

MEDICAL MEDIUM

20 day

BRAIN SHOT

THERAPY CHALLENGE

shopping list



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20 day BRAIN SHOT THERAPY CHALLENGE shopping list



For this Challenge, we will be doing the Entry Level Cleanse from [Brain Saver](#) and [Brain Saver Protocols, Cleanses & Recipes](#), but with an option to upgrade your cleanse by increasing your Brain Shots from one per day to two or three of the same recipe per day.

BRAIN SHOT THERAPIES

- Day 1 - Food Fear Shifter
- Day 2 - Pathogen Exposure
- Day 3 - Nerve-Gut Acid Stabilizer
- Day 4 - Chem Trails Exposure
- Day 5 - Anger Shifter
- Day 6 - Speaking Your Truth Stabilizer
- Day 7 - Toxic Heavy Metals Exposure
- Day 8 - Relationship Breakups Stabilizer
- Day 9 - Ego Shifter
- Day 10 - Toxic Fragrances Exposure
- Day 11 - Cravings Shifter
- Day 12 - Trauma, Shock, and Loss Stabilizer
- Day 13 - Wisdom and Intuition Stabilizer
- Day 14 - Pharmaceutical Exposure
- Day 15 - Mood Shifter
- Day 16 - Radiation Exposure
- Day 17 - Energy Shifter
- Day 18 - Pesticide, Herbicide, and Fungicide Exposure
- Day 19 - Sleep and Recharging Stabilizer
- Day 20 - Finding Your Purpose Stabilizer



GROCERY LIST

Below you will find the ingredients for these Brain Shots broken up into four grocery lists— one grocery list for five days, with four lists in total.

The amounts listed in these grocery lists are for the original recipe amounts for each of the 20 shots, all of which make approximately 1-2 shots of volume each, depending on the amount of water in your produce (which naturally varies) and the efficiency of the juicer you use. If you'd like to do two or three shots per day, you may wish to double or triple the quantity of the items in the following grocery list.

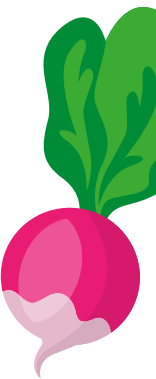
Please note that some of the items in the grocery list have been rounded up because of how they are typically available to purchase or to ensure you get what you need.

GROCERY LIST FOR DAYS 1-5:

- 2 tbsp fresh or thawed frozen wild blueberries or 2 tsp pure wild blueberry juice or 2 tsp pure wild blueberry powder
- 1 ¼ cup fresh or thawed frozen mango
- 1 lemon
- 1 cup chopped carrots
- 3 stalks celery
- 4 raw brussels sprouts
- 4 raw medium asparagus spears
- ½ cup tightly packed fresh dill
- ½ cup tightly packed spinach
- ¼ cup tightly packed kale
- ½ cup tightly packed fresh mint
- ¼ cup tightly packed fresh sage
- ½ cup tightly packed fresh cilantro
- 4 to 6 cups tightly packed fresh parsley OR fresh cilantro
- ¼ cup tightly packed fresh chives
- 6 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 1 small garlic clove (optional)

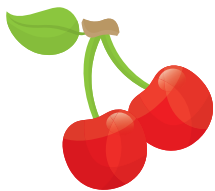
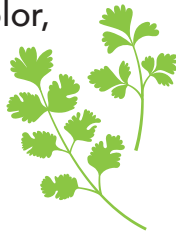
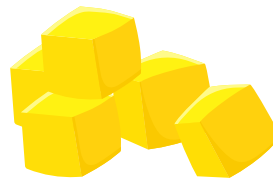
GROCERY LIST FOR DAYS 6-10:

