

<p>Day 1 ½ bunch green kale ½ bunch basil ½ banana ½ pear 5 strawberries 1 pint water</p>	<p>Day 2 ½ bunch dandelion greens ½ apple ½ banana ½ cup blueberries 4 apricots 1 pint water</p>	<p>Day 3 ¼ medium watermelon ½ - 1 bunch basil</p>	<p>Day 4 ¼ medium watermelon ½ bunch dandelion greens ½ banana ½ cup blueberries</p>	<p>Day 5 (savory) ½ bunch watercress ¼ bunch green kale 2 medium tomatoes 2 cloves garlic ½ small avocado ½ lemon 1 pint water</p>
<p>Day 6 ½ bunch Swiss chard ½-1 cup green grapes ½ small avocado ½ apple ½ lemon 1 pint water</p>	<p>Day 7 ½ bunch dino kale ½-1 cup green grapes ½ banana ½ tangelo 5 strawberries 1 pint water</p>	<p>Day 8 1 ½ - 2 cups spinach ½ cup fennel greens 2 Fuyu persimmons 5 medjool dates 1 pint water</p>	<p>Day 9 5-7 leaves dino kale 3-5 celery sticks 1 pear 1 orange ½ banana 1 pint water</p>	<p>Day 10 5-7 leaves romaine 1 cup red grapes 1 cup pomegranate seeds ½ banana 1 pint water</p>
<p>Day 11 1-2 cups spinach ½ bunch basil 2 pomegranates, juiced 1 banana ½ tangelo 5 strawberries 1 cup water</p>	<p>Day 12 (savory) 1 cup sunflower sprouts ½ bunch romaine lettuce ¼ bunch celery ½ avocado ½ red bell pepper ½ jalapeno pepper 1 pint water</p>	<p>Day 13 1 handful wheatgrass 1 handful sunflower sprouts ½ pineapple ½ apple ½ banana 5 strawberries 1 pint water</p>	<p>Day 14 ½ -1 bunch purple kale 1 star fruit ½ dragon fruit ½ apple 7 black mission figs ½ banana 1 pint water</p>	<p>Day 15 ½ bunch purple kale 1 banana ½ pear ½ avocado 5 strawberries 1 pint water</p>

<p>Day 16 1 large handful of chickweed (wild edible) 1 banana 1 apple ½ pear ½ avocado 1 pint water</p>	<p>Day 17 ½ bunch rainbow chard 1 cup frozen mango 1 cup frozen peaches 1 cup fresh orange juice a little bit of water</p>	<p>Day 18 1 bunch Italian parsley ½ honey dew melon 5-6 strawberries a little bit of water</p>	<p>Day 19 ½ bunch green kale 1 guava ½ strawberry papaya ½ banana 1 pint water</p>	<p>Day 20 ½ bunch purple kale ½ bunch mint 1 kiwi 1 banana ½ quince ½ pear 1 pint water</p>
<p>Day 21 (savory) 1 bunch beet greens ½ bunch tarragon 1 tomato ½ orange bell pepper ½ avocado ½ cup dulse seaweed 1 pint water</p>	<p>Day 22 <i>(green coconut pudding)</i> ¼ pound spinach 2 bananas 4 dates 1 cup young coconut meat 1 pint coconut water water (optional)</p>	<p>Day 23 ¼ pound spinach 1 star fruit 1 satsuma mandarin 1 cup frozen cherries ½ banana 1 pint water</p>	<p>Day 24 ¼ pound spinach ½ bunch basil 1 cup frozen cherries ½ banana ½ pear 1 pint water</p>	<p>Day 25 2 cups frozen mango cubes 1 bunch dandelions ½ banana 1 pint water</p>
<p>Day 26 ½ bunch red leaf lettuce 1 cup frozen peaches ½ cup cranberries ½ pear ½ banana 1 pint water</p>	<p>Day 27 ¼ pound dark green baby green mix (kale, spinach, beet greens) 1 cup raspberries 1 satsuma mandarin ½ pear ½ cup green grapes 1 pint water</p>	<p>Day 28 ¼ pound spinach 1 cup raspberries ½ Hawaiian papaya 1 banana 2 pineapple guavas 1 pint water</p>	<p>Day 29 ½ bunch green leaf lettuce ½ Hawaiian papaya ½ pear ½ cup frozen pineapple cubes ½ cranberries 1 pint water</p>	<p>Day 30 ¼ pound baby green mix 1 cup frozen apricots 1 cup frozen pineapple cubes 1 cup green grapes 1 pint water</p>