

SHOPPING LIST FOR THE DANIEL DETOX 10 DAY FAST (For 2 Adults & 2 children)

Item	Total Needed for Daniel 10 Day Detox	Shop Name	Size	Cost (Dec 24)
4-Seed-mix	5 Heaped Tblsp	Dischem	1Kg	R150,00
Apple	9	Checkers	1.5Kg	R39,99
Avocado	2	Checkers	6	R59,99
Banana	6	Checkers	6	R24,99
Barley	2 Cups	Pick a Pay	500g	R14,99
Beetroot	2 PP	Checkers	1Kg	R14,99
Blueberries	1 Cup	Checkers	250g	R59,98
Broccoli	3	Checkers	3 Heads	R89,97
Brown Rice	1/2 Cup	Checkers	1Kg	R41,99
Butternut	3 Plus Extra 1 PP	Checkers	3Kg	R34,99
Carrot	6 Plus Extra 8 PP	Checkers	3Kg	R34,99
Cashew Nuts	3-5	Checkers	100g	R42,99
Cauliflower	2	Checkers	2 Heads	R59,98
Celery	1 Bunch	Checkers	1 Pack	R24,99
Cinnamon	5 Tsp	Checkers	40g	R19,99
Cucumber	2	Checkers	2	R33,98
Dates	Some plus Extra 4 PP	Checkers	400g	R34,99
Desiccated Coconut	1/2 Cup plus 4 Handfulls	Checkers	500g	R64,99
Frozen Peas	500g plus 1 Cup	Checkers	750g	R49,99
Garlic	3 Cloves	Checkers	250g	R47,50
Garlic Powder	1 Dash	Woolworths	55g	R35,49
Ginger	4 Slices	Checkers	500g	R85,00
Granola or Meusli	6 Tblsp PP	Checkers	750g	R79,99
Grapes	3 Handfulls	Checkers	500g	R44,99
Green Beans	3.5 Cups	Checkers	600g	R29,99
Green Cabbage	1 Large Plus 1/3	Checkers	2 Heads	R49,98
Kiwi Fruit	3	Woolworths	3	R20,97
Leek	1	Checkers	200g	R19,99
Lemon	5	Checkers	6	R26,99
Lettuce	5 Cups	Checkers	5 Heads	R94,95
Medium Pumpkin	1	Checkers	1Kg	R24,99
Millet	1.5 Cups	Dischem	1Kg	R119,99
Mint leaf	4 leafs	Checkers	20g	R12,99
Onion	7 plus Extra 1/2 PP	Checkers	2Kg	R34,99
Onion Powder	1 Tsp	Woolworths	40g	R31,99
Orange	10 plus Extra 1 PP	Checkers	2Kg	R54,99
Pawpaws	2 Med	Checkers	2	R49,99
Pear	2	Woolworths	1.5Kg	R36,99
Pineapple	4	Checkers	4	R59,98
Polenta Yellow Maize	2 Cups	Checkers	1Kg	R44,99
Potato	1 plus Extra 5 PP	Checkers	2Kg	R44,99
Pumpkin Seeds	2 Tsp	Dischem	150g	R79,99
Raisins	4 Cups plus Extra 2 x Handfulls	Dischem	500g	R36,99
Raw Honey	1 Tsp	Dischem	1kg	R189,99
Raw Peanuts	1 Cup	Dischem	500g	R43,99
Red Cabbage	1	Woolworths	1 Head	R23,99
Red Sweet Pepper	1	Checkers	1 Red & 1 Yellow	R28,99
Rolled Oats	4 Cups	Woolworths	1Kg	R43,99
Rooibos tea	8 Cups	Checkers	20 Pack	R26,99
Sesami Seeds	4 Tsp	Dischem	500g	R120,99
Spinach Leafs	6 Cups	Checkers	800g	R85,98
Strawberry	1 Handfull	Checkers	250g	R39,99

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Item	Total Needed for Daniel 10 Day Detox	Shop Name	Size	Cost (Dec 24)
Sunflower Seeds	1 Cup	Dischem	500g	R69,99
Sweet Potato	2 PP	Checkers	1kg	R29,99
Sweetcorn	2 plus Extra 3 PP	Checkers	4 Pack	R29,99
Tomatoes	8	Checkers	1Kg	R29,99
Turmeric	1 Tsp	Checkers	57g	R19,99
Vanilla Extract	1 Tsp	Checkers	100ml	R29,99
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