

G.E.M.M 3 Day Accelerator - Daily Nutrient Levels

GEMM - GREEN BLEND														
Ingredient	Quantity	Weight (fresh) - grams	kJoules	Protein (grams)	Carb (grams)	Fat (grams)	Calcium (mg)	Magnesium (mg)	Iron (mg)	Potassium (mg)	Zinc (mg)	Vitamin C (mg)	Vitamin E (mg)	Folate (mcg)
Apple, fresh, granny smith, unpeeled	1 med.	153	309.0	0.5	16.1	0.0	7.7	6.1	0.2	165.2	0.1	7.7	0.3	0.0
Lettuce, Cos (Romaine)	6 leaves	75	60.0	1.1	1.4	0.2	15.0	9.8	0.5	157.5	0.2	9.8	0.2	42.8
Capsicum, green, fresh, raw	1 large	328	276.0	4.9	7.5	0.3	26.2	32.8	1.7	495.3	0.6	295.2	0.1	26.2
Cucumber, Lebanese	2 large	428	240.0	2.1	9.0	0.4	269.9	47.1	1.3	415.2	0.9	64.2	0.0	0.0
Herbs, mint	0.5 handful	5	11.0	0.2	0.2	0.1	10.5	1.7	0.2	19.0	0.0	1.3	0.0	5.7
Celery, fresh, raw	3 med. sticks	120	74.0	0.7	1.4	0.1	52.8	12.0	0.3	320.4	0.3	6.0	0.0	15.6
Nuts, Cashews, raw (EAT - DON'T JUICE)	Small handful (20 g)	20 g	509.0	3.4	4.6	9.8	6.8	50.0	1.0	165.0	1.1	0.0	0.2	5.0
SUB-TOTAL			1479.0	12.9	40.2	11.0	388.9	159.5	5.3	1737.6	3.2	384.1	0.9	95.3
GEMM - ORANGE-CITRUS BLEND														
Ingredient	Quantity	Weight (fresh) - grams	kJoules	Protein	Carb	Fat	Calcium	Magnesium	Iron	Potassium	Zinc	Vitamin C	Vitamin E	Folate
Orange, navel, fresh	1 large	243	445.0	2.4	20.4	0.2	63.2	26.7	0.9	374.2	0.4	133.7	0.5	104.5
Carrot, other, fresh, unpeeled	5 small	370	494.0	2.8	19.4	0.4	133.2	42.6	1.4	888.0	0.7	24.1	1.5	94.4
Lemon, fresh	0.5 full	49.5	57.0	0.3	0.9	0.1	9.9	4.5	0.2	59.4	0.1	23.8	0.1	5.5
Lime, regular	1 Fruit	49	60.0	0.4	0.6	0.1	10.8	5.4	0.2	73.5	0.1	23.0	0.1	3.9
Capsicum, red, fresh, raw	1 large	328	387.0	5.6	13.1	0.7	13.1	19.7	1.0	570.7	0.7	564.2	11.5	170.6
Tomato, roma	3 large	447	331.0	4.5	10.7	0.5	40.2	31.3	1.2	956.6	1.4	80.5	1.2	71.5
Avocado, raw (EAT - DON'T JUICE)	0.25 (1/4)	54	468.0	1.0	0.2	11.7	7.0	13.5	0.3	254.9	0.3	5.4	1.2	36.2
SUB-TOTAL			2242.0	16.9	65.4	13.6	277.4	143.6	5.2	3177.3	3.5	854.5	16.1	486.5
GEMM - PURPLE BLEND														
Ingredient	Quantity	Weight (fresh) - grams	kJoules	Protein (grams)	Carb (grams)	Fat (grams)	Calcium (mg)	Magnesium (mg)	Iron (mg)	Potassium (mg)	Zinc (mg)	Vitamin C (mg)	Vitamin E (mg)	Folate (mcg)
Beetroot, fresh, uncooked	0.5 large	61.5	124.0	1.2	5.2	0.1	4.9	16.0	0.6	178.4	0.5	3.7	0.0	67.7
Mixed berries, frozen	1 cup	155	215.0	1.1	8.7	0.3	24.6	13.0	0.7	215.2	0.3	57.4	0.6	49.1
Cabbage, red, raw	0.5 cup	47.5	58.0	1.1	1.3	0.1	16.6	6.7	0.3	213.8	0.1	32.8	0.1	27.1
Cucumber, lebanese	2 large	428	240.0	2.1	9.0	0.4	269.6	47.1	1.3	415.2	0.9	64.2	0.0	0.0
Celery, fresh, raw	2 medium	80	50.0	0.5	1.0	0.1	35.2	8.0	0.2	213.6	0.2	4.0	0.0	10.4
Ginger, fresh, raw	40g	40	53.0	0.3	1.9	0.2	6.8	11.2	0.2	96.0	0.2	1.2	0.1	4.4
Lemon, fresh	0.5 full	49.5	57.0	0.3	0.9	0.1	9.9	4.5	0.2	59.4	0.1	23.8	0.1	5.5
Medihoney Active+Manuka Honey	2 tsp	14.3	188.0	0.0	11.7	0.0	1.1	0.4	0.0	8.9	0.4	0.0	0.0	0.0
Fresh Life Pepitas (EAT - DON'T JUICE)	20g	20	485.0	6.0	0.6	9.8	8.6	107.0	2.0	164.0	1.5	0.4	0.0	11.6
SUB-TOTAL			1470	13	40	11	377	214	5	1564	4	187	1	176
DAILY NUTRIENT TOTALS			5191	42	146	36	1044	517	16	6479	11	1426	18	757
MALE: Approximate daily nutrient requirement							840	340	6	3800	12	46	10	400
FEMALE: Approximate daily nutrient requirement							1100	260	8	2800	7	45	7	400