



5:2 JUICE DIET

week 1 shopping list

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|-----|--|------|----------------------|
| 9 | Apples
<i>(Golden Delicious or Gala)</i> | 3 | Pears |
| 2 | Raw Beetroot <i>(Small)</i> | 1 | Pineapple |
| 7cm | Broccoli Stem
<i>(Or use the Florets)</i> | 175g | Spinach Leaves |
| 4 | Carrots <i>(Medium)</i> | 12g | Fresh Basil |
| 5 | Celery <i>(Stalks)</i> | 1 | Fennel <i>(Bulb)</i> |
| 1 | Courgette/Zucchini <i>(Medium)</i> | 80g | Raw Ginger |
| 2 | Cucumbers <i>(Medium)</i> | 6g | Fresh Mint |
| 60g | Kale | | |
| 1 | Lemons <i>(Unwaxed)</i> | | |
| 2 | Limes <i>(Unwaxed)</i> | | |
| 1 | Living Salad <i>(Pot)</i> | | |
| 1 | Mango <i>(Ripe)</i> | | |
| 1 | Orange | | |
| 1 | Parsnip <i>(Medium)</i> | | |



5:2 JUICE DIET

week 2 shopping list

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|-----|---|-------|---------------------------|
| 6 | Apples
<i>(Golden Delicious or Gala)</i> | 1 | Parsnip <i>(Medium)</i> |
| 2 | Asparagus Spears | 5 | Pears |
| 1 | Avocado <i>(Ripe)</i> | 1 | Pineapple <i>(Medium)</i> |
| 1 | Banana <i>(Ripe and Fair-trade)</i> | 85g | Spinach Leaves |
| 2 | Red Beetroot <i>(Small)</i> | 30g | Strawberries |
| 20g | Blueberries | 330ml | Coconut Water |
| 2 | Carrots <i>(Medium)</i> | 90g | Raw Ginger |
| 1 | Red Chilli | 25g | Fresh Mint |
| 1 | Cucumber <i>(Medium)</i> | 20g | Fresh Parsley |
| 10g | Goju Berries | | |
| 1 | Lemon <i>(Unwaxed)</i> | | |
| 1 | Lime <i>(Unwaxed)</i> | | |
| 1 | Mango <i>(Unwaxed)</i> | | |
| 1 | Orange | | |



5:2 JUICE DIET

week 3 shopping list

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|-----|---|-----|----------------------------|
| 7 | Apples
<i>(Golden Delicious or Gala)</i> | 6g | Mangetout |
| 1 | Avocado <i>(Ripe)</i> | 1 | Orange |
| 1 | Raw Beetroots <i>(Small)</i> | 4 | Pears |
| 1 | Raw Beetroots <i>(Small)</i> | 1 | Pineapple <i>(Medium)</i> |
| 9cm | Broccoli Stem <i>(Or use florets)</i> | 85g | Spinach Leaves |
| 2 | Carrots <i>(Medium)</i> | 30g | Strawberries |
| 4 | Celery Stalks | ½ | Fresh Fennel <i>(Bulb)</i> |
| 1 | Red Chilli | 30g | Raw Ginger |
| 1 | Courgette/Zucchini <i>(Medium)</i> | 40g | Fresh Mint |
| 2 | Cucumbers <i>(Medium)</i> | 10g | Fresh Parsley |
| 1 | Pink Grapefruit | 5ml | Omega 3-6-9 Oil |
| 24g | Kale | | |
| ½ | Lettuce | | |
| 1 | Lemon <i>(Unwaxed)</i> | | |



5:2 JUICE DIET

week 4 shopping list

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|-----|---|-------|-----------------------------------|
| 5 | Apples
<i>(Golden Delicious or Gala)</i> | 90g | Fresh Garden Peas |
| 1 | Banana <i>(Ripe & Fair-Trade)</i> | 1 | Pineapple <i>(Medium)</i> |
| 2 | Carrots <i>(Medium)</i> | 60g | Fresh Raspberries |
| 2 | Celery Stalks | 60g | Fresh Strawberries |
| 2 | Cucumbers <i>(Medium)</i> | 1 | Watermelon <i>(Medium)</i> |
| 24g | Kale | 40g | Fresh Basil |
| 1 | Lemon <i>(Unwaxed)</i> | 125g | Fresh Mint |
| 1 | Lime <i>(Unwaxed)</i> | 10g | Fresh Parsley |
| 1 | Mango <i>(Medium)</i> | 30g | Raw Turmeric <i>(or Powdered)</i> |
| 4 | Oranges <i>(Large)</i> | 2.5g | Cocoa Powder |
| 1 | Papaya | 2.5g | Maca Powder |
| 1 | Passion Fruits | 350ml | Coconut Waster |
| 4 | Pears | 10g | Manuka Honey |