

Belly Fat Burning Juice Recipes

Green Detox Juice

Ingredients:

- 1 cucumber
- 2 celery stalks
- 1 green apple
- 1/2 lemon (peeled)
- 1 handful of spinach
- 1 small piece of ginger

Instructions:

Wash all ingredients thoroughly. Cut into smaller pieces and juice them. Drink immediately for best results.

Pineapple Ginger Juice

Ingredients:

- 1 cup pineapple chunks
- 1/2 inch ginger
- 1/2 lemon (peeled)
- 1/2 cucumber
- Water as needed

Instructions:

Blend all ingredients until smooth. Strain if needed. Drink fresh.

Carrot Apple Juice

Ingredients:

- 2 carrots
- 1 apple
- 1/2 lemon (peeled)
- 1 small piece of ginger

Instructions:

Juice all ingredients together and serve immediately.

Beetroot Fat Burner

Ingredients:

- 1 small beetroot
- 1 carrot
- 1 apple
- 1/2 lemon (peeled)
- Water as needed

Instructions:

Blend or juice all ingredients and enjoy fresh.