

**JOE CROSS  
7 DAY JUICE  
CHALLENGE  
APRIL 29 - MAY 5**



# OVERVIEW - JOE CROSS 7 DAY JUICE CHALLENGE

	<b>Day 1: Monday</b>	<b>Day 2: Tuesday</b>	<b>Day 3: Wednesday</b>	<b>Day 4: Thursday</b>	<b>Day 5: Friday</b>	<b>Day 6: Saturday</b>	<b>Day 7: Sunday</b>
Daily Juice	Pears & Carrots	Pink Lemonade	Eat Your Broccoli	Green Light	Spring Break	Pepper Trilogy	Mean Green
Optional Meal Swap	BBQ Overstuffed Sweet Potato	Cinnamon Almond Butter Oats	Crispy Veggie Stir-Fry	Coconut Curry Veggie Soup	Simple Snack: Apple & Almond Butter Twist	Black Bean Sweet Potato Patties	Simple Snack: Mason Jar Veggies & Hummus

# JUICE SHOPPING LIST - JOE CROSS 7 DAY JUICE CHALLENGE

Fruit	Vegetables	Herbs
4 lemons	1-2 broccoli stalks	4 in (10cm) piece of ginger
3 limes	5 medium carrots	1 bunch cilantro
4 green apples	15 celery stalks	6 mint leaves
1 red grapefruit	3 cucumbers	1 chili (try jalapeño or habanero)
3 pears	½ head of green cabbage	
12 strawberries	1 medium fennel bulb	
1 ruby red grapefruit	1-2 bunches kale	
3 pears	1 green pepper	
12 strawberries	1 yellow pepper	
	1 red pepper	
	1 bunch spinach	

Note: Shopping list does not include optional ingredients or substitutions.

# OPTIONAL MEAL SWAP SHOPPING LIST - JOE CROSS 7 DAY JUICE CHALLENGE

Fruit & Vegetables	Herbs & Spices	Other
1 lemon	cinnamon	4 tablespoons almond butter
1 small onion	curry powder	1/3 cup almond milk
1 large apple	Himalayan sea salt	1/4 cup almond yogurt
1 bell pepper	black pepper	2 tablespoons organic BBQ sauce
1/4 cup blueberries		1 1/4 cup black beans
1/2 cup broccoli (use heads not used in juice)		1 14 oz can coconut milk
5 carrots		1/2 cup hummus
1 cucumber		1/3 cup dry rolled oats
1/4 cup corn (1 cob)		5 1/2 tablespoon raw pumpkin seeds
1 cup cauliflower		organic honey
1 cup red or green cabbage (use other half)		2 tablespoons organic tamari sauce
1 bunch kale		1 1/4 cup veggie broth
1 bunch spinach		4 walnuts (crushed)
2 large sweet potatoes		olive oil
1 cup zucchini		
2 zucchini		

Note: Shopping list does not include optional ingredients or substitutions.

# DAY 1 MONDAY JOE CROSS 7 DAY JUICE CHALLENGE

## Juice of the Day:

### Pears & Carrots

Welcome to the first day of the challenge! This is not peas and carrots, but a juice of pears and carrots! Enjoy this delicious drink with a licorice-like taste from the fennel bulb.

#### Ingredients:

- 5 medium carrots
- 1 pear
- 1 medium fennel bulb\*
- 2 handfuls of spinach
- ½ lemon
- 1 in (2.5 cm) piece of ginger

\*Can't find fennel? Sub 4-5 celery stalks instead.

#### Directions:

1. Wash all produce well.
2. Core the pear and peel the lemon.
3. Add all ingredients through juicer and enjoy!

Makes 1 serving, 16oz (475ml)

## Optional Meal Swap:

### BBQ Overstuffed Sweet Potato

Here's barbecue with a much healthier twist. This overstuffed sweet potato is loaded with fiber and phytonutrients, and bursting with rich flavor.

