



7-DAY SOUP 'N' JUICE DIET

shopping list

33	Apples <i>(Golden Delicious or Gala)</i>	375g	Mixed Berries <i>(Blueberries, Blackberries, Strawberries or Seasonal)</i>	2	Garlic <i>(Cloves)</i>
50g	Alfalfa Sprouts			30g	Raw Ginger
5	Avocados	100g	Mixed Salad Leaves	30ml	Balsamic Vinegar
1	Banana	5g	Parsnips	60ml	Extra Virgin Olive Oil
2	Raw Beetroot	2	Pears <i>(Any hard variety)</i>	100g	Pesto
1	Red Bell Pepper	4	Pineapples	100g	Sun-Blushed Tomato
2	Yellow Bell Pepper	4	Red Onions	105ml	Vegetable Oil
200g	Broccoli	4	Rocket	6	Vegetable Stock Cubes
1	Butternut Squash	80g	Spring Onions	100g	Bio-Live Yoghurt <i>(Or vegan alternative)</i>
15	Carrots	3	Spinach Leaves	400ml	Half-Fat Coconut Milk
8	Celery Stalks	425g	Baby Spinach Leaves	150g	Muesli
1	Red Chilli	375g	Sweet Potatoes	10g	Spirulina
5	Cucumbers	4	Cherry Tomatoes		
2	Leeks	12	Watercress		
4	Lemons	150g	Courgettes		
4	Limes	3	Fennel <i>(Bulb)</i>		