

This Week's Shopping List:

Per person, for the week.

You will have surplus / left over produce - make juice with it!

Fruit

Amount	Ingredient	<i>Approximate</i> Weight
7	Oranges	5 lbs / 2.5 kg
8	Apples	3 lbs / 1.5 kg
1	Pineapple (optional)	-
1	Lemon or Lime	-

** Optional ingredients are for optional recipes*

Veg

Amount	Ingredient	<i>Approximate</i> Weight
15	Carrots	3 lbs / 1.5 kg
1	Beetroot	-
1	Kale/Silverbeet (bunch)	-
3	Zucchini (large)	-
¼	Cabbage (Chinese or Green/White)	-
¼	Red Cabbage	-
couple nobs	Ginger and/or Tumeric	-

Optional extras

Fresh Mint, and more Ginger, Tumeric, Lime and Lemon are great ways to freshen up and make any juice taste great!

