

7 Day Juice Challenge

SHOPPING LIST

(use organic ingredients where possible)

PRODUCE

- 8 celery stalks, leaves removed
- 2 cucumber
- 2 kale leaves
- 3 large carrots
- 1 small green cabbage
- 1 large bunch romaine lettuce leaves
- 2 tomatoes
- 2 red grapefruits
- 1 orange, peeled
- 5 green apples
- 2 lemons
- 1 bunch of parsley
- 1 bunch of cilantro/coriander
- 1 bunch of mint leaves
- 1 bunch of parsley
- ½ fennel bulb
- 1 medium ginger root
- 1 small turmeric root
- 2 beetroots, stems removed and washed

PANTRY

- **Food Matters Superfood Greens** or greens supplement of your choice
- A pinch of sea salt
- A pinch of pepper