

SHOPPING LIST & SAMPLE MENU

SWEET FRUITS:

Watermelon

All Melons

Papayas

Grapes

Strawberries

Blueberries

Raspberries

Apples

Pears

Mangoes

Oranges

Tangerines

Peaches

Pineapples

Figs

Dates

Kiwi

Bananas

VEGETABLE FRUITS:

Tomatoes

Zucchini

Bell Peppers

Cucumber

BREAKFAST: (warm water with lemon)

Mono-Meals: Half a Watermelon or one papaya or one honey melon or other one kind fruit (high water fruits)

LUNCH:

Fruit smoothie: 3 bananas + 2 cups mangoes or

Fruit Salad: berry forest salad or tropical salad

DINNER:

Grape bowl + Salad bowl: tomatoes, bell peppers, cucumber, mangoes, lime juice.

TO DRINK (in between meals):

Lemonade, water, coconut water, fruit juices, smoothies

Herbal teas, F.ex: Dandelion, Comfrei, Cleavers, Gravel root,

Nettles, Parsley, Corn silk, Beetroots (juiced)

Washing Instructions

Because of pesticides and fertilizers, it is very important to wash fruits and vegetables thoroughly:

2 cups clean (filtered) water

¼ cup vinegar

2 tbsp lemon

Or

½ cup clean (filtered) water

½ cup vinegar

2 tbsp coarse sea salt

Or

1 cups clean (filtered) water

1 tablespoon lemon

1 tbsp sodium bicarbonate (natron)