

3-DAY Juice Challenge

Shopping List

#1 Best Seller App & Book



Find Out
More!

What You Need For The 3 Days

Produce

- 24 Apples (*Golden Delicious or Gala*)
- 5 Avocados
- 4 Raw Beetroots
- 1 Yellow Bell Pepper
- 150g Blackberries
- 150g Blueberries
- 7g Broccoli
- 3 Carrots
- 3 Celery (*stalks*)
- 1 Cucumber
- 4 Lemons
- 2 Pineapples
- 200g Spinach Leaves

Herbs

- 50g Raw Ginger
- 16g Fresh Parsley

Drinks

- 3l Water

Dairy

- 200g Bio-Live Yoghurt (*or vegan alternative*)

Please note: All shopping measures are approximate as per the 3-Day Juice Challenge app, depending on the size and quality of the produce available.

Got Everything You Need?

Make It Stupidly Easy...
Get It Delivered

No Shopping, No Juicing,
No Cleaning, No Hassle!

As Seen In **OK!**

Delivery available to UK & Ireland

www.juicemasterdelivered.com



Got Everything You Need?
Visit The Juicy Shop

From juicers to snack bars,
there's everything to set you
up for a juicier life.



Sign up for our newsletter to
keep up to date with new offers!

www.juicemaster.com/shop



Join The Juicy Community

