

AN IDEA WHOSE TIME HAS COME

# JUICE Feasting



## GROCERY LIST

### VEGETABLES

__ Celery	___heads	__ Cucumbers	___
__ Kale	___bunches	__ Romaine Lettuce	___ bunches
__ Parsley	___ bunches	__ Collards	___ bunches
__ Radish	___ bunches	__ Arugula	___ lbs
__ Spinach	___ lbs	__ Sunchokes	___ bags
__ Cabbage	___ heads	__ Dandelion Greens	___ bunches
__ Wheat Grass	___ lbs	__ Ginger Root	___ lbs
__ Beets	___	__ Red Bell Peppers	___
__ Yam	___	__ Burdock Root	___ pieces
__ Cilantro	___ bunches	__ Carrots	___ lbs

### FRUIT (LEMONS-LIMES ONLY ON A PHASE 1 [LOW-GLYCEMIC] JUICE FEAST)

__ Green Apples	___ lbs	__ Fuji Apples	___ lbs
__ Oranges	___ lbs	__ Cantaloupe	___
__ Lemons	___ lbs	__ Honeydew	___
__ Grapes	___ lbs	__ Watermelon	___
__ Limes	___ lbs	__ Tangerines	___ lbs
__ Grapefruit	___ lbs	__ Pineapple	___
__ Tangelos	___ lbs	__ Plums*	___ lbs
__ Peaches*	___	__ Pears*	___ lbs
__ Nectarines*	___	__ Blueberries*	___ lbs
__ Cranberries	___ lbs	__ Strawberries*	___ lbs

### ALL OTHER ITEMS

__ Young Coconuts	___ boxes (9/box)	__ Raw (Local) Honey	
__ Hemp Oil		__ 90,000 HU Cayenne	(Powder!)
__ Coconut Oil	(Unrefined!)	__ Black Organic Coffee	
__ Dr. Bronner's Soap		__ Kelp Granules	
__ Hydrogen Peroxide		__ Bee Pollen Granules	
		__ Garlic	___ heads

Items in light orange are not impossible, but difficult to juice and are better left for special juicing occasions when money is less important than a new exciting flavor.