

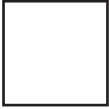




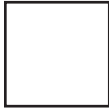
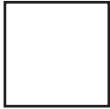
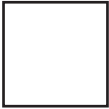
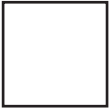





A TASTE OF DIOSPIRO JUICE & SMOOTHIE CHALLENGE

* Visit 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>CANDY</p>  <p>page 22</p> | <p>WHOLE LOTTA LOVE</p>  <p>page 16</p> | <p>GRACE</p>  <p>page 18</p> | <p>PURPLE HAZE</p>  <p>page 12</p> | <p>ONE IN A MILLION</p>  <p>page 6</p> | <p>BREAK ON THROUGH + SYMPATHY F/ DEVIL</p>  <p>page 10 & 20</p> | <p>SHINE ON + SUMMERTIME</p>  <p>page 8 & 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>BREAK ON THROUGH</p>  <p>page 10</p> | <p>ONE IN A MILLION</p>  <p>page 6</p> | <p>WHOLE LOTTA LOVE</p>  <p>page 16</p> | <p>CANDY</p>  <p>page 22</p> | <p>GRACE</p>  <p>page 18</p> | <p>PURPLE HAZE + SHINE ON</p>  <p>page 12 & 8</p> | <p>SYMPATHY F/ DEVIL + SUMMERTIME</p>  <p>page 20 & 14</p> | <p>* Write down how you feel throughout the week, what differences you notice, whether you lose or gain weight, your mood...</p> |

cut here -----

SHOPPING LIST:

FRUITS

- 2 Oranges
- 1 Pomegranate
- 1 Banana
- 150g Mixed Berries
- 1 Kiwi
- 1 Tangerine
- 25g Goji Berries
- 1 Lime
- 1 Lemon
- 1 Grapefruit
- 1/2 Pineapple
- 2 Apples
- 2 Cucumbers
- 3 Tomatoes
- 300g Grapes (or 1 Pear)
- 2-3 Pears
- 1 Mango
- 1 Chili

GREENS & HERBS

- 1 handful Mint
- 1 handful Basil
- 3 Celery stalks (or Coriander)
- 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.

Congrats
for investing
in Yourself!

Shine on
You crazy
Diamond!

www.diospiro.com
facebook.com/diospirofoods
instagram.com/diospirofoods
twitter.com/diospirofoods
info@diospiro.com