

TEDOX DETOX for TWO

Day 1

Handful of Parsley 8 Celery Stalks 1 spring onion 1 ½ cucumber ½ package of baby spinach leaves 2 apples 1 pear Knob of ginger ½ lemon good fresh flavor	5 Bok Choy leaves 1 cucumber 1 cabbage 1 garlic clove ½ lemon 9 small celery stalks 2 small tomatoes Very strong and spicy flavor – we both felt nauseous
1 cucumber ½ bag of spinach 4 apples 1 papaya 1 pear Knob of ginger ½ lemon The papaya produced very little juice and would have been better frozen in a smoothie This juice made me nauseous.	Homemade Hummus 1 large can of chickpeas 1 garlic clove 1 tablespoon of tahini 2 tablespoons of good olive oil Squeeze half a lemon 1 teaspoon of smoked red pepper We dipped white radishes and red bell peppers in the hummus

We both had headaches which we accredited to caffeine withdrawal.

Day 2

1 cucumber 4 celery stalks ½ broccoli ½ package of spinach 3 apples 4 carrots 1 pear ½ lemon This was excellent! So good that we had it twice in one day!	Salad 2 handfuls Baby romaine lettuce 1 handful Spinach 6 radishes Salad sprouts Dressing 1 tablespoon Dijon mustard 1 teaspoon balsamic vinegar 2 teaspoons olive oil Water to thin
We were missing salt so we tried chickpea nuts from http://www.delish.com/recipefinder/spiced-chickpea-nuts-recipe	We snacked on hummus with radishes, red bell pepper and rutabaga

Headaches were on and off but less than the day before. Achy joints and muscles.

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Day 3

1 cucumber 4 celery $\frac{1}{4}$ cabbage 6 carrots 2 apples Nice and fresh breakfast juice	1 cucumber 6 celery 2 bok choy $\frac{1}{4}$ cabbage 2 carrots 1 pear $\frac{1}{2}$ lemon Knob of ginger
Apple	
Radishes and hummus	Green salad with dressing for dinner

Headaches gone, feeling good, we are surprised that we stay full so long with the juice. Achy joints and muscles.

Day 4

1 cucumber 5 celery 1 Swiss chard 1/8 cabbage 4 carrots 2 apples $\frac{1}{2}$ lemon	$\frac{1}{4}$ cabbage Handful of parsley $\frac{1}{4}$ fennel 1 cucumber 3 celery 1 green apple Knob of ginger
David Lebovitz's Baba Ganoosh http://www.davidlebovitz.com/2008/07/baba-ganosh/ for radish and pepper dipping	Red bell peppers White radishes Rutabaga for dipping

Feeling good, more energy in the evenings, sleeping well, less than normal but still well rested. We had really achy joints and muscles but a good stretch helped relieve that.

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Day 5

6 celery 5 Swiss Chard leaves 4 carrots 2 apples 1 pear $\frac{1}{2}$ lemon	$\frac{1}{2}$ cabbage 1 cucumber Handful of parsley Knob of ginger 1/3 mango $\frac{1}{4}$ fennel 2 apples 1 pear
Rest of the chickpea nuts Baba Ganoosh and hummus for white radish, cucumber and red bell pepper dipping	Strawberry Banana Smoothie $\frac{1}{2}$ low fat buttermilk $\frac{1}{2}$ cup of frozen unsweetened strawberries 1 banana
$\frac{1}{2}$ mango	

We had lots of energy so we went swimming for 1 hour, afterwards very hungry and sleepy.

Day 6

1 cucumber 5 carrots 1/8 cabbage 5 celery $\frac{1}{2}$ lemon	Little piece of spring onion Knob of ginger 1/8 cabbage 6 celery Sprouts 3 inches of leek Handful of parsley 1 $\frac{1}{2}$ cucumber 1 apple 1 plum 1 pear
	Strawberry banana smoothie
Hummus with red bell pepper and white radishes	Black beans with cilantro and lime

Swimming for one hour and very hungry and sleepy afterwards.

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Day 7

1 cucumber 6 celery 1 baby romaine lettuce 6 carrots $\frac{1}{2}$ lemon 1 apple 1 pear	7 swiss chard leaves and stalk 1 cucumber 1/8 cabbage Knob of ginger 1 mango 2 apples 1 pear
Green salad with dressing	Spicy Black Bean dip http://www.biggirlssmallkitchen.com/2010/06/recipe-flash-spicy-black-bean-dip.html with red bell peppers and rutabagas for dipping

More swimming and sleepy, hungry afterwards. Slept like a baby.

Day 8

1 cucumber 1/8 cabbage 5 celery 3 swiss chard leaves $\frac{1}{2}$ lemon 2 apples	10 swiss chard leaves $\frac{1}{2}$ package of spinach 6 celery 1/8 cabbage 4 apples $\frac{1}{2}$ lemon
$\frac{1}{4}$ small red beet 1/8 cabbage 2 carrots 1 cucumber 1 apple 3 celery	1 cucumber 4 celery 5 carrots 1 apple 1 pear

This was our first 4 juice day and we were miserable. We were so hungry on this day that we didn't have energy to do much other than biking to the farmers market to buy more veggies.

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Day 9

1 cucumber 4 celery Handful of spinach 1/8 red cabbage 3 carrots 2 apples	2 cucumber 4 celery Handful of swiss chard Handful of spinach 5 carrots ½ lemon 2 apples 1 pear
Avocado	Strawberry Banana Smoothie
Spinach salad with tomatoes and Dijon dressing	

I was really hungry. Thank goodness for hubby with iron clad will-power and a very authoritative voice, I didn't dare stray from our plan.

Day 10

1 cucumber 4 celery Handful of swiss chard Handful of spinach 4 carrots 1 pear 1 apple	½ cucumber 5 swiss chard leaves 5 spinach Chunk of fennel ¼ red cabbage 2 carrots Knob of ginger 2 plums 1 pear
Sour cream Pesto dip 2 tbsp light sour cream 1 tbsp pumpkin chili pesto	Red bell peppers for dipping

Even though it was tough we both agreed we would do this again.

We ate between 500 and 1000 calories per day which is not advisable without a physician's guidance. We continued to take our regular vitamins – a multi vitamin and Spirulina capsules daily. We also drank lots of water and herbal tea.