



# 28-DAY JUICE DIET

## week 1/3 shopping list

<b>32</b>	Apples <i>(Golden Delicious or Gala)</i>	<b>120g</b>	Kale	<b>3g</b>	Fresh Basil
<b>750g</b>	Spinach Leaves	<b>1</b>	Courgette <i>(Medium)</i>	<b>2.5g</b>	Cacao <i>(Cocoa)</i> Powder <i>(Fair-trade, Raw Cocoa)</i>
<b>2½</b>	Pineapples <i>(Medium)</i>	<b>3</b>	Parsnips <i>(Medium)</i>	<b>7g</b>	Manuka Honey <i>(Or natural Vegan sweetener)</i>
<b>5</b>	Cucumbers <i>(Medium)</i>	<b>300g</b>	Mixed Berries <i>(Blueberries, Blackberries, Strawberries or Seasonal)</i>	<b>1L</b>	Almond Milk
<b>8</b>	Limes <i>(Unwaxed)</i>	<b>120g</b>	Asparagus	<b>20g</b>	Pure Hemp Protein Powder
<b>27cm</b>	Broccoli Stem <i>(Or use the Florets)</i>	<b>2</b>	Cauliflower <i>(Florets)</i>	<b>Lots</b>	Ice
<b>48g</b>	Fresh Garden Peas	<b>1</b>	Red Cabbage <i>(Medium)</i>		
<b>4½</b>	Avocados <i>(Medium)</i>	<b>2</b>	Tomatoes		
<b>2</b>	Oranges	<b>60g</b>	Mixed Seeds <i>(Sunflower, Pepita, Sesame, Chia, etc)</i>		
<b>17</b>	Carrots <i>(Medium)</i>	<b>60g</b>	Almonds		
<b>8</b>	Raw Beetroot <i>(Bulb)</i>	<b>5g</b>	Tahini Paste		
<b>20</b>	Celery <i>(Stalks)</i>	<b>425g</b>	Raw Ginger		
<b>1½</b>	Lemons <i>(Unwaxed)</i>	<b>60g</b>	Fresh Mint		
<b>4½</b>	Bananas	<b>1</b>	Fennel <i>(Bulb)</i>		
<b>9</b>	Pears				



# 28-DAY JUICE DIET

## week 2/4 shopping list

<b>35</b>	<b>Apples</b> <i>(Golden Delicious or Gala)</i>	<b>120g</b>	<b>Kale</b>	<b>5g</b>	<b>Fresh Basil</b>
<b>750g</b>	<b>Spinach Leaves</b>	<b>1/4</b>	<b>Courgette (Medium)</b>	<b>2.5g</b>	<b>Cacao (Cocoa) Powder</b> <i>(Fair-trade, Raw Cocoa)</i>
<b>2</b>	<b>Pineapples (Medium)</b>	<b>2 1/2</b>	<b>Parsnips (Medium)</b>	<b>7g</b>	<b>Manuka Honey</b> <i>(Or natural Vegan sweetener)</i>
<b>5</b>	<b>Cucumbers (Medium)</b>	<b>200g</b>	<b>Mixed Berries</b> <i>(Blueberries, Blackberries, Strawberries or Seasonal)</i>	<b>1L</b>	<b>Almond Milk</b>
<b>7</b>	<b>Limes (Unwaxed)</b>	<b>120g</b>	<b>Asparagus</b>	<b>20g</b>	<b>Pure Hemp Protein Powder</b>
<b>30cm</b>	<b>Broccoli Stem</b> <i>(Or use the Florets)</i>	<b>2</b>	<b>Cauliflower (Florets)</b>	<b>5g</b>	<b>Spirulina</b>
<b>48g</b>	<b>Fresh Garden Peas</b>	<b>1</b>	<b>Red Cabbage (Medium)</b>	<b>Lots</b>	<b>Ice</b>
<b>4</b>	<b>Avocados (Medium)</b>	<b>1</b>	<b>Turnip</b>		
<b>2</b>	<b>Oranges</b>	<b>60g</b>	<b>Mixed Seeds (Sunflower, Pepita, Sesame, Chia, etc)</b>		
<b>19</b>	<b>Carrots (Medium)</b>	<b>60g</b>	<b>Almonds</b>		
<b>9</b>	<b>Raw Beetroot (Bulb)</b>	<b>1</b>	<b>Vanilla Pod</b>		
<b>19</b>	<b>Celery (Stalks)</b>	<b>325g</b>	<b>Raw Ginger</b>		
<b>1 3/4</b>	<b>Lemons (Unwaxed)</b>	<b>120g</b>	<b>Fresh Mint</b>		
<b>4 1/2</b>	<b>Bananas</b>	<b>3/4</b>	<b>Fennel (Bulb)</b>		
<b>8</b>	<b>Pears</b>				