



7-DAY JUICE DIET

shopping list

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|-------------|--|--------------------|--|
| 80 | Apples
<i>(Golden Delicious or Gala)</i> | 90g | Watercress |
| 7 | Pineapple <i>(Medium)</i> | 75g | Kale |
| 5 | Cucumbers <i>(Medium)</i> | 200g | Broccoli |
| 7 | Limes <i>(Unwaxed)</i> | 800g | Natural Yoghurt
<i>(Or vegan alternative)</i> |
| 4½ | Avocados <i>(Stalks)</i> | Lots | Ice |
| 5 | Carrots <i>(Medium)</i> | | |
| 9 | Celery <i>(Stalks)</i> | | |
| 200g | Mixed Green Leaves | Supplements | |
| 5cm | Broccoli Stem
<i>(Or use the Florets)</i> | 75ml | Wheatgrass |
| 60g | Alfalfa Sprouts | 75g | Spirulina |
| 1 | Raw Beetroot <i>(Bulb)</i> | 11 | Friendly Bacteria <i>(Capsules)</i> |
| ¼ | Courgette <i>(Medium)</i> | 10g | Power Green Supplement |
| 3 | Lemons <i>(Unwaxed)</i> | | |
| 400g | Spinach Leaves | | |
| 1 | Banana | | |
| ¼ | Orange | | |