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**RECIPES & MEAL PLANS**
- How to Use the Meal Plan
- The Key to Meal Prep
- Recommended Snacks
- Sample Meal Plan
- Sample Vegan Meal Plan
- Shakes & Smoothies
- Breakfast Bites
- Lunch & Dinner
- Snacks & Treats

**APPENDIX**
- Habit Tracker Template
- Meal Plan Template
- Grocery List Template
- Exercise Template
I’m so glad you’re here! I’m Coach Anika – a dietitian, personal trainer and wellness coach at Life Time.

Toxins are all around us — in our food, the air, cleaning supplies, the water we drink and cosmetics. We can even pick up toxins from cell phones, TVs and handheld electronic devices.

Although we all have built-in detoxification systems, it can be difficult to keep up with the daily assault from toxins and it can manifest in our physical health. For example, research has shown that weight and waist circumference (both factors in chronic health risks) are linked with environmental chemical exposure.

The good news is that detoxification programs like Life Time D.TOX®, help support our bodies’ detoxification system by limiting exposure and eliminating built-up toxins so we are better able to handle the excess toxin loads so common with our hectic lifestyles.

Over the past two years I’ve worked with thousands of D.TOX clients, and I’ve not only seen and heard about their amazing results — such as weight loss, decreased inflammation and sugar cravings, increased energy and a glowing complexion — I’ve experienced it for myself as well.

Now that you’re signed up, you’ll have access to the information on our site and in this guide. You’ll also receive weekly motivational emails and educational podcasts from me for the next three weeks. And you can connect via email with my team of health coaches for added support.

We all come into this program for different reasons, and we’ll all have unique experiences and outcomes. For best results, make sure to read this D.TOX Program Guide and follow all three phases, prep, detox and restore, to get the most out of this life-changing program.

Best wishes from me and my team, and make sure to reach out to us at coachanika@lt.life with any questions or if you need additional support.

In health,
Coach Anika
HOW TO D.TOX

There are three phases to this 14-day detoxification program outlined below. Each phase is outlined in detail within this guide. You’ll spend a little extra time before and after the program (to prepare and restore), but we promise it’s worth it.

STEP 1: PREPARE (5–7 days pre-detox)
You’ll start by decreasing consumption of inflammatory foods and remove temptations from your home. During this time, you’ll want to order your D.TOX Kit, review this guide, grocery shop with your approved and non-approved foods list and start preparing your meals so you can begin Week One with ease.

STEP 2: DETOX (Days 1–14)
After minimizing your toxin intake with prep, it’s time to detox. For 14 days, you’ll support all six organs of detoxification with the D.TOX kit, nutrition and lifestyle habits. Make sure to stick to the approved food lists, explore the D.tox recipes, and incorporate the lifestyle and exercise recommendations. You’ll also receive weekly podcasts and emails from Coach Anika for support and education along the way.

STEP 3: RESTORE (Day 15 and beyond)
This is the most important part of the program, and everything you’ll have done up to this point will have prepared you for it. Reintroducing too many foods at one time, or too fast, can cause many to feel just plain awful. You’ll want to start to reintroduce foods slowly — one at a time with a few days in-between — on Day 15. In this section, we’ll give you tips for living a healthier life beyond the program, too.
WHAT’S INCLUDED IN THE KIT?

The included nutritional supplements are formulated to enhance your body’s natural detoxification system. Mix with water or almond milk or add additional ingredients to make a smoothie.

**Life Time Fitness Fiber**
Encourages optimal digestive function and elimination by promoting beneficial microflora/bacterial balance in the gut.† Supports weight management efforts and helps maintain the body’s normal inflammatory response. †

**Life Time D.TOX Shake Mix**
Supporting tissue repair and regeneration, this rice and pea protein powder helps eliminate harmful substances in the body.† Added vitamins, minerals, amino acids and botanicals aid in the detoxification process and promote healing.†

Each kit contains ingredients to make approximately 20 shakes, plus you’ll have some extra fiber to use during the “Restore Phase” if you choose.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
WHAT TO EXPECT

Depending upon your body’s toxic load, you may experience some of the following symptoms, both the “good” and “bad.”

