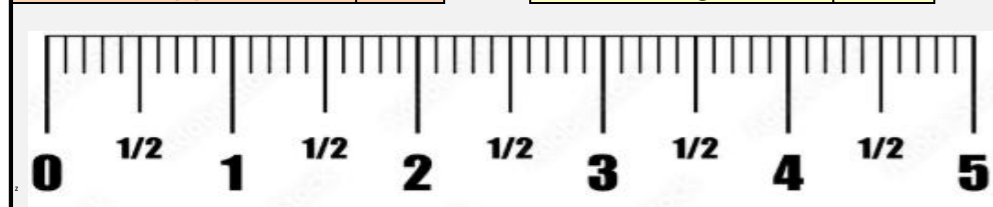


# JUICE RECIPES (Juice ingredients in order from top to bottom)

TOXIN FLUSH			GREENIE			THE BUZZ			GREEN APPLE DETOX			Juicing Station Best Practices
MINI	Yield (oz)	Total (oz)	MINI	Yield (oz)	Total (oz)	MINI	Yield (oz)	Total (oz)	MINI	Yield (oz)	Total (oz)	
1/4 Lemon	0.5	0.5	1/4 Lemon	0.5	0.5	1/4 Lemon	0.5	0.5	1/4 Lemon	0.5	0.5	<p><b>Seasonality will effect produce as well as yield and taste.</b> Always ensure you are paying close attention to how much juice the produce is yielding and increase and decrease product where you need to.</p>
1/2 inch Ginger	0.5	1	1/2 HF Parsley	0.5	1	1/2 inch Ginger	0.5	1	1/4 inch Ginger	0.25	0.75	
1/2 HF Parsley	0.5	1.5	1/2 HF Spinach	0.5	1.5	<b>5 - 7 Carrot</b>	<b>8</b>	<b>9</b>	1/4 HF Kale	0.25	1	
1/2 HF Spinach	0.5	2	<b>1/4 Red Apple</b>	<b>1</b>	<b>2.5</b>	<b>1 Orange</b>	<b>2</b>	<b>11</b>	<b>1/4 Cucumber</b>	<b>2</b>	<b>3</b>	
<b>2 - 3 Red Apple</b>	<b>10</b>	<b>12</b>	1/2 HF Kale	0.5	3	<b>1/4 Green Apple</b>	<b>1</b>	<b>12</b>	<b>2 Green Apple</b>	<b>9</b>	<b>12</b>	
			<b>1/2 Cucumber</b>	<b>4</b>	<b>7</b>							<p><b>When a guest orders a juice with ice we size up a cup!</b></p>
			<b>4 - 5 Celery</b>	<b>5</b>	<b>12</b>							
SMALL	Yield (oz)	Total (oz)	SMALL	Yield (oz)	Total (oz)	SMALL	Yield (oz)	Total (oz)	SMALL	Yield (oz)	Total (oz)	<p>Mini 12oz juice w/ice = 1 scoop of ice in 16 oz cup SMALLall 16oz juice w/ice = 2 scoops of ice in 24 oz cup REGULARular 24oz juice w/ice = 3 scoops of ice in 32 oz cup Large 32oz juice w/ice = 3 scoops of ice in 32 oz cup / extra juice in a 12oz cup</p>
1/2 Lemon	1	1	1/2 Lemon	1	1	1/2 Lemon	1	1	1/2 Lemon	1	1	
1 inch Ginger	1	2	1 HF Parsley	1	2	1 inch Ginger	1	2	1/2 inch Ginger	0.5	1.5	
1 HF Parsley	1	3	1 HF Spinach	1	3	<b>6 - 8 Carrot</b>	<b>10</b>	<b>12</b>	1 HF Kale	1	2.5	
1 HF Spinach	1	4	<b>1/2 Red Apple</b>	<b>2</b>	<b>5</b>	<b>1 Orange</b>	<b>2</b>	<b>14</b>	<b>1/2 Cucumber</b>	<b>3.5</b>	<b>6</b>	
<b>3 - 4 Red Apple</b>	<b>12</b>	<b>16</b>	1 HF Kale	1	6	<b>1/2 Green Apple</b>	<b>2</b>	<b>16</b>	<b>3 Green Apple</b>	<b>10</b>	<b>16</b>	<p><b>Consistency is KEY.</b> Color and taste are extremely important when using fresh ingredients. Always ensure that you are properly following recipes to avoid serving guests inconsistent product.</p>
