



7-Day Juice Inspiration Guide



A week of nourishing juice rituals, rooted in real ingredients.

- ◆ 7 complete daily juice recipes
- ◆ Shopping guide & storage notes
- ◆ Pulp use ideas for zero waste
- ◆ Delana's personal ritual notes

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A Note from Delana

When I first started paying attention to what I was putting into my body, I didn't overhaul everything overnight. I started with one glass of juice in the morning and let that small ritual grow.

This 7-day guide is what I wish someone had handed me early on. Not a rigid cleanse. Not a detox program. Just seven days of intentional morning juices that I've made, tested, and genuinely loved. Each one uses simple produce you can find at most grocery stores, and every recipe comes with the notes I actually keep in my kitchen.

Use this guide your way. Start on any day. Repeat your favorites. Skip what doesn't work for you. This is your kitchen and your body — what worked for me is just a starting place.

"Light your path, one step at a time." — GlimmerWellbeing

Before You Begin

- **Fresh is best.** Raw juice is most vibrant within 48 hours. I make small batches 2–3 times a week rather than a full week at once.
- **Adult serving:** 8–12 oz. Sweeter juices (carrot, pineapple) may be shared with children in smaller portions.
- **Your juicer matters.** Actual yield varies. Record your finished ounces and adjust quantities next time to hit your target.
- **Bottle smart.** Fill airtight glass containers with minimal headspace and refrigerate promptly to preserve freshness.
- **Save the pulp.** Every recipe includes pulp-use ideas — it's a bonus, not waste.
- **Listen to your body.** If a juice doesn't sit well with you, that's useful information. Try a different recipe or adjust the ratio.

Weekly Shopping Overview

Below are the core produce items you'll reach for most this week. Exact quantities depend on your juicer yield — start with these estimates and adjust based on your first batch.

Produce	Approx. Qty	Used In
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Cucumbers	14–18	Mon, Wed, Thu, Fri, Sat, Sun
Celery stalks	40–50	Mon–Sun (most recipes)
Spinach	14–18 cups	Mon–Sun (green juices)
Kale	14–18 cups	Mon–Sun (green juices)
Green apples	7–9	Mon–Sun
Lemons (peeled)	6–8	Mon, Tue, Wed, Thu, Fri, Sun
Limes (peeled)	2–3	Tue, Sat
Ginger root	14–18 in	Mon–Sun
Carrots	11–15	Tue, Thu
Pineapple chunks	1–2 cups	Sat
Fresh mint	1/2 cup	Sat
Turmeric root	1 in	Thu
Black pepper	Pinch	Thu (optional)

Day 1 — Monday

J001 | Barnes Green Fuel

Start the week bright. This crisp, citrus-forward green juice is my go-to Monday reset.

Flavor: Fresh, crisp, citrus-ginger • **Est. Calories:** ~60–90 kcal per 8 oz

Ingredients (20 oz batch)

- 2 — Cucumbers
- 8 — Celery stalks
- 2 cups — Spinach
- 2 cups — Kale
- 1 — Green apple
- 1 — Lemon, peeled
- 2 in — Ginger

How I Prepare It

1. Wash all produce thoroughly. Peel the lemon and remove any damaged spots.
2. Cut everything to fit your juicer.
3. Alternate firm produce (cucumber, celery) with leafy greens for best extraction.
4. Stir the finished juice well so the batch is uniform.
5. Bottle immediately in airtight containers. Refrigerate promptly.

Storage:	48 hours for best quality; up to 72 hours refrigerated.
Pulp Uses:	Green-pulp wraps, crackers, turkey burgers, veggie patties, soup.
What I noticed:	<i>This is the juice I reach for when I need to feel grounded. The ginger and lemon cut right through any morning fog.</i>
Why I love it:	<i>Vegetable-forward hydration with vitamins, minerals, and plant compounds from leafy greens and citrus.</i>

Day 2 — Tuesday

J002 | Barnes Daily Detox

Slightly lighter and lime-forward. A good mid-week cleanse of the palate.

