



STUDIO AUSTRALIA

BARCELONA

Basic Shopping List: 3 Days Raw Food Cleanse

General:

Organic apple juice - get the cloudy one not the clear one

Organic olive oil Herbamere salt

Miso Organic honey

Balsamic vinegar Olives

Vegetables - you could also add asparagus, beetroot, broccoli, and other vegetables that are good raw.

Spinach

Celery

Carrots

Avocados

Lettuce - mixed and iceberg

Fennel

Mushrooms

Tomatoes / Cherry Tomatoes

Red Cabbage

Zucchini

Cucumber

Capsicum

Rucula

Onion

Herbs

Alfalfa sprouts. bean sprouts or others - onion sprouts are good as they add taste

Chives

Coriander, Basil and any other fresh herbs you might like

Nuts

Almonds

Hazelnuts

+ seeds of your choice that you can supplement

Fruit - these are the fruits in the cleanse you could also substitute watermelon, grapes, mango, kiwi

Apples

Pears

Raspberries

Bananas

Strawberries

Lemons