



Juicy July Challenge

"Cleanliness is Next to Godliness"

Smoothies

Shopping List - Week Two

- 2 Apples
- 2 Avocados
- 1 Beetroot
- 2 Celery Sticks
- 1 Chilli - or chilli / cayenne powder
- 1 Coconut Water - 1 litre
- 1 Cranberries - or Redcurrants, Blackcurrants
- 2 Cucumber
- 1 Endive / Chicory (or 4 Radish)
- 1 Fennel Bulb (or Celery)
- 2 Ginger Root - medium
- 15 Green Grapes - small bunch
- 1 Green Tea (teabag)
- 3 Lemon
- 2 Lime
- 1/2 Melon - Cantaloup ideally, or Honeydew
- 11 Mint - large bunch (or frozen mint)
- 2 Mint Tea (teabags)
- 2 Oranges
- 1 Parsley - large bunch
- 2 Peaches or Nectarines
- 2 Pear
- 1/2 Pineapple
- 1 Red Pepper
- 1 Spinach or Kale - large bag
- 1 Watercress - small bag

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Juices

Shopping List - Week Two

- 6 Apples
(10 if you're doing daily G-Force)
- 2 Beetroot
- 1 Broccoli
- 6 Carrots
- 4 Celery sticks
- 3 Cucumber
- 1 Fennel Bulb
- 3 Ginger roots - medium / large
- 1 Green Tea (teabag)
- 3 Lemons
- 1 Lime
- 1 Mint - large bunch
- 1 Mint Tea (teabag)
- 1 Parsley - flat leaf - large bunch
- 3 Pears
- 4 Radishes
- 1/2 Red Cabbage - small
- 1 Red Pepper
- 1 Spinach / Kale - large bag
- 1 Tarragon - small bunch

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