

REVIVE

Shopping List for Juice days - 3 Day Detox

I suggest you use as much organic produce as you can for the REVIVE 3 Day Detox. Find your local growers' market. Talk with your farmers about how they grow their produce. Search for a supermarket that sells organic fruit and veg.

After your 3 Day Detox you will emerge with energy and vitality after you have flushed out your accumulated toxins. Enjoy your new health and happiness.

Shopping List for Juice days

- ✓ Filtered water
- ✓ Herbal teas
- ✓ 1/2 cup greens such as kale or spinach
- ✓ 2-3 cup mixed chopped vegetables for example - carrot, red cabbage, fresh mushrooms, leeks and celery
- ✓ 1/4 cup dried shiitake mushrooms
- ✓ 15g dried wakame seaweed
- ✓ 1 Tbsp peppercorn
- ✓ 1 Tbsp ground turmeric
- ✓ 1 bottle All Purpose **Amino Acid** Seasoning (from health food stores)
- ✓ A bunch of fresh coriander or other herb of your choice (optional)
- ✓ 12 celery stalks
- ✓ 14 Carrots
- ✓ 5 green apples
- ✓ 1 pear
- ✓ 1 piece of fruit – your choice
- ✓ 3 cucumbers
- ✓ Your choice of vegetables for Day 1 dinner – cauliflower, broccoli, sweet potato, snow peas, spinach, etc
- ✓ 1 handful of almonds or your favourite nuts
- ✓ Cayenne pepper
- ✓ Brussel sprouts
- ✓ Extra virgin olive oil
- ✓ Sesame oil
- ✓ Garlic
- ✓ Ginger
- ✓ Spinach
- ✓ 1 avocado
- ✓ 1 box sprouts
- ✓ 1 handful of spinach leaves, fresh herbs and 1 nori sheet, 5 cm ginger, chick peas (see recipe)
- ✓ Jar of tahini
- ✓ Coconut water
- ✓ Sea salt
- ✓ Lemons or 6 limes or therapeutic grade Lemon essential oil
- ✓ Your favourite salad greens - 1 plate full, different coloured vegetables eg. avocado, tomato celery, carrots, 3-4 cups shredded veggies (eg cabbage – all colours, snow peas, bell peppers etc.

Optional – Wheat grass or spirulina powder, chilli flakes, nutritional yeast flakes (great to have in the pantry once you get used to using it), black sesame seeds, 1 bottle coconut water. All vegetables to be organic if possible. Scrub and trim. Only peel if needed.