



The Essentials

- 15 kiwis
- 9 small or 6 large oranges - to be halved
- 3 x 150g pack of berries - blueberries, blackberries, raspberries or mixed berries
- 1 bag of mixed frozen berries (for smoothies or yoghurt topping)
- 6 lemons (to make fresh ginger and lemon tea, buy less if also using bags)
- 100g fresh ginger (use a 1cm amount to make fresh ginger and lemon tea)
- 1 box of ginger and lemon herbal tea (if choosing bags instead of fresh)
- 450g of LIVE yoghurt dairy or non-dairy depending on your preference or any allergies (The pot should state "contains live cultures")
- 2 x box of herbal tea – recommend echinacea and berry, turmeric or green