- ¾ cup fresh or thawed frozen wild blueberries or 3 tbsps pure wild blueberry juice or 2 tbsp pure wild blueberry powder
- 1 orange
- 1 orange or 2 tangerines
- 1 apple
- 1 lemon
- ½ cup fresh or thawed frozen strawberries
- ½ cup chopped peeled kiwi fruit
- ½ tomato or ¼ cup cherry tomatoes
- 3 stalks celery
- 1 radish
- ⅓ cup finely chopped cabbage (red or green), tightly packed
- ¼ cup chopped portobello mushroom
- 1 small garlic clove
- 1-inch piece of fresh ginger
- 2 ½ inches of fresh turmeric
- ½ cup tightly packed fresh basil
- 1 cup tightly packed arugula
- 1 ½ cups roughly chopped lettuce, such as green leaf or butter leaf, tightly packed
- 1 cup roughly chopped green leaf lettuce, tightly packed
- ¼ cup tightly packed, roughly chopped kale
- 1 ½ cups tightly packed fresh cilantro
- 1 cup tightly packed fresh parsley
- ½ tsp spirulina



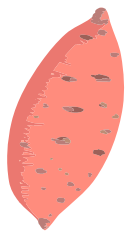
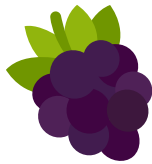
GROCERY LIST FOR DAYS 11-15:

- 2 tbsp fresh or thawed frozen wild blueberries, or 2 tsp pure wild blueberry juice, or 2 tsp pure wild blueberry powder
- ¼ cup fresh or thawed frozen blackberries
- ½ cup fresh or thawed frozen cherries, pitted
- 1 orange
- 1 apple
- 1 lemon
- 1 lime
- ½ cup grapes (optional)
- 1 yellow squash
- ½ cup chopped cabbage, any color, tightly packed
- 2 raw medium asparagus spears
- 2 stalks celery
- ¼ cup chopped green onions
- 1 ½ cups tightly packed spinach
- ½ cup chopped kale, tightly packed
- ½ cup tightly packed fresh basil
- ¼ cup tightly packed fresh chives
- ¼ cup tightly packed fresh sage
- ¼ cup tightly packed fresh oregano
- ½ cup tightly packed fresh alfalfa sprouts
- ½ cup tightly packed fresh cilantro
- ¼ cup tightly packed wheatgrass (or 2 tsps thawed frozen wheatgrass juice)
- ½-inch piece of fresh ginger
- ¼ teaspoon spirulina



GROCERY LIST FOR DAYS 16-20:

- ¾ cup fresh or thawed frozen wild blueberries or 3 tsps pure wild blueberry juice or 3 tsps pure wild blueberry powder
- ½ cup fresh or thawed frozen pineapple
- 1 orange or 2 tangerines (optional)
- ½ cup fresh or thawed frozen blackberries
- ¾ cup fresh or thawed frozen mango
- ¼ cup fresh or thawed frozen raspberries
- ¼ cup fresh or thawed frozen strawberries
- ½ cup chopped red bell pepper
- ¼ cup chopped cucumber
- 3 stalks celery
- 2 radishes
- ¼ cup chopped carrots
- ½ cup chopped raw sweet potatoes
- 4 raw medium asparagus spears
- ½ cup roughly chopped lettuce (preferably butter lettuce), tightly packed
- 2 large leaves kale
- ½ cup tightly packed fresh parsley
- 1 cup tightly packed fresh cilantro
- ⅛ cup tightly packed fresh dill
- ¾ tsp spirulina
- ½ tsp barley grass juice powder
- ½ tsp pure maple syrup (optional)



See Medical Medium preferred brands and products for the [foods](#) and [supplements](#) in the Grocery List in the Directory at medicalmedium.com.



Equipment for the Challenge | The one piece of kitchen equipment you will need for this Challenge is a juicer. Every juicer differs in its ability to efficiently extract juice from produce. My favorite juicers for not only celery juice but also for leafy greens, sprouts, and herbs, which appear in many of the Brain Shots, are the MM900HDS and MM1500 masticating juicers from Omega Juicers. Both of these juicers extract the maximum amount of juice possible from your produce, which saves you money on produce over time. These juicers are so exceptional that we have licensed our name for use on these two juicer models.

Omega is having a sale on both juicers from January 9th-31st. You can receive 20% off both of these juicers plus free shipping within the US on their website.

We are excited you will be joining the Medical Medium Brain Shot Therapy Challenge. Remember to pick up your copies of the two books, Brain Saver and Brain Saver Protocols, Cleanses & Recipes, if you are able.

