

# SHOPPING LIST PANTRY ITEMS



These are the dried ingredients that will be making an appearance throughout Juicy July... they're great super foods to keep in your cupboard and to add to your juices and smoothies.

## PANTRY

- Chia Seeds
- Chili Powder (optional)
- Green Teabags
- Herbal Teabags: Mint, Chamomile
- Mint Teabags
- Mixed Seeds
- Ground Flaxseeds
- Nuts - e.g. almonds, walnuts, cashews (for making your own Nut Milks)
- Spirulina
- Wheatgrass Powder
- Vanilla Extract or Vanilla seeds from pod

