THE WEEKEND JUICE CLEANSE WITH JOE CROSS

SHOPPING LIST:
Note this shopping list is only for 1 day on the cleanse

- 4 Carrots
- 4 Apples
- 2 Golden Delicious Apples
- 2 Pieces of Ginger (1 inch long)
- 1 Lime
- 4 Plum Tomatoes
- 2 Red Bell Peppers
- 1/4 Small Red Onion
- 1 Orange
- 3 Cucumbers
- 6 Celery Stalks
- 12 - 16 Kale Leaves
- 1/2 Lemon
- 2 Cups Parsley
- 1 Large Sweet Potato
- 2 Large Red Beets
- 8 Leaves Swiss Chard
- 6 Clementines
- 2 Pieces of Ginger
- 3 Cucumbers
- 6 Celery Stalks
- 12 - 16 Kale Leaves
- 1/2 Lemon
- 2 Cups Parsley
- 1 Large Sweet Potato
- 2 Large Red Beets
- 8 Leaves Swiss Chard
- 6 Clementines
- 2 Pieces of Ginger
- 3 Cucumbers
- 6 Celery Stalks
- 12 - 16 Kale Leaves
- 1/2 Lemon
- 2 Cups Parsley
- 1 Large Sweet Potato
- 2 Large Red Beets
- 8 Leaves Swiss Chard
- 6 Clementines

DAY 1

BREAKFAST JUICE
Carrot Apple Ginger Juice
3 Carrots
2 Apples
1” Ginger
Juice, Pour over ice, Enjoy

MID MORNING JUICE
Mean Green Juice
1 Cucumber
4 Celery stalks
2 Apples
6-8 leaves Kale
1/2 Lemon
1” Ginger
Juice, Pour over ice, Enjoy

LUNCH JUICE
Gazpacho Juice
4 Plum Tomatoes
1 lg Cucumber
2 Celery stalks
1 Red Bell Pepper
1/4 sm Red Onion
2 cups Parsley (roughly chopped)
1 Lime
Juice, Pour over ice, Enjoy

AFTERNOON SNACK JUICE
Citrus Inspired Green Juice
6-8 leaves Kale
8 leaves
Swiss chard
1 Cucumber
6 Clementines
Juice, Pour over ice, Enjoy

PRE DINNER JUICE
Sunset Blend Juice
1 lg Sweet Potato
1 med Carrot
1 Red Bell Pepper
2 lg Red Beets
2 Golden Delicious Apples
1 Orange (optional)
Juice, Pour over ice, Enjoy

DAY 2

BREAKFAST JUICE
Carrot Apple Ginger Juice
3 Carrots
2 Apples
1” Ginger
Juice, Pour over ice, Enjoy

MID MORNING JUICE
Mean Green Juice
1 Cucumber
4 Celery stalks
2 Apples
6-8 leaves Kale
1/2 Lemon
1” Ginger
Juice, Pour over ice, Enjoy

LUNCH JUICE
Gazpacho Juice
4 Plum Tomatoes
1 lg Cucumber
2 Celery stalks
1 Red Bell Pepper
1/4 sm Red Onion
2 cups Parsley (roughly chopped)
1 Lime
Juice, Pour over ice, Enjoy

AFTERNOON SNACK JUICE
Citrus Inspired Green Juice
6-8 leaves Kale
8 leaves
Swiss chard
1 Cucumber
6 Clementines
Juice, Pour over ice, Enjoy

PRE DINNER JUICE
Sunset Blend Juice
1 lg Sweet Potato
1 med Carrot
1 Red Bell Pepper
2 lg Red Beets
2 Golden Delicious Apples
1 Orange (optional)
Juice, Pour over ice, Enjoy

DAY 3

BREAKFAST JUICE
Carrot Apple Ginger Juice
3 Carrots
2 Apples
1” Ginger
Juice, Pour over ice, Enjoy

MID MORNING JUICE
Mean Green Juice
1 Cucumber
4 Celery stalks
2 Apples
6-8 leaves Kale
1/2 Lemon
1” Ginger
Juice, Pour over ice, Enjoy

LUNCH JUICE
Gazpacho Juice
4 Plum Tomatoes
1 lg Cucumber
2 Celery stalks
1 Red Bell Pepper
1/4 sm Red Onion
2 cups Parsley (roughly chopped)
1 Lime
Juice, Pour over ice, Enjoy

AFTERNOON SNACK JUICE
Citrus Inspired Green Juice
6-8 leaves Kale
8 leaves
Swiss chard
1 Cucumber
6 Clementines
Juice, Pour over ice, Enjoy

PRE DINNER JUICE
Sunset Blend Juice
1 lg Sweet Potato
1 med Carrot
1 Red Bell Pepper
2 lg Red Beets
2 Golden Delicious Apples
1 Orange (optional)
Juice, Pour over ice, Enjoy

Instructions: For 3 days, Drink 5 juices (listed above) and eat 1 meal (meals should include only fruits & vegetables)