— Increase or decrease in energy
— Weight changes
— Improved sleep quality
— Changes in digestive function
— Improved mental focus and mood
— Less fluid retention and puffiness
— Improved complexion
— Body fat loss
— Headaches
— Nausea, gas and constipation or diarrhea
— Muscular pains and aches
— Irritability
— Fever
— Acne, hives, skin rash
— Hot flashes or changes in menstrual cycle (women)
— Feeling like a cold or flu is coming on

Here are a few suggestions to help minimize potential symptoms:

1. If you suspect you’re experiencing caffeine withdrawal, try adding in 1-2 cups of green tea for a few days for a moderate amount of caffeine.
2. Ensure you’re drinking enough water! Aim for half your body weight in ounces.
3. Regular bowel movements are essential to support detoxification. If you’re constipated, increase your water intake as noted above and increase fiber by filling at least half of your plate with vegetables at meals. Supplementing with magnesium can also help.
4. If needed, trial reducing your D.TOX powder and fiber by half for a few days. If symptoms improve, trial increasing to the full amount again.

If you are still struggling, please reach out to our team of coaches at coachanika@lt.life for additional support.
STEP 1: PREP
Our goal is for you to achieve the best possible results with your detoxification program. If you regularly consume caffeinated beverages, alcohol or simple sugars, follow our guide below. Also, make sure you’re moving your bowels daily before you begin the 14-day detox.

- **REDUCE CAFFEINE**
  Decrease to one serving a day, then eliminate completely by the time you start the detox. Caffeine alters your body’s normal detoxification process.
  
  Tip: Ask for 1/2 caffeinated, 1/2 decaf or an 8-oz. cup of caffeinated tea.

- **AVOID ALCOHOL**
  Decrease alcohol consumption until you eliminate it altogether. Simply stated, alcohol is a toxin and should be cut out completely during the D.TOX program.
  
  Tip: Create a “mocktail” for yourself while on D.TOX.

- **SAY GOODBYE TO SUGAR**
  Eliminate simple, refined sugars (candy, desserts, soda, sugar, honey and artificial sweeteners). They restrict detoxification by feeding yeast into your gut.
  
  Tip: Keep healthy foods on hand. Your daily shake is a great treat replacement, too.

- **HYDRATE WITH WATER**
  Increase daily water intake to half of your weight in ounces. Water cleanses internal organs, detoxifies the blood and flushes waste from the cells.
  
  Tip: Use a glass or stainless steel container or water bottles with #2, 4 or 5 on the bottom. Never heat or freeze plastic, which may release chemicals into your water.

- **DRY OUT AND SWEAT**
  Use a dry sauna a few times during prep week.
  
  Tip: There’s one in your club.

- **GET MOVING**
  Take a couple of yoga classes and try to fit in a massage.
  
  Tip: Pre-plan the week before or find a friend and make it a healthy outing.
PREPARE YOUR HOME

Your secret to success starts in the kitchen. The more prep — mentally and physically — the better experience you’ll have. Stock up on fresh and delicious foods you can eat during detox. It will make cooking and eating healthy foods easier. And resisting the unhealthy more attainable.

✓ BUY WHOLE FOOD
Select real, natural food over anything packaged in a box, can or bottle. Use the approved and non-approved food list and grocery shopping checklist for guidance.

✓ GET RID OF TEMPTATION
Use the approved and non-approved food list to remove any and all non-approved D.TOX® items to avoid slip-ups.

✓ PLAN YOUR MEALS
Think ahead and pick out some recipes you’d like to try. Use the approved and nonapproved food list to choose your meals, try our D.TOX-approved recipes or use our two-week meal plan for additional support.

✓ BATCH COOK
Choose a day or two to make and pack your meals ahead of time. This is one of the best tips for success on the D.TOX program.

✓ READY YOUR TOOLS
Invest in a quality blender or food processor, sharpen your knives, and equip your kitchen to make prep easier.
The reason we keep certain foods out of our diet while detoxing isn’t that they’re all “bad.” It’s to decrease inflammation in the diet, which increases digestive distress and makes it difficult to feel good and lose weight. That’s why the D.TOX® program eliminates the six most common allergens in our modern diet:

1. COW DAIRY
2. CORN
3. EGGS
4. GLUTEN/WHEAT
5. SOY
6. PEANUTS

Knowing these foods increase inflammation in the body, we choose to eliminate them all so you have the best chance at feeling great and seeing success. For some, removing these foods also helps them pinpoint potential food sensitivities they never knew they had. In addition, you’ll also want to eliminate processed food, sugars and hydrogenated oils from your diet during the 14 days, because they’re also inflammatory. Another food you’ll take out is grapefruit — because it interferes with enzyme function, important to detoxification.

