



VIBRANT LIFE

COOKBOOK PREVIEW

7-, 9- and 11-day cleanse programs with 55+ original juice & smoothie recipes to activate your most radiant self.

Leanne Vogel

Vibrant Life Cookbook Preview

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JUICING & SMOOTHIE RESOURCES



10 WAYS TO USE PULP

1. Add to a fruit salad.
2. Add it to your next soup or stew, or heat with vegetable broth.
3. Add to eggs and turn into an omelet.
4. Freeze and include it in a batch of burgers instead of using crushed crackers or bread-crumbs.
5. Mash with avocado and turn into a veggie dip.
6. Add $\frac{1}{4}$ cup – $\frac{1}{2}$ cup to your next smoothie.
7. If you don't have time to use the pulp immediately, you can place it in resealable bags and freeze it until you are ready. While some of the nutritional value may be lost when freezing, most will remain.
8. Feed it to your dogs (just avoid giving them beet pulp).
9. Spread nut or seed pulp out on a baking sheet and dehydrate in 180F oven for 2-3 hours until completely dried. Add to a food processor or high-powered blender and pulse until fine. Use as flour!
10. Stir in to your next homemade pasta sauce.

JUICE WITHOUT A JUICER

Add juice ingredients to the jug of your high-powered blender and blend until smooth, adding a splash of filtered water if the ingredients get stuck.

Place a fine mesh strainer over a large mixing bowl and pour juice into the strainer. Press down with a rubber spatula to push the liquid through the mesh.

Pour juice into a serving glass and enjoy!

TYPES OF JUICERS



CENTRIFUGAL JUICER

\$30 - \$200

Most popular and generally the most affordable.

Grates the fruit or vegetable into a pulp, and then uses centrifugal force to push the pulp against a strainer screen by spinning it at a very high RPM.

Gets the job done quickly and easily.

Difficult time effectively extracting high yields of juice from leafy greens.

Pulp generated is still relatively wet, meaning that some juice goes to waste.

High speed extraction adds oxygen which causes the juice to oxidize (spoil) quickly. Juice should be consumed right away and can't be effectively stored for any length of time without loss of nutritional value.



MASTICATING JUICER

\$150 - \$450

More efficient than centrifugal juicers because they can extract more juice from the same amount of food.

Very capable at juicing virtually any fruit and vegetable.

Operate at slow speeds (RPMs), resulting in less foam and heat, which means more nutrition.

Low speed extraction increases the shelf life of the juice, allowing storage for a couple of days.

More versatile than centrifugal juicers because it can homogenize foods to make baby foods, nut butters and fruit sorbets.



TWIN-GEAR JUICER

\$500-\$1,200

Most expensive type of juicer, but offers the most benefits.

Presses the food between two interlocking roller gears. The high pressure squeezing force breaks tough cell walls and releases more enzymes, vitamins and trace minerals.

Slowest speeds (RPMs), resulting in even less oxidation and destruction of nutrients.

Minimal oxidization, meaning you can refrigerate and store your juice for a few days.

Extract higher yields of juice from all fruits and vegetables.

Homogenizes to make baby foods, nut butters and fruit sorbets.



C PUNCH

Makes: 750mL // Serves: 2 // Prep Time: 5 minutes

This smoothie was created for those days where you're feeling just a bit off. Starting to get a sniffle, a bit of a headache? C Punch will knock the lights out of that germy thing you may be carrying.

INGREDIENTS

1 cup **water**

1 **banana**

1 **orange**

½ **fresh mango**

1 cup **packed spinach**

DIRECTIONS

Add all ingredients to the jug of your high-powered blender in the order they are listed.

Blend on high for 1 minute, or until smooth.

Transfer to a glass and serve immediately.

To store:: pour into a glass container and keep in the fridge for 1-2 days. Alternatively, pour into a plastic container and freeze for up to 1 month.



CINNAMON TOAST

Makes: 500ml // Serves: 1 // Prep Time: 5 minutes

If you're feeling really crazy, you can amp up the nutrients by adding 2 cups of spinach or a kale leaf or two. It won't be very cinnamon toast looking, but it'll taste the same!

INGREDIENTS

- 1 cup **non-dairy milk**
- 10 **raw almonds**
- 1 teaspoon **ground cinnamon**
- 4 **medjool dates**, pitted
- 1 teaspoon **coconut oil**
- 2 **ice cubes**

DIRECTIONS

Add all ingredients to the jug of your high-powered blender in the order they are listed.

Blend on high for 1 minute, or until smooth.

