

Juicy July Challenge

"V 4 Vitality"

Juices

Shopping List - Week Four

- 5 Apples - ideally red
- 2 Basil leaves - large handfuls
- 3 Beetroots
- 6 Carrots
- 3 Celery stalks
- 1 Cucumber
- 1/2 Fennel bulb
- 2 Ginger roots
- 15 Grapes (small bunch)
- 1 Kiwi
- 3 Lemons
- 1 Lime
- 3 Oranges
- 2 Pears
- 2 Pink Grapefruit
- 4 Plums - ideally red
- 1 Spinach / Kale - large bag
- 1 Sweet Potato - small
- 7 Tomatoes - medium
- 1 Turmeric root
- 1 Watercress - medium bag
- 1 Cayenne Pepper (tsp)

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Juices - Extras

Shopping List - Week Four

Spiced Hot Apple

- 6 Apples
- 1 Ginger Root
- 1 Orange Peel - grated
- Cinnamon - ground
- Nutmeg - ground (optional)

This will make 2 - 3 glasses - this warm drink is extremely soothing and relaxing for your liver and great to incorporate to your diet 2 - 3 times a week.

G-Force

- 4 Apples
- 4 Lemons
- 1 Ginger Root - large
- 3 Turmeric Root

Everyone's raving about the G-Force - highly recommended this super-powerful little shot as the best way to start the day!

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Smoothies

Shopping List - Week Three

- 8-10 Almonds
- 2 Apples - ideally red
- 1 Avocado
- 2 Banana
- 2 Basil leaves - handfuls
- 1 Beetroot
- 1 Blueberries / Mixed Berries
(fresh / frozen - enough for 2 portions)
- 10 Cashew nuts
- 2 Celery stalk
- 15 Cherries (fresh / frozen)
- 1 Cranberries (fresh / frozen)
- 1 Cucumber - small
- 6 Dates - pitted
- 1 Garlic Clove (optional)
- 1 Ginger root - large
- 1 Grapefruit - pink
- 1 Kale / Spinach - large bag
- 2 Lemon
- 1 Mango (Fresh or frozen)
- 1 Orange
- 2 Pears
- 1 Pepper - Red / Orange - small
- 1 Pineapple - Large
- 1 Seeds - mixed
- 6 Tomatoes
- 1 Turmeric root (or ground turmeric)
- 1 Watermelon (2 large slices)
- 500ml Almond Milk
- 1000ml Coconut Water

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Smoothie - Extras

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