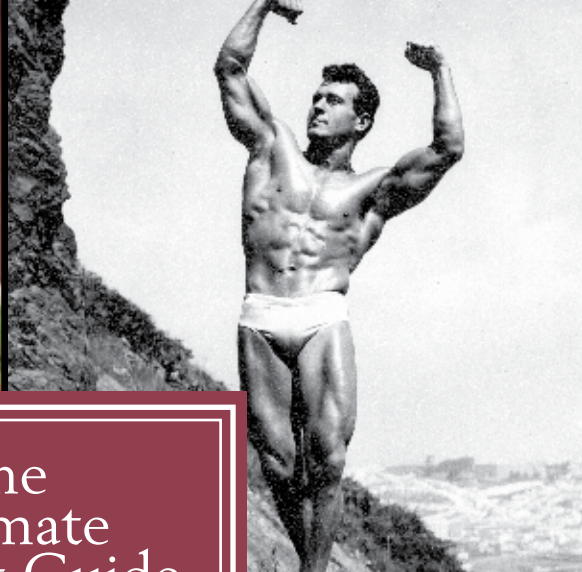


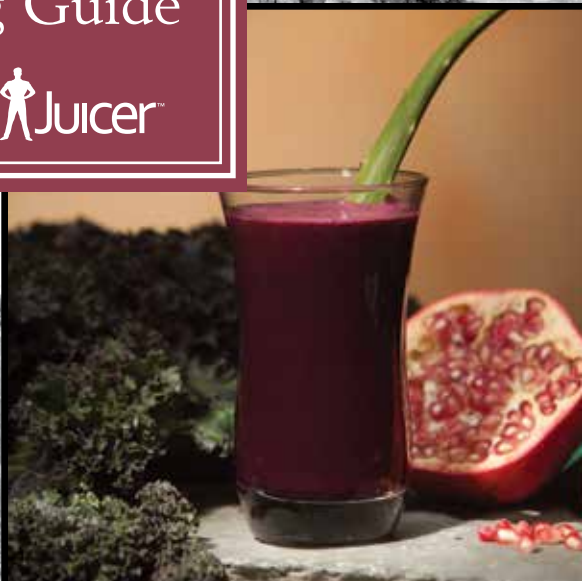
JACK LALANNE

100  
YEAR  
ANNIVERSARY  
EDITION



# The Ultimate Juicing Guide

Jack LaLanne's  
**Fusion Juicer™**





# *Jack LaLanne's* Fusion Juicer™

## INTRODUCTION

Congratulations on your decision to purchase the Jack LaLanne Fusion Juicer™! You have just taken a very important step towards achieving optimum health and wellness. We are sure you will enjoy the multitude of benefits that come from incorporating more fresh fruits and vegetables into your daily diet through juicing.

The juice recipes provided in this collection are approximations; please note the ingredient quantities may vary depending on the ripeness and size of the fruits and vegetables you use, as well as the size of the glass.

The possibilities are endless with the Jack LaLanne Fusion Juicer™. Have some fun experimenting by using more or less of the ingredients listed in the recipes, or simply create your own flavor combinations according to your personal taste.

Enjoy, and here's to your good health and wellness!



## FOREWORD

When I met Jack in the early 1950's, he introduced me to a huge metal contraption which stood more than 20 inches tall, about 39 inches around and weighed 60 pounds. He explained it was a juicer he was using to juice fruits and vegetables every day. At that time I was a total junk food junkie, but after tasting his carrot and celery drink, I couldn't believe that the carrots were so sweet. From that day on I was a convert.

Jack juiced for seven decades beginning with a press that would press the juice from the fruit or vegetable. He believed juicing to be one of the factors that made up the fountain of youth. To quote him, "your blood stream is your river of life, and when you nourish the trillions of cells in your body with live and vital nutrients, you feel and look alive and vital."

Through the years we bought and used dozens of juicers. They were cumbersome and cleaning was no easy task — until we hit upon the Jack LaLanne Power Juicer, which had all the elements we'd been searching for: A time saver. Easy to clean and put back together. A big spout so you wouldn't have to cut up your fruits and vegetables. Powerful centrifugal motor. A high-quality machine at an affordable price.

Jack would not endorse or sell anything he did not believe in. In order to ask people to buy a product, he had to really believe in it or it was out the window. He turned down hundreds of offers to promote products, but he always stuck to his belief. When talking about the Jack LaLanne Power Juicer on TV or even with friends, I can still hear him saying, "If there was something better, don't you think I would have it!" We used all of the products we invented or endorsed, so in many ways we were as much of a consumer as were our customers. In fact, we've written several books and booklets on the subject.

With many of today's manufacturers imitating the Jack LaLanne Power Juicer, it's important to remember, there is only one Jack LaLanne — who, for over seven decades used, tested and promoted juicing to all his legions of fans.

I am so pleased to be a part of the celebration of Jack's life and legacy with the introduction of the new Jack LaLanne Fusion Juicer, commemorating Jack's 100th Birthday. He always believed that giving your body the right fuel was like giving your automobile the right gas. If I have heard it once, I have heard it hundreds of times, "You wouldn't put water in your gas tank would you? It wouldn't run! Your body needs the right fuel, too!" I do hope you will put the right fuel in your body and try some of his favorite juicing recipes and enjoy the new Jack LaLanne Fusion Juicer. ~Lala (Elaine LaLanne)



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## INTRODUCTORY NOTES

### THE BENEFITS OF JUICING

We are not suggesting you juice to replace the recommended daily consumption of fruits and vegetables. Consuming whole fruits and vegetables daily helps you get the much needed fiber they have to offer. However, juicing is just a quicker way to get many of the health benefits you need from fresh food, including antioxidants and nutrients that help your body stay healthy.

### GET THE MOST FROM YOUR JACK LALANNE FUSION JUICER™

Some varieties of produce are more difficult to juice than others. The chart on page 12 will help take the guesswork out of juicing. The amount of juice you create depends on which fruits and vegetables you select. Produce that doesn't yield a lot of juice should be mixed with those that do, such as oranges, apples, melons and cucumbers.

### FRESH JUICE LOOKS DIFFERENT...

You will be making FRESH JUICE... With no additives, food coloring or added sugar it may look different from the commercially processed juice available in stores. Fresh juice tends to have a thin layer of foam on top. A quick stir with a spoon will blend it back into the juice or you may remove it if you prefer. To get the full benefits of fresh juice, it should be consumed within 15–20 minutes of being juiced.

### THE POWER OF PULP

We like to say that with the Jack LaLanne Fusion Juicer™ nothing is wasted. If you like pulp in your juice, take some from the pulp collector and add it back to your juice with a quick stir to mix it in. You can save pulp by placing it in a covered container and storing it in the freezer. Keep fruit and vegetable pulp in separate containers. Do not freeze longer than 30 days.

### EMPTYING THE PULP COLLECTOR

When juicing in large volume be sure to empty the pulp collector often. A pulp “back up” into the filter can cause the motor to shut off. Inserting a plastic bag inside the pulp collector before juicing large quantities makes for quick emptying during the process and easy clean up when you're done.

# GENERAL GUIDELINES FOR JUICING

*Due to personal preferences and nutritional opinions, it is difficult to determine an individual's eating habits. Therefore, we recommend juicing produce the way you would normally consume it in its raw state; e.g., a peeled orange. Before juicing any produce, it is important to wash it thoroughly to remove all contaminants, including soil and pesticides*

## SKINS, STEMS AND SEEDS

*Skins:* Juicing with the skins on is a personal preference with most produce; however, **when juicing aloe, remove skin.**

*Stems:* The only stems that are beneficial to process are grape stems. All others should be removed as they have no nutritional value.

*Seeds:* Removing seeds is discretionary due to certain health risks associated with certain seeds.

## CARROTS

Carrots can be a bit challenging to juice due to their dense nature. Never over-stuff the chute; always leave some “wiggle room” to avoid jamming the chute. Once carrots have been inserted, replace the pusher into the chute.

Apply gentle pressure to help stabilize the carrots down the chute.

## CITRUS FRUITS

Orange and grapefruit peels are bitter in taste and should be removed. When peeling, however, leave the pith on (the white, soft layer between the peel and fruit) and juice it to get all the vitamins. Lemon and lime are used to flavor dishes, so peels may be left on for more flavor when juicing. To juice with the skin, use slow, gentle pressure. Apply a bit more pressure if necessary, but do not use excessive force with the pusher.

## JUICING LEAFY PRODUCE

Leafy produce processes best when rolled in a bunch, fed into the chute, and then followed by fruits or vegetables containing a larger volume of juice, such as celery, tomato or cucumber. See chart page 12.

## MANGOS, APRICOTS, PEACHES, ETC.

Important: Always remove pits. Do not put any produce in the juicer with pits. Pits may damage the blade, cause the motor to seize and void your warranty.

## POMEGRANATES AND CHERRIES

These wonder fruits can absolutely be juiced. When juicing cherries it is necessary to remove the pits. We recommend using a cherry pitter. When juicing pomegranate (seeds) it is necessary to separate the seeds from the outer skin and the inner membrane before they can be processed.

## PINEAPPLES AND MELONS

Although the juicer can process the whole fruit, it is best to cut into manageable slices. This juice tastes best when the rind is removed. Again, this is a personal preference. The “stringy” consistency of very ripe pineapple may sometimes cause blockage in the spout, requiring periodic cleaning to avoid back up and overflow in the receptacle. When juicing a pineapple we recommend removing the top and bottom of the fruit. The juicer can process most produce whole but when using larger fruits such as pineapple and melon it is best to cut them into manageable slices.

## BERRIES AND SMALL FRUITS

Juicing berries may seem a bit challenging at first, but once you get the hang of it you will love the great flavors they add to your juice — not to mention the health benefits they have to offer. When juicing berries (except cranberries) you will need to add something that contains a larger volume of juice such as an apple or orange. For example, process the berries first (you may not see a lot of juice come out at first) then add something that is juicy — like an apple or an orange — and you will see the berry juice come pouring out.

## SMOOTHIES

When making smoothies, juice first with the Jack LaLanne Fusion Juicer™. Then add the fresh juice, ice and desired ingredients in a blender. This juicer will not make smoothies — only fresh juice for smoothies. Bananas are used in most of our smoothie recipes. Add bananas separately into a blender to blend with other juices. Do not put bananas in the Jack LaLanne Fusion Juicer™ as they will not make juice.