Transfer to a glass and serve immediately.

To store:: pour into a glass container and keep in the fridge for 1-2 days. Alternatively, pour into a plastic container and freeze for up to 1 month.



DIAMOND IN THE ROUGH

Makes: 500mL // Serves: 1 // Prep Time: 5 minutes

Cilantro has an amazing ability to control blood sugar levels. By swapping out nutrient-poor snacks for this nutrient-rich, blood sugar regulating juice, you're doing wonders for your health.

INGREDIENTS

6 **kale leaves**

1 cup (250 grams) **fresh pineapple chunks**

¼ cup **fresh cilantro**

1 **lime**, skin removed

½ **cucumber**, skin removed

DIRECTIONS

Using your juicer, juice ingredients in the order they are listed.

Transfer to a glass and serve immediately.

To store:: pour into a glass container and keep in the fridge for 1-2 days. Alternatively, pour into a plastic container and freeze for up to 1 month.

CLEANSING SAFELY

A lot of internal action happens while you're cleansing. Your body kicks into its natural cleansing cycle and runs on hyper drive to flush out toxins, regenerate tissue and restore your vital organs.

Jumping in and out of a cleanse – abruptly transitioning from solid food, to liquids and then back again - can be detrimental to your body. Which is why it is highly recommended that you follow a ramp up and wind down program. Ramping up and winding down will give you far better cleanse results than an in-out-done approach.

Click on any of the colored text below and be taken directly to the correct cleanse program.

7-DAY PROGRAM OUTLINE

A light, primarily wholefoods based 7-day cleanse. In it, you will be guided to clean up your food choices, boost your daily nutrients and see what it's like to run on 1 day of pure juice. After the program, you'll be inspired to make smarter, healthier choices for yourself.

3-day [Ramp Up Program](#)

1-day [Restore Cleanse](#) or [Enliven Cleanse](#) or [Refresh Cleanse](#)

3-day [Wind Down Program](#)

9-DAY PROGRAM OUTLINE

An intermediate level cleanse, perfect to begin on a Tuesday so you are juicing through the weekend. With this cleanse, your body is likely to flush out toxins from your main systems, clearing your complexion, ramping up digestion and recalibrating your bodily functions.

3-day [Ramp Up Program](#)

3-day [Restore Cleanse](#) or [Enliven Cleanse](#) or [Refresh Cleanse](#)

3-day [Wind Down Program](#)

11-DAY PROGRAM OUTLINE

For the experienced cleanser or those that follow a daily well rounded, wholefoods diet. The cleanse removes most fruit and sugar from your diet, allowing your body to reprogram, excavating toxins from all areas, neutralizing cravings and cleansing on a cellular level.

3-day [Ramp Up Program](#)

5-day [Restore Cleanse](#) or [Enliven Cleanse](#) or [Refresh Cleanse](#)

3-day [Wind Down Program](#)

RESTORE CLEANSE

The Restore Cleanse is an introductory cleanse, great for people who have very little experience with cleansing or those that wish to stay out of the extreme.

Click on any of the colored text below and be taken directly to the recipe.



SHOPPING LIST

Includes items for a 3-day cleanse for 1 person.

apples, 3
celery sticks, 6
cucumber, 3
fresh blueberries, 1 ½ cup (18oz)
fresh cilantro, 1 bunch
fresh ginger, 3 tablespoons
fresh parsley, 1 bunch
fresh strawberries, 6 cups (42 count)
green apples, 6
kale leaves, 36
kiwi, 6
lemons, 11
lime, 3
maple syrup, 3 tablespoons
medjool dates, 6
organic oranges, 6
pineapples, 3 (2.5kg)
raw cayenne pepper, ½ teaspoon
raw hemp hearts/seeds, 1 ½ cup
romaine hearts, 3
vanilla powder, 1 ½ teaspoons

ABOUT LEANNE VOGEL

Leanne's not just any holistic nutritionist; she's the holistic nutritionist that real people from around the world come to for real advice.

Leanne's popular blog, Healthful Pursuit, is a unique collection of motivational guidance and easy-to-make recipes for women who want to create a liberated life on a restricted diet.

Leanne's recipes and healthy living strategies have been featured in Martha Stewart, Huffington Post and Women's Health Magazine, to name a few.

When Leanne's not experimenting in her kitchen, you can find her speaking at various woman-based events, painting her nails, sweating it out in hot yoga or sippin' on beet juice, adorned with a glass straw.

Create the life you've been dying to live, liberate your eating style and join a community of thousands of women on the same path at healthfulpursuit.com.

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