#### Ingredients:

- 1 large sweet potato
- 1¼ cup black beans
- ¼ cup corn
- ½ cup zucchini
- 2 cups kale
- 1½ tbsp raw pumpkin seeds
- 2 tbsp organic BBQ sauce
- 1 ½ tbsp olive oil
- Himalayan sea salt and black pepper to taste

#### Directions:

1. Wash and cut sweet potato long ways in half. Rub ½ tbsp of olive oil all around both sweet potato halves. Add to a baking sheet, put on the middle rack of your oven and set to 400 F. Set timer for 35 minutes.
2. Set up a stovetop pan on medium heat.
3. Wash and chop zucchini, corn and kale. Set aside.
4. Add 1 tbsp of olive oil to the stovetop pan, let it get warmed up, about 1 minute. Add black beans, zucchini and corn. Heat until golden brown, add in kale, lightly moving all ingredients around for about 5 minutes. Turn off heat and add in 2 tbsp of BBQ sauce, Himalayan salt, pepper and mix around. Let sit.
5. Take sweet potato out of the oven onto your plate. With a spoon gently scoop out the insides and place nicely on the corner of your plate.
6. Take the BBQ veggies and fill into the middles of your sweet potatoes evenly and overflowing. Sprinkle pumpkin seeds on the sweet potatoes and mash. Enjoy!

Optional topping: Garnish with cilantro, sprouts or parsley.

**Prep time:** 10 minutes

**Cook time:** 40 minutes

**Total time:** 50 minutes

**Servings:** 1

## DAY 2 TUESDAY JOE CROSS 7 DAY JUICE CHALLENGE

### Juice of the Day:

## Pink Lemonade

This naturally sweet homemade pink lemonade is sure to get you in the spirit of backyard pool parties. You'll barely notice the cabbage with the sweetness of the pears and strawberries.

### Ingredients:

- 2 pears
- ½ head of green cabbage
- 6 mint leaves
- 12 strawberries
- 1 lemon

### Directions:

1. Wash all produce well.
2. Peel the lemon.
3. Add everything through juicer and enjoy!

Makes 1 serving, 16oz (475ml)

### Optional Meal Swap:

## Cinnamon Almond Butter Oats

Start your day with this filling oatmeal bowl loaded with antioxidant-rich blueberries and a little bit of sweetness.

### Ingredients:

- ¾ cup water
- pinch Himalayan sea salt
- 1/3 cup dry rolled oats
- 1/3 cup almond milk
- ¼ cup almond yogurt
- ¼ cup blueberries
- 2 tbsp almond butter
- 4 walnuts (crushed)
- 1 tsp organic honey
- sprinkle of cinnamon

### Directions:

1. Heat a pot on the stovetop on medium heat with ¾ cup water and a pinch of Himalayan sea salt. Let it come to a boil.
2. Add in 1/3 cup of dry oats, cover and reduce heat to low for about 5-8 minutes.
3. Now to build your bowl! Add cooked oats into a bowl and add almond milk. Scoop almond butter and place on the side of the oats, followed by almond yogurt and blueberries.
4. Crush walnuts, sprinkle on top along with honey and cinnamon. Enjoy!

**Additional toppings:** unsweetened shredded coconut or maca powder.

**Prep time:** 2 minutes

**Cook time:** 8 minutes

**Total time:** 10 minutes

**Servings:** 1

## DAY 3 WEDNESDAY JOE CROSS 7 DAY JUICE CHALLENGE

### Juice of the Day:

## Eat Your Broccoli

This juice is perfect for using leftover broccoli stalks, which have a little bit of protein (3.5g/114gm) along with calcium, magnesium and vitamin C.

### Ingredients:

- 4 celery stalks
- 1 lime
- 1 green apple
- 2 in (5 cm) piece of ginger
- 1-2 broccoli stalks (save your florets for today's stir fry dish)

### Directions:

1. Wash produce well.
2. Peel lime and core apple.
3. Cut florets off broccoli (and save for today's stir-fry).
4. Juice lime, then harder fruits and veggies and enjoy!

Makes 1 serving, 16oz (475ml)

### Optional Meal Swap:

## Crispy Veggie Stir Fry

Lunch or dinner does not have to be complicated. Try this quick veggie stir-fry to enjoy a rainbow of colors on your plate.

