

VIBRANT LIVING WELLNESS™

Goddess Green Juice™

RECIPE + BENEFITS CARD

THE EVERYDAY HOME BATCH



An elevated garden-to-glass ritual
for vibrant nourishment and luxury wellness at home.

COMPLIMENTARY WELLNESS GIFT

Created by Tae Bond | The Wellness Architect™

Your Everyday Home Batch

Approximate yield: 48-64 ounces, depending on produce and juicer.

Ingredients

-  **10-12 ounces** kale
-  **2 medium** cucumbers
-  **1 small** pineapple, or about $\frac{3}{4}$ of a large pineapple
-  **2** Granny Smith apples
-  **2** lemons, peeled
-  **1½-2 inches** fresh ginger
-  **½-1 inch** fresh turmeric

THE RESULT

Bright, fresh, generous green juice.

Prepare with Intention

- 1** Wash hands, produce, cutting tools, and juicer parts before beginning.
- 2** Rinse produce under cool running water. Remove bruised or damaged areas.
- 3** Trim kale stems as desired and tear leaves into manageable pieces.
- 4** Trim cucumbers. Peel only if waxed, bitter, or preferred.
- 5** Remove pineapple crown and rind; cut flesh into chunks.
- 6** Core apples and remove seeds; cut pieces to fit the hopper.
- 7** Peel lemons. Scrub ginger and turmeric; peel if desired.



From the Ranch to Your Kitchen

This Everyday Home Batch was scaled from Tae's original three-gallon ranch ritual - keeping the generous kale foundation while making the recipe practical for home juicing.

Recommended Nama Juicing Order

Layer

01

LEAFY

Kale

Place kale in the hopper first. Fold or tear large leaves so they settle evenly.



02

SOFT

Pineapple + peeled lemons

Add the softer, juicier produce after the greens.



03

MEDIUM

Cucumber + apples

Alternate moisture-rich cucumber and apple pieces to help move produce through the chamber.



04

FIRM ROOTS

Ginger + turmeric

Add roots last, or tuck them between apple or cucumber pieces when feeding manually.

A Smooth Finish

If you are juicing in more than one hopper load, divide the ingredients proportionally. Finish with a few cucumber or apple pieces to carry the final greens and roots through the juicer. Stir before bottling so the flavor is evenly blended.

Kale: The Powerhouse of Goddess Green Juice™

Kale is the leafy-green foundation of this staple juice - selected for its nutrient density, vivid pigment profile, absorbable calcium, and distinctive cruciferous compounds.

A

A nutrient-dense foundation

Whole kale supplies vitamin K and vitamin C, plus beta-carotene and other provitamin A carotenoids. It also contributes calcium, iron, antioxidants, and a modest amount of plant protein. Exact levels in finished juice vary with produce and juicer. [1]

C

Chlorophyll + carotenoids

Kale's deep green color comes in part from chlorophyll. Its carotenoids - including beta-carotene, lutein, and zeaxanthin - are part of the leaf's antioxidant and eye-health nutrient profile. [1]

B

Bone + calcium support

Kale is naturally low in oxalates compared with spinach. In a small study of 11 women, fractional calcium absorption from kale was higher than from milk in the same participants. This does not make kale a treatment or prove superiority for everyone. [2]

P

Powerful cruciferous compounds

Kale contains glucosinolates. During chopping, chewing, and digestion, they can form indoles and isothiocyanates. Laboratory and animal research has explored effects on detoxification enzymes, oxidative stress, inflammation, and abnormal cell-growth pathways; human findings remain mixed. [3]

WHY TAE MAKES IT A STAPLE

A generous green foundation – not a token handful.

Kale brings vitamins, minerals, carotenoids, chlorophyll, and cruciferous plant compounds into one leafy-green base.

What the Supporting Ingredients Bring

Flavor, balance, and research-informed nourishment - with the important reminder that juicing removes most of the natural fiber.

C

Cucumber

HYDRATION + BALANCE

Naturally high in water and mild in flavor, cucumber brings refreshing volume and helps balance the stronger flavors of kale, ginger, and turmeric.

P

Pineapple

VITAMIN C + BROMELAIN

Pineapple contributes vitamin C, manganese, natural sweetness, and bromelain - a family of protein-digesting enzymes. Culinary juice is not equivalent to a standardized enzyme supplement.

