



5-DAY JUICE DIET

shopping list

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|-------------|---|-------------|---|
| 24 | Apples
<i>(Golden Delicious or Gala)</i> | 1 | Banana |
| 1½ | Pineapple | 6 | Pears |
| 700g | Spinach Leaves | ½ | Green Bell Peppers |
| 7 | Limes <i>(Unwaxed)</i> | 4 | Oranges |
| 3 | Celery <i>(Stalks)</i> | 400g | Blackberries |
| 2½ | Cucumbers <i>(Medium)</i> | 2 | Parsnips <i>(Medium)</i> |
| 2½ | Avocados <i>(Medium)</i> | 225g | Raw Ginger |
| 1½ | Courgettes <i>(Medium)</i> | ½ | Fennel <i>(Bulb)</i> |
| 150g | Super Snap Peas | 12g | Fresh Basil |
| 75g | Kale | 24g | Fresh Mint |
| 1 | Lemon <i>(Unwaxed)</i> | 120g | Mixed Seeds <i>(Sunflower, Pepita, Sesame, Chia, etc)</i> |
| 15cm | Broccoli Stem
<i>(Or use the Florets)</i> | 60g | Natural Yoghurt
<i>(Or vegan alternative)</i> |
| 18 | Carrots <i>(Medium)</i> | Lots | Ice |
| 4 | Raw Beetroot <i>(Bulbs)</i> | | |
| 400g | Mixed Berries
<i>(Blueberries, Blackberries, Strawberries or Seasonal)</i> | | |