

# 7 Day Cleanse Shopping List

- Apples - 46 medium (about 19 lbs)
- Oranges - 14
- Beets - 6
- Kale - 21 leaves (about 3 bunches)
- Spinach - 18 handfuls/cups (18oz)
- Ginger - 8 inches/thumb tips
- Parsley - 4 handfuls (2 bunches)
- Celery - 32 stalks (about 3-4 bunches)
- Carrots - 65 medium (about 9lbs)
- Cucumbers - 6
- Purple Cabbage - 1 head
- Lemons - 7
- Limes - 2

## Notes

It may cost you anywhere between \$85-130 depending on where you live, the season, and if you're going for organic produce.

We've included the approx. weights next to some of the ingredient amounts to give you a better idea how much to get if you're buying bulk bags, but the amounts should be relied on over weights to make it easier when you're in the kitchen.

**Apples** - Harder apples are better to juice (granny smith, pink ladies, etc.) It's also a good idea to get some extra apples if you want a little bit more yield out of a recipe or if you need it a little sweeter.

**Celery** - Be sure to count your celery stalks. Celery bunches can have a wide range of stalks in them.

**Kale** - A kale leaf is also known as a kale stalk. Make sure you count each leaf/stalk that comes in a bunch and make sure you have 21 total because it can vary widely depending on the season and location.

# Potassium Broth Recipe

- Onion - 1
- Potatoes (red) - 4 large
- Garlic - 1 bulb
- Spinach - 2 handfuls/cups (2oz)
- Beet - 1 (with greens)
- Carrots - 5 medium
- Jalapeno - 1

1. Roughly peel the potatoes (creating peels 1/4"-1/2" thick).  
**\*Note:** Only use the potato skin. Inside of potatoes can be kept for potato soup, compost, or another recipe of your choice.
2. Roughly chop up carrot, beet, onion, 3-4 garlic cloves (peel the rest), and jalapeno.
3. Place a large pot on low heat, add 1 tbsp of olive oil, and saute 3-4 garlic cloves and chopped onion for 1 minute.
4. Add remaining ingredients to the pot, then pour water over vegetables just enough to cover them.
5. Simmer on low (covered) for 2-4 hours.
6. Strain off vegetables, and drink only the broth.
7. Refrigerate the leftover broth to drink over the next few days.

## Notes

This is what you'll need if you plan to make a potassium broth with your cleanse.

If you have no idea what a potassium broth is or what this is for, it's a broth recipe that you "eat" as a soup to help you feel a bit more normal and will help with those really tough days (like day 3).

Basically, it's a huge help when on a cleanse. Do yourself a favor and grab this stuff, especially if this is your first time on a juice cleanse.