

Juicing Foods

Shopping List

VEGETABLES (Organic!)		
Beets/Beet Greens	Dandelion Greens	Turnip Greens
Bell Peppers	Garlic	Watercress
Bok Choy	Kale	Wheat Grass
Broccoli	Pumpkin	Zucchini
Broccoli Rabe	Romaine Lettuce	
Cabbage	Spinach	
Carrots	Squash	
Celery	Sweet Potatoes	
Collards	Swiss Chard	
Cucumbers	Tomatoes	

FRUITS (Organic!)
Granny Smith Apples
Navel Oranges
Pineapple
Grapefruit
Lemon
Lime
Berries
Watermelon
Coconuts
Pear

HERBS and ROOTS (Organic!)
Fresh Parsley
Turmeric Root
Dandelion Root
Ginger Root

A SAMPLE WEEK OF JUICE FASTING GROCERIES	
8 bags of Carrots (5lbs each)	3 Bunches Dandelion Root
4-6 bunches of Kale	2 Fennel Bulbs
4-6 bunches of Celery	2 chunks of Ginger
8 Beets	8 cucumbers
6 Bags of Granny Smith Apples	1 head of Red Cabbage
3 Pineapples	

