



Shopping List for Days 1–3



Shopping List for Days 4–7



Essentials

- Lemons – wax free if possible
- Limes
- 3 ripe avocados
- 35 apples – not Granny Smiths, they just don't juice well
- 3 medium pineapples
- 2 and a half cucumbers
- 1 carrot
- 4 sticks of celery
- 1 head of broccoli
- 1 raw beetroot
- 1 courgette
- A stem of fresh ginger
- 1 bag of watercress
- 1 bag of kale
- 1 bag of spinach
- 1 bag of parsley
- 1 bag of alfalfa sprouts
- 3 good pinches of cinnamon
- 1 banana
- 200g natural unsweetened organic yoghurt. Use soya yoghurt with friendly bacteria if you are vegan or dairy free.
- 1–2 trays of freshly grown wheat grass or wheat grass powder.

Optional

- 1 bulb of fresh fennel – to make fresh tea
- A few sprigs of fresh mint – to make fresh tea

Website Items

- 1 bottle spirulina 200g
- 1 bottle of Power Greens
- 1 bottle of probiotic capsules (friendly bacteria)

Essentials

- Lemons – wax free if possible
- Limes
- 2 ripe avocados
- 39 apples – not Granny Smiths
- 2 Golden Delicious apples
- 4 medium/large pineapples
- 3 cucumbers
- 1 carrot
- Sticks of celery
- A head of broccoli
- 1 raw beetroot
- 1 courgette
- A stem of fresh ginger
- 500g natural organic yoghurt
- 1 small bottle of cinnamon powder
- 1 bag of watercress
- 1 bag of kale
- 1 bag of spinach
- 1 bag of parsley
- 1 bag of alfalfa sprouts – found in any good health shop

Optional

- 1 bulb of fresh fennel – optional, to make fresh tea
- A few sprigs of fresh mint – optional, to make fresh tea.
- A copy of “*The Juice Master: Turbo-Charge Your Life in 14 Days*”. Highly recommended if you want to do Phases 2 and 3 effectively.