

**5 Day Juice Cleanse Reboot Grocery Shopping List**  
**www.HoldingHerOwn.com**

**DAYS 1 -3**  
**(MON. JAN. 5 – WED. JAN. 7)**

8 carrots  
3 bunches of kale  
4 bunches spinach  
2 bunches collards  
2 bunches parsley  
8 cucumbers  
20 apples (vary red and green)  
2 oranges  
3 lemons  
1 yellow pepper  
1 red pepper  
2 pears  
8 oz. blackberries  
2 bags celery (you'll need 16 stalks with leaves)  
2 large ginger root (enough for 9 one inch pieces)  
2 pineapples  
4 tomatoes  
4 beets  
cayenne pepper

**POTASSIUM BROTH INGREDIENTS**  
**(OPTIONAL)**

2 onions  
2-3 stalks celery with leaves  
2 medium potatoes  
1 bulb garlic

**DAYS 4 – 5**  
**(THUR. JAN. 8 – FRI. JAN. 9)**

8 carrots  
2 bunches of kale  
3 bunches of spinach  
1 bunch collards  
1 bunch parsley  
5 cucumbers  
12 apples  
2 oranges  
3 lemons  
1 yellow pepper  
1 red pepper  
1 pear  
1 bag celery (you'll need 9 stalks with leaves)  
1 large ginger root (enough for 6 one inch pieces)  
1 half pineapple  
2 tomatoes  
1 bunch parsley  
1 beet  
cayenne pepper