

HOMEGROWN WELLNESS

The Slim Sip Juice Guide

20 fresh juices designed to help you slim down, debloat and glow.

FREE GIFT

A free gift from Homegrown Wellness — your curves, lighter.

How to use this guide

These juices are made to **support** a healthy lifestyle — not replace meals. Aim for one fresh juice per day, paired with whole food meals and movement. They work best first thing in the morning or as a mid-afternoon swap for a snack craving.

Slim-down tips

- Drink fresh — juice loses nutrients within 20 minutes.
- Cold-press if you can; otherwise centrifugal works fine.
- Don't skip meals — juices are a bonus, not a replacement.
- Drink a full glass of water with each juice for double the hydration.
- Watch your portions of high-sugar fruit if you're tracking macros.

Morning Glow Green

Energizing detox · ~95 kcal

Ingredients

- 2 large kale leaves
- 1 cucumber
- 1 green apple
- 1/2 lemon (peeled)
- 1-inch ginger
- 1 celery stalk

How to make it

1. Wash all produce.
2. Push through the juicer in this order: kale, celery, cucumber, apple, lemon, ginger.
3. Stir and serve over ice.

Approx: 95 kcal · 22g carbs · 4g fiber

Tip: First thing in the morning on an empty stomach.

Beet Belly Burner

Metabolism kick · ~120 kcal

Ingredients

- 1 small beet
- 1 carrot
- 1 apple
- 1/2 lemon
- 1-inch ginger
- 1 celery stalk

How to make it

1. Peel the beet.
2. Juice everything together.
3. Drink immediately.

Approx: 120 kcal · 26g carbs · 5g fiber

Tip: Beets support liver detox and blood flow.

Pineapple Slim Down

Bloat fighter · ~110 kcal

Ingredients

- 2 cups fresh pineapple
- 1 cucumber
- 1/2 lemon
- Handful of mint

How to make it

1. Cut pineapple into juicer-friendly chunks.
2. Juice with cucumber, lemon and mint.

Approx: 110 kcal · 26g carbs · 2g fiber

Tip: Pineapple has bromelain — natural anti-bloat enzyme.

Carrot Sunrise

Vitamin A glow · ~115 kcal

Ingredients

- 4 large carrots
- 1 orange (peeled)
- 1/2 lemon
- 1-inch turmeric (or 1/2 tsp powder)
- 1-inch ginger

How to make it

1. Juice carrots, orange, ginger and turmeric.
2. Stir in lemon juice last.

Approx: 115 kcal · 27g carbs · 4g fiber

Tip: Add black pepper to activate turmeric.

Cucumber Mint Refresher

Hydration hero · ~60 kcal

Ingredients

- 2 cucumbers
- 1 green apple
- Handful of mint
- 1/2 lime
- 1 celery stalk

How to make it

1. Juice cucumbers and celery first.
2. Add apple, mint and lime.

Approx: 60 kcal · 14g carbs · 2g fiber

Tip: Perfect mid-afternoon when cravings hit.

Apple Cinnamon Sip

Blood-sugar friendly · ~105 kcal

Ingredients

- 2 green apples
- 1 carrot
- 1/2 lemon
- 1/2 tsp cinnamon
- 1-inch ginger

How to make it

1. Juice apples, carrot, ginger and lemon.
2. Stir cinnamon in after juicing.

Approx: 105 kcal · 25g carbs · 4g fiber

Tip: Cinnamon helps steady cravings.

Citrus Skinny Splash

C-vitamin boost · ~90 kcal

Ingredients

- 2 oranges (peeled)
- 1 grapefruit (peeled)
- 1/2 lemon
- 1-inch ginger

How to make it

1. Peel all citrus, leaving the white pith on for fiber.
2. Juice everything together.

Approx: 90 kcal · 21g carbs · 3g fiber

Tip: Grapefruit may support fat metabolism.

Watermelon Lime Cooler

Summer slim · ~85 kcal

Ingredients

- 3 cups watermelon
- 1/2 lime
- Handful of mint
- 1 cucumber

How to make it

1. Juice watermelon and cucumber first.
2. Add lime and mint.

Approx: 85 kcal · 21g carbs · 1g fiber

Tip: Watermelon is 92% water — natural diuretic.

Spicy Sunrise Tonic

Metabolism wake-up · ~75 kcal

Ingredients

- 1 grapefruit (peeled)
- 1/2 lemon
- 1-inch ginger
- Pinch of cayenne
- 1 apple

How to make it

1. Juice grapefruit, lemon, apple and ginger.
2. Stir cayenne in at the end.

Approx: 75 kcal · 18g carbs · 2g fiber

Tip: Start with a tiny pinch — cayenne is strong.

