















# A TASTE OF DIOSPIRO JUICE & SMOOTHIE CHALLENGE

\* Visit [www.diospiro.com](http://www.diospiro.com) and subscribe to our newsletter to receive the free ebook with all the recipes needed to complete this challenge.

WEEK 1 - STARTING DATE: / /							Juice Challenge Report:
MON	TUE	WED	THU	FRI	SAT (x2)	SUN (x2)	
<p><b>CANDY</b></p>  <p>page 22</p>	<p><b>WHOLE LOTTA LOVE</b></p>  <p>page 16</p>	<p><b>GRACE</b></p>  <p>page 18</p>	<p><b>PURPLE HAZE</b></p>  <p>page 12</p>	<p><b>ONE IN A MILLION</b></p>  <p>page 6</p>	<p><b>BREAK ON THROUGH + SYMPATHY F/ DEVIL</b></p>  <p>page 10 &amp; 20</p>	<p><b>SHINE ON + SUMMERTIME</b></p>  <p>page 8 &amp; 14</p>	<p>* Write down how you feel throughout the week, what differences you notice, whether you lose or gain weight, your mood...</p>
WEEK 2 - STARTING DATE: / /							Juice Challenge Report:
MON	TUE	WED	THU	FRI	SAT (x2)	SUN (x2)	
<p><b>BREAK ON THROUGH</b></p>  <p>page 10</p>	<p><b>ONE IN A MILLION</b></p>  <p>page 6</p>	<p><b>WHOLE LOTTA LOVE</b></p>  <p>page 16</p>	<p><b>CANDY</b></p>  <p>page 22</p>	<p><b>GRACE</b></p>  <p>page 18</p>	<p><b>PURPLE HAZE + SHINE ON</b></p>  <p>page 12 &amp; 8</p>	<p><b>SYMPATHY F/ DEVIL + SUMMERTIME</b></p>  <p>page 20 &amp; 14</p>	<p>* Write down how you feel throughout the week, what differences you notice, whether you lose or gain weight, your mood...</p>

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## SHOPPING LIST:

### FRUITS

- 2 Oranges
- 1 Banana
- 100g Mixed Berries
- 1/2 med sized Watermelon
- 50g Raspberries
- 25g Goji Berries
- 1 Lime
- 1 Lemon
- 1 Grapefruit
- 1/2 Pineapple
- 2 Apples
- 2 Cucumbers
- 3 Tomatoes
- 300g Grapes
- 2 Pears
- 2 Peaches
- 1 Chili

### GREENS & HERBS

- 1 handful Mint
- 1 handful Basil
- 3 Celery stalks
- 50g Ginger
- 1 tsp Turmeric
- 1 handful Parsley
- 2 handfuls Rosemary
- 1 handful Dill
- 1 handful Chives

### SUPERFOODS & SEEDS

- 50g Hemp Seeds

\* Shopping list for one week of challenge. Repeat for week 2 or double the quantities if you wish to buy everything at once.

\* You might only be able to buy whole bunches of aromatic herbs. If so, use the leftovers to make more juices, infusions and for cooking. If you buy them in a pot, you can simply pick the leaves when needed and they'll last much longer.



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