Flavor: Fresh, crisp, lime-ginger • **Est. Calories:** ~55–85 kcal per 8 oz

Ingredients (20 oz batch)

- 2 — Cucumbers
- 6 — Celery stalks
- 2 cups — Spinach
- 3 cups — Kale
- 1 — Green apple
- 1 — Lime, peeled
- 2 in — Ginger

How I Prepare It

1. Wash produce, peel the lime, cut to juicer size.
2. Alternate cucumber and celery with the heavier kale and spinach.
3. Juice apple, lime, and ginger; stir everything together well.
4. Record your finished yield to dial in the next batch.
5. Bottle, minimize headspace, refrigerate right away.

Storage:	48 hours for best quality; up to 72 hours refrigerated.
Pulp Uses:	Garden herb wraps, herb crackers, soup, veggie patties.
What I noticed:	<i>I notice I drink this one slowly, which I think is a good thing. The lime is a little brighter than lemon and keeps things interesting.</i>
Why I love it:	<i>Greens-heavy formula supports hydration and provides a broad range of vegetable micronutrients.</i>

Day 3 — Wednesday**J003 | Barnes Morning Green**

Carrots add a gentle sweetness. A great introduction for anyone new to green juice.

Flavor: Fresh, mildly sweet, earthy • **Est. Calories:** ~70–105 kcal per 8 oz

Ingredients (20 oz batch)

- 3 — Carrots
- 2 — Cucumbers
- 6 — Celery stalks
- 2 cups — Spinach
- 2 cups — Kale
- 1 — Green apple
- 1 — Lemon, peeled
- 2 in — Ginger

How I Prepare It

1. Wash produce thoroughly. Peel lemon.
2. Cut carrots and cucumbers to fit your juicer.
3. Alternate firm produce with greens throughout the batch.
4. Stir to combine; taste and adjust ginger level next time.
5. Bottle with minimal headspace and refrigerate.

Storage:	48 hours for best quality; up to 72 hours refrigerated.
Pulp Uses:	Carrot/green wraps, crackers, carrot muffins, turkey burgers.

What I noticed:	<i>When I wanted to get my family interested in juicing, this is the recipe I started with. The carrot brings enough sweetness that it feels like a treat.</i>
Why I love it:	<i>Carrots add carotenoids to the greens base; lemon and ginger round out the flavor and support a warming, grounding quality.</i>

Day 4 — Thursday

J009 | Golden Ginger Veggie

Turmeric and ginger give this one a warm, earthy depth. One of my personal favorites.

Flavor: Earthy-sweet, lemon-ginger, warm • **Est. Calories:** ~70–105 kcal per 8 oz

Ingredients (20 oz batch)

- 5 — Carrots
- 1 large — Cucumber
- 4 — Celery stalks
- 1 small — Green apple
- 1 — Lemon, peeled
- 1 in — Fresh turmeric
- 1 in — Ginger
- pinch, optional — Black pepper (after juicing)

How I Prepare It

1. Wash produce; peel citrus and trim turmeric and ginger.
2. Juice carrots, cucumber, celery, apple, lemon, turmeric, and ginger.
3. Stir thoroughly — turmeric settles fast.
4. Add a small pinch of black pepper after juicing if desired.
5. Measure, bottle, and refrigerate promptly. Wear an apron — turmeric stains.

Storage:	48 hours for best quality; up to 72 hours refrigerated.
Pulp Uses:	Carrot muffins, savory crackers, turkey burgers.
What I noticed:	<i>I noticed that adding just a pinch of black pepper at the end made the turmeric flavor bloom in a way I really enjoyed. Worth trying.</i>
Why I love it:	<i>Carrots provide carotenoids; turmeric and ginger contribute flavorful plant compounds. A warmer, more grounding juice.</i>

Day 5 — Friday

J004 | Barnes Green Citrus

Double citrus — lemon and lime together. Bright and refreshing for end-of-week energy.

Flavor: Bright, tart, refreshing • **Est. Calories:** ~60–90 kcal per 8 oz

Ingredients (20 oz batch)

- 2 — Cucumbers
- 6 — Celery stalks
- 2 cups — Spinach
- 2 cups — Kale
- 1 — Green apple
- 1 — Lemon, peeled
- 1 — Lime, peeled
- 2 in — Ginger

How I Prepare It

1. Wash produce thoroughly. Peel both lemon and lime.
2. Cut everything to fit your juicer.
3. Alternate firm produce with leafy greens for good extraction.
4. Stir to blend; this one tastes most vibrant when served immediately.
5. Bottle and refrigerate. Best consumed within 24 hours of juicing.