## IMPORTANT INFORMATION ABOUT SWEETENER OR SWEETENERS

*WE DO NOT RECOMMEND ARTIFICIAL SWEETENERS.*

The recipes in this book use agave as the main sweetener. We use agave, but you can use other sweeteners of your choice. We have included a sweetener conversion chart below that includes stevia, agave, sugar, and honey. We chose these four sweeteners as our top picks. There is continuous research done on new sweeteners as well as the ones that we have listed. Therefore, we leave it up to the consumer to decide which sweetener is best for you. For a healthier alternative, use apples to sweeten any fruit or vegetable juice.

## SWEETENERS CHART

*Note: This chart is an estimated conversion chart based on 1 c. sugar.*

**1 c. Sugar** = 1 tsp. Stevia Powder or Liquid

**1 c. Sugar** = 2/3 c. Agave

**1 c. Sugar** = 1/2 c. Honey

## PRODUCE CHART

### FRUITS & VEGETABLES IDEAL FOR JUICING

Apple  
Asparagus  
Brussels sprout  
Cabbage  
Cantaloupe  
Celery  
Cherry (pitted)  
Clementine  
Cranberry  
Cucumber  
Fennel  
Garlic  
Ginger  
Grape

Grapefruit  
Guava  
Honeydew melon  
Horseradish  
Jicama  
Kiwi (firm)  
Kohlrabi  
Lemon  
Lettuce  
Lime  
Nectarine (firm)  
Onion  
Orange  
Parsnip

Peach (firm)  
Pear (firm)  
Pepper  
Pineapple (firm)  
Pomegranate seed  
Potato  
Pumpkin  
Radicchio  
Radish  
Squash  
Strawberry  
Tangerine  
Tomato (firm)  
Watermelon

### FRUITS & VEGETABLES MORE CHALLENGING TO JUICE

Apricot  
Basil  
Beet  
Blackberry  
Blueberry  
Broccoli  
Carrot  
Cauliflower  
Collard green  
Dandelion green  
Endive

Green bean  
Green pea  
Kale  
Leafy green  
Leek  
Mango  
Mint  
Mushroom  
Mustard green  
Okra (skin removed)  
Papaya

Parsley  
Passion fruit  
Peppermint  
Plum  
Raspberry  
Spinach  
Swiss chard  
Turnip  
Watercress  
Wheatgrass

### FRUITS & VEGETABLES CONTAINING A LARGE JUICE CONTENT

Apple  
Cantaloupe  
Celery  
Clementine  
Cranberry  
Cucumber

Grape  
Grapefruit  
Honeydew melon  
Lemon  
Lime  
Orange

Pepper  
Pineapple  
Tangerine  
Tomato  
Watermelon

## DO NOT JUICE

Some fruits and vegetables cannot be juiced due to their inability to produce juice. Although they are unable to be juiced, that does not mean we should not enjoy them as whole foods on a daily basis as part of a healthy diet. Examples are avocado, banana and coconut. Never use the green tops of rhubarb. The oxalic acid in the leaves is toxic. There are so many other healthy fruits and vegetables available that it's just easier and safer to skip rhubarb as a juice source.

NEVER ADD ANY LIQUIDS OF ANY KIND INTO THE JUICER.

## JUICE & PULP YIELD PER PRODUCE

### Apples

6 medium apples = 2 c. juice  
6 medium apples = 1 1/2 c. pulp

### Carrots

5 large carrots = 1 c. juice  
5 large carrots = 1 c. pulp

### Celery Stalks

4 celery stalks = 3/4 c. juice  
4 celery stalks = 1/4 c. pulp

### Cucumbers

1 large cucumber = 1 c. juice  
1 large cucumber = 1/3 c. pulp

### Mangos

6 mangos = 2 1/2 c. juice  
6 mangos = 2 c. pulp

### Oranges

5 medium oranges = 2 c. juice  
5 medium oranges = 1 1/2 c. pulp

### Papayas

1 medium papaya = approx. 1/2 c. juice  
1 medium papaya = 1/3 c. pulp

### Passion Fruits

4 passion fruits = 1/4 c. juice  
4 passion fruits = 1/2 c. pulp

### Pears

6 medium pears = 2 c. juice  
6 medium pears = 1 1/2 c. pulp

### Pineapples

2 medium pineapples = approx. 2 c. juice  
2 medium pineapples = 2 1/2 c. pulp

### Potatoes

8 medium red potatoes = 2 1/2 c. juice  
8 medium red potatoes = approx. 2 c. pulp

### Raspberries

1/2 pt. raspberries = approx. 1/2 c. juice  
1/2 pt. raspberries = approx. 1/4 c. pulp

### Strawberries

1 qt. approx. 30 strawberries = 2 c. juice  
1 qt. approx. 30 strawberries = 1/3 c. pulp

### Tomatoes

4 medium firm tomatoes = 2 c. juice  
4 medium firm tomatoes = 1 c. pulp

### Zucchini and Squashes

5 small zucchinis/squashes = approx. 1 c. juice  
5 small zucchinis/squashes = approx. 1/2 c. pulp



## ANTI-AGING JUICE RECIPES

We all strive to hold back the hands of time. Some of us work harder at it than others. But perhaps no one individual showed us the way more successfully and convincingly than Jack LaLanne himself.

He spoke to the importance of consuming natural foods in their unprocessed state decades before nutritionists, scientists, trainers and medical researchers climbed aboard the fitness and natural foods train. His life gave testimony to the power of fruits, vegetables and natural grains and the healthy benefits they provide.

Following are several wonderful recipes that include fruits and veggies known for their youthful properties, such as berries, pomegranate, aloe, kale and beets, to name just a few. Begin juicing regularly and who knows – maybe you'll find your fountain of youth, too!





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## JACK-OF-ALL-AGES

- ½ c. blueberries
- ½ oz. acai-berry powder
- ½ pomegranate
- 1 piece of aloe
- 1 c. chopped kale
- ½ beet

*Juice kale then blueberries. In a blender, mix juice and remaining ingredients except the acai powder. Stir in the acai powder when serving.*

**270** Calories **7** Grams Protein **51** Grams Carbohydrate  
**7** Grams Fat **11** Grams Fiber **32** Grams Sugar

## THINK DRINK

- 1 passion fruit
- 1 apple
- 1" piece of ginseng

**120** Calories **1** Grams Protein **32** Grams Carbohydrate  
**0** Grams Fat **7** Grams Fiber **21** Grams Sugar

## SWEET SURPRISE

3 pineapple spears  
1 orange  
4 strawberries  
1 bunch seedless red grapes

**330** Calories **5** Grams Protein **84** Grams Carbohydrate  
**1** Grams Fat **10** Grams Fiber **66** Grams Sugar

## BEETPHRODISIAC

2 beets  
¼ bulb fennel  
⅓ c. parsley

**90** Calories **4** Grams Protein **21** Grams Carbohydrate  
**0.5** Grams Fat **7** Grams Fiber **11** Grams Sugar

## AFTERNOON ZING

½ broccoli head  
¼ lemon  
½ bunch red seedless grapes  
½ pear

**200** Calories **4** Grams Protein **50** Grams Carbohydrate  
**0.5** Grams Fat **8** Grams Fiber **37** Grams Sugar

## POMEGRANATE-BLUEBERRY JUICE

½ c. pomegranate (seeds)  
1 c. blueberries  
1 small bunch grapes

**290** Calories **5** Grams Protein **69** Grams Carbohydrate  
**2** Grams Fat **11** Grams Fiber **51** Grams Sugar

## BERRYTINI

½ c. watermelon  
2 c. red seedless grapes  
1 orange  
1 c. raspberries  
1 c. blueberries

**460** Calories **7** Grams Protein **118** Grams Carbohydrate  
**2** Grams Fat **19** Grams Fiber **89** Grams Sugar

## POMEGRANATE PUNCH

1 pineapple spear  
1 pomegranate  
1 orange

**350** Calories **7** Grams Protein **81** Grams Carbohydrate  
**3.5** Grams Fat **16** Grams Fiber **61** Grams Sugar

## POMEGRANATE BERRY

¼ pomegranate  
¾ c. blueberries  
¾ c. raspberries  
1 green apple  
1 red apple

**340** Calories **4** Grams Protein **86** Grams Carbohydrate  
**2.5** Grams Fat **18** Grams Fiber **60** Grams Sugar

## SUMMER PUNCH

1 pt. strawberries  
½ pineapple  
2 c. red seedless grapes

**530** Calories **7** Grams Protein **136** Grams Carbohydrate  
**2** Grams Fat **15** Grams Fiber **105** Grams Sugar



## QUICK RECOVERY JUICE RECIPES

From his teens, Jack Lalanne rarely, if ever, missed a day when he didn't work to improve his physical and mental fitness. Anyone who works out even a few times a week knows the importance of being able to recover quickly from the residual soreness, and aches and pains that follow. Stretching is certainly part of a quick recovery.

But replenishing the body with nutrients that are especially rich in soothing properties can help buffer the muscle and joint inflammation that leaves many of us gimpy and tight after a workout.

The recipes that follow contain some of Jack's favorite fruits, vegetables and spices for alleviating soreness, including cherries, berries, peppers, dark leafy greens, tomatoes, ginger, turmeric and beets.



