



Juicing Substitution List

This juicing substitution list will show you what to use for fruit and vegetable replacements regardless whether you just don't like certain produce, are allergic to some of the ingredients, or simply do not have access to them. Some ingredients can be hard to stomach for certain people and I'm here to tell you and show you that you can easily substitute those ingredients for something more desirable. Even if you have allergies you can and should check the juicing substitution list to see what alternatives you have.

Substituting Fruits

You'll see that in the juicing substitution list I have many fruits and most of them can be replaced with just about any other fruit of your choice. It's very easy to go overboard with your fruits so you will want to ensure your juices don't contain more than 20% fruit. You can also replace a fruit with a vegetable such as a carrot or a beet as both of those have a sweet taste when juiced.

Substituting Veggies

One major thing to keep in mind when using the juicing substitution list to pick out veggies is that you must have a protein veggie in your drink. A good source of protein in your juice will be from spinach or kale. When looking for spinach or a kale replacements I've only included other protein rich veggies to make sure you get your still get your protein. Most veggies are easily replaceable but for the sake of flavour I've included what I feel are the best possible substitutions while keeping close to the original flavour.



Juicing Substitution List

Main Ingredient	Substitution List
Apples	Beets, Blackberries, Carrots, Grapes, Oranges, Pears, Watermelon
Banana	Avocado
Basil	Cilantro, Parsley, Spinach
Beets	Apples, Carrots, Oranges, Red Cabbage, Radish, Tomatoes
Blueberries	Apricots, Blackberries, Cherries
Broccoli	Brussels Sprouts, Cabbage, Cauliflower, Cabbage, Celery, Kale, Spinach
Butternut Squash	Carrots, Mango, Pumpkin, Sweet Potato, Other types of Squash
Carrots	Apples, Beets, Oranges, Sweet Potatoes, Tomatoes
Celery	Cabbage, Romaine Lettuce, Zucchini
Cilantro	Basil, Parsley, Spinach
Cucumber	Cabbage, Romaine Lettuce, Zucchini
Ginger	Lemon, Radish
Grapefruit	Blood Oranges, Tangelo Oranges, Lemons, Raspberries, Pineapple
Green Peppers	Carrots, Red or Yellow Peppers, Red Cabbage, Romaine Lettuce
Kale	Broccoli, Romaine Lettuce, Spinach, Swiss Chard
Lemon	Ginger, Grapefruit, Lime, Raspberries, Strawberries
Lime	Ginger, Grapefruit, Lemon, Raspberries, Strawberries, Tangerine
Mango	Butternut Squash, Carrot, Kiwi, Papaya
Oranges	Apples, Carrots, Grapefruit, Mango, Watermelon
Parsley	Basil, Cilantro, Spinach



Main Ingredient	Substitution List
Peaches	Apples, Nectarines, Oranges, Plums
Pineapple	Apples, Grapefruit, Lemon, Lime, Oranges
Pomegranate	Lemon, Lime, Pineapple, Raspberries, Strawberries
Red Cabbage	Beet, Cabbage, Radish, Romaine Lettuce
Romaine Lettuce	Cabbage, Celery, Cucumber, Kale, Peppers, Spinach, Zucchini
Spinach	Broccoli, Kale, Romaine Lettuce, Swiss Chard
Strawberries	Apples, Blackberries, Grapefruit, Lemon, Lime, Oranges, Pomegranate, Raspberries
Swiss Chard	Arugula, Cabbage, Green Peppers, Kale, Romaine Lettuce, Spinach
Tomato	Beet, Carrot, Red Pepper, Yellow Pepper
Watermelon	Apples, Cantaloupe, Orange

With these substitutions you will not only have an idea of what can be substituted but an idea of the different tastes that can be used to modify your juices. I use this guide not just as a substitution list but also as a guide to come up with new ideas for recipes. A fun idea is to take an existing recipe that you already enjoy and substitute one, two, or three ingredients. You'll be surprised at how different but delicious just a few minor substitutions can have with a juice.