

THE PERSONAL DETOX COACH'S

EASY GUIDE TO



PREPARING FRUITS AND VEGETABLES FOR JUICING



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The Easy Fruit and Vegetable Juicing Preparation Guide



Fruits

Apples	Remove the stork but include the core and pips because these include valuable nutrients such as pectin. Cut into pieces that will fit into your juicer's feed tube.
Apricots	Cut these open and remove the stone first. Cut into sizes that will fit into your juicer.
Avocados	These cannot be juiced, as they are low water content and therefore get put straight into the pulp. They can be used in smoothies.
Bananas	These cannot be juiced, as they are low water content and therefore get put straight into the pulp. They can be used in smoothies.
Blackberries	Wash and drop straight into your juicer.
Blackcurrants	Wash and remove stalks. Drop straight into your juicer.
Blueberries	Wash and remove stalks. Drop straight into your juicer.
Cherries	Wash. Remove stones and drop into your juicer. An olive stoners can be a useful implement to help stoning your cherries.
Clementines	These are best juiced by cutting in half and juicing on a citrus press. They can also be peeled, then cut into the appropriate size and fed into a normal juicer (this will mean that there is also pith which includes more bioflavonoids).
Cranberries	Wash and drop straight into your juicer.
Elderberries	Wash and drop straight into your juicer. Make sure all stems have been removed, as they are slightly toxic.
Figs	These are not very juicy. You may get a very limited amount of juice from a fresh fig.
Gooseberries	Wash and drop straight into your juicer.
Grapefruit	These are best juiced by cutting in half and juicing on a citrus press. They can also be peeled, then cut into the appropriate size and fed into a normal juicer (this will mean that there is also pith which includes more bioflavonoids and seeds which are anti-microbial and anti-parasitic).
Grapes	Wash and drop straight into your juicer.
Guavas	If organic, the whole fruit can be dropped into the juicer. Juice quantity is limited but increases with the ripeness of the fruit.
Jackfruit	These are mostly found in the tropics but do not juice well.
Kiwifruit	Peel skin off and then drop in juicer. Under ripe ones are easier to juice.
Lemons	These are best juiced by cutting in half and juicing on a citrus press. They can also be peeled, then cut into the appropriate size and fed into a normal juicer (this will mean that there is also pith which includes more bioflavonoids). For some juices it can be nice to include some of the peel too, as this provides a zesty lemon flavor. Avoid adding too much peel as this can be too strong – generally a ¼ inch (or 1cm) slice of whole lemon per glass is enough.
Limes	These are best juiced by cutting in half and juicing on a citrus press.
Litchies	Peel the skins off and remove the seeds before dropping into your juicer.
Mangos	These do not juice very easily when ripe and much of the fruit gets put straight into the pulp. They can be easily put into smoothies. Less ripe ones juice more easily than overly ripe ones. Peel skin and remove large stone from center. Spoon into juicer or slice to a size that will fit in your juicer's feed shoot.

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Melons, cantaloupe	Cut in half and remove seeds from center. Either peel the melon and cut into useful size slices or leave the skin on and scoop out the melon with a spoon.
Melons, honeydew	Cut in half and remove seeds from center. Either peel the melon and cut into useful size slices or leave the skin on and scoop out the melon with a spoon.
Mulberries	Wash and remove any stalks. Drop straight into your juicer.
Nectarines	Cut in half and remove stone before cutting into quarters and placing in juicer.
Oranges	These are best juiced by cutting in half and juicing on a citrus press. They can also be peeled, then cut into the appropriate size and fed into a normal juicer (this will mean that there is also pith which includes more bioflavonoids).
Papaya	These do not juice easily when ripe, as they are low water content and much of the fruit can get put straight into the pulp. Unripe ones can work. Peel skin and remove seeds from center. They can be better used in smoothies.
Passion fruit	This fruit is not that easy to juice but can add a flavor. Scoop juice, pulp and seeds out of center of the hard skin and drop them into your juicer.
Peaches	Cut in half and remove stone before cutting into quarters and placing in juicer.
Pear	Remove the stork but include the core and pips because these include valuable nutrients such as pectin. Cut into pieces that will just fit into your juicer's feed tube. Under ripe pears are easier to juice.
Persimmons	Scoop out insides of persimmons and remove seeds. Drop into your juicer.
Pineapple	Cut off the rough outer skin and then cut the pineapple long ways, so that you can cut around the harder center. If you have a centrifugal juicer you can juice the center. However, if you have a Champion or a cold press juicer you may prefer to discard the center, as it can be a bit too tough.
Plums	Cut in half and remove stone. Drop the fruit into your juicer.
Pomegranates	There are 2 basic ways to juice a pomegranate: 1) Cut in half and use a citrus press juicer. 2) Cut in half, place them skin side up on a chopping board and then lightly tap them with a hammer. This loosens all of the fruits which can then be easily removed and put into a normal juicer.
Raspberries	Wash and drop straight into your juicer.
Strawberries	Wash, remove green leaves and drop straight into your juicer.
Tangerines	These are best juiced by cutting in half and juicing on a citrus press. They can also be peeled, then cut into the appropriate size and fed into a normal juicer (this will mean that there is also pith which includes more bioflavonoids).
Watermelons	Cut a section out of the watermelon. Either cut off the skin and cut into useful size slices or leave the skin on and scoop out the melon with a spoon. If it is organic you can also choose to juice the skin too. This makes a darker, less sweet juice with more nutrients in it.
	<h2><u>Vegetables</u></h2>
Alfalfa sprouts	These should be rinsed to remove some of the remaining seed hulls and then just dropped into the juicer. They do not juice easily in centrifugal juicers.
Amaranth leaves	Wash. For a centrifugal or Champion juicer these should be fed into the juicer alternating with hard vegetables. For the Champion cut them into 2" (5cm) lengths.
Arugula/Rocket	Wash. For a centrifugal or Champion juicer these should be fed into the juicer alternating with hard vegetables. For the Champion cut them into 2" (5cm) lengths.
Asparagus	Remove the bottom of the stem only if very woody. Can be fed straight into the juicer.
Bamboo shoots	These can be fed straight into the juicer.