Instead of focusing on the foods you can’t eat, concentrate on the delicious and healthy foods — like fruits and veggies (mostly non-starchy), lean meats, legumes, nuts, seeds and gluten-free grains — that will support detoxification and provide nourishment for your body to maintain muscles tissue while encouraging fat loss.

There is a more in-depth approved and non-approved food list that you can print out or save to your laptop or phone for easy reference. In addition, we’ve included what a healthy D.TOX plate looks like if you’d like to review it for suggested balance and portions. If you’re vegetarian or vegan, you may need to include additional Vegan Protein to provide adequate protein intake during this program. (Protein is critical to the detoxification process.) We recommend 3 to 4 servings per day.
## APPROVED & NON-APPROVED FOODS

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>APPROVED</th>
<th>NON-APPROVED</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VEGETABLES</strong></td>
<td>All except non-approved. We recommend: seaweed, spirulina, cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, kale), onion, garlic and most other fresh or frozen vegetables. Focus on organic, fresh and frozen as much as possible. Limit amounts of canned vegetables (focus on organic and BPA-free can).</td>
<td>Corn, creamed vegetables and limit amounts of canned vegetables.</td>
</tr>
<tr>
<td><strong>FRUIT</strong></td>
<td>Apples, apricots, avocados, bananas, blackberries, blueberries, citrus (except grapefruit) cherries, grapes, kiwi, mangoes, melons, nectarine, papaya, pears, peaches, plums, pomegranates, prunes, raspberries, strawberries, etc. Focus on fresh, frozen and organic. Unsweetened dried, or canned fruit are allowed but keep intake limited.</td>
<td>Grapefruit (can alter detoxification enzyme function), sweetened fruits (canned or frozen) and sweetened fruit juices.</td>
</tr>
<tr>
<td><strong>ANIMAL PROTEIN</strong></td>
<td>Fresh and frozen fish, such as salmon, halibut, sole, mahi mahi, cod, snapper, etc. (wild is better than farm-raised fish). Organic or pasture-raised chicken, turkey or pork; wild game (venison, buffalo, elk, etc.); lamb; grass-fed and antibiotic-free beef. Limit organic, nitrate-free deli meat and hot dogs made with approved ingredients.</td>
<td>Tuna and swordfish, preservative-laden luncheon meats, hot dogs and sausage, canned meats and eggs.</td>
</tr>
<tr>
<td><strong>PLANT PROTEIN &amp; LEGUMES</strong></td>
<td>All legumes including peas and lentils (except soybeans).</td>
<td>Soybeans, tofu, tempeh, soy milk, soy sauce, and any other product containing soy proteins.</td>
</tr>
<tr>
<td><strong>FATS &amp; OILS</strong></td>
<td>Unrefined virgin oils such as olive, flaxseed, avocado or coconut oil. Organic is best. Purified butter (ghee).</td>
<td>Margarine, butter, shortening, hydrogenated oils, canola oil, corn oil, peanut oil, vegetable oil or mayonnaise.</td>
</tr>
<tr>
<td><strong>NUTS &amp; SEEDS</strong></td>
<td>All nuts except peanuts. Almonds, cashews, macadamia, walnuts, pumpkins seeds, Brazil nuts, sunflower seeds. Nut butters made with approved nuts and seeds (avoid if added sugar is on label).</td>
<td>Peanuts, peanut oil and peanut butter.</td>
</tr>
<tr>
<td><strong>STARCHES, GRAINS, &amp; BREADS</strong></td>
<td>Rice (or products made from rice), potatoes, potato flour, oats (certified gluten-free), quinoa, millet, amaranth, buckwheat or tapioca, and winter squash.</td>
<td>Corn, all gluten-containing products: wheat, rye, barley, oats that are non-certified gluten-free.</td>
</tr>
<tr>
<td><strong>DAIRY PRODUCTS &amp; SUBSTITUTES</strong></td>
<td>Unsweetened coconut, almond or hemp milk.</td>
<td>Conventional dairy products including milk, cheeses, cottage cheese, cream, butter, yogurt, ice cream, frozen yogurt, non-dairy creamers and soy milk.</td>
</tr>
<tr>
<td><strong>BEVERAGES</strong></td>
<td>Filtered or distilled water, herbal or green tea, yerba mate tea, sparkling or mineral water.</td>
<td>Coffee, black tea, sodas and soft drinks, alcoholic beverages, energy drinks or sweetened fruit juices.</td>
</tr>
<tr>
<td><strong>SPICES &amp; CONDIMENT</strong></td>
<td>Vinegar (except grain source), wasabi, mustard, horseradish, pesto (cheese free), cocoa, sea salt, coconut aminos, spices and herbs (especially turmeric/curcumin, garlic, ginger and rosemary).</td>
<td>Ketchup, relish, soy sauce, barbecue sauce, chocolate, chutney, iodized salt and other condiments.</td>
</tr>
<tr>
<td><strong>SWEETENERS</strong></td>
<td>Stevia, blackstrap molasses, monk fruit extract, xylitol and erythritol.</td>
<td>White or brown sugar, honey, agave nectar, maple syrup, corn syrup, sucralose, aspartame, saccharin, candy and desserts.</td>
</tr>
</tbody>
</table>
# APPROVED FOODS