### Ingredients:

- 1 cup cauliflower
- 1 cup red or green cabbage
- ½ cup broccoli
- ½ cup zucchini
- ¼ cup carrot
- 2 tbsp organic tamari sauce
- 1 tbsp olive oil
- Himalayan sea salt & black pepper

### Directions:

1. Preheat stove top pan or pot on medium heat. Add ⅓ cup of filtered water.
2. Wash and chop broccoli and cauliflower and add to the water pot, about 6 minutes, or until the broccoli and cauliflower are tender but not overcooked.
3. Wash and chop carrot, cabbage and zucchini.
4. Add 1 tablespoon of olive oil to the pot along with carrot, cabbage and zucchini. Cook until golden and crispy. Add in Himalayan salt and pepper.
5. Turn off heat and add in tamari sauce. Mix all the veggies together and put it in a bowl, enjoy!

**Prep time:** 10 minutes

**Cook time:** 15 minutes

**Total time:** 25 minutes

**Servings:** 1



## DAY 4 THURSDAY JOE CROSS 7 DAY JUICE CHALLENGE

### Juice of the Day:

## Green Light

Cucumbers are cost effective for juicing because they add a lot of volume while providing B vitamins, vitamin K, vitamin A, potassium, magnesium, and calcium.

### Ingredients:

- 1 green apple
- 2 large cucumbers
- 1 lemon
- 2 handfuls of kale (or spinach)

### Directions:

1. Peel lemon.
2. Wash all produce.
3. Add all ingredients through juicer and enjoy!

Makes 1 serving, 16oz (475ml)

### Optional Meal Swap:

## Coconut Curry Veggie Soup

You can count on this vegan coconut curry soup to deliver lots of veggies and tons of flavor. Bonus: It cooks up quickly for a satisfying meal.

### Ingredients:

- 1 cup filtered water
- 4 carrots
- 14 oz of coconut milk
- 1 ¼ cup veggie broth
- 1 small onion
- 1 bell pepper
- 3 handfuls spinach
- 4 tbsp pumpkin seeds
- 3 tbsp curry powder
- Himalayan sea salt and black pepper to taste

### Directions:

1. Preheat stove top pot on medium heat with 1 cup of filtered water.
2. Wash and chop carrot, bell pepper and onion.
3. Add chopped carrots to the hot water and let boil for 10 minutes or until tender.
4. Once the carrots are cooked, add in onion and bell pepper until golden and caramelized.
5. Add in coconut milk, veggie stock, curry powder, Himalayan sea salt and pepper. Let it simmer for about 6 minutes. Turn off heat, add spinach and stir until wilted.
6. Add soup to a bowl, sprinkle with pumpkin seeds and enjoy!

**Optional toppings:** cilantro or parsley.

**Prep time:** 10 minutes

**Cook time:** 20 minutes

**Total time:** 30 minutes

**Servings:** 4



## DAY 5 FRIDAY JOE CROSS 7 DAY JUICE CHALLENGE

### Juice of the Day:

## Spring Break

This drink is like a grapefruit cocktail with the citrus and lime and a bit of greens. Feel free to serve this liquid sunshine in a festive glass.

### Ingredients:

- 1 ruby red grapefruit
- 1 lime
- 4 celery stalks
- 6-8 kale leaves
- 2 handfuls of cilantro

### Directions:

1. Wash all ingredients well.
2. Peel the grapefruit and lime for a less bitter flavor.
3. Add all ingredients through juicer and enjoy!

Makes 1 serving, 16oz (475ml)

### Optional Meal Swap:

## Simple Snack: Apple & Almond Butter Twist

Looking for healthier snack ideas? Try this high-low combo: a small amount of a healthy fat (almond butter) with a larger serving of something light (apple slices) – spiced to perfection.

### Ingredients:

- 1 large apple
- 2 tbsp almond butter
- ½ tsp cinnamon
- squeeze of lemon juice
- 2 sprinkles of cinnamon

### Directions:

1. Wash and slice apple, put into a bowl. Add in cinnamon and lemon juice. Toss around until evenly spread on each apple slice.

**Prep time:** 5 minutes

**Servings:** 1

## DAY 6 SATURDAY JOE CROSS 7 DAY JUICE CHALLENGE

### Juice of the Day:

## Pepper Trilogy

If you like spicy, savory juices, then this one is for you. The peppers are high in immune-boosting carotenoids while the lime helps with blood sugar control and fat metabolism.