Storage:	24–48 hours; this one's most vibrant fresh.
Pulp Uses:	Garden herb wraps, savory crackers, soup.
What I noticed:	<i>Friday mornings I want something that wakes me up without caffeine. The double citrus in this one does exactly that.</i>
Why I love it:	<i>A bright, greens-forward formula high in vitamin C from dual citrus with the vegetable base of the weekday collection.</i>

Day 6 — Saturday**J008 | Cucumber Mint Cooler**

Weekend slow-down. Light, cooling, and genuinely refreshing. Kids enjoy this one too.

Flavor: Crisp, cooling, lime-mint • **Est. Calories:** ~45–70 kcal per 8 oz

Ingredients (20 oz batch)

- 2 large — Cucumbers
- 4 — Celery stalks
- 1 small — Green apple
- 1 — Lime, peeled
- 1 cup packed — Spinach
- 1/2 cup — Fresh mint leaves
- 1 in — Ginger

How I Prepare It

1. Wash produce; cut cucumbers and celery to fit juicer.
2. Alternate cucumber and celery with spinach and mint leaves.
3. Juice apple, lime, and ginger; stir everything together.
4. Measure the finished yield and note it for next time.
5. Bottle with minimal headspace and refrigerate promptly.

Storage:	48 hours for best quality; up to 72 hours refrigerated.
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Pulp Uses:	Green wraps, herb crackers, veggie patties.
What I noticed:	<i>Saturday is for slowing down. I make this on weekend mornings and drink it by a window before the day gets going. The mint makes it feel like a small celebration.</i>
Why I love it:	<i>Light, vegetable-forward hydration with vitamin K and C; mint and lime add brightness without added sugar.</i>

Day 7 — Sunday

J005 | Carrot Glow

End the week golden. Pineapple and carrot make this the sweetest, most celebratory juice in the guide.

Flavor: Sweet, bright, ginger-citrus • **Est. Calories:** ~90–130 kcal per 8 oz

Ingredients (20 oz batch)

- 8 — Carrots
- 1 — Cucumber
- 3 — Celery stalks
- 1 cup — Spinach
- 1 cup — Kale
- 1 — Green apple
- 1/2 cup — Pineapple chunks
- 1 — Lemon, peeled
- 2 in — Ginger

How I Prepare It

1. Wash all produce. Peel lemon; prepare pineapple chunks.
2. Cut carrots and cucumber to fit your juicer.
3. Juice carrots and firmer produce first, then apple, pineapple, and greens.
4. Stir thoroughly — carrot and pineapple juice can separate.
5. Serve over ice or straight from the refrigerator. This one is a treat.

Storage:	48 hours for best quality; up to 72 hours refrigerated.
Pulp Uses:	Carrot cake muffins, pineapple carrot muffins, crackers, carrot-beet wraps.
What I noticed:	<i>Sunday is the day I let things be a little sweeter. This juice has become a small weekly ritual in my house — something to look forward to at the end of the week.</i>
Why I love it:	<i>Carrots provide carotenoids; pineapple adds natural sweetness and bromelain; a genuinely nourishing end-of-week treat.</i>

You Made It Through the Week

Whether you made all seven or just one, you took a step toward nourishing yourself intentionally. That matters.

What I've noticed in my own experience is that it's less about the specific recipe and more about the practice of choosing something real for your body on purpose. The juice is the vehicle. The intention is what carries you forward.

Come back to this guide whenever you need it. Use your favorites on repeat. Try the ones you skipped. Adjust the ginger. Leave out what your body doesn't like.

"This is not a plan to follow. It's a practice to return to."

Find more recipes and wellness inspiration at glimmerwellbeing.com

The content in this guide reflects personal study, lived experience, and traditional food wisdom. It is not intended to diagnose, treat, cure, or prevent any disease. Please consult a qualified healthcare professional before making dietary changes. Calorie estimates are planning figures only.