks! Let's not forget that it will begin to trim that unwanted fat right on away!

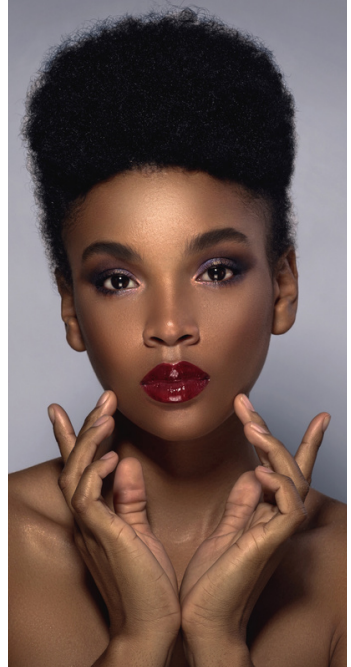
# Ingredients

- (1) Green Apple (Sliced)
- (2) Cups of Kale/Spinach Mix
- (1) Section of Ginger Root (Peeled)
- (1) Stalk of chopped Celery
- (1) Cucumber
- (2) Limes Squeezed



# Directions

Blend all the ingredients in your juicer/blender and strain for complete JUICE GOODNESS!





**Ginuwine Juice**  
*So Anxious*  
Smoothie

This smoothie is one that will keep you calm in the mist of chaos. Often times life can be so much of a whirlwind that a sense of anxiety can come amongst us. Once blended this will taste like internal magic!

It is okay to know that at some moments, "I AM not okay in this moment emotionally and my anxiety is trying to get the best of me!"

The difference is not, with this smoothie you can move forward on a journey of peaceful internal healing!

# INGREDIENTS

- (1) Pomegranate
  - (1) Beet Root or Powder
  - (1) tsp Magnesium Powder
  - (1) Cup of Blueberries
  - (1) Cup of Coconut Water or Ice  
(to your liking)
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# DIRECTIONS

- Remove the seeds from the Pomegranate shell and set aside in a small bowl!
- If using a beetroot, brush all excess dust or debris off of wet root and clean in warm water with a hint of apple cider vinegar.
- Steam the beet root for 30 minutes, let cool and chop finely to prepare for the blender!
- Combine all of your remaining ingredients in your blender/Nutra Bullet for 60 seconds or to your liking and ENJOY!
- If you want to take it up a notch; garnish with a dash of cinnamon or cinnamon stick!
- Think of Ginuwine (or your husband or partner) while you drink Chile and ENJOY!!!

