

5-DAY

Juice Challenge

Shopping List

#1 Best Seller App & Book



Find Out More!

What You Need For The 5 Days

Produce

- 24 Apples (*Golden Delicious or Gala*)
- 1 ½ Pineapple
- 700g Spinach Leaves
- 7 Limes (*unwaxed*)
- 3 Celery (*stalks*)
- 2 ½ Cucumbers (*medium*)
- 2 ½ Avocados (*medium*)
- 1 ½ Courgettes (*medium*)
- 150g Sugar Snap Peas
- 75g Kale
- 1 Lemon (*unwaxed*)
- 15cm Broccoli Stem (*or use the florets*)
- 18 Carrots (*medium*)
- 4 Raw Beetroots (*bulbs*)
- 400g Mixed Berries (*blueberries, blackberries, strawberries, or seasonal*)
- 1 Banana
- 6 Pears

- ½ Green Bell Peppers
- 4 Oranges
- 400g Blackberries
- 2 Parsnips (*medium*)

Fresh Herbs

- 225g Raw Ginger
- ½ Fennel (*bulb*)
- 12g Fresh Basil
- 24g Fresh Mint

Dried Fruit, Nuts & Seeds

- 120g Mixed Seeds (*sunflower, pepita, sesame, chia, etc*)

Dairy

- 60g Natural Yoghurt (*or vegan alternative*)

Freezer

- Lots Ice

Please note: All shopping measures are approximate as per the 5-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



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