

The 3-Day Juice Cleanse

Shopping List

- 2 -3 Bunches of Kale (28 Large Leaves)
- 2-3 Bunches of Celery (30 Stalks)
- 1 bunch of dandelion leaves
- 1 bunch of parsley
- 1 Bunch of Cilantro
- 1 head of Romain Lettuce
- 2 Handfuls of spinach leaves
- 2 Cucumbers
- 49 carrots
- 3 Beets
- 30 Green Apples (or any hard apple variety)
- 2 Pears
- 1 large ripe pineapple
- 11 oranges
- 2 Grapefruits
- 6 Lemons, organic and wax free where possible
- 3 Limes
- 1 in (2.5 cm) piece of turmeric
- 4 in (10 cm) piece of ginger
- ground cinnamon
- Ground Cayenne Pepper

Substitutions

- Apple** → pear, pineapple
- Beets** → red cabbage
- Carrot** → sweet potato
- Cayenne** → Chili
- Celery** → cucumber, celeriac root, lettuce, zucchini, watercress, spinach
- Cilantro** → parsley, basil, mint
- Cucumber** → celery, zucchini
- Dandelion leaves** → spinach, kale, lettuce
- Ginger** → powder ginger if fresh is not available
- Grapefruit** → clementine, orange,
- Kale** → spinach, collard greens
- Lemon** → lime, grapefruit, orange
- Lime** → lemon, grapefruit, orange
- Orange** → mandarin, grapefruit
- Parsley** → mint, watercress, lettuce
- Pear** → apple, pineapple
- Pineapple** → orange, grapefruit
- Romaine lettuce** → arugula (rocket), other lettuce varieties, watercress, spinach
- Spinach** → kale, chard, romaine lettuce
- Turmeric** → powder turmeric if fresh is not available



EWG's 2018

Shopper's Guide to Pesticides in Produce

 CUT ALONG LINE



EWG's 2018

Dirty 12™

1. STRAWBERRIES
2. SPINACH
3. NECTARINES
4. APPLES
5. GRAPES
6. PEACHES
7. CHERRIES
8. PEARS
9. TOMATOES
10. CELERY
11. POTATOES
12. SWEET BELL PEPPERS

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Clean 15™

1. AVOCADOS
2. SWEET CORN
3. PINEAPPLES
4. CABBAGES
5. ONIONS
6. SWEET PEAS
7. PAPAYAS
8. ASPARAGUS
9. MANGOES
10. EGGPLANTS
11. HONEYDEWS
12. KIWIS
13. CANTALOUPE
14. CAULIFLOWER
15. BROCCOLI

Instructions:

1. CUT ALONG OUTSIDE LINE.
2. FOLD ALONG MIDDLE LINE.