

Weekly grocery shopping list

Water Fast + Electrolyte · Monday through Sunday

8

Unique ingredients

28

Recipe servings

4

Unique recipes

3973.6 g

Estimated total weight

Basic ingredients

8 items

- | | | |
|--------------------------|--|----------------------------------|
| ☐ | Beverages, tea, green, brewed, regular
Used in 1 recipe, such as Green Tea | 7 cups (1715 g) |
| ☐ | Lemon grass (citronella), raw
Used in 1 recipe, such as Herbal Tea | 14 tablespoons (67.2 g) |
| ☐ | Lime juice, raw
Used in 1 recipe, such as Salty lemonade | 3 lime yields (132 g) |
| ☐ | Miso
Used in 1 recipe, such as Fasting apt Miso Soup | 1 tablespoon (17 g) |
| ☐ | Nori Seaweed, dry sheet
Used in 1 recipe, such as Fasting apt Miso Soup | 1 sheet (3 g) |
| ☐ | Salt, table, iodized
Used in 1 recipe, such as Salty lemonade | 6 dashes (2.4 g) |
| ☐ | Sparkling Water
Used in 1 recipe, such as Salty lemonade | 1800 g (1800 g) |
| ☐ | Tap Water, drinking
Used in 1 recipe, such as Fasting apt Miso Soup | 1 serving 8 fl oz (237 g) |