## GROCERY LIST

<table>
<thead>
<tr>
<th>VEGGIES (Fresh or frozen)</th>
<th>FRUIT (Fresh or frozen)</th>
<th>ANIMAL PROTEINS (organic &amp; non-GMO)</th>
<th>GRAINS</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Artichokes</td>
<td>☐ Apples *</td>
<td>☐ Grass-fed beef ****</td>
<td>☐ Amaranth</td>
</tr>
<tr>
<td>☐ Asparagus</td>
<td>☐ Apricots</td>
<td>☐ Chicken ***</td>
<td>☐ Basmati</td>
</tr>
<tr>
<td>☐ Beets</td>
<td>☐ Avocados</td>
<td>☐ Turkey ***</td>
<td>☐ Black beans</td>
</tr>
<tr>
<td>☐ Broccoli</td>
<td>☐ Bananas</td>
<td>☐ Bison **</td>
<td>☐ Brown rice</td>
</tr>
<tr>
<td>☐ Brussels sprouts</td>
<td>☐ Blackberries</td>
<td>☐ Ostrich **</td>
<td>☐ Buckwheat</td>
</tr>
<tr>
<td>☐ Cabbage</td>
<td>☐ Blueberries *</td>
<td>☐ Elk **</td>
<td>☐ Coconut</td>
</tr>
<tr>
<td>☐ Celery *</td>
<td>☐ Cherries *</td>
<td>☐ Venison **</td>
<td>☐ Flaxseed</td>
</tr>
<tr>
<td>☐ Collard greens *</td>
<td>☐ Cantaloupe</td>
<td>☐ Cod **</td>
<td>☐ Millet</td>
</tr>
<tr>
<td>☐ Cucumbers *</td>
<td>☐ Coconut</td>
<td>☐ Halibut **</td>
<td>☐ Oats</td>
</tr>
<tr>
<td>☐ Cabbage</td>
<td>☐ Cranberries</td>
<td>☐ Orange roughy **</td>
<td>☐ Quinoa</td>
</tr>
<tr>
<td>☐ Carrots</td>
<td>☐ Grapes *</td>
<td>☐ Pacific herring **</td>
<td>☐ Tapioca</td>
</tr>
<tr>
<td>☐ Cauliflower</td>
<td>☐ Honeydew</td>
<td>☐ Spanish mackerel **</td>
<td></td>
</tr>
<tr>
<td>☐ Fennel</td>
<td>☐ Kiwi</td>
<td>☐ Tilapia **</td>
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<tr>
<td>☐ Garlic</td>
<td>☐ Lemons</td>
<td>☐ Whitefish **</td>
<td></td>
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<tr>
<td>☐ Green beans</td>
<td>☐ Nectarines *</td>
<td>☐ Alaskan salmon **</td>
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</tr>
<tr>
<td>☐ Green onions</td>
<td>☐ Papaya</td>
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<tr>
<td>☐ Jicama</td>
<td>☐ Peaches *</td>
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<tr>
<td>☐ Kale</td>
<td>☐ Pears *</td>
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<tr>
<td>☐ Leeks</td>
<td>☐ Persimmon</td>
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<tr>
<td>☐ Lettuce</td>
<td>☐ Raspberries *</td>
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<tr>
<td>☐ Mushrooms</td>
<td>☐ Plums</td>
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<tr>
<td>☐ Onions</td>
<td>☐ Prunes</td>
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<tr>
<td>☐ Parsnips</td>
<td>☐ Persimmon</td>
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<tr>
<td>☐ Peas</td>
<td>☐ Raspberries *</td>
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<td>☐ Peppers *</td>
<td>☐ Plums</td>
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<tr>
<td>☐ Potatoes *</td>
<td>☐ Prunes</td>
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<tr>
<td>☐ Pumpkin</td>
<td>☐ Pears</td>
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<tr>
<td>☐ Radishes</td>
<td>☐ Persimmon</td>
<td></td>
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</tr>
<tr>
<td>☐ Rutabagas</td>
<td>☐ Raspberries *</td>
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<tr>
<td>☐ Spinach *</td>
<td>☐ Plums</td>
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<td></td>
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<tr>
<td>☐ Squash</td>
<td>☐ Prunes</td>
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<tr>
<td>☐ Shallots</td>
<td>☐ Persimmon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐ Sweet potatoes</td>
<td>☐ Raspberries *</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐ Tomatoes *</td>
<td>☐ Plums</td>
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<tr>
<td>☐ Turnips</td>
<td>☐ Prunes</td>
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</tr>
<tr>
<td>☐ Zucchini</td>
<td>☐ Persimmon</td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>NUTS &amp; SEEDS</th>
<th>OILS</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Almonds</td>
<td>☐ Almond oil</td>
</tr>
<tr>
<td>☐ Brazil nuts</td>
<td>☐ Avocado oil</td>
</tr>
<tr>
<td>☐ Cashews</td>
<td>☐ Coconut oil</td>
</tr>
<tr>
<td>☐ Flax seeds</td>
<td>☐ Extra virgin olive oil</td>
</tr>
<tr>
<td>☐ Macadamia nuts</td>
<td>☐ Flaxseed oil</td>
</tr>
<tr>
<td>☐ Pecans</td>
<td>☐ Hempseed oil</td>
</tr>
<tr>
<td>☐ Pistachios</td>
<td>☐ Macadamia oil</td>
</tr>
<tr>
<td>☐ Pumpkin seeds</td>
<td>☐ Red palm oil</td>
</tr>
<tr>
<td>☐ Sesame seeds</td>
<td>☐ Sesame oil</td>
</tr>
<tr>
<td>☐ Walnuts</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>LEGUMES (BPA-free canned or dry)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Black beans</td>
<td></td>
</tr>
<tr>
<td>☐ Chickpeas</td>
<td></td>
</tr>
<tr>
<td>☐ Kidney beans</td>
<td></td>
</tr>
<tr>
<td>☐ Lentils</td>
<td></td>
</tr>
<tr>
<td>☐ Pinto beans</td>
<td></td>
</tr>
<tr>
<td>☐ White beans</td>
<td></td>
</tr>
</tbody>
</table>

