Green Juice Patient Handout — Work Handoff

Purpose. Continue editing a printable, two-page patient handout for Dr. O's Green Life Smoothie / Green Juice Recipe. The next two pages of this PDF are the latest design, included as the baseline to edit.

Design decisions to preserve

• Page 1: Preserve the original dark-green brush-painted "Green Juice Recipe" header/logo, pale-yellow script word "Recipe," green-and-cream watercolor palette, stone countertop, prominent central green drink, surrounding ingredient photos and arrow labels, and four illustrated preparation steps.

• Remove promotional or conversational bubble comments, sticky notes, hearts, slogans, slang, and decorative side commentary. Keep only ingredient names/amounts, concise benefits, and clear preparation instructions.

• Use ordinary American English appropriate for doctor–patient communication: readable, restrained, timeless, clear, and not trendy or marketing-driven.

• Keep ingredient photos beside the drink large and recognizable, with labels that are easy to associate with each item.

• Page 2: Preserve the three-column English / Turkish / Spanish recipe layout, green title bars and medical-note footer; the label must read "NATURE'S SYNERGY MAX" (one X, never MAXX).

Current content and known issue

The illustrated first page currently labels: 2 cups spinach, 1 cup kale, 1 cup pineapple, 1 green apple, 1/2 cup water (optional), and ice (optional). It uses a simple four-step preparation flow. The three-language second page includes a **different version of ingredient quantities and additional ginger/lemon**, along with statements copied from an earlier supplied recipe. **Do not silently assume these recipes match.** Ask which ingredient quantities should be authoritative before harmonizing the two pages.

The three-language page reproduces prior high-intake/fasting and medication-adjustment notes. These should not be presented as general medical advice; retain clear clinician-supervision warnings or seek confirmation before revising them. Avoid unsupported medical benefit claims.

What happened previously

The project progressed from a multilingual recipe page to a two-page PDF with an illustrated first page. The user rejected an overly modern clinical redesign and explicitly preferred the **original illustrated design** with only the decorative commentary removed. The latest two-page PDF was called "Green_Juice_and_Dr_Os_Recipe_Two_Pages_Cleaned.pdf".

How to resume

Treat the next two pages as the editable visual reference/baseline. For future requested changes, preserve their design unless the user asks otherwise. Prioritize exact wording, legible patient instructions, and print-ready PDF output. Confirm any conflicting recipe quantities before changing ingredients.

Green Juice Recipe



Benefits

Refreshing, vitamin-rich, and full of leafy greens.

How To Make It

1 Wash ingredients



Rinse well and remove any stems if needed.

2 Chop apple and pineapple



Core and chop into small pieces.

3 Blend or juice everything



Add all ingredients (to water and ice if using).

4 Pour and enjoy



Serve over ice if desired.

DR. O'S GREEN LIFE SMOOTHIE

NATURE'S SYNERGY MAX • THREE-LANGUAGE RECIPE

Casein-free • Gluten-free • Dairy-free | Recipe reproduced and translated from the supplied original

ENGLISH

Ingredients

- 2 cups spinach or kale (or other dark leafy greens; mix and match)
- 1 Granny Smith green apple - the original recipe calls this a staple
- 1 slice pineapple, or 3 chunks about 1-2 inches each
- Thumb-sized ginger root, optional (if not allergic)
- Ice to about 1/3 of the blender bottle
- Water to about halfway
- Juice of 1/2 fresh lemon

How to make it

1. Add ice and water, then add the greens, apple, pineapple and optional ginger.
2. Blend/emulsify until the mixture reaches a smooth, milky-shake texture.
3. Add the fresh lemon juice and blend briefly again.

Original use notes

The supplied recipe recommends at least 1 glass daily, ideally 3. It also mentions up to 8 glasses with no additional food for up to 10 days, plus office visits every 2-3 days for blood-pressure checks and medication adjustment, especially for people with diabetes.

Protein note

The source notes that protein may be low. It suggests a handful of nuts for magnesium, oils and plant protein, or 1-2 scoops of high-quality plant-based protein and/or whey protein when exercising or building muscle.

TÜRKÇE

Malzemeler

- 2 su bardağı ıspanak veya kara lahana (ya da başka koyu yeşil yapraklı sebzeler; karıştırılabilir)
- 1 Granny Smith yeşil elma - orijinal tarifte temel malzeme olarak belirtilir
- 1 dilim ananas veya yaklaşık 2,5-5 cm boyutunda 3 parça
- Başparmak büyüklüğünde zencefil kökü, isteğe bağlı (alerji yoksa)
- Blender kabının yaklaşık 1/3'ü kadar buz
- Kabın yaklaşık yarısına kadar su
- 1/2 taze limonun suyu

Hazırlanışı

1. Buz ve suyu ekleyin; ardından yeşillikleri, elmayı, ananas ve isteğe bağlı zencefili koyun.
2. Karışım pürüzsüz ve milkshake kıvamına gelene kadar güçlü şekilde blenderdan geçirin.
3. Taze limon suyunu ekleyip kısa süre tekrar karıştırın.

Orijinal kullanım notları

Sağlanan tarif günde en az 1 bardak, ideal olarak 3 bardak önerir. Ayrıca 10 güne kadar ek gıda almadan günde 8 bardağa kadar tüketimden ve özellikle diyabeti olanlarda tansiyon kontrolü ile ilaç ayarı için 2-3 günde bir doktor kontrolünden söz eder.

Protein notu

Kaynak, proteinin yetersiz kalabileceğini belirtir. Magnezyum, yağ ve bitkisel protein için bir avuç kuruyemiş; egzersiz veya kas gelişimi için 1-2 ölçek kaliteli bitkisel protein ve/veya whey protein önerir.

ESPAÑOL

Ingredientes

- 2 tazas de espinaca o kale (u otras hojas verdes oscuras; se pueden combinar)
- 1 manzana verde Granny Smith - la receta original la considera un ingrediente básico
- 1 rodaja de piña o 3 trozos de aproximadamente 2,5-5 cm
- Un trozo de raíz de jengibre del tamaño de un pulgar, opcional (si no hay alergia)
- Hielo hasta aproximadamente 1/3 del vaso de la licuadora
- Agua hasta aproximadamente la mitad
- Jugo de 1/2 limón fresco

Preparación

1. Añada el hielo y el agua; luego incorpore las hojas verdes, la manzana, la piña y el jengibre opcional.
2. Licúe/emulsione hasta obtener una textura suave, parecida a un batido.
3. Añada el jugo de limón fresco y licúe brevemente de nuevo.

Notas de uso originales

La receta suministrada recomienda al menos 1 vaso al día, idealmente 3. También menciona hasta 8 vasos sin alimentos adicionales durante un máximo de 10 días, además de visitas médicas cada 2-3 días para controlar la presión y ajustar medicamentos, especialmente en personas con diabetes.

Nota sobre proteína

La fuente indica que la dieta puede ser baja en proteína. Sugiere un puñado de frutos secos para aportar magnesio, grasas y proteína vegetal, o 1-2 medidas de proteína vegetal de alta calidad y/o proteína de suero si se hace ejercicio o se busca desarrollar músculo.

IMPORTANT MEDICAL NOTE

This second page reproduces and translates the supplied recipe. The original includes high-intake/fasting guidance and medication-adjustment advice. Because those steps can be medically significant, especially with diabetes, blood-pressure conditions, kidney issues, or prescription medicines, follow them only with a qualified clinician's supervision.