## TOMATO JACK "SOOTHIE"

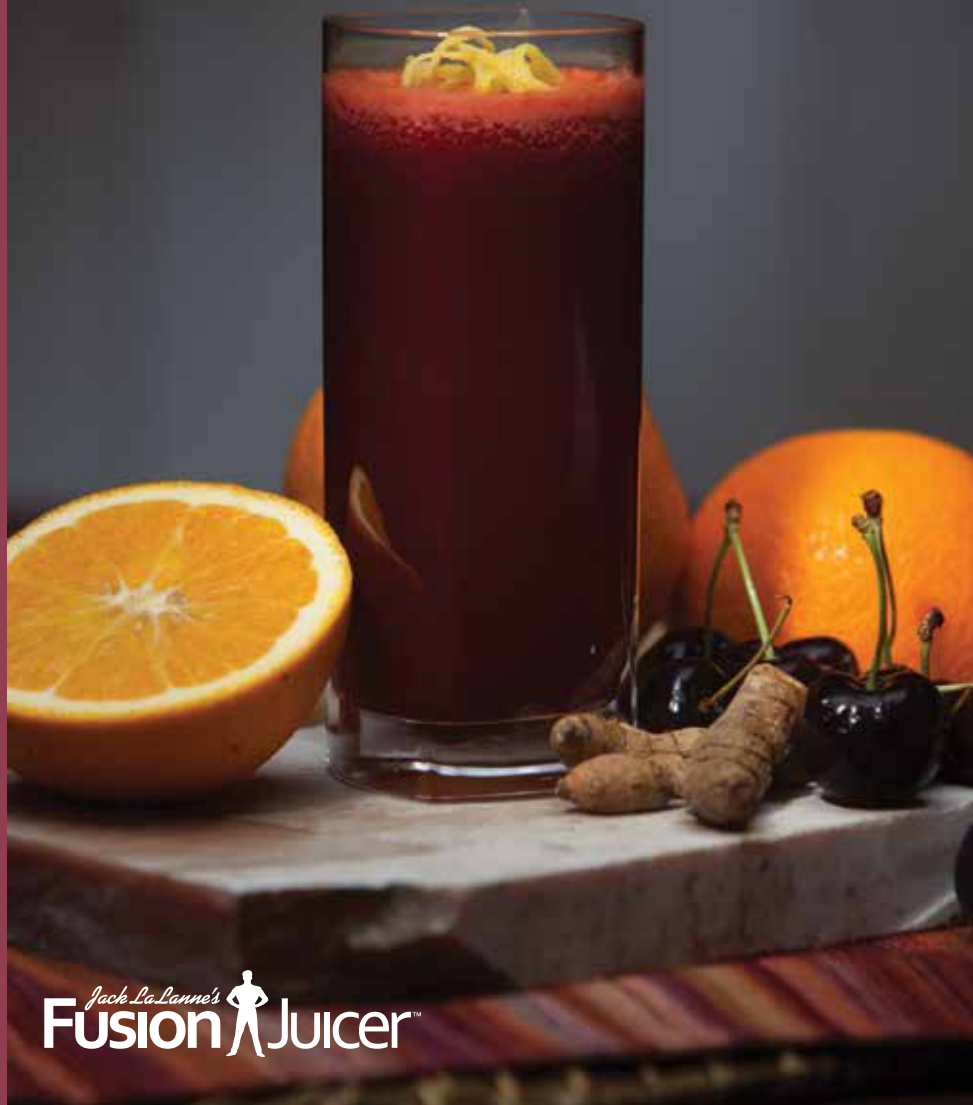
1 tomato  
½ oz. sweet bell peppers  
½ c. spinach  
½ beet  
¼ lemon  
1 svg. horseradish

**80** Calories **3** Grams Protein **18** Grams Carbohydrate  
**1** Grams Fat **5** Grams Fiber **9** Grams Sugar

## IRON MAN

1 c. parsley  
1 small green apple  
4 broccoli florets  
3 celery stalks  
½ lemon

**180** Calories **5** Grams Protein **46** Grams Carbohydrate  
**1** Grams Fat **11** Grams Fiber **28** Grams Sugar



## CHERRY CITRUS ANTI-INFLAMMATORY

1 orange  
 ¼ lemon  
 ½ tsp. turmeric  
 ½ oz. ginger  
 1 c. cherries

**180** Calories **3** Grams Protein **45** Grams Carbohydrate  
**0.5** Grams Fat **7** Grams Fiber **33** Grams Sugar

## JACK'S SUPER 7

2 carrots  
 1 potato  
 2 broccoli florets  
 ½ small beet  
 ¼ red bell pepper  
 1 tomato  
 ¼ cucumber

**230** Calories **9** Grams Protein **54** Grams Carbohydrate  
**1** Grams Fat **11** Grams Fiber **18** Grams Sugar

## ACHY BREAKY JUICE

¼ turnip  
¼ green bell pepper  
2 apples  
½ c. blueberries

**160** Calories **2** Grams Protein **42** Grams Carbohydrate  
**0.5** Grams Fat **8** Grams Fiber **30** Grams Sugar

## GREEN MACHINE

1 cucumber  
3 broccoli florets  
1 kiwi  
1 c. white seedless grapes

**200** Calories **6** Grams Protein **48** Grams Carbohydrate  
**0.5** Grams Fat **7** Grams Fiber **36** Grams Sugar

## BERRY FIZZ

1 c. cranberries  
1 c. strawberries  
1 c. raspberries

*Juice ingredients then add seltzer separately.*

**170** Calories **2** Grams Protein **40** Grams Carbohydrate  
**1** Grams Fat **15** Grams Fiber **22** Grams Sugar

## MORNING TONIC

1 grapefruit  
2 carrot  
½ piece ginger  
5 prunes

**270** Calories **4** Grams Protein **68** Grams Carbohydrate  
**1** Grams Fat **10** Grams Fiber **24** Grams Sugar

## CHERRY ZEST

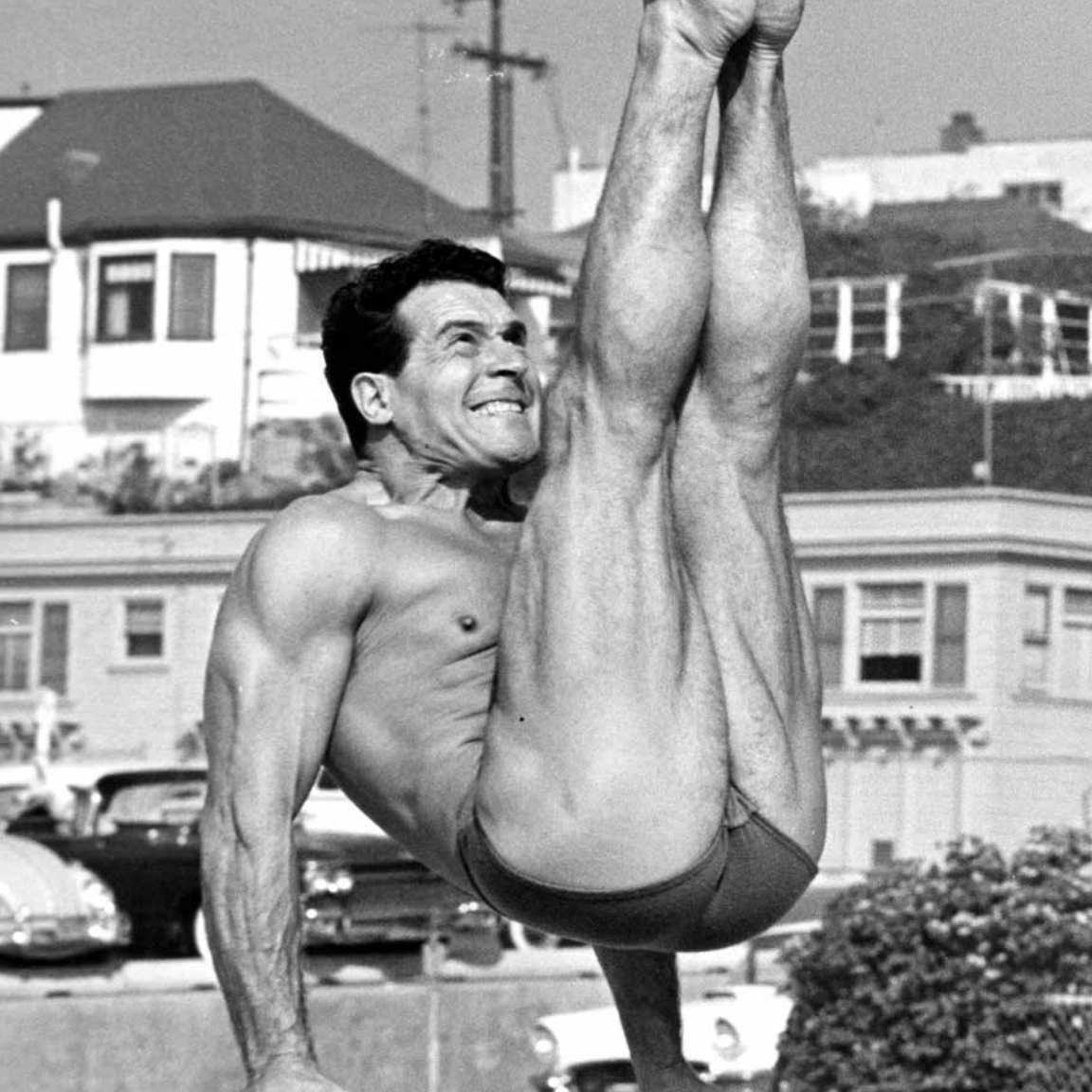
1 lemon  
½ lime  
2 passion fruit  
2 c. cherries

