



BLAST RECIPES ONLY SHOPPING LIST

Fruits

- Blueberries – 1 cup (organic)
- Banana – 4
- Avocado – 1
- Orange – 2
- Mixed berries – 2½ cups
- Apple – 3
- Pear – 2
- Pineapple – 2¼ cups
- Frozen pitted cherries – 1¼ cup

Veggies

- Kale – 4½ cups (may wish to use more per Blast if desired!)
- Spinach – 10 cups (may wish to use more per Blast if desired!)
- Parsley – ¾ cup (fresh)
- Beetroot – 1 small
- Cucumber – 2
- Sweet potato – 1 small
- Tomato – 1
- Carrot – 1
- Celery – 2 sticks
- Broccoli florets – 5

Boosts

- Fresh ginger – 1 medium root
- Apple cider vinegar (Bragg's or another raw version) – Small jar (enough for 5 Tbsp)
- Lemons – 5
- Chia seeds – 7 Tbsp
- Raw almonds – 1 cup total (soaked overnight is preferred)

Liquid

- Purified water
- Coconut water – 5½ cans
- Unsweetened almond milk (may use vanilla flavored if desired) – 5 cups
- Ice – 3 handfuls

Optional

- Turmeric (powdered) – ½ tsp
- Gluten-free rolled oats – 3 Tbsp
- Aloe Vera (edible) – 2 Tbsp
- Raw cacao (powder or nibs) – 1 Tbsp
- Cinnamon – 2½ tsp