### Ingredients:

- 1 green pepper
- 1 yellow pepper
- 1 red pepper
- 1 chili (try jalapeño or habanero)
- 2 celery stalks
- 1 lime
- 1 small handful of cilantro

### Directions:

1. Peel lime.
2. Wash produce well and chop if needed.
3. Add all ingredients through juicer and enjoy!

Makes 1 serving, 16oz (475ml)

### Optional Meal Swap:

## Double Black Bean & Sweet Potato Patties

It's burger night! You will love this combo of sweet potatoes (full of vitamin A, beta-carotene and other carotenoids) and fiber-rich black beans for a vegan, soy-free, dairy-free burger.

### Ingredients:

- 1 cup black beans, cooked
- 1 cup sweet potato, cooked
- ¼ cup spinach (cut with kitchen scissors)
- ¼ cup of carrots, finely chopped
- 2 tbsp of almond flour OR 1 tbsp egg replacer mixed with 2 tbsp of water (follow package directions)
- ½ tbsp olive oil
- ½ tsp oregano
- ½ tsp chili powder
- Himalayan sea salt to taste
- 2 dashes of black pepper
- lettuce, romaine, butter, or any lettuce available to you for serving

\*For the egg replacer:  
Add 1 tablespoon egg replacer powder with 2 tbsp room temp water, mix with fork and add to the bowl. (TIP: Don't prep this ahead of time as it will get too thick.)

### Directions:

1. Wash sweet potatoes and cut into 1-inch cubes. Boil sweet potatoes in water on a stove top pot (12 minutes or until very soft.) Once cooked, drain water and add sweet potatoes to a bowl with the black beans.
2. Heat another pan on medium heat and while the pan is heating up, peel carrots and chop into tiny pieces. Add a ½ tbsp of olive oil to the heated pan. Add in carrots. Set a timer for 5 minutes cooking until golden brown.
3. Cut spinach with kitchen scissors into ½-inch strips, then add the spinach and cooked carrots into the bowl of the black beans and sweet potatoes.
4. Next, add the almond flour or egg replacer\* to the bowl with the spices.
5. Roughly mash the veggie mixture together and put in the fridge to chill for about 10 minutes. Preheat the oven to 350F (180C) and lightly grease a baking sheet with olive oil.
6. Take burger "dough" out of the fridge and form four large (or six small) burger patties.
7. Bake patties for 30 minutes, flipping patties gently at 15 minutes.
8. Serve wrapped or on top of the lettuce.

**Additional toppings:** Organic ketchup, mustard, pickles, sauerkraut, tomato or onion.

**Prep time:** 20 minutes

**Cook time:** 30 minutes

**Total time:** 50 minutes

**Servings:** 4

## DAY 7 SUNDAY JOE CROSS 7 DAY JUICE CHALLENGE

### Juice of the Day:

## Mean Green

The only thing mean about this juice is that it tastes so good! Joe's favorite hydration-boosting green drink will have you glowing all day long.

### Ingredients:

- 1 cucumber
- 4 celery stalks
- 2 green apples
- 8 kale (Tuscan cabbage) leaves
- 1 lemon
- 1-inch (2.5cm) piece of ginger

### Directions:

1. Wash all ingredients.
2. Peel lemon and ginger.
3. Add all ingredients through juicer and enjoy!

### Optional Meal Swap:

## Mason Jar Simple Snacking Veggies & Hummus

Congrats on the last day of your challenge! Here is a great snack to make for any upcoming adventures whether it's driving the kids to soccer practice or going for a day hike.

### Ingredients:

- ½ cup hummus
- 1 carrot
- ½ fresh cucumber
- half lemon (juice)
- Himalayan sea salt
- 1 (16 ounce/pint-size) wide-mouth jars

### Directions:

1. Add hummus with a spoon to the bottom of your wide mouth mason jar evenly. You can use a second spoon to take off extra hummus from the other spoon.
2. Wash carrot and cucumber. Cut carrot and cucumber into 1-inch sticks and slice off seeds of the cucumber.
3. Carefully add cucumber and carrot sticks into the humus, once filled sprinkle Himalayan sea salt and a half squeeze of lemon juice.
4. Store in fridge, up to two days!

**Prep time:** 10 minutes

**Servings:** 1