7-day green juice plan and shopping list

One serving a day for seven days: six juices and one smoothie. Amounts are grams per serving from our recipes.

Day	Recipe	Method	Serving	Page
Day 1	Basic green juice	juicer	1 serving = at least 14 fl oz	/recipes/basic-green-juice/
Day 2	Cucumber juice	juicer	1 serving = at least 8 fl oz	/recipes/cucumber-juice/
Day 3	Celery juice	juicer	1 serving = about 9 fl oz	/recipes/celery-juice/
Day 4	Kale juice	juicer	1 serving = about 9 fl oz	/recipes/kale-juice/
Day 5	Spinach juice	juicer	1 serving = at least 10 fl oz	/recipes/spinach-juice/
Day 6	Low-sugar green juice	juicer	1 serving = at least 6 fl oz	/recipes/low-sugar-green-juice/
Day 7	Green smoothie	blender	1 serving = about 10 fl oz	/recipes/green-smoothie/

Shopping list

Vegetables and roots

	Item	Amount for 7 days	Weight
[ ]	Carrot	about 2 1/2 large carrots	183 g (0.4 lb)
[ ]	Celery	about 11 large stalks	720 g (1.6 lb)
[ ]	Cucumber (with peel)	about 3 1/2 cucumbers	1053 g (2.3 lb)
[ ]	Ginger root	about 1/2 thumb-size knob	17 g (0 lb)

Leafy greens and herbs

	Item	Amount for 7 days	Weight
[ ]	Kale	about 5 cups	105 g (0.2 lb)
[ ]	Mint (spearmint)	about 1 tbsp	6 g (0 lb)
[ ]	Parsley	about 8 sprigs	8 g (0 lb)
[ ]	Romaine lettuce	about 1 cup, shredded	47 g (0.1 lb)
[ ]	Spinach	about 6 cups	180 g (0.4 lb)

Fruit and citrus

	Item	Amount for 7 days	Weight
[ ]	Apple (with skin)	about 1 1/2 large apples	364 g (0.8 lb)
[ ]	Banana	59 g	59 g (0.1 lb)
[ ]	Lemon (whole, without peel)	about 1 1/2 lemons	99 g (0.2 lb)
[ ]	Lime (whole)	about 1 lime	67 g (0.1 lb)
[ ]	Pear	about 1 large pear	178 g (0.4 lb)

	Item	Amount for 7 days	Weight
[ ]	Pineapple	83 g	83 g (0.2 lb)

Pantry and dairy

	Item	Amount for 7 days	Weight
[ ]	Coconut water	120 g	120 g (0.3 lb)

Total produce about 7.2 lb. Amounts are rounded to household measures; buy a little extra for trimming. Juice yield varies with your juicer, so this list gives produce weight, not a juice volume.

Before you start

- Unpasteurized juice: Homemade and raw juice is not pasteurized. Pregnant people, young children, older adults and people with weakened immune systems should drink it right after making it from washed produce, or choose pasteurized juice. (FDA, Talking About Juice Safety)
- Washing produce: Rinse under running water and scrub firm produce. No soap or bleach. (FDA, Selecting and Serving Produce Safely)
- Vitamin K: Kale, spinach and other greens are high in vitamin K. People on warfarin should keep intake steady and talk to their doctor before starting daily green juice. (NIH Office of Dietary Supplements, Vitamin K fact sheet)
- Oxalates: Spinach, beet greens and chard are high in oxalate. People with a history of kidney stones should ask their doctor. (National Kidney Foundation, kidney stones)
- Sugar: Juice keeps the sugar and loses most of the fiber. People managing blood sugar should favour vegetable-heavy, low-fruit recipes and ask their doctor. (CDC, Rethink Your Drink)

Storage: There is no official storage time for homemade juice, so we do not give a day count. Drink it right after making. If you must store it, use an airtight container filled to the top, keep it in a refrigerator at 40 °F (4 °C) or below and finish it as soon as you can, or freeze single servings straight after making and treat thawed juice like fresh juice.

General information, not medical or nutrition advice. Full recipes: greenjuiceaday.com/recipes/