**240** Calories **2** Grams Protein **63** Grams Carbohydrate  
**2** Grams Fat **13** Grams Fiber **38** Grams Sugar

## CHERRY COOLER

1 ½ c. cherries

**140** Calories **2** Grams Protein **35** Grams Carbohydrate  
**1.5** Grams Fat **5** Grams Fiber **24** Grams Sugar

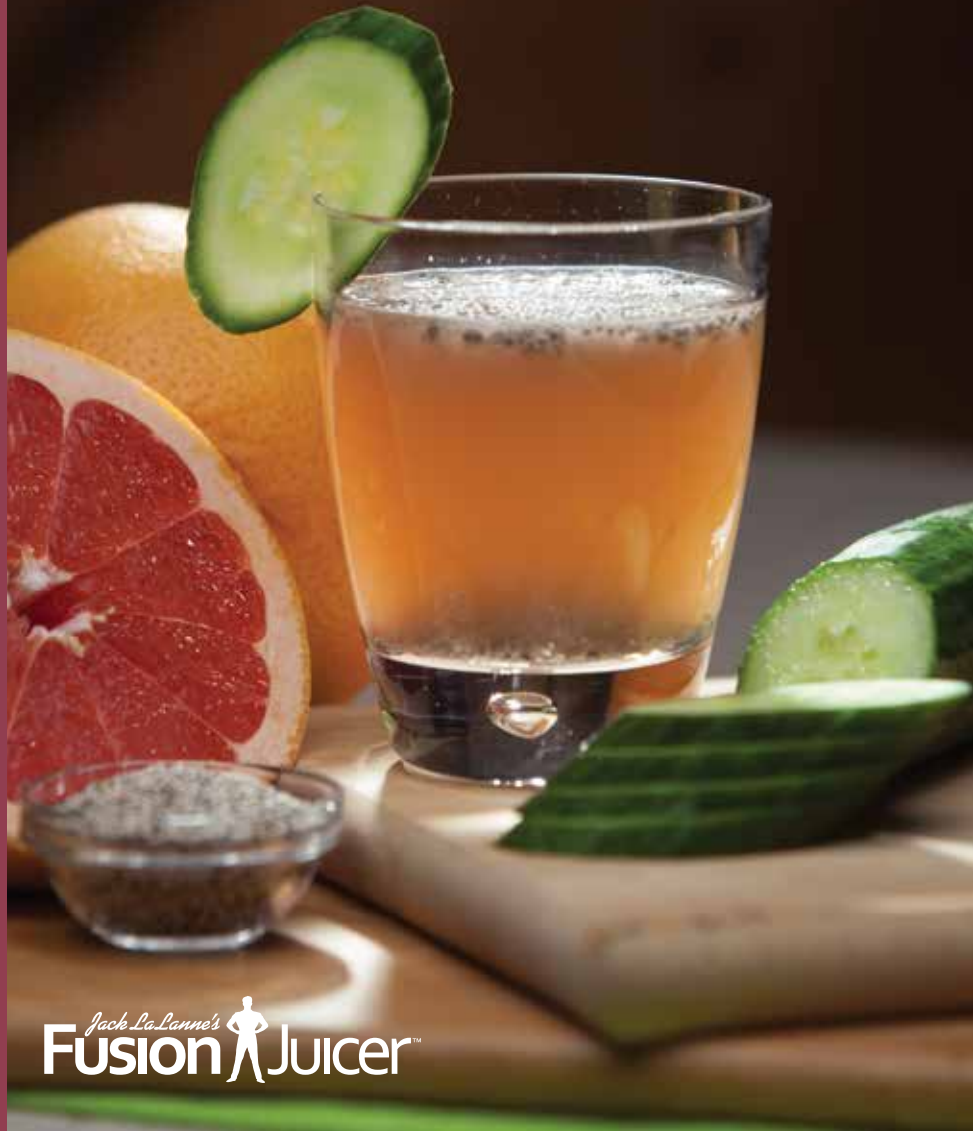


## MEAL REPLACEMENT/CLEANSING JUICE RECIPES

Many people turn to juicing as a way to lose weight or to cleanse their system of toxins that accumulate in the body. Truth be told, our body's natural filtration system does a remarkable job on its own; but it's never a bad idea to support optimum function by avoiding processed and other less than healthy foods. As part of a balanced diet, juicing can not only help us lose weight as a meal replacement, but it also promotes quicker absorption of vitamins and nutrients.

As the following recipes clearly illustrate, and probably unlike what you've heard, a weight loss/cleanse juicing regimen doesn't have to taste bad. Enjoy!





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## JACK'S WEIGHT KICKER

- ½ cucumber
- ½ grapefruit
- 1 tbs. chia seed

*Juice grapefruit and the cucumber. Stir in the chia seeds when serving.*

**140** Calories **4** Grams Protein **22** Grams Carbohydrate  
**0** Grams Fat **8** Grams Fiber **3** Grams Sugar

## SWEET JUICE SENSATION

- 1 orange
- 1 apple
- 1 large carrot
- 1 grapefruit
- ½ canteloupe

**140** Calories **2** Grams Protein **36** Grams Carbohydrate  
**0** Grams Fat **5** Grams Fiber **22** Grams Sugar



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## SWEET & SPICY CLEANSE

½ sweet potato  
 ½ beet  
 1 apple  
 1 tangerine  
 1 carrot  
 ¼ lemon  
 ½ tsp. cayenne

**250** Calories **4** Grams Protein **63** Grams Carbohydrate  
**0.5** Grams Fat **12** Grams Fiber **37** Grams Sugar

## CARROT, APPLE & GINGER

2 medium carrots  
 1 apple  
 1" piece ginger

*If you like spicy juice add more ginger!*

**160** Calories **2** Grams Protein **39** Grams Carbohydrate  
**0.5** Grams Fat **8** Grams Fiber **25** Grams Sugar



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## PINEAPPLE LEMON CLEANSE

2 pc pineapple  
 ½ lemon  
 1 tbs. spinach  
 ½ cucumber  
 ¼ jalapeño

**80** Calories **3** Grams Protein **20** Grams Carbohydrate  
**0** Grams Fat **4** Grams Fiber **14** Grams Sugar

## CABBAGE CLEANSER

2 apples  
 2 carrots  
 ½ head cabbage

**350** Calories **8** Grams Protein **86** Grams Carbohydrate  
**1.5** Grams Fat **23** Grams Fiber **44** Grams Sugar

## CLEANSING REMEDY

¼ small head cabbage  
2 carrots  
½ oz. ginger

**120** Calories **4** Grams Protein **26** Grams Carbohydrate  
**1** Grams Fat **9** Grams Fiber **6** Grams Sugar

## YUMMY TUMMY

¼ piece aloe  
1 large papaya  
½ oz. ginger  
1 apple

**250** Calories **1** Grams Protein **66** Grams Carbohydrate  
**0** Grams Fat **9** Grams Fiber **37** Grams Sugar

## DIGESTIVE JUMPSTART

½ papaya  
1 apple  
1 guava

**200** Calories **2** Grams Protein **52** Grams Carbohydrate  
**1** Grams Fat **9** Grams Fiber **33** Grams Sugar

## CLEAN SWEEP

½ c. lemon  
1 apple  
½ beet  
1 large celery stalk  
¼ cucumber

**140** Calories **2** Grams Protein **36** Grams Carbohydrate  
**0** Grams Fat **8** Grams Fiber **25** Grams Sugar



## BEAUTIFYING JUICE RECIPES

Jack LaLanne promised his fans several key benefits if they joined him in following his exercise and nutrition routine: "Feel better. Look better. Live longer." He knew that beauty started within, and the best way to improve your appearance and have beautiful skin was through the right diet and plenty of exercise.

A diet that's rich in antioxidants such as lycopene and vitamins such as A, B, C, D and K can give you that special glow that radiates health and beauty. You can find these nutrients to promote beautiful skin in fruits and vegetables such as spinach, apples, beets, pomegranate and lemons, just to name a few. Here are a few recipes to help you turn on the glow!



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## ELECTROJACK JOLT

½ cucumber  
 1 c. watermelon  
 ½ c. mint  
 ¼ lime

**80** Calories **3** Grams Protein **18** Grams Carbohydrate  
**0** Grams Fat **4** Grams Fiber **13** Grams Sugar

## HEALTHY GLOW

¼ cucumber  
 1 c. blueberries  
 3 passion fruit  
 ⅛ pineapple spear

**200** Calories **2** Grams Protein **51** Grams Carbohydrate  
**0.5** Grams Fat **12** Grams Fiber **33** Grams Sugar



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## SKIN SERENITY

1 c. red grapes  
1½ c. blueberries  
½ cucumber  
1 piece of aloe  
1 orange  
1 kiwi  
1 oz. chopped kale

**200** Calories **4** Grams Protein **49** Grams Carbohydrate  
**1** Grams Fat **8** Grams Fiber **36** Grams Sugar

## JACK'S DELIGHT

3" cube of watermelon  
1 pineapple spear  
2 canteloupe wedges  
4 strawberries

**170** Calories **3** Grams Protein **43** Grams Carbohydrate  
**0** Grams Fat **5** Grams Fiber **36** Grams Sugar

## LIGHTEN UP

½ apple  
¼ cantaloupe  
½ seedless watermelon  
½ grapefruit

**170** Calories **3** Grams Protein **42** Grams Carbohydrate  
**0** Grams Fat **4** Grams Fiber **25** Grams Sugar

## PAPAYA & ALOE

1 papaya  
⅓ piece aloe

**140** Calories **0** Grams Protein **38** Grams Carbohydrate  
**0** Grams Fat **4** Grams Fiber **18** Grams Sugar

## SKIN GLOW

1 cucumber  
½ c. parsley  
1 apple  
4 carrots

**250** Calories **7** Grams Protein **59** Grams Carbohydrate  
**1.5** Grams Fat **15** Grams Fiber **37** Grams Sugar

## PINEBERRY JUICE

8 strawberries  
¼ pineapple  
2 kiwis

**240** Calories **4** Grams Protein **61** Grams Carbohydrate  
**1.5** Grams Fat **10** Grams Fiber **42** Grams Sugar



## CUCUMBER & CARROT JUICE

2 carrots  
1 medium cucumber

**100** Calories **0** Grams Protein **21** Grams Carbohydrate  
**0** Grams Fat **6** Grams Fiber **12** Grams Sugar

## CUCUMBER SPA COCKTAIL

1 small pear  
½ pineapple  
1 small yellow bell pepper  
1 cucumber  
1 lemon

**210** Calories **5** Grams Protein **53** Grams Carbohydrate  
**0.5** Grams Fat **12** Grams Fiber **26** Grams Sugar

## CUCUMBER COOLER

1 apple  
2 cucumbers

**190** Calories **7** Grams Protein **43** Grams Carbohydrate  
**0** Grams Fat **10** Grams Fiber **31** Grams Sugar

## COOL & LIGHT

2 cucumbers  
2 carrots  
1 apple  
½ lemon

**240** Calories **8** Grams Protein **58** Grams Carbohydrate  
**0.5** Grams Fat **15** Grams Fiber **38** Grams Sugar



## ENERGY BOOSTING JUICE RECIPES

Countless research studies suggest that the more we exercise and eat healthy, the better we feel and the more energy we have to live a fuller, more active life. In fact, the American Medical Association lists increased energy as one of the benefits of a healthy diet rich in fruits and vegetables. Bananas, citrus fruits, spinach, sweet potatoes and apples are examples of natural foods that boost and help us maintain energy. For example, bananas are rich in antioxidants and healthy calories that quickly breakdown for a rapid energy boost.

Conversely, sweet potatoes contain complex carbohydrates which breakdown more slowly, providing a more sustained level of energy.

Check out the following recipes for more ideas and become more familiar with the energy-boosting fruits and vegetables that can make a difference in how you feel throughout your day.



