



SUMMER JUICES THAT KEEP YOU FIT

Posted on July 7, 2022 by Crissy Joshua

Juices can be a great way to keep you fit in summer. Not only are they hydrating but they also give you many other health benefits too. Some fruits and vegetables are better to use than others though. I'm going to share three different juices that will help to keep you fit and healthy. Let's take a look at how they'll do this and then you'll find the recipes just after.

How These Summer Juices Keep You Fit

One of the main benefits of drinking juices is the water content. Not only do many fruits and vegetables have a high water content but by adding more water to a juice you're also boosting your hydration and it's a good way to consume more water if you're someone who finds water boring to drink by itself.

The first juice I'll make today has cherries, kiwi, and lamb's lettuce. Cherries are a good source of fiber, which helps you feel full for longer which potentially reduces the temptation to snack before or eat so much for your next meal. They also reduce muscle pain after exercise or perhaps a more strenuous walk than you expected and speed up recovery.

- **Kiwis** help improve digestion and this is an important factor that contributes to healthy weight loss. Good digestion also means your body doesn't have to work so hard to digest food and this gives you more energy so you can stay active and fit.
- **Lamb's lettuce** has a good amount of roughage and is often recommended by dieticians as good food to aid weight loss. It carries plenty of phytonutrients and has very few calories, making it ideal to use in juice to keep you fit.
- The second juice has cucumber, nectarine, red grapes, and radishes. **Cucumber** is usually close to the top of the list to use in juices for staying fit as they're high in water content and low in calories. Studies have shown that eating foods that have a high water content and are low in calories decreases body weight.
- **Nectarines** are a great fruit for weight loss and, hopefully, you find them delicious too. They're a good source of fiber so also help you to stay fuller longer, plus they're low in fat and calories.
- I've used **red grapes** in this recipe because they're higher in antioxidants than their green cousins and typically taste sweeter. They also have vitamins C, K, and potassium which support bone health and can keep you active and moving for longer.
- One of the main ways that **radishes** keep you fit is by boosting your metabolism which is a big contributor when it comes to weight loss. Since they're filling but low in calories they can reduce the accumulation of body fat. They're also full of proteins that help build and repair your body's muscles.

The final juice I'll make today has carrot, apple, ginger, and parsley. **Carrot** is a classic vegetable to add to juices. They're tasty and can improve your bone health thanks to the vitamin K, calcium, and

phosphorus found in them.

- Eating **apples** daily has been the focus of many studies and has been proven to aid in weight loss. The fiber keeps you feeling fuller for longer and they're low in calories so another winning combination fruit. The quercetin (flavonoid) in apples increases endurance so you can exercise for longer and that could mean a longer walk to your favorite spot while burning more fat.
- **Ginger** has an anti-obesity effect by keeping blood sugar levels stable as well as speeding up digestion. It also boasts a thermogenic effect which essentially produces more heat and boosts your metabolism.
- **Parsley** can help keep you fit and lose weight thanks to the chlorophyll content which also helps detoxify your body. It has long-term weight benefits and also short-term by helping the body remove excess water.

What You Need to Make These 3 Summer Juices

Now, let's look at what you need to make these juices. For all of them, add as much water as you like to the ingredients to dilute the juice and stay even more hydrated and fuller too.

1. Very Cherry Medley Juice

This juice has around 89 calories.

You will need:

- 10 Cherries
- 1 Kiwi
- A handful of lamb's lettuce
- Blender or juicer
- Chopping board
- Small sharp knife

Method

1. Place your lamb's lettuce in the blender or juicer.
2. Remove and discard your cherry stalks (stems) and cut the cherries into small pieces, discarding the seeds also. Cut your kiwi in half and scoop out the flesh and pulp.
3. Add your cherries and kiwi to the blender or juicer along with a splash of water.
4. Blend for a minute and add at least one cup of water and blend for another 10 seconds or so.

2. Cool Cucumber Combo Juice

This juice has around 85 calories.

You Will Need:

- 2 Inches of cucumber
- 1 Nectarine
- 4 Red grapes
- 3 Small radishes
- Blender or juicer
- Chopping board
- Small sharp knife

Note: Since radishes are so strong raw you can substitute them for a handful of sliced red cabbage if you don't like their flavor.

Method

1. Cut 3 inches off a cucumber and slice it into small chunks.
2. Cut your radishes and nectarine in small chunks also, discarding the nectarine seed.
3. Add all of your ingredients to your blender or juicer with a splash of water.
4. Blend for a minute and add at least one cup of water and blend for another 10 seconds or so.

3. Classic Carrot Juice

This juice has around 136 calories.

You Will Need:

- 1 Carrot
- 1 Apple
- ½ Inch of ginger
- A small handful of parsley
- Blender or juicer
- Chopping board
- Small sharp knife

Method

1. Cut the ends off your carrot and then chop it into small chunks.
2. Roughly cut off the parsley stems.
3. Cut your apple into small chunks discarding the core.
4. Dice your ginger finely and add everything to the blender or juicer along with a splash of water.
5. Blend for a minute and add at least one cup of water and blend for another 10 seconds or so.

You can have these juices whenever you like during the day but it's best not to have them too close to bed if you're trying to lose weight due to the sugar in the fruit. It's best to try and eat as many different types of fruit and vegetables each day so if you want more than one juice a day, try two of the recipes, rather than have one twice.

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Comments



AP - 2022-07-16 14:40:36

I'd rather just eat the fruit and veggies instead of going to all the work to make a juice. Juice by the way doesn't have fiber since that part is removed.... These would have to be more like smoothies to have the fiber you advertise. By the way, I drink a lot of regular water normally so I don't have a dehydration problem.



Molly Dees Giles - 2022-07-10 14:51:56

This is so gd. i love the juices and their health benefits.