

7-DAY Juice Challenge

Shopping List

#1 Best Seller App & Book



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What You Need For The 7 Days

Produce

- 80 Apples (*Golden Delicious or Gala*)
- 7 Pineapple (*medium*)
- 5 Cucumbers (*medium*)
- 7 Limes (*unwaxed*)
- 4 ½ Avocados (*medium*)
- 5 Carrots (*medium*)
- 9 Celery (*stalks*)
- 200g Mixed Green Leaves
- 5cm Broccoli Stem (*or use the florets*)
- 60g Alfalfa Sprouts
- 1 Raw Beetroot (*bulb*)
- ¼ Courgettes (*medium*)
- 3 Lemons (*unwaxed*)
- 400g Spinach Leaves
- 1 Banana
- ¼ Orange
- 90g Watercress
- 75g Kale
- 200g Broccoli

Fresh Herbs

- 55g Raw Ginger
- 60g Fresh Parsley

Spices

- 18g Ground Cinnamon

Dairy

- 800g Natural Yoghurt (*or vegan alternative*)

Freezer

- Lots Ice

Supplements

- 75ml Wheatgrass
- 75g Spirulina
- 11 Friendly Bacteria (*capsules*)
- 10g Power Green Supplement

For Natural Infusions (Optional)

- Herbal Tea (*your choice*)
- Manuka Honey (*or natural vegan sweetener of your choice*)
- Living Mint
- Fennel
- Ginger Root
- Lemons (*unwaxed*)

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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