

Juicy July Challenge

"Time To Heal"

Juices

Shopping List - Week Three

- 8 Apples (see below)
- 6 Asparagus stalks
- 3 Beetroot
- 11 Carrots
- 1 Cauliflower
- 9 Celery stalks
- 1 Coriander
- 3 Cucumber
- 1 Garlic - small clove (optional)
- 3 Ginger Root
- 1 Grapefruit - Red
- 3 Lemons
- 1 Lime
- 1 Mint - bunch
- 1 Parsley
- 3 Pears
- 1 Pineapple
- 1 Spinach - large bag
- 10 Strawberries
- 1 Turmeric Root
- Cayenne Pepper - 1 pinch

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Juicy July Challenge

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Juices - Extras

Shopping List - Week Three

Spiced Hot Apple

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

This will make 2 - 3 glasses for you to enjoy through the week - a mug of pure healing comfort - this warm drink is extremely soothing and relaxing for your liver

G-Force

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

This super-powerful little shot is a brilliant way to start to your day! There really is no better way to awaken your taste buds and get your digestive tract ready for the day!

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Smoothies

Shopping List - Week Three

- 8-10 Almonds
- 2 Apricots
- 1 Avocado
- 3 Bananas - small / medium
- 2 Beetroots
- 8-10 Cashews
- 1 Celery sticks
- 2 Chamomile Teabags
- 1 Cucumber
- 15 Cherries - large cup (frozen)
- 2 Ginger Root
- 1 Green Teabag
- 3 Lemon
- 1 Mango - fresh or frozen
- 1 Melon - Cantaloup
- 1 Orange Small
- 1 Parsley - large handful
- 1 Peach / Nectarine
- 1 Pineapple
- 1 Seeds - 2 handfuls of mixed seeds
- 1 Spinach - large bag
- 10 Strawberries
- 1 Tumeric Root
- 6-8 Walnuts
- 1 Watermelon - large slice
- 500 ml Almond Milk
- 500 ml Coconut Water
- 1 Cayenne pepper - pinch (optional)

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Smoothie - Extras

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