

Clean & Lean Revolution

7 Day Juicing Challenge

SHOPPING LIST

- 2 Asian pears
- 4 Fuji apples
- 3 Golden Delicious apples
- 6 beets
- 9 carrots
- ½ small cabbage
- 4 handfuls chard
- 5 inches ginger
- 3 bunches of kale
- 4 cups grapes
- 1/2 cup blackberries
- 1 small cantaloupe
- 1 small honeydew
- 2 cups Strawberries
- 1 coconut water
- 1 celeriac root or replace with 3 celery stalks
- 1 sweet potato
- 1 red bell pepper
- 1 orange
- 1 large container of freshly washed organic spinach (from salad section, at least 5 cups)