



## **FIT MOMS FIT KIDS CLUB**

**Here's the shopping list for those of you taking the Big Step track, joining us in the 3 day juice cleanse.**

This should be all you need (and your juicer of course). The amounts given are for one person. If you can afford organic, feel free to get organic items. If not, scrub with veggie cleanser or wash with lemon and vinegar.

### **Almond Milk ingredients**

3 cups of blanched almonds

18 dates (optional as sweetener)

12 cups filtered water

3 tsp vanilla extract or 3 vanilla beans

cheesecloth to strain

### **Green Juice 1 & 2 Ingredients**

6 cucumbers

24 stalks celery

3 handfuls of greens (spinach, romaine, kale, turnip, etc)

3 handfuls of another type of greens

18 kale leaves

parsley

9 small granny smith apples (or 6 apples and 3 pears)

3 lemons

ginger root

### **Grapefruit and Lemonade Juices**

12-16 mint leaves

6 red grapefruits

1 large piece of fresh ginger (you'll use in several recipes)

optional: if you'd like your juice sweeter 6 carrots for these

1 lemon

1 lime

2/10 tsp cayenne pepper

raw agave or grade B maple syrup

20 oz filtered water

16oz. 100% raw coconut water

### **Awesome Red Juice**

9 carrots

3 small beets with stems and leaves

3 small granny smith apples

2 lemons

ginger

\*\*\*Some of you **CANNOT** participate. Children are **NOT ALLOWED** to do the juice fast, but they can certainly have a veggie juice to supplement what they are already eating during the day. Adults, you must be in good health to participate. You cannot be pregnant or nursing. People with diabetes, low blood sugar, kidney disease, liver disease, malnutrition, addictions, underweight, anemia, eating disorders, impaired immune function, infection, nutritional deficiency, low blood pressure, ulcerative colitis, cancer, terminal illness, epilepsy, or any other chronic conditions shouldn't try a juice fast or should do so only under strict medical supervision. This blog is not intended to give you medical advice. We are not your doctors and are not giving you advice. If you are on any medication you need to get your doctors permission because some juices can change the way your prescription reacts with your body. No one wants that. Did I mention you should get your doctors permission ladies. Great. If you choose to fast you will be doing it at your own risk. Thanks! :)