

ERIC A. BRADLEY

# *Immunity Juice Recipes*



**KEEP IT FRESH, SIMPLE & YUMMY**

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simple &  
yummy**

## **JUICING FOR IMMUNITY**

What just popped into your mind? Be honest now. Did you automatically think "GROSS!", "juicing is too much work to mess with", "It's SO expensive" or "I know I should try it but I don't have a clue what to do"? Well, I'm here to make it all make sense and share with you some of my favorite recipes that can give you a beautiful kickstart in more ways than one.



### **JUICING 101: THE BASICS**

First, let's define juicing so we are all on the same page. Juicing is simply removing the juices from fresh fruits and/or vegetables to make a nutrient-rich drink to be consumed immediately (for best results). There are a few different ways to extract the juice, but we will cover that in a moment. Juicing is often done as a detox method to cleanse the body and remove unwanted toxins. These detoxes can range anywhere from one day to several weeks. However, not all 'juicers' are detoxing. Many people incorporate juicing into their everyday lives as a way to boost the number of nutrients they are supplying their body.

### **WHAT ARE THE BENEFITS?**

Everyone knows that eating a variety of fruits and vegetables is healthy. So why juice and not just eat the vegetables? Well, because juicing can allow your body to better digest these nutrients since the juicing process removes fiber and lets your digestive system focus on the absorption of nutrients rather than breaking down fiber. Just a heads up- this isn't to say that fiber isn't important because it is, but rather to explain how juicing differs from just eating fruits and vegetables. If you love your meats but have a hard time consuming enough fruits or vegetables on a daily basis, then you may also really benefit from juicing. Many people just don't enjoy the taste of vegetables or simply have a hard time with quantity and consumption. Juicing can be an easier way of increasing your intake. Juicing has various other important health benefits that can include weight loss, reduced risk of disease, increased energy levels, cancer-fighting elements, strengthened the immune system, improved complexion, lowered cholesterol levels, and even improved athletic performance.

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## YOUR GEAR

First, you'll need to understand that juicers and blenders are NOT the same things. Blenders quite simply blend everything you throw into them. Juicers actually extract the juices without any of the pulp/seeds coming with it. There are a wide variety of juicers - Centrifugal, Functional, Single-Gear, Twin-Gear, Hydraulic Press, to name just a few. What you purchase will surely depend on your budget, as juicers can range anywhere from \$50 - \$2,500+. You'll need to do some research on what might be the best fit for your needs, keeping in mind that the cheaper the device, the more fruits and vegetables you may have to purchase to get an adequate amount of juice. Another tip: you may want to consider getting a high-end juicer from the start. Buying a cheaper one may result in less than ideal juices and will likely be more difficult to clean, which could deter you from the juicing world right away. If you want to give juicing a fair shot, invest in a good juicer or the very best that you can afford. I also recommend that you have a brush that you can use to help make quick work of the clean up. A good brush along with soapy warm water will ensure a clean and sanitized juicer.



## WHEN SHOULD YOU JUICE?

agree along with most experts that the best time to juice is in the morning on an empty stomach. During this time, your body is craving food for consumption which means when you feed it the juice, it will be quickly absorbed. Towards the end of the day, it is suggested to drink juices that are less fruity and more hearty (think greens).

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## LET'S GET JUICING!

These recipes are simple and they are extremely quick to make. So be sure you have all of your produce washed & prepped. Whether you remove the skin or peel is going to depend on your juicer.

Today, most budget juicers can handle the peel. Just be sure to check.

Once you get in the juicing groove, you may want to juice in bulk. Just be sure to not juice more than you can consume in 24 hours and be sure you store your juice in sterilized containers in the refrigerator.



## JUICE BOOSTERS:

Want to amp up the nutritional value of your juice or maybe add a bit of crunch & texture?

**GO FOR IT!**

**Here are a list of my favorite additives.**

The good news is that these should be a pantry staples as it is as they do double duty in oatmeal, muffins, smoothies, nut buttered toast. See something new?

**GIVE IT A GO!**

**Chia Seeds**

**Flax Seeds or Flax Meal**

**Hemp Seeds or Hemp Hearts**

**Spirulina**

**Apple Cider Vinegar**

**Ceylon Cinnamon**

**Maca Powder**

**Walnuts**

**Collagen**

**Cayenne Pepper**

**Cacao Nibs**

**Coconut**

**Bee Pollen**

**Acai Powder**

**Turmeric**

**Aloe or Aloe Vera Juice**

**Goji Berries**

**MCT Oil**

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## MAKE THE ADJUSTMENT:

No one's tastebuds are the same. As you dive into your kitchen and these recipes, I encourage you to go outside of your comfort zone. Try a new fruit, veggie or spice. In the same breath, feel free to adjust the flavor so it appeals to you. For instance, if 1 inch of ginger is too hot and spicy for you, cut it back. If a juice tastes "flat" to you, add some additional lemon, lime or even apple cider vinegar here. If you find yourself needing a little extra sweetness, add a little apple, orange, pear etc. Please be conscious to not over do it on the sweet stuff. You gotta know that's not what we are aiming for here. Embrace the taste and flavor of something new, something fresh, raw and healthy. Before you know it, you will be coming up with some of your own favorite concoctions!



