

Super Juice Me! Challenge

Shopping List



What You Need For Week 1

Produce

- 32** Apples (*Golden Delicious or Gala*)
- 750g** Spinach Leaves
- 2 ½** Pineapples (*medium*)
- 5** Cucumbers (*medium*)
- 8** Limes (*unwaxed*)
- 27cm** Broccoli Stem (*or use the florets*)
- 48g** Fresh Garden Peas
- 4 ½** Avocados (*medium*)
- 2** Oranges
- 17** Carrots (*medium*)
- 8** Raw Beetroots (*bulbs*)
- 20** Celery (*stalks*)
- 1 ½** Lemons (*unwaxed*)
- 4 ½** Bananas
- 9** Pears
- 120g** Kale
- 1** Courgette (*medium*)
- 3** Parsnips (*medium*)
- 300g** Mixed Berries (*blueberries, blackberries, strawberries, or seasonal*)
- 120g** Asparagus
- 2** Cauliflower (*florets*)
- 1** Red Cabbage (*medium*)
- 2** Tomatoes

Dried Fruits, Nuts & Seeds

- 60g** Mixed Seeds (*sunflower, pepita, sesame, chia, etc*)
- 60g** Almonds
- 5g** Tahini Paste

Fresh Herbs

- 425g** Raw Ginger
- 60g** Fresh Mint
- 1** Fennel (*bulb*)
- 3g** Fresh Basil

Spices

- 2.5g** Cacao (cocoa) Powder (*fair-trade, raw cocoa*)

Spreads

- 7g** Manuku Honey (*or natural vegan sweetener, of your choice*)

Drinks

- 1l** Almond Milk

Supplements

- 20g** Pure Hemp Protein Powder

Freezer

- Lots** Ice

Got Everything You Need?

Make It Stupidly Easy... Get the App

Super Juice Me! is designed to completely transform your health in just 28 days. (with videos, text & pictures)

Available on  

www.juicemaster.com



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What You Need For Week 2

Produce

- 35 Apples (*Golden Delicious or Gala*)
- 750g Spinach Leaves
- 2 Pineapples (*medium*)
- 5 Cucumbers (*medium*)
- 7 Limes (*unwaxed*)
- 30cm Broccoli Stem (*or use the florets*)
- 48g Fresh Garden Peas
- 4 Avocados (*medium*)
- 2 Oranges
- 19 Carrots (*medium*)
- 9 Raw Beetroots (*bulbs*)
- 19 Celery (*stalks*)
- 1 ¾ Lemons (*unwaxed*)
- 4 ½ Bananas
- 8 Pears
- 120g Kale
- ¼ Courgettes (*medium*)
- 2 ½ Parsnips (*medium*)
- 200g Mixed Berries (*blueberries, blackberries, strawberries, or seasonal*)
- 120g Asparagus
- 2 Cauliflower (*florets*)
- 1 Red Cabbage (*medium*)
- 1 Turnips

Dried Fruits, Nuts & Seeds

- 60g Mixed Seeds (*sunflower, pepita, sesame, chia, etc*)
- 60g Almonds
- 1 Vanilla (*pod*)

Fresh Herbs

- 325g Raw Ginger
- 120g Fresh Mint
- ¾ Fennel (*bulb*)
- 5g Fresh Basil

Spices

- 2.5g Cacao (cocoa) Powder (*fair-trade, raw cocoa*)

Spreads

- 7g Manuku Honey (*or natural vegan sweetener, of your choice*)

Drinks

- 1l Almond Milk

Supplements

- 20g Pure Hemp Protein Powder
- 5g Spirulina

Freezer

- Lots Ice

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