

Days 4 to 6 ~

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

iHerb

Dragonfruit powder. <https://www.iherb.com/pr/Wilderness-Poets-Freeze-Dried-Dragon-Fruit-Powder-3-5-oz-99-g/77545>

Grocery Store

3 cucumbers
1.5 cups parsley
1.5 cups scallions
12-20 cups greens (spinach/lettuce)
10 bananas

Sprouts

4 stalks organic celery

Raleys

1 bag frozen Wyman's blueberries

Costco

12-16 Honey crisp apples (plus 6 more for days 7-8)
1-2 bags Asparagus
1 bag organic Brussels sprouts

Farmer's Market

1 bag oranges
5 cups organic cilantro
Organic carrots
8-9 tomatoes
2 red cabbages
2 bunch radishes