

## New Juicing Box Range

- **£15 Small Fruit & Root juicing box**

1.5kg carrots  
0.5kg beetroot  
1kg apples  
1 red grapefruit  
1kg oranges  
0.5kg pears

*(Makes approx. 1 glass a day for a week\*)*

- **£25 Medium Fruit & Root juicing box**

2.5kg carrots  
0.5kg beetroot  
1.5kg apples  
1 red grapefruit  
1kg oranges  
0.75kg pears  
1 pineapple

*(Makes approx. 2 glasses a day for a week\*)*

- **£30 Green Juicing/Green Smoothie box**

1kg Carrots  
Bag of Kale/Cabbage  
Bag of spring greens or green cabbage  
Bag of green leaf e.g. turnip/carrot tops/spinach/chard  
2 Beetroot  
1kg apples  
2 lemons  
2 limes  
3 cucumbers  
1 Mango  
1 Pineapple

*(Makes approx. 2/3 glasses a day for a week\*)*

- **£40 Large Fruit, Root & Greens juicing box**

2.5kg carrots  
0.5kg beetroot  
1 head celery  
2 cucumbers  
1 bag of greens - spinach/spring greens/kale  
(depending on availability)  
1.5kg apples  
2 grapefruit  
2 kiwifruit  
2 lemons  
2kg oranges  
1 mango  
1kg pears  
1 pineapple

*(Makes approx. 3 glasses a day for a week\*)*

If you have been juicing for years, or are new to the whole thing, this range of boxes provides an easy and delicious way to juice.

If you would like some juicing ideas then please do check our website recipes page under 'J' for Juice! If you have a great tasting juice recipe, then please email it and we will post it on our site so that others can enjoy it too....

The contents of these boxes are set, and so can't be customised. Anything not available on any given week will be replaced with a 'juice-able' item of equal value.



### Optional Add-Ons to any of our juicing boxes

- Add £2.50 extra for 1 good bag of greens - spinach/spring greens/kale/cabbage (depending on availability) to be added to the juicing box
- Add £2.50 extra for 7 bananas if you want to make smoothies...
- If there is anything else you would like to order in addition, please let us know what, and we will do what we can!

*\*Please don't hold our feet to the fire over these volumes – these are an indication only, since this depends on your juicer and the size of the pieces of fruit and veg, and of course, the size of your glass!*

Call us on 01506 656544

or email us on [sales@growwild.co.uk](mailto:sales@growwild.co.uk)  
if you would like to try one..