



## SHOPPING LIST

### Veggies

- Spinach - 15 cups (1 lb tub)
- Carrot - 3 medium
- Parsley - 1 cup
- Beet - 3 small/medium
- Celery - 2 stalks
- Cucumber - 1 large

### Fruit

- Lemon - 1
- Kiwi - 4
- Pear - 3
- Lime - 1
- Orange - 2
- Mixed berries (strawberry and blueberry fresh or frozen) - 4 cups
- Banana - 2
- Mango (fresh or frozen) - ½ cup
- Tomato - 3
- Honeydew melon - 1
- Avocado - 1

### Boosts

- Ginger - 1 medium root
- Apple cider vinegar (optional) - 1 bottle (Bragg's recommended)
- Raw honey (optional) - 1 small jar
- Ice cubes
- Turmeric
- Raw walnuts - 1 small bag
- Fresh mint leaves - 8-10
- Cinnamon
- Raw cacao (powder or nibs) - 1 small bag
- Gluten-free oats (optional) - 1 Tbsp
- Chia seeds - 1 Tbsp
- Epsom salt

### Liquid

- Filtered water
- Unsweetened vanilla (or original) almond milk - 1 half gallon
- Coconut water - 3 cans

