

Detox Days: 7 Natural Juice Recipes for Energy & Reset



“A fresh start, one mindful sip at a time.”

H G Silva



Introduction

Hi again! If you've already explored Healthy Mornings, welcome back — and if this is your first time here, I'm so glad you've found this space. Detox Days is a natural follow-up to my first eBook. After creating high-protein, energizing breakfasts, I realized how many people were also craving lightness, balance, and a fresh reset — not through extreme diets or restrictions, but with real, wholesome ingredients.

This guide brings you 7 simple detox juice recipes, each designed to support your body with hydration, gentle cleansing, and natural energy. They're quick to make, full of vibrant nutrients, and perfect for mornings, post-workouts, or anytime your body needs a boost.

As always, I've added a motivational quote to each recipe because wellness is just as much about mindset as it is about food.

This is another gift from my kitchen to yours. Let's drink to health, clarity, and beautiful habits.

— H G Silva

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Green Glow Juice

Cucumber, Spinach, Green Apple, Lemon

Ingredients:

½ cucumber

1 handful of fresh spinach

1 green apple (cored)

Juice of ½ lemon,

½ cup cold water (or ice cubes for a chilled version)



Instructions:

Wash all ingredients thoroughly.

Cut the cucumber and apple into chunks.

Add all the ingredients to a blender or juicer: spinach, apple, cucumber, lemon juice, and water.

Blend until smooth. If using a blender, strain through a fine sieve for a juice-like consistency (optional).

Serve fresh, ideally in the morning.

Detox Benefits:

This juice is loaded with hydrating ingredients, antioxidants, and fiber. Cucumber and spinach support your body's natural cleansing functions, while green apple adds a touch of natural sweetness. Lemon enhances digestion and alkalizes the system — the perfect fresh start to your day.

“You don’t need a perfect day to begin —just one clean sip and a clear intention.”

Tropical Cleanser

Pineapple, Mint, Ginger, Coconut Water

Ingredients:

1 cup fresh pineapple (cubed)

5 fresh mint leaves

1 small piece of fresh ginger (about 1–2 cm), peeled

$\frac{3}{4}$ cup coconut water (unsweetened)

Ice cubes (optional)

Instructions:

Add the pineapple, mint, ginger, and coconut water to a blender.

Blend until smooth.

Strain if you prefer a lighter juice, or drink as is for maximum fiber.

Serve cold with ice if desired.

Detox Benefits:

This vibrant juice helps combat inflammation, supports digestive health, and provides a refreshing electrolyte boost. Pineapple contains bromelain, a powerful enzyme for gut health, while ginger stimulates circulation, and mint soothes the digestive system. Coconut water keeps you naturally hydrated.



“Reset your rhythm. One refreshing moment can change your whole day.”

Red Vitality Juice

Beet, Carrot, Orange, Lemon

Ingredients:

½ raw beet (peeled and chopped)

1 medium carrot (peeled and chopped)

1 orange (peeled and segmented)

Juice of ½ lemon

½ cup cold water (optional, for blending)

Instructions:

Add the beet, carrot, orange, lemon juice, and water to a blender or juicer.

Blend until smooth.

Strain for a clearer texture if desired.

Serve immediately to enjoy the full freshness.

Detox Benefits:

This bold-colored juice is packed with antioxidants, vitamin C, and natural cleansing power. Beetroot supports liver detoxification, carrots provide beta-carotene for skin and eye health, and oranges boost immunity—a true “wake-up call” in a glass.



“Let your energy shine from the inside out — bold choices build a bold life.”

Citrus Morning Boost

Orange, Lemon, Turmeric, Ginger

Ingredients:

1 large orange (peeled and segmented)

Juice of ½ lemon

1 small piece of fresh ginger (about 1 cm), peeled

¼ tsp ground turmeric (or a small slice of fresh turmeric)

A pinch of black pepper (to activate the turmeric)

½ cup cold water or ice (optional)

Instructions:

Add the orange, lemon juice, ginger, turmeric, black pepper, and water to a blender.

Blend until smooth.

Strain for a light juice or drink as is.

Serve immediately, ideally in the morning on an empty stomach.

Detox Benefits:

This immune-boosting blend is rich in vitamin C, anti-inflammatory properties, and antioxidants. Turmeric and ginger support the body's natural cleansing process, while citrus fruits hydrate and refresh the system. Black pepper enhances the absorption of curcumin, turmeric's active compound.



“Rise with intention. Your light begins the moment you decide to shine.”

Soothing Digestive Juice

Papaya, Lime, Ginger, Fennel

Ingredients:

1 cup ripe papaya (cubed)

Juice of ½ lime

1 small piece of fresh ginger (about 1 cm), peeled

1 tsp fennel seeds (soaked for 10 minutes, optional)

½ cup cold water

Instructions:

If using fennel seeds, soak them in a little warm water for 10 minutes.

Add papaya, lime juice, ginger, fennel (and soaking water), and cold water to a blender.

Blend until smooth.

Strain if you prefer a thinner consistency.

Serve fresh, ideally between meals or mid-morning.

Detox Benefits:

This juice is gentle yet effective for digestive health. Papaya contains enzymes like papain that help break down proteins, ginger soothes the stomach, lime supports liver function, and fennel reduces bloating and gas. A true belly-friendly blend.



“Listen to your body — healing begins when you nourish it with love.”

Anti-Bloat Cooler

Watermelon, Cucumber, Mint

Ingredients:

1½ cups fresh watermelon (cubed, seeds removed)

½ cucumber (sliced)

6–8 fresh mint leaves

Juice of ½ lime (optional, for extra zing)

Ice cubes (optional)



Instructions:

Add the watermelon, cucumber, mint, and lime juice to a blender.

Blend until smooth.

No need to strain — this juice is light and naturally watery.

Serve cold, especially on hot days or after meals.

Detox Benefits:

This cooling combination is rich in water, potassium, and natural diuretics that help reduce bloating and improve circulation. Watermelon hydrates and flushes toxins, cucumber soothes digestion, and mint refreshes the body and mind.

“Feel light, breathe deep — your peace begins within.”

Alkaline Green Starter

Celery, Green Apple, Spinach, Lemon

Ingredients:

2 celery stalks

1 green apple (cored)

1 handful fresh spinach

Juice of ½ lemon

½ cup cold water



Instructions:

Wash all ingredients thoroughly.

Cut the celery and apple into chunks.

Add all ingredients to a blender or juicer: celery, apple, spinach, lemon juice, and water.

Blend until smooth and strain if desired.

Drink first thing in the morning for best results.

Detox Benefits:

This green juice helps promote an alkaline balance, supports liver function, and delivers clean energy. Celery is a natural anti-inflammatory, green apple adds antioxidants and fiber, spinach supplies chlorophyll, and lemon enhances digestive detox.

“Balance isn’t something you find — it’s something you choose, one habit at a time.”

Final Words

You don't need to change everything — just begin with one nourishing choice.

These detox juices are more than recipes. They're small rituals of care — reminders that your body is wise, your energy is sacred, and your well-being is worth protecting.

Whether you drink them to reset, to energize, or simply to feel more alive, I hope they become a gentle part of your journey.

This is a gift from my kitchen to yours — a toast to clarity, balance, and brighter mornings.

With love and intention,

H G Silva

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👉 www.nutrihealthlife.net

Let's keep growing — one healthy day at a time.

NutriHealthLife

