The 7-Day Add-One Plan: Shopping List

Add one juice a day for a week, with real food alongside.

Vegetables

- [ ] 11 large carrots
- [ ] 10 large celery stalks
- [ ] 8 medium cucumbers
- [ ] 2 packed cups baby spinach
- [ ] 1 medium beet

Fruit

- [ ] 3 medium apples
- [ ] 1 medium pear
- [ ] 1 medium orange, peeled
- [ ] 1 medium green apple
- [ ] 1 cup pineapple chunks

Citrus, herbs and ginger

- [ ] 2 lemons, peeled
- [ ] 2 inches of fresh ginger
- [ ] 1 lime, peeled
- [ ] 2 small handfuls mint leaves

Also

- [ ] Lemons (for the rescue squeeze)
- [ ] Fresh ginger

The plan at a glance

When	Juice	Notes
Monday	Sunrise Carrot-Apple	Eggs or Greek yogurt, and a handful of nuts
Tuesday	Pear-Cucumber Calm ⓘ SEE SAFETY GUIDE	Whole-grain toast with nut butter
Wednesday	Beginner Green ⓘ SEE SAFETY GUIDE	Oatmeal with walnuts and cinnamon
Thursday	Classic Orange-Carrot	Scrambled eggs, or tofu scramble, with vegetables
Friday	Apple-Celery Crisp	A small handful of almonds and a hard-boiled egg
Saturday	Deep Roots ⓘ SEE SAFETY GUIDE	Weekend breakfast of your choice, with protein
Sunday	Pineapple-Cucumber Splash ⓘ SEE SAFETY GUIDE	Yogurt with berries and seeds

Amounts are rounded up to whole items for shopping. ⓘ means worth a glance at the Safety Guide in the book if you take medication or have a kidney condition.

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The Low-Sugar Green Week: Shopping List

Seven low-sugar, mostly green glasses.

Vegetables

- [ ] 9 medium cucumbers
- [ ] 9 large celery stalks
- [ ] 1 small fennel bulb
- [ ] 2 packed cups baby spinach
- [ ] 2 medium zucchini
- [ ] 2 romaine hearts
- [ ] 3 medium tomatoes
- [ ] 1 medium red bell pepper

Fruit

- [ ] 1 medium green apple
- [ ] 1 medium apple

Citrus, herbs and ginger

- [ ] 4 lemons, peeled
- [ ] 3 small handfuls mint leaves
- [ ] 2 inches of fresh ginger
- [ ] 2 limes, peeled
- [ ] 1 small handful basil

Liquids

- [ ] 6 fl oz sparkling water

Also

- [ ] Fresh mint
- [ ] Sparkling water (3 cups)
- [ ] Black pepper

The plan at a glance

When	Juice	Notes
Monday	Cucumber-Mint Lemonade	Lunch: a big salad with beans or chicken
Tuesday	Celery-Fennel Calm	Lunch: lentil soup and whole-grain bread
Wednesday	Everyday Green ⓘ SEE SAFETY GUIDE	Breakfast: eggs and sautéed greens
Thursday	Zucchini-Lime Cooler ⓘ SEE SAFETY GUIDE	Dinner: grilled fish or tofu and roasted vegetables
Friday	Romaine-Lime Crisp ⓘ SEE SAFETY GUIDE	Lunch: a grain bowl with avocado
Saturday	Red Garden	Brunch: an omelet with olive oil and herbs
Sunday	Lemon-Ginger Cucumber Spritz	Dinner: any meal you enjoy

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The Plant-Forward Week: Shopping List

Four juices spread across the week.

Vegetables

- [ ] 9 large carrots
- [ ] 4 medium cucumbers
- [ ] 2 medium red bell peppers
- [ ] 3 large celery stalks
- [ ] 2 packed cups baby spinach
- [ ] 1 medium beet

Fruit

- [ ] 1 medium orange, peeled
- [ ] 1 cup pineapple chunks
- [ ] 1 medium apple

Citrus, herbs and ginger

- [ ] 1 inch of fresh turmeric root
- [ ] 1 lemon, peeled
- [ ] 1 lime, peeled

Liquids

- [ ] 4 fl oz unsweetened coconut water

Also

- [ ] Black pepper
- [ ] Coconut water (about 4 oz)

The plan at a glance

When	Juice	Notes
Monday	Golden Carrot-Turmeric	Juice with lunch
Wednesday	Red Pepper Sunrise	Juice with lunch
Friday	Green Fuel ⓘ SEE SAFETY GUIDE	Juice mid-afternoon
Sunday	Deep Roots ⓘ SEE SAFETY GUIDE	Juice with brunch

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The Busy-Week Batch Plan: Shopping List

Make three juices on Sunday, freeze single servings.