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## DRINK UP!

You know you should be doing it anyway. Am I right?

Now is your perfect opportunity to up your consumption of H<sub>2</sub>O. Aim to drinking plenty of water after you enjoy your juice and throughout the day and evening to keep your body flushed of unwanted toxins and hydrated. Aim for a minimum of 3 Liters a day.



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## **MONDAY: GIMME DAT BEET:**

- 2 Small Beets
- 2 Carrots
- 1 Red Apple cut
- 2 Oranges peeled
- 1 Lemon
- 1 inch Ginger
- 1/2 tsp honey stirred in afterwards



## **TUESDAY: ORANGE YOU YUMMY?**

- 4 Carrots
- 2 Oranges peeled
- 2 Kiwis peeled
- 2 Red Apples cut
- 1 lemon cut & peeled
- 1 inch Ginger

Top with 1/4 tsp Unsweetened Shredded Coconut

## **WEDNESDAY: YELLOW HELLO**

- 4 cups Pineapple peeled and cut
- 2 cups Golden Beet chunks
- 1 Granny Smith Apple cut
- 2 Oranges peeled
- 1 Lemon peeled
- 1 inch Ginger
- 1/2 inch Turmeric
- Top with 1/4 tsp Flax Seed after juiced



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## **THURSDAY: THE INCREDIBLE HULK**

- 2 Cups Baby Spinach
- 1 Handful of Parsley leaves
- 2 Medium Granny Smith Apples
- 2 Stalks of Celery
- 1 Large Seedless English Cucumber
- 1 Medium Lemon peeled
- 1 inch Ginger



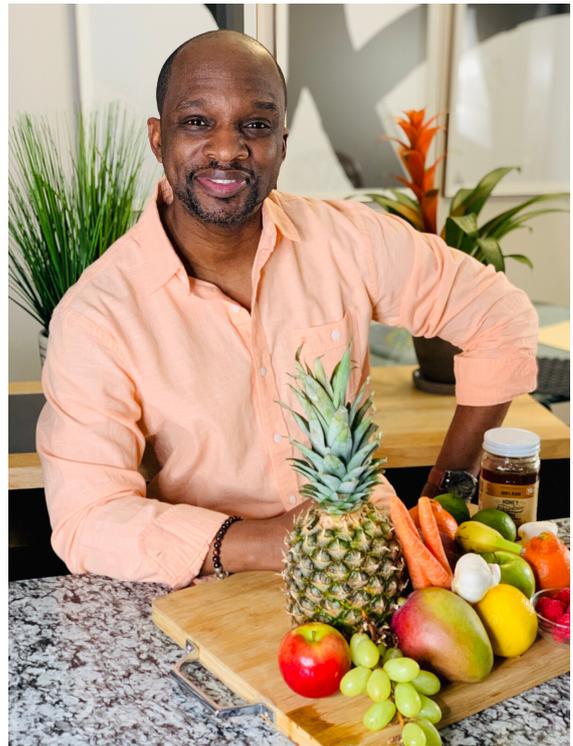
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## **FRIDAY: HAIL MARY BERRY**

- 4 Carrots
  - 2 Oranges peeled
  - 2 Kiwis peeled
  - 2 Red Apples cut
  - 1 lemon cut & peeled
  - 1 inch Ginger
- Top with 1/4 tsp Unsweetened Shredded Coconut



# Special Requests



At the end of the day, it doesn't matter if you are an athlete, a CEO, a stay at home Mom or the every day Joe, **NUTRITION IS EVERYTHING**. Let me repeat that. . . **NUTRITION IS EVERYTHING**. It has **EVERYTHING** to do with your quality of life. It can make you sharp and powerful or it can cause you to be absolutely out of sorts and hanging by a thread.

The honest truth is what works for you, may not work for the next person. Just like our thumbprints, all of our bodies operate & metabolize differently. The individual demands and expectations we have for our bodies and performance vary greatly from person to person. You may be going for that title, have a medical condition, wanting to fit in that special dress or just simply tired of being out of your frame and not recognizing yourself in the mirror.

Regardless of where you land, I invite you to reach out to me directly at [\*\*ericbradley@masterboxingllc.com\*\*](mailto:ericbradley@masterboxingllc.com) and we will schedule a time to hop on a call and discuss an initial strategy and a simple & effective plan to get you where you desire to be. Promise.

*Eric A. Bradley*



# Disclaimer

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These recipes and statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.

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