* Organic preferred  ** Wild-caught  *** Free-range  ****Pasture-raised

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If you’re on a budget and wondering what items you should buy organic and what items you can get that are conventional, here’s a list of foods to buy organic when possible — as these foods are grown with the most pesticides. Those not as important to buy organic are grown using the least amount of pesticides.

<table>
<thead>
<tr>
<th>FOODS TO BUY ORGANIC</th>
<th>FOODS TO BUY CONVENTIONAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>— Apples</td>
<td>— Asparagus</td>
</tr>
<tr>
<td>— Celery</td>
<td>— Avocados</td>
</tr>
<tr>
<td>— Cherry tomatoes</td>
<td>— Cabbage</td>
</tr>
<tr>
<td>— Cucumbers</td>
<td>— Cantaloupe</td>
</tr>
<tr>
<td>— Grapes</td>
<td>— Cauliflower</td>
</tr>
<tr>
<td>— Hot pepper</td>
<td>— Eggplant</td>
</tr>
<tr>
<td>— Kale</td>
<td>— Kiwi</td>
</tr>
<tr>
<td>— Collard greens</td>
<td>— Mangos</td>
</tr>
<tr>
<td>— Nectarines</td>
<td>— Onions</td>
</tr>
<tr>
<td>— Peaches</td>
<td>— Papayas</td>
</tr>
<tr>
<td>— Potatoes</td>
<td>— Pineapples</td>
</tr>
<tr>
<td>— Snap peas</td>
<td>— Sweat peas (frozen)</td>
</tr>
<tr>
<td>— Spinach</td>
<td>— Sweet potatoes</td>
</tr>
<tr>
<td>— Strawberries</td>
<td></td>
</tr>
<tr>
<td>— Sweet bell peppers</td>
<td></td>
</tr>
</tbody>
</table>
STEP 2: DETOX
READY, SET … DETOX

Now that you’ve started to minimize your toxin intake with prep, it’s time to detox. For the next 14 days, you’ll be supporting all six organs of detoxification with supplements, nutrition and lifestyle habits.

