Shopping List:

Bag of Kale

Small bag of spinach

1 courgette (can substitute broccoli if you can’t get a courgette)

2 avocados (one perfectly ripe, the other ready in 2/3 days)

3 kiwis

2 apples

1 banana

50g blueberries (or berries of your choice)

½ cucumber

2 limes

1 lemon

Celery stalk

Small thumb of ginger

Small bunch fresh parsley

Small bunch fresh mint (you only need 2 leaves… sweet talk your grocer!)

6 cashews

6 almonds

Cinnamon powder

(optional) tsp chia seeds for décor…

Filtered water