FREE HOME JUICING & RECIPE GUIDE

THE JUICE JUNKII
FRESH PRESS GUIDE

Home Cold-Pressing Steps • Morning Glow Recipe • Bottle Menu



BY TIFF MOORE (@JUICEJUNKII)

100% Raw Cold-Pressed Juice • Detroit & Harper Woods, MI

Includes VIP Pass for Weekly Harper Woods Lowe's Drops (19340 Vernier Rd)

OFFICIAL FREE GUIDE • BY TIFF MOORE (@JUICEJUNKII)

THE FRESH PRESS & DAILY GLOW GUIDE



FROM MS TO MASTERY: WHY I PRESS EVERY BOTTLE FRESH

What up! I'm Tiff Moore — born and raised right here in Detroit, Michigan, and founder of Juice Junkii.

In 2019, I was diagnosed with Multiple Sclerosis (MS). Dealing with daily fatigue, pain, and numbness shook me to the core. I realized no one was coming to save me — I had to fight for my life.

I ditched dairy, processed foods, and meat, and flooded my body with high-water fruits, smoothies, and fresh cold-pressed juices while moving my body daily. Today, I live free of daily MS symptoms — stronger, happier, and in control.

That healing journey is why Juice Junkii exists. Every Monday I pick up fresh produce, every Tuesday I spend the entire day batch-juicing from scratch, and Wednesday through Saturday I pull up to the Harper Woods Lowe's (19340 Vernier Rd) from 9:00 AM to 7:00 PM (or until we sell out!) to bring 100% raw, unpasteurized nutrition straight to our community.

WHAT'S INSIDE THIS GUIDE:

- Page 2: How I Prep & Press a Signature Juice at Home (Step-by-Step + Starter Recipe)
- Page 3: The Official Juice Junkii Bottle Lineup & Nutritional Breakdown
- Page 4: Our Weekly Lowe's Trailer Schedule, Local Pick-Up Rules & VIP Giveaways

STEP-BY-STEP HOME JUICING PROTOCOL

HOW I PREP & PRESS A SIGNATURE JUICE

STEP 01 / THE PRODUCE WASH & SOAK (MONDAY PREP)

Great juice starts before anything touches the press. Rinse all greens, apples, beets, and lemons in cold water. Soak firm produce and leafy greens for 10–15 minutes in a clean bowl of cold water with a splash of raw apple cider vinegar or baking soda + lemon juice, then rinse thoroughly. Cut apples, carrots, and beets into clean press-sized spears so your juicer feeds smoothly without overheating.

STEP 02 / THE FEED ORDER SECRET (LEAFY GREENS FIRST, HARD ROOTS LAST)

When pressing, alternate soft produce with firm, juicy produce. Feed leafy greens (spinach, kale, herbs) and ginger first, immediately followed by crisp green apples, pineapple, or carrots to push every drop of chlorophyll and ginger oil through the auger. No cold-press juicer yet? Blend with 1/2 cup cold spring water or coconut water and squeeze through a fine nut-milk strainer bag!

STEP 03 / TIFF'S AT-HOME 'MORNING GLOW' STARTER RECIPE (MAKES 16 OZ)

- 2 Large Granny Smith Green Apples (cored, skin on for phytonutrients)
- 1 Large English Cucumber (high-water cellular hydration)
- 2 Generous Handfuls Fresh Spinach or Kale
- 1/2 Fresh Lemon (peeled if bitter, or thin rind for zesty enzymes)
- 1-Inch Knob Fresh Ginger Root (for circulation and digestion)

Press in order, pour into an airtight glass bottle over ice, and drink on an empty stomach before noon!

STEP 04 / RAW STORAGE RULE (72-HOUR COLD CHAIN)

Because real cold-pressed juice has zero preservatives or heat pasteurization, fill bottles to the very top to minimize oxygen, seal immediately, and keep refrigerated below 38°F. Enjoy within 3 to 4 days for peak live enzyme activity.

100% ALL-NATURAL • NEVER FROM CONCENTRATE • PRESSED FRESH TUESDAYS

THE JUICE JUNKII TRAILER MENU

SHARK PUNCH (AKA SHARP PUNCH)

INGREDIENTS: Pineapple • Green Apples • Fresh Lemon • Blue Spirulina

Our electric-blue fan favorite! Sweet tropical pineapple meets tart green apple and lemon, supercharged with nutrient-rich blue spirulina for antioxidants, Vitamin C, and daily immune support.

TURN UP THE BEET

INGREDIENTS: Fresh Red Beets • Sweet Carrots • Crisp Apples

Smooth, earthy-sweet nitric oxide powerhouse. Designed to support healthy blood flow, cardiovascular stamina, glowing skin, and clean natural energy without a caffeine crash.

THE HULK ('HULK WE GOT THE JUICE')

INGREDIENTS: Fresh Leafy Greens • Green Apple • Cucumber • Lemon • Ginger

Our signature green machine. Heavy on dark leafy greens balanced with crisp green apple and a bright lemon-ginger kick so you get deep chlorophyll nutrition that actually tastes incredible.

PURPLE POTION

INGREDIENTS: Vibrant Berry & Orchard Fruit Cold-Pressed Blend

Deep purple antioxidant elixir packed with polyphenols and natural fruit hydration. Refreshing, kid-approved, and a staple for recovery and afternoon cravings.

SEASONAL & COLLABORATION DROPS

INGREDIENTS: Loaded Caramel Apples • Cold-Pressed Cider • Local Baker Collabs

Watch our weekly VIP email alerts for limited-quantity seasonal treats — including our famous Loaded Caramel Apples and local Detroit baker collaborations (like homemade Banana Pudding Cheesecake!).

*FDA & Medical Disclaimer: Statements in this guide have not been evaluated by the FDA. Raw cold-pressed juices are not intended to diagnose, treat, cure, or prevent any disease. Keep raw unpasteurized juice refrigerated (≤38°F) and consult your physician before making dietary changes.

Menu rotates with fresh seasonal produce • Follow @juicejunkii for daily stock updates

LOCAL DETROIT & HARPER WOODS PICK-UP ONLY • NO SHIPPING

HOW TO CATCH THE TRAILER

PRIMARY POP-UP LOCATION: HARPER WOODS LOWE'S

Lowe's Home Improvement Parking Lot
19340 Vernier Rd, Harper Woods, MI 48225

HOURS: Wednesday, Thursday, Friday & Saturday • 9:00 AM – 7:00 PM

*Note: We stay until 7:00 PM or until we SELL OUT! If a batch sells out by Friday, we rest Saturday.

OUR WEEKLY FRESH-PRESS RHYTHM

MONDAY	Produce Run & Bottle Labeling Hand-picking fresh produce & prepping sterile bottles.
TUESDAY	All-Day Batch Juicing 100% of our weekly batch is cold-pressed fresh from scratch.
WED - FRI	Live at Harper Woods Lowe's (9 AM – 7 PM) Pull up early for full flavor selection before sell-out!
SATURDAY	Final Drop Day (9 AM – 7 PM, Stock Permitting) Open unless the week's fresh batch sold out on Friday.

YOU'RE ON THE VIP DROP LIST!

Watch your inbox for Tiff's weekly flavor drop announcements, secret seasonal specials, and VIP giveaways. Follow @juicejunkii on Instagram, Facebook, and TikTok — and come say what up at Lowe's!