



3-DAY JUICE DIET

shopping list

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|------|---|------|---|
| 24 | Apples
<i>(Golden Delicious or Gala)</i> | 50g | Raw Ginger |
| 5 | Avocados | 16g | Fresh Parsley |
| 4 | Raw Beetroot | 3L | Water |
| 1 | Yellow Bell Pepper | 200g | Bio-Live Yoghurt
<i>(Or vegan alternative)</i> |
| 150g | Blackberries | | |
| 150g | Blueberries | | |
| 7g | Broccoli | | |
| 3 | Carrots | | |
| 3 | Celery <i>(Stalks)</i> | | |
| 1 | Cucumber | | |
| 4 | Lemons | | |
| 2 | Pineapple | | |
| 200g | Spinach Leaves | | |