

# Super Juice Me! Challenge

## Shopping List



## What You Need For Week 1

### Produce

- 32 Apples (*Golden Delicious or Gala*)
- 750g Spinach Leaves
- 2 ½ Pineapples (*medium*)
- 5 Cucumbers (*medium*)
- 8 Limes (*unwaxed*)
- 27cm Broccoli Stem (*or use the florets*)
- 48g Fresh Garden Peas
- 4 ½ Avocados (*medium*)
- 2 Oranges
- 17 Carrots (*medium*)
- 8 Raw Beetroots (*bulbs*)
- 20 Celery (*stalks*)
- 1 ½ Lemons (*unwaxed*)
- 4 ½ Bananas
- 9 Pears
- 120g Kale
- 1 Courgette (*medium*)
- 3 Parsnips (*medium*)
- 300g Mixed Berries (*blueberries, blackberries, strawberries, or seasonal*)
- 120g Asparagus
- 2 Cauliflower (*florets*)
- 1 Red Cabbage (*medium*)
- 2 Tomatoes

### Dried Fruits, Nuts & Seeds

- 60g Mixed Seeds (*sunflower, pepita, sesame, chia, etc*)
- 60g Almonds
- 5g Tahini Paste

### Fresh Herbs

- 425g Raw Ginger
- 60g Fresh Mint
- 1 Fennel (*bulb*)
- 3g Fresh Basil

### Spices

- 2.5g Cacao (cocoa) Powder (*fair-trade, raw cocoa*)

### Spreads

- 7g Manuku Honey (*or natural vegan sweetener, of your choice*)

### Drinks

- 1l Almond Milk

### Supplements

- 20g Pure Hemp Protein Powder

### Freezer

- Lots Ice

## Got Everything You Need?

### Make It Stupidly Easy... Get the App

Super Juice Me! is designed to completely transform your health in just 28 days. (with videos, text & pictures)


Available on  

[www.juicemaster.com](http://www.juicemaster.com)



### Got Everything You Need? Visit The Juicy Shop

From juicers to snack bars, there's everything to set you up for a juicier life.

 Sign up for our newsletter to keep up to date with new offers!

[www.juicemaster.com/shop](http://www.juicemaster.com/shop)



Join The Juicy Community

