

## 60 Days to Reclaim YOUR Health

### FRESH PRODUCE

- \_\_\_ 4 bananas (for BarleyMax Shake and Strawberries and Crème Smoothie)
- \_\_\_ Parsley (for BarleyMax Shake - save remainder to chop and sprinkle over Salad or Hummus)
- \_\_\_ 3 lemons (for Dressing and Hummus)
- \_\_\_ Strawberries (for Strawberries and Crème Smoothie)
- \_\_\_ Large Tomato (for Open Face Sandwich in a Flash)
- \_\_\_ Avocado (for Open Face Sandwich in a Flash)
- \_\_\_ 1 garlic bulb (for Hummus)

### CANNED VEGETABLES OR DRIED BEANS

- \_\_\_ 1 can chick peas also called garbanzo beans (for Hummus)

### DRIED HERBS AND SPICES

- \_\_\_ Garlic powder (for Open Face Sandwich in a Flash)
- \_\_\_ Ground Cumin (for Hummus)

### GRAINS

- \_\_\_ Whole grain bread or English muffins (for Open Face Sandwich in a Flash)

### CONDIMENTS

- \_\_\_ Veganise – this is a vegan mayonnaise found in the refrigerated section.  
The purple label made from grape seed oil is best (for Open Face Sandwich in a Flash)

### OTHER

- \_\_\_ Extra Virgin Olive oil (for Dressing and Hummus)
- \_\_\_ Honey (for Dressing)
- \_\_\_ Apple Juice (for Strawberries and Crème Smoothie)
- \_\_\_ Shredded unsweetened coconut (for Strawberries and Crème Smoothie)