

The Heavy Meal Detox Juice



Ingredients:

- 2 beetroots
- 4 cups chopped kale
- 2 cups chopped celery
- 1 medium cucumber
- ½ a lime
- 1 bunch parsley
- 1 bunch coriander
- 1-2 tbsps chia seeds

Directions:

Wash, chop, juice all ingredients