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## JUMPING JACK ENERGIZER

1 oz. chopped kale  
1 apple  
1 kiwi  
½ cucumber  
½ c. spinach  
5 parsley sprigs  
½ lemon  
½ oz. ginger

*Juice kale then remaining ingredients.*

**180** Calories **4** Grams Protein **43** Grams Carbohydrate  
**1** Grams Fat **10** Grams Fiber **26** Grams Sugar

## WHEAT GRASS ENERGY DRINK

1 handful wheat grass  
1 handful spinach  
1 pineapple spear

*Juice wheat grass then remaining ingredients.*

**90** Calories **8** Grams Protein **21** Grams Carbohydrate  
**0** Grams Fat **4** Grams Fiber **11** Grams Sugar

## SUPER JUICE

½ pineapple spear  
1 large orange  
1 papaya  
2 carrots  
½ lime

**300** Calories **3** Grams Protein **78** Grams Carbohydrate  
**0.5** Grams Fat **13** Grams Fiber **43** Grams Sugar

## POWER PUNCH

1 c. kale  
2 c. parsley  
1 c. spinach leaves  
1 medium apple  
3 celery stalks  
½ green bell pepper

**210** Calories **11** Grams Protein **49** Grams Carbohydrate  
**2.5** Grams Fat **14** Grams Fiber **24** Grams Sugar

## JACK'S FRUITY 5

1 orange  
½ lime  
2 pineapple spears  
3 strawberries  
½ kiwi

**250** Calories **4** Grams Protein **64** Grams Carbohydrate  
**1** Grams Fat **11** Grams Fiber **45** Grams Sugar

## ENERGY BOOST

1 carrot  
1 celery stalk  
1 beet  
5 parsley sprigs  
4 romaine lettuce leaves  
½ head watercress  
½ c. spinach  
3 tomatoes  
¼ tsp. sea salt

**190** Calories **7** Grams Protein **40** Grams Carbohydrate  
**2** Grams Fat **9** Grams Fiber **22** Grams Sugar

## BREAKFAST PICK ME UP

½ cantaloupe  
1 carrot  
½ lime  
1 apple

**230** Calories **3** Grams Protein **58** Grams Carbohydrate  
**0** Grams Fat **9** Grams Fiber **44** Grams Sugar

## JUICY ADRENALINE RUSH

1 lemon  
1 orange  
1 pineapple spear  
¼ seedless watermelon

**160** Calories **3** Grams Protein **43** Grams Carbohydrate  
**0** Grams Fat **8** Grams Fiber **32** Grams Sugar

## KIWI KOOLER

2 kiwis  
½ pineapple  
1 orange  
½ oz. ginger

**410** Calories **6** Grams Protein **104** Grams Carbohydrate  
**1.5** Grams Fat **15** Grams Fiber **74** Grams Sugar

## SUGARLESS LEMONADE

2 apples  
½ lemon

**200** Calories **1** Grams Protein **53** Grams Carbohydrate  
**0.5** Grams Fat **10** Grams Fiber **39** Grams Sugar



## IMMUNITY JUICE RECIPES

When it comes to raising your levels of resistance to illness, fruits and vegetables are powder kegs of antioxidants, which are important for protecting your cells. According to the National Institutes of Health, examples of antioxidants include vitamins C and E, selenium, and carotenoids such as beta-carotene, lycopene, lutein, and zeaxanthin. Most berries, including blueberries, raspberries, cranberries and strawberries are great sources of antioxidants. So are apples, legumes, pecans, citrus fruits, carrots, spinach and many more.

Juicing for a body that is better equipped to fight sickness and disease may be the best thing you can do for you and your family.  
Enjoy!



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## THE BODY GUARD

1 orange  
 ½ oz. ginger  
 1 kiwi  
 6 strawberries  
 1 tsp. spirulina, dried

*Juice all ingredients except spirulina. Stir in spirulina when serving.*

**180** Calories **5** Grams Protein **430** Grams Carbohydrate  
**1** Grams Fat **9** Grams Fiber **29** Grams Sugar

## VITAMIN C BOOST

2 large oranges  
 2 large grapefruits

**180** Calories **3** Grams Protein **45** Grams Carbohydrate  
**0** Grams Fat **7** Grams Fiber **17** Grams Sugar

## UNDER THE WEATHER

1 orange  
1 lemon  
1" piece of ginger  
1 guava

**140** Calories **3** Grams Protein **35** Grams Carbohydrate  
**1** Grams Fat **9** Grams Fiber **23** Grams Sugar

## BERRY BONANZA

1 c. blueberries  
1 c. raspberries  
2 oranges

**320** Calories **6** Grams Protein **79** Grams Carbohydrate  
**1.5** Grams Fat **20** Grams Fiber **55** Grams Sugar

## MAMA MIA

2 oranges  
1 beet  
2 broccoli florets

**210** Calories **5** Grams Protein **52** Grams Carbohydrate  
**0.5** Grams Fat **12** Grams Fiber **40** Grams Sugar

## CARROT & BEET JUICE

1 beet  
3 carrots

**110** Calories **3** Grams Protein **25** Grams Carbohydrate  
**0.5** Grams Fat **7** Grams Fiber **14** Grams Sugar



## SWEET BEET

1 apple  
½ beet  
3 carrots

**550** Calories **7** Grams Protein **140** Grams Carbohydrate  
**1.5** Grams Fat **19** Grams Fiber **101** Grams Sugar

## IMMUNOBLAST

3 strawberries  
1 orange  
1 apple  
1 apricot  
3 broccoli florets  
3 cauliflower florets

**300** Calories **5** Grams Protein **77** Grams Carbohydrate  
**1** Grams Fat **11** Grams Fiber **56** Grams Sugar

## MANGO SURPRISE

1 mango  
1 kiwis  
1 carrot

**210** Calories **1** Grams Protein **50** Grams Carbohydrate  
**1.5** Grams Fat **6** Grams Fiber **12** Grams Sugar

## SUPER SUNRISE

¼ pineapple  
½ orange  
4 strawberries  
½ lb. red seedless grapes

**350** Calories **5** Grams Protein **89** Grams Carbohydrate  
**0.5** Grams Fat **10** Grams Fiber **68** Grams Sugar



## BONE AID JUICE RECIPES

Years before scientific research proved him correct, Jack LaLanne told the world that exercise and nutrition were the keys to healthy living. When it comes to bone health, this is particularly true. Research has shown that weight resistance exercises are particularly helpful in building and maintaining strong bones no matter how old a person may be. But we also need to eat right to get enough bone-building calcium, vitamin K, and other minerals and vitamins such as D (through supplementation) that contribute to good bone health. That's why juicing for bone health can be an important ally in preventing loss of bone structure, as well as maintaining bone density. Unlike calcium supplements, much of which the body flushes out before it's absorbed, the minerals and vitamins in juiced fruits and vegetables are more readily absorbed. Bone appétit!



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## JACK'S TONE YOUR BONES

¼ pineapple  
½ oz. chopped kale  
1 broccoli stalk  
½ sweet potato  
1 orange

*Juice kale then remaining ingredients.*

**280** Calories **9** Grams Protein **67** Grams Carbohydrate  
**1** Grams Fat **13** Grams Fiber **40** Grams Sugar

## BONE AID

1 c. cherries  
1 sweet potato  
¼ turnip

**210** Calories **3** Grams Protein **51** Grams Carbohydrate  
**1** Grams Fat **7** Grams Fiber **23** Grams Sugar

## VEGETABLE JUICE POTLUCK

1 tomato  
2 celery stalks  
2 large carrots  
5 large broccoli florets  
½ cucumber

**140** Calories **5** Grams Protein **30** Grams Carbohydrate  
**1** Grams Fat **10** Grams Fiber **15** Grams Sugar

## PINEAPPLE CARROT JUICE

4 carrots  
½ pineapple

**330** Calories **5** Grams Protein **83** Grams Carbohydrate  
**1** Grams Fat **13** Grams Fiber **56** Grams Sugar

## ELAINE'S VEGETABLE GARDEN

1 small tomato  
1 carrot  
1 red bell pepper  
1 sweet potato  
2 celery stalks

**220** Calories **5** Grams Protein **48** Grams Carbohydrate  
**1** Grams Fat **10** Grams Fiber **18** Grams Sugar

## SUNRISE SALUTE

2 small green apples  
1 small pear  
6 prunes

**330** Calories **2** Grams Protein **87** Grams Carbohydrate  
**1** Grams Fat **13** Grams Fiber **57** Grams Sugar

## SOUTH SEA ISLAND

1 papaya  
1 kiwi  
6 strawberries  
1 pineapple spear

**200** Calories **3** Grams Protein **50** Grams Carbohydrate  
**1** Grams Fat **8** Grams Fiber **35** Grams Sugar

## FRUIT FIZZ

½ lb. raspberries  
1 orange  
¼ lime  
½ pineapple

*Juice ingredients then add seltzer separately.*

**210** Calories **3** Grams Protein **52** Grams Carbohydrate  
**1** Grams Fat **12** Grams Fiber **33** Grams Sugar

## PEAR-FECT

1 pear  
1 peach  
1 c. cranberries  
½ pineapple

**240** Calories **2** Grams Protein **62** Grams Carbohydrate  
**0.5** Grams Fat **10** Grams Fiber **45** Grams Sugar

## LUNCH IN A GLASS

2 tomatoes  
2 carrots  
½ head of cabbage  
2 celery stalks  
1 broccoli head

**290** Calories **14** Grams Protein **62** Grams Carbohydrate  
**2.5** Grams Fat **23** Grams Fiber **19** Grams Sugar



## SUPER SHOT RECIPES

Part of the joy of juicing is experimentation, and juice shots are a great way to try out new ingredients combinations. Plus, when following the recipes in this section, juice shots are a quick resource for lots of healthy benefits. Whether your aim is to get a good night's sleep, or knock back a quick hit of energy, juicing shots can make a big difference in how you feel and how much energy you have. Try these recipes and see for yourself, a shot or two a day may be just as effective at keeping the doctor away.