			<b>1/2 - 1 Cucumber</b>	<b>4</b>	<b>10</b>							
			<b>4 - 5 Celery</b>	<b>6</b>	<b>16</b>							
REGULAR	Yield (oz)	Total (oz)	REGULAR	Yield (oz)	Total (oz)	REGULAR	Yield (oz)	Total (oz)	REGULAR	Yield (oz)	Total (oz)	
3/4 Lemon	1.5	1.5	3/4 Lemon	1.5	1.5	3/4 Lemon	1.5	1.5	3/4 Lemon	1.5	1.5	
1.5 inch Ginger	1.5	3	1.5 HF Parsley	1.5	3	1.5 inch Ginger	1.5	3	1/2 inch Ginger	0.5	2	
1.5 HF Parsley	1.5	4.5	1.5 HF Spinach	1.5	4.5	<b>7 - 9 Carrot</b>	<b>15</b>	<b>18</b>	1.5 HF Kale	1.5	3.5	
1.5 HF Spinach	1.5	6	<b>3/4 Red Apple</b>	<b>3</b>	<b>7.5</b>	<b>1 Orange</b>	<b>2</b>	<b>20</b>	<b>1/2 - 1 Cucumber</b>	<b>3.5</b>	<b>7</b>	
<b>4 - 5 Red Apple</b>	<b>18</b>	<b>24</b>	1.5 HF Kale	1.5	9	<b>1 Green Apple</b>	<b>4</b>	<b>24</b>	<b>4 - 5 Green Apple</b>	<b>17</b>	<b>24</b>	<p>Juices cannot be made without bases. If a guest removes a base, it must be subbed with a different base.</p> <p><b>Bases = Celery, Carrots, Red &amp; Green Apples, Cucumber, Oranges (upcharge)</b></p>
			<b>1 - 1.5 Cucumber</b>	<b>8</b>	<b>17</b>							
			<b>5 - 7 Celery</b>	<b>7</b>	<b>24</b>							
LARGE	Yield (oz)	Total (oz)	LARGE	Yield (oz)	Total (oz)	LARGE	Yield (oz)	Total (oz)	LARGE	Yield (oz)	Total (oz)	
1 Lemon	2	2	1 Lemon	2	2	1 Lemon	2	2	1 Lemon	2	2	
2 inch Ginger	2	4	2 HF Parsley	2	4	2 inch Ginger	2	4	1 inch Ginger	1	3	
2 HF Parsley	2	6	2 HF Spinach	2	6	<b>12 - 18 Carrot</b>	<b>20</b>	<b>24</b>	2 HF Kale	2	5	
2 HF Spinach	2	8	<b>1 Red Apple</b>	<b>4</b>	<b>10</b>	<b>1 Orange</b>	<b>2</b>	<b>26</b>	<b>1/2 - 1 Cucumber</b>	<b>5</b>	<b>10</b>	
<b>6 - 8 Red Apple</b>	<b>24</b>	<b>32</b>	2 HF Kale	2	12	<b>1.5 Green Apple</b>	<b>6</b>	<b>32</b>	<b>6 - 8 Green Apple</b>	<b>22</b>	<b>32</b>	
			<b>1 - 2 Cucumber</b>	<b>8</b>	<b>20</b>							
			<b>8 - 10 Celery</b>	<b>12</b>	<b>32</b>							

2 oz. Shots Recipes				Job Aid Abbreviations		Add On Portions	
<b>TURMERIC SHOT</b>	Yield (oz)		<b>GINGER SHOT</b>	Yield (oz)	<b>HF = Handful</b>	<b>Ginger and Turmeric   1 inch</b>	
4 inch Turmeric	1		1/2 Lemon	1	<b>Bold Items = Bases</b>	<b>Greens   1 Handful</b>	
1/4 Red Apple	1		1 inch Ginger	1	<b>oz = ounces</b>	<b>Carrots, Cucumber, Apple, Celery, Oranges   2 oz</b>	



MEASURE YOUR GINGER & TURMERIC!