G

Granny Smith Apple

POLYPHENOLS + TARTNESS

Granny Smith apples add crisp acidity, vitamin C, and naturally occurring polyphenols. Most of the fruit's fiber remains in the pulp during juicing, so whole fruit still belongs in a balanced diet.

L

Lemon

VITAMIN C + IRON ABSORPTION

Lemon contributes brightness, acidity, aroma, and vitamin C. Vitamin C can improve absorption of nonheme iron from plant foods when consumed together. [4]

G

Ginger

DIGESTION RESEARCH

Ginger contains gingerols and related compounds. In a randomized study of 24 healthy volunteers, 1.2 g of ginger capsules accelerated gastric emptying. A culinary amount in juice is not the same as the studied dose. [5]

T

Turmeric

CURCUMINOID RESEARCH

Turmeric provides vivid color, earthy flavor, and curcuminoids including curcumin. Concentrated Curcuma extracts have been studied in clinical trials for knee osteoarthritis symptoms; fresh culinary turmeric is not equivalent to those extracts. [6]



Freshness, Safety + Your Next Step

Storage Guidance

- Enjoy immediately whenever possible for the freshest flavor.
- Pour into clean, airtight glass bottles and fill close to the top to reduce air exposure.
- Refrigerate promptly at 40°F (4°C) or below.
- For best quality, enjoy within 24 hours. If handled hygienically and kept continuously cold, use within 48 hours.
- Shake before serving. Fresh juice is unpasteurized and perishable; when in doubt, discard it. [7]

Educational Disclaimer

This guide is for general educational and culinary purposes and is not medical advice. Nutrient content varies by produce, portion size, and juicing method.

Fresh, unpasteurized juice may contain harmful bacteria and may not be appropriate for young children, pregnant people, older adults, or anyone with a weakened immune system. [7]

If you take medication - especially anticoagulants - or have a medical condition, discuss significant dietary changes and concentrated ginger or turmeric intake with a qualified health professional.

Juice complements, but does not replace, a varied diet that includes whole fruits, vegetables, protein, healthy fats, and fiber-rich foods.

YOUR NEXT INTENTIONAL STEP

Keep the Ritual Going

Continue your Vibrant Living Wellness™ journey. Watch your inbox for seasonal recipes, elevated nourishment rituals, and private invitations to future luxury-wellness experiences.

<https://fitbytaebond.com>

Research + References

Selected sources supporting the educational statements in this guide. Links are included for continued reading.

1

USDA FoodData Central. Kale, raw; and NIH Office of Dietary Supplements. Vitamin K Fact Sheet. Food nutrient values vary by variety, serving, and preparation.

[Open source](#)

5

Wu KL, Rayner CK, Chuah SK, et al. Effects of ginger on gastric emptying and motility in healthy humans. *Eur J Gastroenterol Hepatol*. 2008;20(5):436-440. PMID: 18403946.

[Open source](#)

2

Heaney RP, Weaver CM. Calcium absorption from kale. *American Journal of Clinical Nutrition*. 1990;51(4):656-657. PMID: 2321572. DOI: 10.1093/ajcn/51.4.656.

[Open source](#)

6

Effectiveness of Curcuma longa Extract for the Treatment of Symptoms and Effusion-Synovitis of Knee Osteoarthritis: A Randomized Trial. PMID: 32926799. Concentrated extract findings should not be assumed for culinary fresh turmeric.

[Open source](#)

3

National Cancer Institute. Cruciferous Vegetables and Cancer Prevention. Explains glucosinolates, indoles, isothiocyanates, proposed mechanisms, and the mixed nature of human evidence.

[Open source](#)

7

U.S. Food and Drug Administration. What You Need to Know About Juice Safety. Untreated juice can carry harmful bacteria and requires careful refrigeration and handling.

[Open source](#)

4

NIH Office of Dietary Supplements. Iron: Health Professional Fact Sheet. Vitamin C can enhance absorption of nonheme iron from plant foods.

[Open source](#)

8

Centers for Disease Control and Prevention. Wash fruits and vegetables under running water; scrub firm produce with a clean produce brush and remove damaged areas.

[Open source](#)

Research note: Food studies, observational studies, and clinical trials answer different questions. Associations do not prove cause and effect, and supplement or extract research should not be applied directly to a culinary juice.

9

Nama. J2 Layering Guide: leafy ingredients, then soft produce, medium produce, and firm produce for efficient processing.

[Open source](#)