

7 Best Juice Diet Recipes for Weight Loss



Losing weight is something that needs lots of determination, but not determination alone, you also need to find the right way that will help you get the desired results. Juicing is considered to be one of the best ways to lose weight successfully. Mother Nature offers so many fruits and vegetables, which if you include in your diet in the right way, you surely will be able to get rid of those extra pounds.

Juices have lots of micro-nutrients in them and are very low in calories. The best thing about juice diet is that it does not contain any fat. It is moreover rich in vitamins, minerals and enzymes. It acts as appetite suppressant and will thus help you lose weight. Together with helping you lose weight it will also provide your body with all essential nutrients. Below are given 7 best (in our opinion) juice diet recipes that you can prepare to lose weight naturally.

Tomato and Cucumber Juice

Ingredients:

3 ½ cups chopped tomatoes

2 cups diced cucumber

1 stalk celery

3-4 drops stevia (optional)

½ teaspoon ground black pepper

¼ teaspoon cayenne pepper

½ teaspoon sea salt

Procedure

Take a juicer jar and add all the cut vegetables in it and process till they are properly blended. Add sea salt, black pepper and cayenne pepper. If you want your juice to be a little sweet you can add few drops of stevia. Pour the juice in a tall serving glass and garnish it with mint leaves. This juice is perfect for summer months.



Watercress and Carrot Juice

Ingredients:

1 cup chopped watercress

2-3 medium sized carrots

2 Roma tomatoes diced

½ cup spinach

½ cup cilantro

1 teaspoon ground black pepper

1 teaspoon kosher salt



Procedure

Wash, peel and dice the carrots into small pieces. Chop the other vegetables. Add all vegetables in a juicer jar and process at high speed so that they blend properly. Take a tall serving glass and pour the juice in it and decorate it with a spring of cilantro. You can drink this juice early in the morning.



Celery and Beet Juice

Ingredients:

*4-5 celery stalks
1 small beet, cubed
1 cup coarsely chopped spinach
1 bunch cilantro
1 teaspoon sea salt*

Procedure

Take a **juicer**, add all the ingredients and blend it well. Pour the juice in a glass and add a little lemon juice to get

a tangy taste. This juice will help your body get rid of toxins and wastes, thus acting as a great cleanser.

Spinach and Apple Juice

Ingredients:

*2-3 medium-sized apples, cubed
2 cups coarsely chopped spinach
A little lemon juice
½ cup red lettuce leaves or carrot greens
¼ teaspoon cayenne pepper
1 teaspoon kosher salt*

Procedure

Take a juicer, add all the ingredients in it and blend well. Pour the juice in a glass, add lemon juice and mix well. Your healthy refreshing drink is ready.

Yellow Pepper and Grapefruit Juice



Ingredients:

3 large carrots
1 yellow pepper
1 grapefruit
1 small kiwi
½ inch fresh ginger, peeled
1 small beet
5-7 drops stevia

Procedure

Cut the fruits and vegetables, and add them in your juicer jar. Blend for about 5-10 minutes to blend them properly. Add few drops of stevia to get a mild sweet taste, and enjoy this delicious weight loss juice.

Lemon and Watermelon Juice

Ingredients:

1 lemon
1 cup watermelon (with seeds)
1 teaspoon mint leaves

Procedure

Take your blender and add all the ingredients. Blend till you can see a red mass in the blender jar. Add a little crushed ice in a glass, pour the juice, and garnish it with mint leaves. Your weight loss nutritious drink is ready. Since watermelon is so rich in water content, it makes this drink a great source of water, if you do not drink enough of it through the day.

Pomegranate and Lychee Juice

Ingredients:

1 cup peeled and deseeded lychee

½ cup pomegranate

1 teaspoon vanilla essence

Procedure

Add the ingredients in your blender jar and keep blending till you get a consistent mix. To make the drink more refreshing you can add some crushed ice. Pour the drink in a tall glass and decorate with pomegranate seeds.

These drinks will relax you and provide your body with all necessary nutrients. Together with helping you shed off extra pounds, these juices will also **make your skin glow** and **slow down the process of aging**. Make sure you drink a glass of juice 20 minutes before each meal, as it will reduce your appetite, thus aiding in weight loss.