## CHERRY LEMON SOOTHE

½ c. cherries

⅛ lemon

½ tsp. turmeric

¼ oz. ginger

**60** Calories **1** Grams Protein **14** Grams Carbohydrate  
**0.5** Grams Fat **2** Grams Fiber **8** Grams Sugar

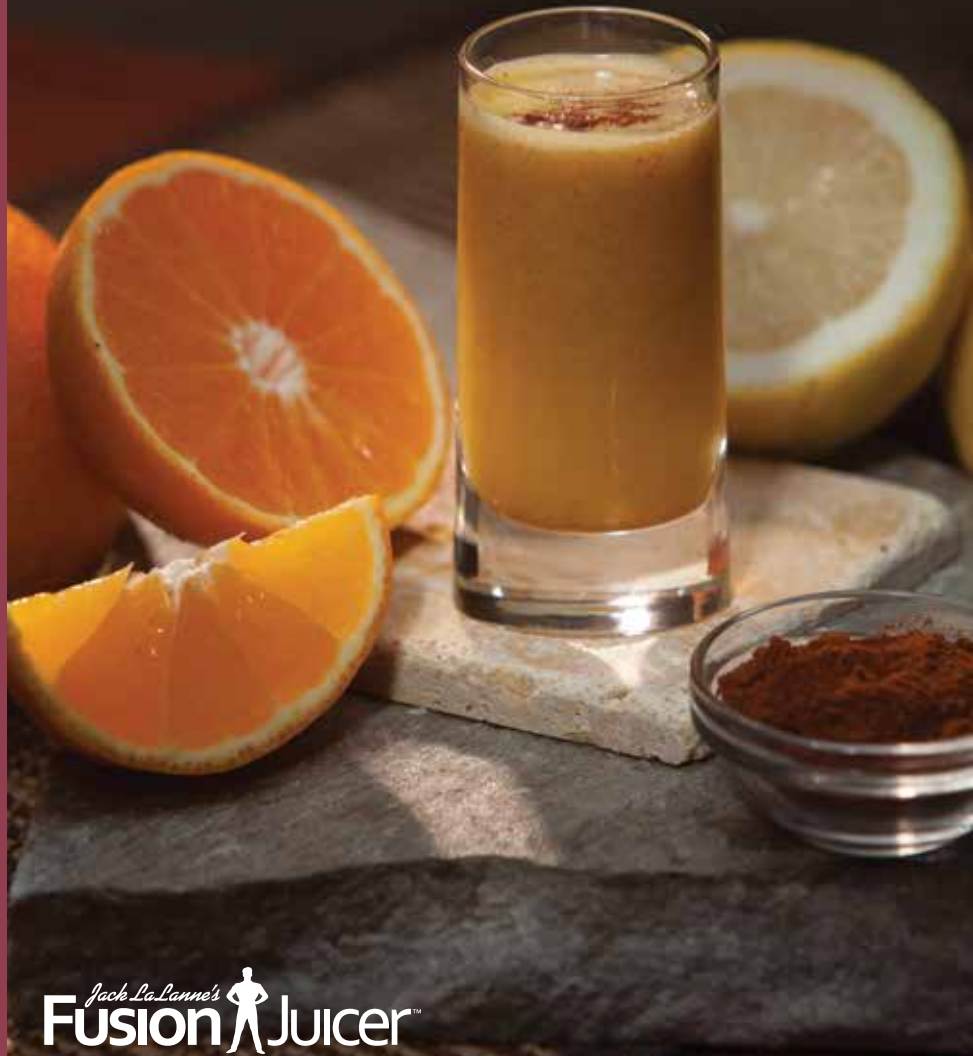
## STRAWBERRY SPECIAL

5 strawberries

½ c. raspberries

½ lemon

**50** Calories **1** Grams Protein **13** Grams Carbohydrate  
**0** Grams Fat **5** Grams Fiber **7** Grams Sugar



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## IMMUNOBOOST

¼ lemon  
 ½ ginger  
 1 orange  
 ¼ cayenne pepper

**80** Calories **2** Grams Protein **19** Grams Carbohydrate  
**0** Grams Fat **4** Grams Fiber **13** Grams Sugar

## THROAT COAT

¼ oz. wheat grass  
 ¼ lemon  
 1 piece pineapple

**60** Calories **8** Grams Protein **11** Grams Carbohydrate  
**0** Grams Fat **3** Grams Fiber **5** Grams Sugar





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## ELAINE'S ALOE AGLOW

2 pieces of aloe  
¼ cucumber  
½ c. raspberries

**45** Calories **1** Grams Protein **10** Grams Carbohydrate  
**0** Grams Fat **5** Grams Fiber **4** Grams Sugar

## MELON SHOOTERS

½ c. watermelon  
1 honeydew wedge  
1 cantaloupe wedge

**120** Calories **2** Grams Protein **29** Grams Carbohydrate  
**0** Grams Fat **2** Grams Fiber **26** Grams Sugar



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## ENERGY IGNITER

2 pieces of aloe  
¼ oz. wheatgrass  
1 pineapple

**50** Calories **8** Grams Protein **10** Grams Carbohydrate  
**0** Grams Fat **2** Grams Fiber **5** Grams Sugar

## BOOSTER SHOT

½ orange  
¼ lemon  
½ oz. ginger

**60** Calories **1** Grams Protein **15** Grams Carbohydrate  
**0** Grams Fat **3** Grams Fiber **9** Grams Sugar



## CHERRY PAPAYA SLEEP AID

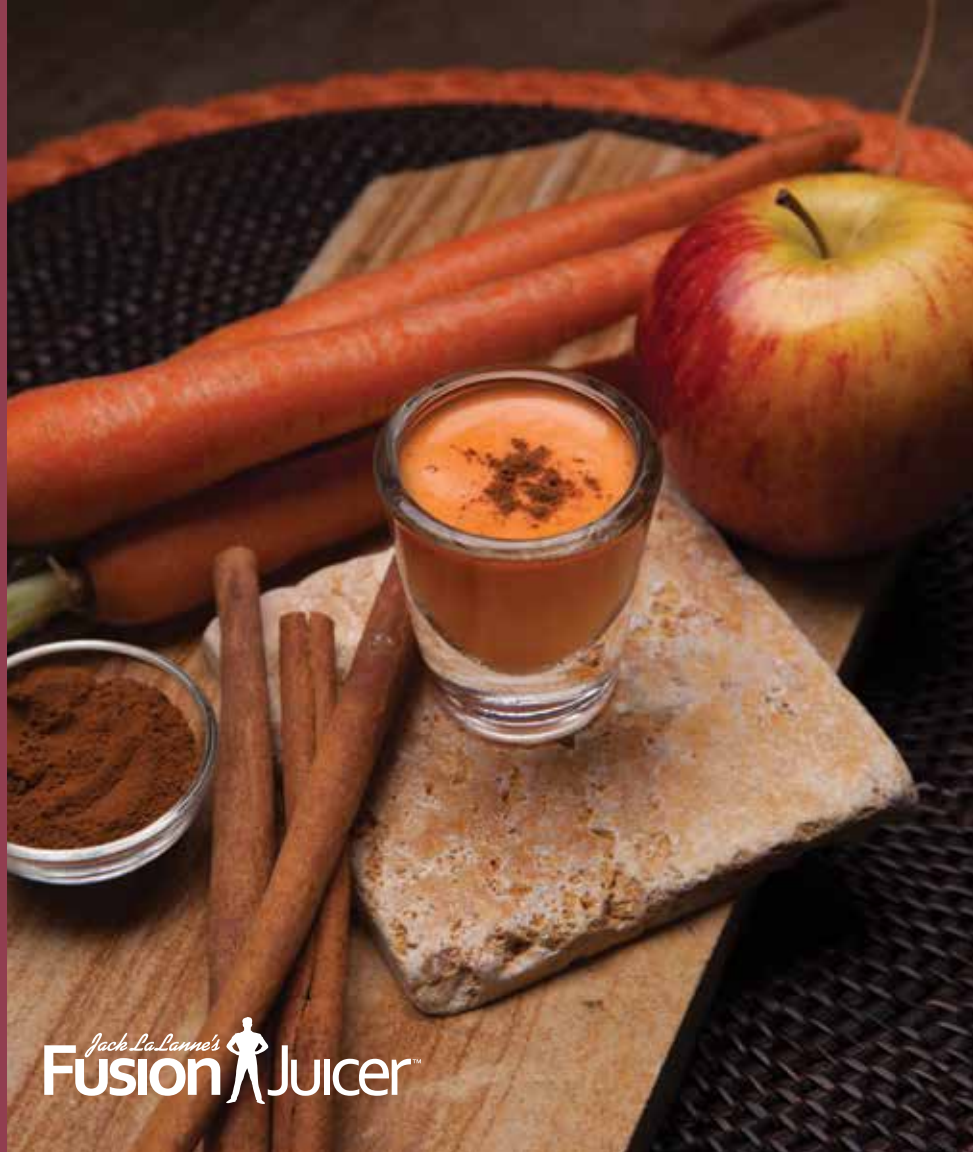
¼ c. cherries  
¼ papaya  
1 tsp. honey (optional)

**60** Calories **0** Grams Protein **16** Grams Carbohydrate  
**0** Grams Fat **1** Grams Fiber **12** Grams Sugar

## DOUBLE DOSE

¼ pomegranate (seeds)  
¼ apple  
½ c. cherries

**120** Calories **2** Grams Protein **28** Grams Carbohydrate  
**1.5** Grams Fat **5** Grams Fiber **20** Grams Sugar



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## JACK'S HEALTHY SHOT

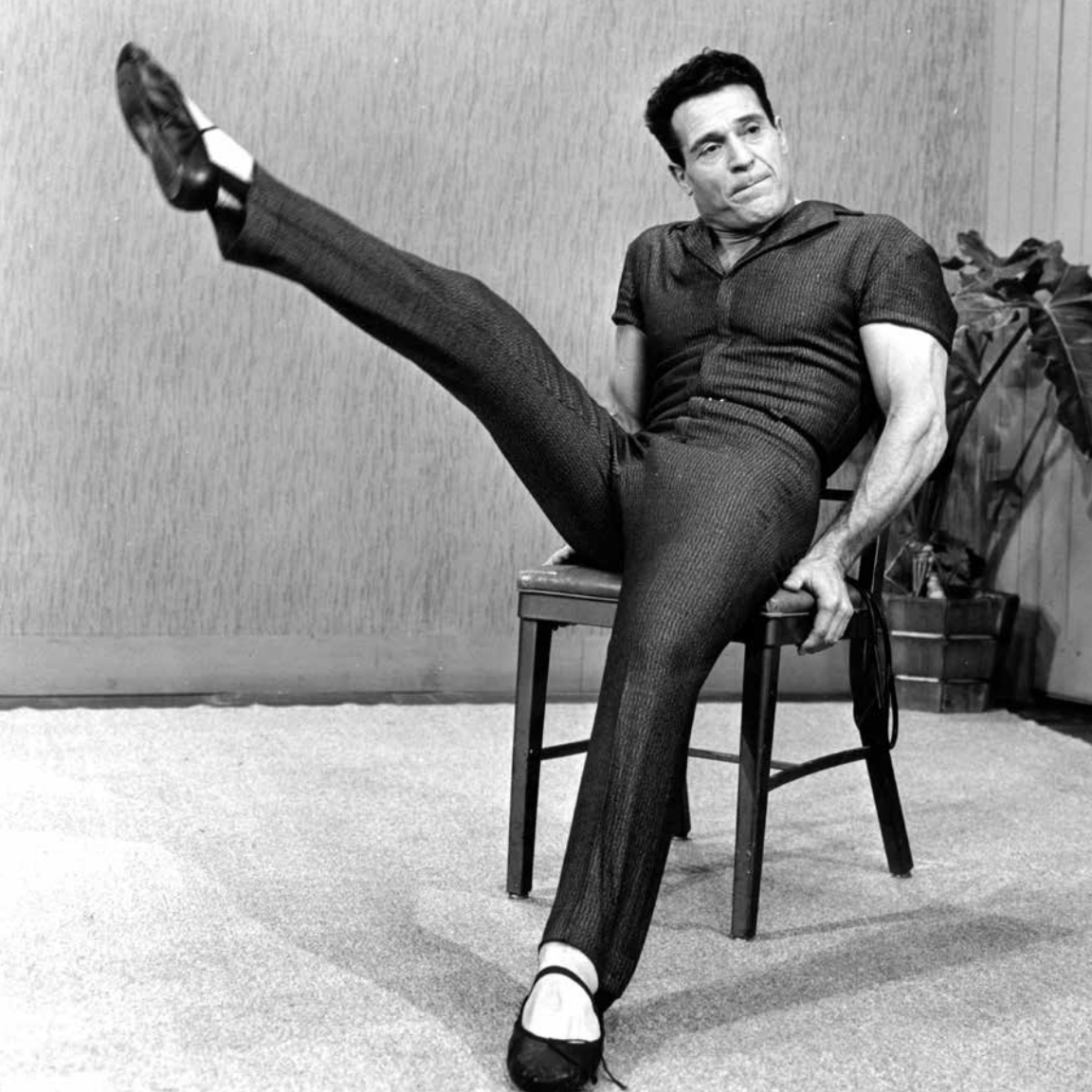
½ carrot  
1 apple  
½ oz. ginger  
¼ tsp. cinnamon

