

Days 7 to 9 ~

Lemons ~ If you don't have friends with lemon trees, add LOTS of lemons to one of your lists.

Grocery Store

1 pound spinach

Sprouts

7 stalks organic celery

6-7 cucumbers

32 oz organic, unsweetened apple juice

- OR enough apples to juice 32 ounces

Basil leaves

papayas

Costco

More apples only if needed

Asparagus if needed

Brussels sprouts if needed

Farmer's Market

1 bag oranges if needed

Cantaloupes

Honeydews

Watermelons

3 cups tomatoes