Juicy July Challenge

"INNER CLEANSE SMOOTHIES"

Shopping List - Week Two

DAY 8 - DAY 10

1	Avocado
2	Bananas
4	Cups of Berries (bag of frozen mixed berries)
2	Celery Sticks
1	Small Bunch of Coriander
1/2	Cucumber
1	Small Fresh Ginger Root
1	Leek
1	Lemon
2	Oranges
1	Large Handful of Spinach
1	Handful Sprouting Seeds e.g. Alfalfa, Bean Sprouts
250ml	Almond Milk or another Non-Dairy Milk

DAY 11 - DAY 14

3	Apples
1/2	Avocado
1	Banana
1	Beetroot (small / medium)
1	Broccoli Floret and Stalk
2	Cup of Frozen Blueberries or Mixed Berries
1	Small Bunch of Coriander
2	Carrots
1	Celery Stick
250ml	Coconut Water
1/2	Courgette
1/2	Cucumber
4cm	Fresh Ginger Root
1	Kale Leaf (or you can replace with spinach)
1.5	Lemon
1	Orange
1	Small Bunch of Parsley
1/2	Pineapple
2	Handfuls of Spinach

@maisondelunel @juicyjulychallenge #juicyjuly #juicyjulychallenge

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