**250** Calories **3** Grams Protein **65** Grams Carbohydrate  
**0.5** Grams Fat **8** Grams Fiber **46** Grams Sugar

## DAILY DETOX

3 asparagus stalks  
¼ lemon  
¼ cucumber

**30** Calories **2** Grams Protein **6** Grams Carbohydrate  
**0** Grams Fat **2** Grams Fiber **3** Grams Sugar



## NUTRITIONAL BOWL RECIPES

Your Jack LaLanne 100th Anniversary Fusion Juicer is a great appliance for making other healthy meals and desserts, as well. These recipes show you how to make delicious yogurt treats that are all natural, chock full of protein, antioxidants and vitamins, and without even a sprinkle of extra sugar. Top them with bananas, granola, seeds, nuts and your other favorite healthy toppings for an incredibly satisfying bowl of natural, healthy goodness.



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## JACK'S BERRY ALMOND BOWL NANZA

- 1/8 pineapple
- 1 mango
- 1 1/2 c. 2% Greek yogurt
- 1 tbs. honey
- 1 tbs. seeds
- 1 tbs. almonds
- 1 tbs. blueberries
- 1 tbs. raspberries

*Juice mango & pineapple. Mix juice, pulp & yogurt. Top with remaining ingredients.*

**300** Calories **17** Grams Protein **43** Grams Carbohydrate  
**8** Grams Fat **4** Grams Fiber **23** Grams Sugar

## APPLE CINNAMON BOWL

- 1 1/2 c. 2% Greek yogurt
- 1 apple
- 1/4 tsp. cinnamon
- 1 tbs. honey
- 2 tbs. nuts
- 1 tbs. raisins

*Juice apple. Mix juice, pulp & yogurt. Top with remaining ingredients.*

**260** Calories **16** Grams Protein **33** Grams Carbohydrate  
**8** Grams Fat **3** Grams Fiber **28** Grams Sugar



## STRAWBERRY PEACH POWERLIFT

- 1 nectarine
- 8 strawberries
- ½ c. granola
- 1 tbs. honey
- 1 tbs. pumpkin seeds
- 1 ½ c. 2% Greek yogurt
- ½ banana

*Juice strawberries and nectarine. Mix juice, pulp & yogurt. Top with remaining ingredients.*

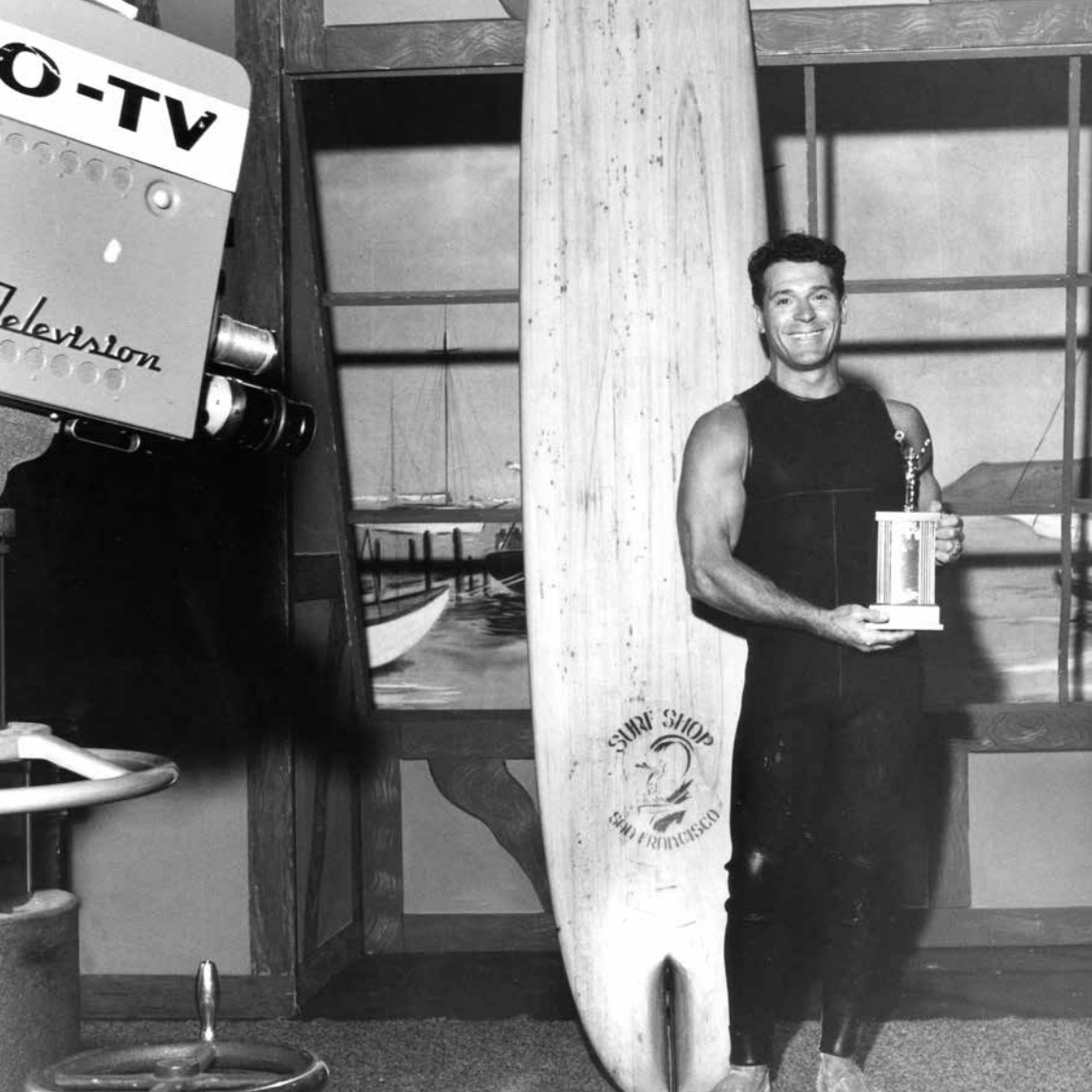
**350** Calories **20** Grams Protein **55** Grams Carbohydrate  
**8** Grams Fat **6** Grams Fiber **30** Grams Sugar

## BLUEBERRY VANILLA BOWL

- 1 ½ c. French vanilla nonfat yogurt
- 1 ½ c. blueberries
- 1 tbs. honey
- ½ banana
- 1 tbs. sunflower seeds
- 1 tbs. flax seeds

*Juice blueberries. Mix juice, pulp & yogurt. Top with remaining ingredients.*

**260** Calories **9** Grams Protein **52** Grams Carbohydrate  
**4** Grams Fat **6** Grams Fiber **37** Grams Sugar



## SMART SMOOTHIE RECIPES

When you're ready to make delicious and nutritious smoothies, the Jack LaLanne 100th Anniversary Fusion Juicer is the perfect complement to your blender. Load in all of the fruits and vegetables you want and the surgical quality stainless steel blades will go to work turning your ingredients into lip-smacking healthy juice that's ideal for adding a major boost of nutrition to all your favorite smoothies. The Jack LaLanne 100th Anniversary Fusion Juicer gives you the flexibility to whip up thick, healthy, vitamin and protein-packed smoothies and shakes your whole family will enjoy. It's the smart solution for great-tasting, good-for-you smoothies!





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## CHERRY SLUMBER

- 1 c. cherries
- 1 tbs. honey
- 1 c. coconut water
- 1 banana
- ¼ walnuts

*Juice cherries. Put juice, pulp and remaining ingredients into a blender and mix.*

**250** Calories **4** Grams Protein **41** Grams Carbohydrate  
**10** Grams Fat **6** Grams Fiber **26** Grams Sugar

## SWEET DREAMS

- ½ oz. ginger
- 3 celery stalks
- ½ small head cabbage
- 1 green bell pepper
- 1 medium apple
- 1 banana
- 1 c. ice
- ½ c. skim milk

*Juice cherries. Put juice, pulp and remaining ingredients into a blender and mix.*

**420** Calories **13** Grams Protein **101** Grams Carbohydrate  
**1.5** Grams Fat **25** Grams Fiber **46** Grams Sugar



## JACK'S PROTEIN POWER SHAKE

- 8 strawberries
- 1 papaya
- 1 banana
- 1 scoop protein powder
- 1 ½ c. coconut
- 1 c. water

*Juice strawberries and papaya. Put juice, pulp and remaining ingredients into a blender and mix.*

**430** Calories **12** Grams Protein **94** Grams Carbohydrate  
**4** Grams Fat **17** Grams Fiber **49** Grams Sugar

## SUPER C

- 10 strawberries
- 1 orange
- 1 banana
- 1 c. ice

*Juice strawberries and orange. Put juice and remaining ingredients into a blender and mix.*

**250** Calories **4** Grams Protein **64** Grams Carbohydrate  
**1** Grams Fat **12** Grams Fiber **40** Grams Sugar



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## MACA ME FIT SHAKE

- 1 peaches
- 1 plums
- 6 strawberries
- 1 c. swiss chard
- 1 banana
- 1 tbs. maca root powder
- 1 c. almond milk
- 1 c. water

