

H/D HALLELUJAH DIET

7 Day DETOX PROGRAM

Shopping List





Shopping List

✓	Item	Quantity
Shopping List for Juices for two or three days:		
	Head of Collard Greens	1
	Carrots	5lbs
	Head of Celery	1
	Large Cucumber	8
	Ginger (to taste)	1
	Large Beet	1
	Bunch of Parsley	1





Shopping List

✓	Item	Quantity
Shopping List for Vegetable Puree (may last two or three days depending on how much you consume each night):		
	Medium Carrots	8
	Large onions	2
	Celery stalks	6
	Large leeks	2
	Small potatoes	4
	Parsley	1
	Fresh thyme or Dry thyme (4 Sprigs Fresh or 2 tsp Dry)	4/2
	Bay leaves	2
	Himalayan sea salt (or to taste)	1
	Pure water	4qts





Shopping List

	Item	Quantity
<p>Shopping List for Soup Broth (may last 1-2 days depending on how much you consume each day):</p>		
	Large onions	2
	Fresh tomatoes	4
	Bunch of watercress	1
	Cucumbers	4
	Celery Stalks	6-8
	Carrots	2 lbs
	Large head of collard or kale greens	1
	Cloves of garlic	2