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Mung Beans (sprouted)	These should be rinsed to remove some of the remaining seed hulls and then just dropped into the juicer. They do not juice easily in centrifugal juicers.
Beets	Cut off the thin stringy root if it has one. Cut into slices that will easily fit into your juicer. Beware that beetroot juice can stain work surfaces so use a cutting board. If the beetroot still has its leaves, then use these too (see below).
Beet Greens	Wash. For a centrifugal or Champion juicer these should be fed into the juicer alternating with hard vegetables. For the Champion cut them into 2" (5cm) lengths.
Broad beans	If fresh, these can be dropped straight into the juicer.
Broccoli	The stem of the broccoli provides the most juice so always save your broccoli stems if you are normally in the habit of throwing them away when cooking. There are lots of nutrients in the florets too but they provide less juice. Cut into sizes that will fit into your juicer.
Broccoli sprouts	These should be rinsed to remove some of the remaining seed hulls and then just dropped into the juicer. These are unexpectedly spicy, so experiment with how much you wish to use. They do not juice easily in centrifugal juicers.
Butternut Squash	Remove skin if non-organic and remove seeds. Cut into slices that will easily fit into your juicer.
Cabbage	Cut into suitable sizes to fit into your juicer. You can include the core. It has a spicy taste so only use as much as tastes good to you in your juice.
Cabbage- Chinese	Cut into suitable sizes to fit into your juicer.
Carrots	Slice off the top of the carrot. Cut your carrots if necessary so that they will fit into your juicer. N.B. If the carrots still have their green leaves DO NOT use them - the leaves are harmful.
Cauliflower	Use the stalk/core and the florets. Cut to an appropriate size for your juicer.
Celeriac	Wash and cut to a size that works fits into your juicer.
Celery	Cut off the last ¼ inch (1cm) at the base. Use the green leafy parts too. Wash. If using a Champion juicer cut into 2 inch (4cm) lengths to avoid the stringy parts binding around the spindle.
Chard (Swiss)	Wash. For a centrifugal or Champion juicer these should be fed into the juicer alternating with hard vegetables. For the Champion cut them into 2" (5cm) lengths.
Cilantro/Coriander	Wash. For a centrifugal or Champion juicer these should be fed into the juicer alternating with hard vegetables. For the Champion cut them into 2" (5cm) lengths.
Cress sprouts	These should be rinsed to remove some of the remaining seed hulls and then just dropped into the juicer. They do not juice easily in centrifugal juicers.
Cucumber	These can be placed whole into the juicer. Remove the tips first. Some cucumber skins can be quite bitter in which case you may wish to peel them first. In non-centrifugal juicers you may wish to feed the pulp through several times to extract more juice.
Dandelion greens	Wash. For a centrifugal or Champion juicer these should be fed into the juicer alternating with hard vegetables. For the Champion cut them into 2" (5cm) lengths.
Endive	Cut into lengths to fit your juicer's feed shoot.
Fennel bulb	The whole of the fennel bulb can be juiced. Just cut into an appropriate size for you juicer. If using a Champion juicer cut into 2 inch (5 cm lengths)
Garlic	Remove skin of clove. Garlic is very pungent so it is recommended to just use minimal amounts so as not to overpower your juice. A ¼ clove of garlic may be more than adequate for a glass of juice. Experiment with what is the right amount for you.
Ginger	This can just be chopped to the size you need (generally ¼ inch or 1 cm per glass but this can vary dependent on personal taste and the strength of each ginger root). It's not necessary to peel them.
Kale	Wash. For a centrifugal or Champion juicer these should be fed into the juicer alternating with hard vegetables. For the Champion cut them into 2" (5cm) lengths.
Leeks	These, like onions, have a quite overpowering flavor – so if you do want to use them, only use in small quantities. Remove roots. Peel leaves off and wash each one as the individual leaves often

