



SHOPPING list for 7 Day Launch Programme

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|--------------------------|---------------------------------|----------------------------|--------------------------|-------------------------------------------------------------------------------------|----------------------------|
| <input type="checkbox"/> | Apples | x 28 (Golden Delicious) | <input type="checkbox"/> | Butternut squash | x 1 |
| <input type="checkbox"/> | Pineapples | x 5 (medium) | <input type="checkbox"/> | Sweet potatoes | x 4 (medium) |
| <input type="checkbox"/> | Pears | x 2 | <input type="checkbox"/> | Sun-blushed tomatoes | x 100g |
| <input type="checkbox"/> | Courgettes | x 3 | <input type="checkbox"/> | Spring onions | x 1 bunch |
| <input type="checkbox"/> | Avocados | x 6 (organic if possible) | <input type="checkbox"/> | Red onions | x 4 (small) |
| <input type="checkbox"/> | Carrots | x 15 (small to medium) | <input type="checkbox"/> | Red chilli | x 1 (small) |
| <input type="checkbox"/> | Parsnips | x 2 (medium) | <input type="checkbox"/> | Banana | x 1 |
| <input type="checkbox"/> | Cucumbers | x 5 | <input type="checkbox"/> | Mixed berries | x 150g of fresh or frozen |
| <input type="checkbox"/> | Beetroots | x 2 (raw NOT cooked) | <input type="checkbox"/> | Bio-live yoghurt | x 1 (450g) tub |
| <input type="checkbox"/> | Celery | x 1 bunch | <input type="checkbox"/> | Muesli | x 1 small bag |
| <input type="checkbox"/> | Spinach | x 1 large bag of baby leaf | <input type="checkbox"/> | Olive oil | x 1 small bottle |
| <input type="checkbox"/> | Watercress | x 1 bag | <input type="checkbox"/> | Balsamic vinegar | x 1 small bottle |
| <input type="checkbox"/> | Mixed salad leaves | x 1 bag (100g) | <input type="checkbox"/> | Good quality vegetable
stock cubes | x 7 |
| <input type="checkbox"/> | Watercress, spinach
& rocket | x 2 bags (140g bags) | <input type="checkbox"/> | Pepper | for seasoning the soups |
| <input type="checkbox"/> | Yellow Pepper | x 2 | <input type="checkbox"/> | Pesto | x 100g jar |
| <input type="checkbox"/> | Fennel | x 1 bulb | <input type="checkbox"/> | Half-fat coconut milk | x 1 can |
| <input type="checkbox"/> | Lemons | x 3 | <input type="checkbox"/> | Spirulina* | x 1 small bottle (50g max) |
| <input type="checkbox"/> | Limes | x 4 | <input type="checkbox"/> | Fresh mint for tea | |
| <input type="checkbox"/> | Ginger | x 1 very small claw | <input type="checkbox"/> | Herbal teas | |
| <input type="checkbox"/> | Alfalfa sprouts | x 50g | <input type="checkbox"/> | Ice cubes - Clearly you can make these but ensure you have
plenty made up ready. | |
| <input type="checkbox"/> | Leeks | x 2 | | | |
| <input type="checkbox"/> | Broccoli | x 1 head | | | |
| <input type="checkbox"/> | Red Pepper | x 1 | | | |
| <input type="checkbox"/> | Garlic | x 2 cloves | | | |
| <input type="checkbox"/> | Cherry Tomatoes | x 12 | | | |

* Spirulina can be found in all good health food stores or on our website.

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