

# 7-Day Juice Run Checklist

4 juices per day (optional 5th top-up) • Vegetable-heavy • Repeatable • Ninja masticating friendly

## Quick rules

- **Fruit is a flavor tool:** 1 green apple max per juice.
- **Rotate greens:** don't do only kale or only chard every day.
- **Drink to thirst:** don't force gallons of water.
- **Wheatgrass:** small shot daily.

## Daily rhythm

- **J1 (AM):** Hydration Green
- **J2 (late AM):** Green + Apple
- **J3 (mid-PM):** Root Power
- **J4 (evening):** Deep Green (low fruit)
- **Optional top-up:** Hydration Green or celery-cucumber

## Core juice builds (short)

**Hydration Green:** cucumber + 4-6 celery + parsley + small romaine/spinach

**Green + Apple:** cucumber/celery + kale *or* chard + 1 apple + lemon/lime

**Root Power:** 4-6 carrots + 1/2-1 beet + (optional 1/2 apple) + tiny ginger/turmeric

**Deep Green:** cucumber/celery + bigger greens + parsley + lemon/lime (no fruit if possible)

## 7-day shopping list (4 juices/day)

- **Cucumbers:** 10-14
- **Celery:** 5-7 bunches
- **Romaine:** 3 heads
- **Spinach:** 2 large clamshells
- **Kale:** 2 bunches • **Chard:** 2 bunches • **Parsley:** 3 bunches
- **Carrots:** 5 lb • **Beets:** 6-10
- **Apples:** 10-14 • **Lemons/limes:** 7-10
- **Optional:** ginger + chia/flax + protein (if doing an anchor)

## Rotation

- Days 1-2: lighter beet + turmeric
- Days 3-4: normal rotation
- Day 5: greens-heavy (swap Root Power for Green + Apple)
- Day 6: root day
- Day 7: greens-forward, lighter fruit

## Electrolyte rescue

- If headache/weakness/lightheaded: make a celery-heavy juice.
- Add a pinch of salt to one juice or sip a cup of broth (if you allow it).
- Severe symptoms (fainting/confusion/chest pain) -> urgent care.

## Daily tracker (check boxes)

Day	J1	J2	J3	J4	WG
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>