	have mud and dirt trapped between them.
Lentils (sprouted)	These should be rinsed to remove some of the remaining seed hulls and then just dropped into the juicer. They do not juice easily in centrifugal juicers.
Lettuce	Use the darker lettuces like romaine lettuce which have more nutrients (don't bother using iceberg lettuce). Wash. For a centrifugal or Champion juicer these should be fed into the juicer alternating with hard vegetables.
Mustard Greens	Wash. For a centrifugal or Champion juicer these should be fed into the juicer alternating with hard vegetables. For the Champion cut them into 2" (5cm) lengths. This has a strong spicy, mustard taste, so often just using one leaf per juice glass is enough to provide a great flavor.
Onions	These are generally too overpowering to use in juices. If you do use them then use them really minimally. Remove skin.
Parsley	Wash. For a centrifugal or Champion juicer these should be fed into the juicer alternating with hard vegetables. For the Champion cut them into 2" (5cm) lengths.
Parsnips	Peel if non-organic, then chop into appropriate sizes for your juicer.
Peas	Fresh loose peas can be added straight to your juicer. You can also add the pods too.
Peas (sprouted)	These should be rinsed to remove some of the remaining seed hulls and then just dropped into the juicer.
Peppers, hot chili	Remove seeds and stalk. Use with care. Chilies can vary greatly in how hot they are, so add small sections to your juice at a time and test the flavor to avert the risk of ruining your juice with an overpowering, intense, hot, burning chili effect! (Take care to wash your hands straight afterwards and thereby avoid accidentally touching other sensitive areas of skin e.g. face or eyes, with burning chili juice!)
Peppers, sweet	Remove seeds and stalk. Cut into a suitable size for your juicer's feed shoot.
Pumpkin	Remove skin if non-organic and remove seeds. Cut into slices that will easily fit into your juicer.
Radishes	There are several types of radish root. All of them just need to be washed and cut to a size that easily fits in your juicer's feed shoot. They are spicy so experiment with the quantity that you use until you find the right flavor for you.
Radish (sprouted)	These should be rinsed to remove some of the remaining seed hulls and then just dropped into the juicer. These are obviously spicy so experiment with quantity. They do not juice easily in centrifugal juicers.
Shallots	These are in the onion family and therefore they have a quite overpowering flavor – only use if you really like the flavor of raw onions and use in small quantities. Remove roots.
Soybeans sprouts	These should be rinsed to remove some of the remaining seed hulls and drop into the juicer.
Spinach	Wash. For a centrifugal or Champion juicer these should be fed into the juicer alternating with hard vegetables. For the Champion cut them into 2" (5cm) lengths.
Squash	Remove skin if non-organic and remove seeds. Cut into slices that will easily fit into your juicer.
Sweet Potato	Peel (if non-organic) and juice.
Tomatoes	These need to be cut to a size that fits into your juicer. Once juiced they make a very watery juice with lumpy foam which tends to separate. Do not throw the foam away as it is full of nutrients. Just keep stirring the juice to mix it together.
Watercress	Wash. For a centrifugal or Champion juicer these should be fed into the juicer alternating with hard vegetables. For the Champion cut them into 2" (5cm) lengths.
Zucchini (Courgette)	These just need to be cut to a size that will fit into your juicer's feed shoot.

General preparation rules & tips

Organic vs Non-organic Preparation. For all of the fruits and vegetables above it is recommended that if they are not organic then you should **always wash** them to help remove some of the pesticides. Washing them in water with a capful of apple cider vinegar can be more effective than just water on its own. Alternatively there are some liquids that can be bought in good health food stores that are specifically made to remove pesticides.

It must be noted though that many pesticides are designed to be absorbed into the skin of certain fruits and vegetables to create a poisonous layer that is protective against insects and therefore it is very important to peel and remove these skins. This is a pity because this layer often contains lots of really useful nutrients. **Go organic as much as you are able to!**

Moldy fruits and vegetable should never be used. Always sort through your fruits and vegetables to make sure that they are in good condition before using them. This is especially true of the soft fruits and berries. It is best to use produce when it is really fresh as it will be more nutritious.

Green leafy vegetables do not juice very well in centrifugal juicers. You can juice them but the amount of juice that is extracted is rather minimal (and yet still worth doing). For a centrifugal or Champion juicer green leaves should be fed into the juicer alternating with hard vegetables. For the Champion it can be helpful to cut fibrous green leaves into 2" (5cm) lengths.

Fruits and vegetables not included in this guide. This guide should include all of the fruits and vegetables that you are ever likely to need or want to put into a juicer. The guide has however been written primarily for use in North America and Europe so the included fruits and vegetables are mainly ones that are easily accessible in these regions. If you have suggestions for any other fruits and vegetables that could be included in this guide, please go to: <https://www.facebook.com/PersonalDetoxCoach> and post your suggestions on the wall. If it is a really obscure suggestion, then please include preparation details too 😊

Some fruits and vegetables are included which cannot be juiced in a juicer e.g. avocados and bananas. If you try to juice them they will just go straight into the pulp! If you want to use them then make a smoothie or a fortified juice (a juice which is then put into a blender with extra ingredients).



Happy Juicing!

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