Kale Lemon Detox

Deep cleanse · ~90 kcal

Ingredients

- 3 kale leaves
- 1 cucumber
- 1 green apple
- 1/2 lemon
- 1-inch ginger
- Parsley sprigs

How to make it

1. Juice in this order: kale, parsley, cucumber, apple, lemon, ginger.

Approx: 90 kcal · 20g carbs · 4g fiber

Tip: Parsley is a quiet detox powerhouse.

Strawberry Basil Glow

Sweet skin tonic · ~95 kcal

Ingredients

- 2 cups strawberries
- 1 cucumber
- Handful of basil
- 1/2 lemon

How to make it

1. Juice strawberries and cucumber.

2. Add basil and lemon last.

Approx: 95 kcal · 22g carbs · 3g fiber

Tip: Basil + strawberry is unexpectedly refreshing.

Pomegranate Power

Antioxidant blast · ~120 kcal

Ingredients

- 1 large pomegranate (seeds only)
- 1 apple
- 1/2 lemon
- 1-inch ginger

How to make it

1. Deseed the pomegranate.
2. Juice all together.

Approx: 120 kcal · 28g carbs · 3g fiber

Tip: Pomegranate fights inflammation linked to belly fat.

Celery Slim Shot

Morning ritual · ~50 kcal

Ingredients

- 1 full bunch of celery
- 1/2 lemon
- 1-inch ginger

How to make it

1. Juice the whole celery bunch.
2. Add lemon and ginger.

Approx: 50 kcal · 10g carbs · 4g fiber

Tip: Drink on empty stomach, wait 20 min before eating.

Green Apple Detox

Liver love · ~110 kcal

Ingredients

- 2 green apples
- 1 cucumber
- 1/2 lemon
- 1-inch ginger
- Handful spinach

How to make it

1. Juice spinach first, then cucumber, apples, lemon, ginger.

Approx: 110 kcal · 26g carbs · 4g fiber

Tip: Best within 15 minutes of juicing.

Tropical Detox Splash

Bright & tropical · ~115 kcal

Ingredients

- 1 cup pineapple
- 1 orange (peeled)
- 1/2 cucumber
- 1-inch ginger
- Squeeze of lime

How to make it

1. Juice everything together.
2. Stir in lime.

Approx: 115 kcal · 27g carbs · 3g fiber

Tip: Add a pinch of sea salt for an electrolyte boost.

Tomato Trim Tonic

Savory option · ~70 kcal

Ingredients

- 3 tomatoes
- 1 celery stalk
- 1 carrot
- 1/2 lemon
- Pinch of sea salt
- Pinch of pepper

How to make it

1. Juice tomatoes, celery and carrot.
2. Stir in lemon, salt and pepper.

Approx: 70 kcal · 16g carbs · 4g fiber

Tip: Like a fresh Bloody Mary mix, no alcohol.

Cabbage Belly Reset

Gut-friendly · ~80 kcal

Ingredients

- 1/4 head green cabbage
- 1 green apple
- 1 cucumber
- 1/2 lemon
- 1-inch ginger

How to make it

1. Juice cabbage first, then apple, cucumber, lemon, ginger.

Approx: 80 kcal · 18g carbs · 4g fiber

Tip: Cabbage juice supports gut lining + bloat relief.

Berry Beet Reboot

Curve cleanse · ~110 kcal

Ingredients

- 1 small beet
- 1 cup mixed berries
- 1 apple
- 1/2 lemon
- 1-inch ginger

How to make it

1. Peel beet.
2. Juice everything together.

Approx: 110 kcal · 25g carbs · 4g fiber

Tip: Beet + berry tastes like a sweet wine you can drink anytime.

Spinach Apple Cleanse

Iron + glow · ~95 kcal

Ingredients

- 2 cups spinach
- 2 apples
- 1 cucumber
- 1/2 lemon
- 1-inch ginger

How to make it

1. Juice spinach first, then add everything else.

Approx: 95 kcal · 22g carbs · 4g fiber

Tip: Add lemon to help your body absorb the iron.

Sunset Detox Tonic

Evening wind-down · ~100 kcal

Ingredients

- 1 carrot
- 1 orange (peeled)
- 1 apple
- 1/2 lemon
- 1-inch turmeric
- 1-inch ginger

How to make it

1. Juice everything.
2. Sip slowly with dinner.

Approx: 100 kcal · 24g carbs · 4g fiber

Tip: Turmeric + ginger help calm bloat overnight.

You're glowing, sunshine.

If you loved this gift, our full 14-day and 28-day bundles include meal plans, grocery lists, training, and a 1-on-1 call. Visit **homegrownwellness.info** to grab one when you're ready.