*Juice the first four ingredients. In a blender, mix juice and remaining ingredients.*

**160** Calories **3** Grams Protein **35** Grams Carbohydrate  
**2** Grams Fat **6** Grams Fiber **20** Grams Sugar

## TROPICAL SMOOTHIE

- ½ pt. raspberries
- 1 mango
- ½ pineapple
- ½ papaya
- 1 kiwi
- 1 c. ice
- ½ c. coconut water
- 3 tbsp. wheat germ

*Juice the first five ingredients. In a blender, mix juice and remaining ingredients. Blend to thick consistency.*

**330** Calories **6** Grams Protein **76** Grams Carbohydrate  
**2.5** Grams Fat **13** Grams Fiber **38** Grams Sugar



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## JACK'S FLAX 'N' FIT SMOOTHIE

- ½ lemon
- 1 c. blueberries
- ½ avocado
- 2 tbs. flax
- 1 c. 2% Greek yogurt
- 2 tbs. honey
- 1 c. water

*Juice lemon and blueberries. In a blender, mix juice and remaining ingredients.*

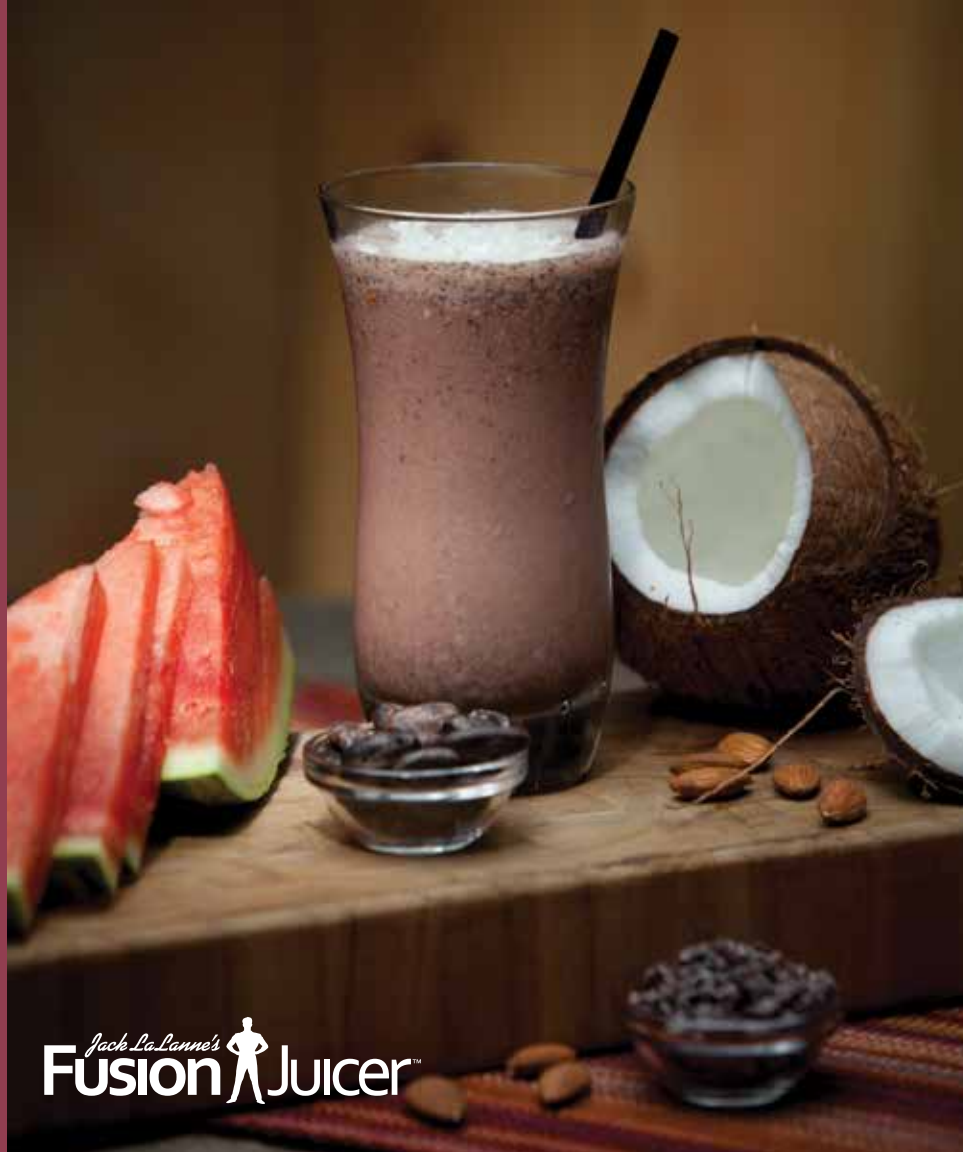
**580** Calories **27** Grams Protein **81** Grams Carbohydrate  
**24** Grams Fat **13** Grams Fiber **57** Grams Sugar

## MANGO, RASPBERRY RUSH SMOOTHIE

- ½ mango
- ⅓ c. raspberries
- 2 bananas
- ¼ c. acai puree
- 1 c. ice

*Juice mango and raspberries. Put juice, pulp and remaining ingredients into a blender and mix.*

**400** Calories **4** Grams Protein **96** Grams Carbohydrate  
**3** Grams Fat **13** Grams Fiber **38** Grams Sugar



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## COCOA NUT COCKTAIL

1 oz. cocoa nibs  
3 tbs. almonds  
1 c. almond milk  
2 c. watermelon  
1 c. water

*Juice the watermelon. In a blender, mix juice and remaining ingredients.*

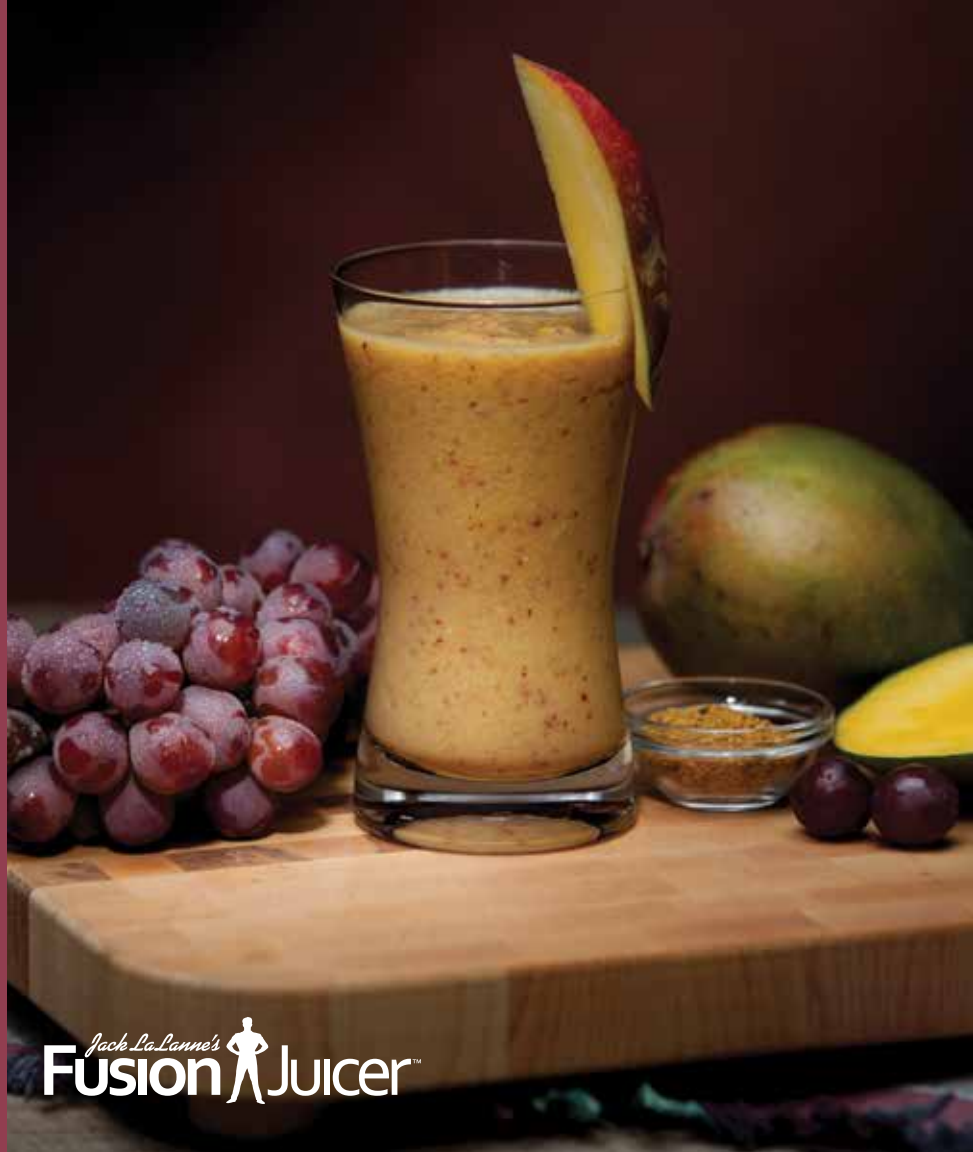
**240** Calories **6** Grams Protein **20** Grams Carbohydrate  
**16** Grams Fat **5** Grams Fiber **14** Grams Sugar

## TROPICAL DELIGHT

¼ pineapple  
1 papaya  
1 mango  
2 banana  
½ c. ice

*Juice pineapple, papaya and mango. Put juice, pulp and remaining ingredients into a blender and mix.*

**310** Calories **2** Grams Protein **80** Grams Carbohydrate  
**0.5** Grams Fat **9** Grams Fiber **36** Grams Sugar



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## JACK'S SUPER STINGER

- 1 tbs. bee pollen
- 1 mango
- 2 c. red grapes
- 1 c. water

*Juice the grape and mango. In a blender, mix juice and remaining ingredients.*

**400** Calories **6** Grams Protein **95** Grams Carbohydrate  
**2** Grams Fat **6** Grams Fiber **50** Grams Sugar

## PAPAYA, GUAVA & PINEAPPLE SMOOTHIE

- 1 pineapple
- ½ papaya
- 1 guava
- 1 c. ice

*Juice first three ingredients. In a blender, mix juice and ice.*

**130** Calories **2** Grams Protein **33** Grams Carbohydrate  
**0.5** Grams Fat **5** Grams Fiber **19** Grams Sugar

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