



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

3 DAY JUICE FAST CHALLENGE

This shopping list reflects the 9 recipes included in this challenge: 3 juices per day for 3 days. If you would like to double up on a couple of the recipes to accommodate 4-5 juices per day instead of 3, simply adjust the shopping list as needed. I kept these recipes simple to accommodate any needed adjustments.

*Use a juicer and not a Vitamix - the goal is to have only juice, with no pulp.

* Please ensure that ALL produce is organic for optimal results.

SUBSTITUTIONS

Green apples are the preferred apples as these have the lowest sugar among apples. If these are not available, or if you have a strong aversion to apples, you may replace these with another apple or 2 pears per each apple that recipe calls for.

You will see that the shopping list calls for 1 bunch each of spinach, kale and Swiss chard. These are all interchangeable.

Zucchini may be substituted for cucumber and pumpkin may be used in place of butternut squash.

Clean & Lean Revolution

3 DAY JUICE FAST CHALLENGE

SHOPPING LIST

- 6 green apples
- 2 bunches of spinach
- 1 bunch Kale
- 1 bunch Swiss Chard
- 2 lemons
- 4 cucumber
- 1 medium beet
- 1 bunch celery
- 6 carrots
- 1 pineapple (need 1 cup fresh)
- 1 small butternut squash (need 1 cup, peeled)
- 1 small head of broccoli
- 1 small head of Romaine lettuce leaves
- 1 bunch of cilantro (may replace with basil or watercress)
- 1 lime
- 1 bunch of parsley
- 3 inch piece of ginger root
- 1 bunch fresh mint
- 1 clove of bunch of garlic
- sprinkle of cinnamon sprinkle