



Shopping List

Try to buy fresh and organic if at all possible

- ___ 2 medium lemons (or limes, if you prefer)
- ___ 1 bag of frozen mango chunks, no sugar or juice added
- ___ 1 bag of frozen pineapple chunks, no sugar or juice added
- ___ 1 can of light coconut milk, no sugar added
- ___ 1 pint (32 ounces) of 100% pure cranberry juice, no sugar added
- ___ 1 large ruby red grapefruit
- ___ 1 medium orange
- ___ 1 honeydew melon
- ___ 1 small watermelon
- ___ 1 medium sized pineapple
- ___ 1 small red onion
- ___ 2 medium English or Persian cucumbers
- ___ 4 large tomatoes (try heirloom)
- ___ 1 medium leek
- ___ 1 bunch of asparagus (or 3 cups of green beans)
- ___ Green tea or peppermint tea
- ___ Epsom salt (small container)
- ___ Baking soda (small container)