

## Fresh home-made Juice recipes



### Green Dream



#### Ingredients:

- 3 stalks of Celery (washed)
- 1 knob of ginger
- 1 lemon (peeled)
- 1 continental cucumber
- Handful of spinach leaves (or kale)
- 3 green apples whole
- **Optional extras:**  
Mint leaves or pineapple can be added

### Beet Cleanse



#### Ingredients:

- 1 knob of ginger
- 1 lemon (peeled)
- 2 continental cucumbers
- 3 whole beetroots (washed and top removed)
- **Optional extras:**  
Mint leaves or pineapple can be added

### Immunity Boost



#### Ingredients:

- 1 knob of ginger
- 1 lemon (peeled)
- 4 carrots whole & washed
- 1 tsp of turmeric knob (or powder at end)
- 3 oranges whole & peeled
- **Optional extras:**  
Apple, grapefruit or pineapple can be added plus black pepper

### Methods for all:

1. Place all ingredients through the juicer in the order they are presented on the list. The flavour of the stronger ingredients at the top of the list will infuse through the Juice as you go.
2. You can also prioritise certain flavour you like the most at the start.
3. Serve chilled in the fridge or with ice.

### Tips for all:

1. You can also make double the amount of juice by mixing with coconut water for a natural electrolyte boost around your training sessions.
2. You may also wish to add extra flavours or boosters just make sure they are ASADA (drug-free) ingredients.
3. These may include greens powder boost (green dream), protein powders or other vegetable powders like turmeric. You may have to blend these with juice after juicing to ensure a smooth texture is still maintained (add ice to blender for a slushie even).

### Nutritional Benefits:

**Beetroot** – Beetroot is a rich source of potent antioxidants. Beet contains high levels of nitric oxide which studies have shown to promote improved health and athletic performance. <sup>1</sup> Research shows higher levels of nitric oxide in the body increase blood flow, improve lung function and strengthen muscle contraction.

**Turmeric** – Turmeric has been shown to improve muscular endurance in athletes as well as muscle glycogen levels. Important for FEMALE ATHLETES turmeric (curcumin) has been found to decrease pain during periods. <sup>2</sup> This, along with reduced weight gain and increased fat loss. <sup>3</sup>

**Celery** – Just like beetroot celery is high in dietary nitrates. <sup>4</sup> (This is a good source for reading)

**Link provided** - <http://www.sheilakealey.com/dietary-nitrates-health/>

**Ginger** – Ginger and cinnamon is linked with a decrease in muscle soreness post training. This is due to its anti-inflammatory responses resulting in less soreness and greater adaption to training. i.e. better recovery! <sup>5</sup>

## References:

1. Jones AM, Thompson C, Wylie LJ, Vanhatalo A. [Dietary Nitrate and Physical Performance](#). *Annu Rev Nutr*. 2018;38:303-328 DOI: 10.1146/annurev-nutr-082117-051622
2. Huang W, Chiu W, Chuang H, Tang D, Lee Z, Wei L et al. Effect of Curcumin Supplementation on Physiological Fatigue and Physical Performance in Mice. *Nutrients*. 2015;7(2):905-921.
3. Dennehy C. The Use of Herbs and Dietary Supplements in Gynecology: An Evidence-Based Review. *Journal of Midwifery & Women's Health*. 2006;51(6):402-409.
4. Dietary Nitrates, Sports Performance, and Health - Sheila Kealey [Internet]. Sheila Kealey. 2019 [cited 4 December 2019]. Available from: <http://www.sheilakealey.com/dietary-nitrates-health/>
5. Matsumura M, Zavorsky G, Smoliga J. The Effects of Pre-Exercise Ginger Supplementation on Muscle Damage and Delayed Onset Muscle Soreness. *Phytotherapy Research*. 2015;29(6):887-893.