



SHOPPING LIST

Shopping List

Use the table below as your shopping list. Your diet should be made up of 80% of the 'green' foods and 20 % of the 'black' foods.

Meat	Poultry	Fish & Seafood	Cont..
Beef Heart (Beef) Kidney (Beef) Liver (Beef) Rabbit Venison Lamb	Chicken Duck Pheasant Turkey	Mackerel Salmon Sardine Anchovy Bass Cat Fish Cod Crayfish Halibut Herring Octopus	Perch Prawns/Shrimps Scallop Snapper Trout Clams Crab Lobster Shark Squid Sword Fish Tuna

Vegetables	Cont	Fruit	Oils & Fats	Seasonings	Cont
Kale Lettuce Rocket Spinach Sprouts Bean Sprouts Water Cress Asparagus Onion Radish Artichoke Olives Leek Peas	Broccoli Cabbage Carrot Cauliflower Celery Cucumber Parsnip Peppers Shallot Tomato Water Chestnuts Pumpkin Fennel Garlic Beans	Avocado APPLES Blackberries Blueberries Coconut Papaya PEAR Mango Lime Lemon Grapefruit Raspberries Rhubarb Strawberries Water Melon Banana	Sesame Oil Almond Oil Coconut Oil Evening Primrose Oil Fish Oil Olive Oil	Basil Bay Leaf Chilli Powder Chive Cinnamon Coriander Garlic Ginger Horseradish Paprika Oregano	Wasabi Parsley Peppermint Rosemary Sage Saffron Sea Salt Thyme Nutmeg Cumin Turmeric Black Pepper

Drinks	Dairy	Nuts & Seeds	Grains	
Water Green Tea Herbal Teas Vegetable Juices Rice Milk Almond Milk Coconut milk	Chicken Eggs (white & yolk) Duck Eggs (white & yolk) Feta Cheese Goats Cheese	Almonds Seeds Brazil Nuts Seeds Cashews Seeds Macadamias Seeds Pecans Walnuts Pine Nuts Pistachios	Poppy Pumpkin Sesame Sunflower Flax Seeds	Quinoa Basmati Rice Brown Rice Wild Rice Spelt Rice Noodles Lentils Pulses

Eliminate these....

Food group	Example	Why
Alcohol	Lager, Wine, Alco-pops, Vodka, Champagne	Alcohol is a toxin. Your body has to work extremely hard to detoxify your system placing stress upon your liver, kidneys and adrenal glands. On a molecular level, alcohol is a potent sugar that triggers insulin secretion, blood sugar imbalance and increased body fat storage.
Caffeine	Tea, Coffee, Fizzy Drinks	Caffeine first overexcites and then later 'wears out' the body's energy producing glands. This leads to massive energy fluctuations and the subsequent need for sugary foods.
Wheat and Gluten	Bread, Pasta, Cakes, Biscuits, Soup and some sauces (these often contain gluten as a thickener)	For many, wheat and gluten products are simply indigestible or place stress on the digestive system leading to a sluggish metabolism and intolerances. In addition, modern wheat, especially after processing is barely distinguishable from simple sugar, leading to all of the same problems!
Processed Foods	Anything containing an E Number, unpronounceable name, pre-cooked, pre-packed or long life	These products flood the body with toxins it simply can't cope with.
Sugar	White, Brown, Beet, Molasses, Honey, Processed Fructose, Maltose, Dextrose and Corn Sugar	All sugar creates an insulin response. The simpler the makeup of the sugar, the more rapid and aggressive the insulin response. Unfortunately again, so much of our diet contains sugar that this response becomes too frequent and excessively high or low depending on the type of dysfunction and leads to energy fluctuations and fat storage.
Sugar Substitutes	Sweetener	If possible, avoid them entirely as they are linked to conditions such as multiple sclerosis, fibromyalgia, spasms, shooting pains, numbness, cramps, headaches, joint pain, dizziness and numerous other medical problems.
Dairy	Milk, Cream, Low Fat Yoghurt, Spreadable Butter	Other than eggs, butter and full fat live yoghurt you should try and avoid dairy. This is because most dairy produce is heavily processed and uses pasteurisation and homogenization in order to maintain its 'shelf life'. Unfortunately, these processes kill off ALL of the enzymes required to properly digest them meaning that your body has to work overtime to digest them. This is a major cause of food intolerance.
Corn & Corn Products	Sweet Corn, Corn on the Cob, Corn Flour, Popcorn	25 different toxin producing fungi have been found in these, that's 25 different types of MOULD.
Peanuts & Peanut Products	Peanut Butter	26 different toxin producing fungi have been found in these, that's 26 different types of MOULD.
Tap Water		If you want to get healthy and lean, you MUST avoid tap water. Over 350 chemicals have been found in UK tap water. Tap water WILL displace iodine from your thyroid, causing LOTS of problems both with health and body fat levels. It's worth buying a water filter jug or go for Evian or Volvic bottled water.