Vegetables

- [ ] 7 large carrots
- [ ] 5 large celery stalks
- [ ] 2 medium cucumbers
- [ ] 2 packed cups baby spinach
- [ ] 1 medium beet

Fruit

- [ ] 2 medium apples
- [ ] 1 medium green apple

Citrus, herbs and ginger

- [ ] 2 lemons, peeled
- [ ] 2 inches of fresh ginger

Also

- [ ] Glass jars with lids
- [ ] Freezer-safe labels

The plan at a glance

When	Juice	Notes
Sunday batch	Sunrise Carrot-Apple	Make, then freeze in 8-oz jars
Sunday batch	Everyday Green ⓘ SEE SAFETY GUIDE	Make, then freeze in 8-oz jars
Sunday batch	Deep Roots ⓘ SEE SAFETY GUIDE	Make, then freeze in 8-oz jars

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The One-Day Fresh Start: Shopping List

Juices only. Add the ingredients for the meals you choose.

Vegetables

- [ ] 4 large carrots
- [ ] 2 medium cucumbers
- [ ] 3 large celery stalks
- [ ] 2 packed cups baby spinach

Fruit

- [ ] 1 medium orange, peeled
- [ ] 1 medium green apple

Citrus, herbs and ginger

- [ ] 2 inches of fresh ginger
- [ ] 1 lemon, peeled

Also

- [ ] Ingredients for the meals you choose
- [ ] Herbal tea
- [ ] Plenty of water

The plan at a glance

When	Juice	Notes
Your day, breakfast	Classic Orange-Carrot	Oatmeal made with milk or water, topped with berries and walnuts.
Your day, mid-afternoon	Everyday Green ⓘ SEE SAFETY GUIDE	A small handful of almonds.

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The Three-Day Reset: Shopping List

Juices only. Add the ingredients for the meals you choose.

Vegetables

- [ ] 8 large carrots
- [ ] 6 medium cucumbers
- [ ] 11 large celery stalks
- [ ] 2 packed cups baby spinach
- [ ] 2 romaine hearts

Fruit

- [ ] 1 medium orange, peeled
- [ ] 2 medium green apples
- [ ] 1 medium pear
- [ ] 2 medium apples

Citrus, herbs and ginger

- [ ] 3 inches of fresh ginger
- [ ] 2 lemons, peeled
- [ ] 2 limes, peeled
- [ ] 3 small handfuls mint leaves

Also

- [ ] Ingredients for the meals you choose
- [ ] Herbal tea
- [ ] Plenty of water

The plan at a glance

When	Juice	Notes
Day 1: Start simple, breakfast	Classic Orange-Carrot	Overnight oats with berries and a spoonful of nut butter.
Day 1: Start simple, mid-afternoon	Everyday Green ⓘ SEE SAFETY GUIDE	A small handful of nuts.
Day 2: Add greens, breakfast	Pear-Cucumber Calm ⓘ SEE SAFETY GUIDE	Greek yogurt (or soy yogurt) with fruit and seeds.
Day 2: Add greens, mid-afternoon	Celery-Mint Cooler	An apple with a tablespoon of almond butter.
Day 3: Settle in, breakfast	Sunrise Carrot-Apple	Scrambled eggs or tofu with spinach on whole-grain toast.
Day 3: Settle in, mid-afternoon	Romaine-Lime Crisp ⓘ SEE SAFETY GUIDE	Hummus with carrot sticks.

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The Five-Day Fresh Start: Shopping List

Juices only. Add the ingredients for the meals you choose.

Vegetables

- [ ] 13 large carrots
- [ ] 12 medium cucumbers
- [ ] 11 large celery stalks
- [ ] 2 packed cups baby spinach
- [ ] 2 romaine hearts
- [ ] 1 medium beet
- [ ] 2 medium red bell peppers

Fruit

- [ ] 2 medium oranges, peeled
- [ ] 2 medium green apples
- [ ] 1 medium pear
- [ ] 3 medium apples

Citrus, herbs and ginger

- [ ] 4 inches of fresh ginger
- [ ] 5 lemons, peeled
- [ ] 2 limes, peeled
- [ ] 5 small handfuls mint leaves

Liquids

- [ ] 6 fl oz sparkling water

Also

- [ ] Ingredients for the meals you choose
- [ ] Herbal tea
- [ ] Plenty of water

The plan at a glance

When	Juice	Notes
Day 1: Start simple, breakfast	Classic Orange-Carrot	Overnight oats with berries and a spoonful of nut butter.
Day 1: Start simple, mid-afternoon	Everyday Green ⓘ SEE SAFETY GUIDE	A small handful of nuts.
Day 2: Add greens, breakfast	Pear-Cucumber Calm ⓘ SEE SAFETY GUIDE	Greek yogurt (or soy yogurt) with fruit and seeds.
Day 2: Add greens, mid-afternoon	Celery-Mint Cooler	An apple with a tablespoon of almond butter.
Day 3: Settle in, breakfast	Sunrise Carrot-Apple	Scrambled eggs or tofu with spinach on whole-grain toast.
Day 3: Settle in, mid-afternoon	Romaine-Lime Crisp ⓘ SEE SAFETY GUIDE	Hummus with carrot sticks.
Day 4: Add color, lunch	Deep Roots ⓘ SEE SAFETY GUIDE	Quinoa salad with roasted vegetables, feta or chickpeas.
Day 4: Add color, mid-afternoon	Cucumber-Mint Lemonade	Plain yogurt with a handful of berries.

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