Health Benefits of *Juice PLUS*⁺

- ▲ Increased Energy
- ▲ Boost immune System
- ▲ Better Digestion
- ▲ Sleep Better
- ▼ Decrease Allergies
- ▲ Increase Antioxidants
- ▲ Improve Fatigue
- ▲ Strengthen Hair and Nails
- ▼ Reduce Risk of Chronic Disease
- ▲ Improve Skin Condition
- ▼ Decrease Need for Medications
- ▼ Reduce Colds & Flu
- ▲ Helps Weight Loss
- ▲ Improves Pregnancy



KEY POINTS

1. More often than not when you follow our shopping list you save money. This can be used to pay for our products and even join the business! Opt 4- 120
2. On average we spend £5.00 on our lunch. Use the shakes for lunch 5 days per week and you will save £25.00 per week - £100 pounds per month. So as you can see you can afford the product range even more in combination with the shopping list and even start your own franchise and share JP with the people you know like and meet.
3. As a result of embarking on our program you will often find it is much easier to stop snacking and picking. Again you can use this money to purchase the juice Plus products - maybe our bars which you can keep in the car in case you go hungry.
4. Juice Plus cost between around £3.00 and £1.00 per day. This is less than a cup of coffee. So it's of value in any case.
5. Juice Plus helps attack illness and disease at a cell level. It reduces FREE RADICALS that are one of the main causes of illness and disease by 75% in just 7 days! Unbelievable for just a few pounds per day.
6. You purchase 4 months of JP and no more until you use it up. This is because 60% of your body's cells are brand new after 120 days. You are more likely to feel more of the above benefits the longer you are on our breakthrough in nutrition.
7. Children can have our product for FREE if an adult take's the product.

In short you are SAVING money whilst becoming healthy and flooding your body with nutrients with a product that is proven to be nutritious unlike the fruit and veg we consume from our supermarkets. Even better kids can have the product for FREE.

Juice PLUS+ Product Range and Prices

Product	Cost per day	Cost per month
<p>*JuicePLUS+ Premium (4 month supply – 4 bottles each of fruit, veg and berries)</p> 	£1.90	£57.75
<p>*JuicePLUS+ Capsules (4 month supply - 4 bottles each of fruit and veg)</p> 	£1.26	£37.75
<p>JuicePLUS+ Premium Soft Chewables (child dose) (4 month supply – 2 pouches each of fruit, veg and berries)</p> 	£1.32	£39.50
<p>JuicePLUS+ Soft Chewables (child dose) (4 month supply – 2 pouches each of fruit and veg)</p> 	£0.85	£25.50
<p>JuicePLUS+ Complete (6 pouches containing 15 portions each: Vanilla, Chocolate or Mix)</p> 	Per meal replacement £1.38	£32.50 per month for 4 months or one-off payment of £123.75
<p>JuicePLUS+ Complete mixed fruit bars (60 bars)</p> 	Per meal replacement £2.29	£6.87 per month for 4 months or one-off payment of £137.50

*Every adult who orders Juice PLUS+ Premium or Fruit and Veg Capsules can receive a free supply of Fruit and Veg Soft Chewables or Capsules for up to 4 years for a young person up to the age of 21 years (postage is paid on the child's product).

Also you are not in a contract. You get 4 month's supply and no more until you have used it up.!