**Days 1–10:**
- 1 shake per day
- 2-3 D.TOX-friendly meals per day.

**Days 11–14**
- 1 D.TOX shakes per day
- 1-3 D.TOX friendly meals per day.

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 shake</td>
<td>1 shake</td>
<td>1 shake</td>
<td>1 shake</td>
<td>1 shake</td>
<td>1 shake</td>
<td>1 shake</td>
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<tr>
<td>2-3 meals</td>
<td>2-3 meals</td>
<td>2-3 meals</td>
<td>2-3 meals</td>
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<td>2-3 meals</td>
<td>2-3 meals</td>
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<thead>
<tr>
<th>Day 8</th>
<th>Day 9</th>
<th>Day 10</th>
<th>Day 11</th>
<th>Day 12</th>
<th>Day 13</th>
<th>Day 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 shake</td>
<td>1 shake</td>
<td>1 shake</td>
<td>2 shakes</td>
<td>2 shakes</td>
<td>2 shakes</td>
<td>2 shakes</td>
</tr>
<tr>
<td>2-3 meals</td>
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<td>1-3 meals</td>
<td>1-3 meals</td>
<td>1-3 meals</td>
<td>1-3 meals</td>
</tr>
</tbody>
</table>

Use our approved and non-approved foods list and recipes (in the prep section) to help create your own D.TOX-approved meals, or use our recipes and sample meal plans that each include grocery lists.
Drink half of your body weight in ounces of water
Consume at least one D.TOX shake every day, and at least two for days 11-14.
Include at least a palm-sized serving of protein or a serving of protein powder three times throughout the day
Ensure you get a minimum of 8 hours of sleep
Follow approved food list, and avoid the following: Dairy, corn, eggs, gluten, soy, peanuts, sugar, caffeine, and alcohol
Focus on lots of non-starchy vegetables, protein, and healthy fats.
If you’re active, include carbohydrates around workout times and in the evenings, and choose beans sweet potatoes, winter squash, rice, or quinoa.
HOW TO BUILD A D.TOX SHAKE

MEAL REPLACEMENT SHAKE
We recommend drinking a shake for breakfast every day during your detox.

1. Liquid ________________ water, unsweetened nut milk (10-12 oz.)
2. Protein ________________ D.TOX Powder (2 scoops)
3. Fiber _________________ Fiber Powder (1 scoop)
4. Veggies _________________ spinach, kale, riced cauliflower, Life Greens (1-3 handfuls)
5. Fruit _________________ berries, banana, lime, pineapple, mango (½ cup)
6. Healthy Fat _________________ almond butter, avocado, chia seeds, flax seeds (1-2 Tbsp.)
7. Bonus _________________ vanilla extract, mint extract, oats, coconut, cinnamon

SNACK SHAKE
During days 11-14, you’ll be consuming two D.TOX shakes per day. We recommend continuing the daily breakfast shake habit, and adding in an afternoon or evening snack shake. Since you’ll be treating shake #2 as a snack, you want to go lighter on the calories.

1. Liquid ________________ water, nut milk
2. Protein ________________ D.TOX Powder
3. Fiber _________________ Fiber Powder
4. Bonus _________________ vanilla extract, mint extract, oats, coconut, cinnamon
TIPS TO DETOX
THE RIGHT WAY

Detoxification isn’t just about taking supplements. It’s a lifestyle change that includes eating the right foods and getting enough rest and activity. Follow these guidelines to ensure your best results.

✔ WASH YOUR PRODUCE
   Helps remove pesticides and bacteria.

✔ CONSUME AT LEAST 6 TO 8 SERVINGS OF VEGETABLES PER DAY
   The following vegetables help cleanse the liver: asparagus, artichokes, beets, garlic, onions, leeks, radishes, broccoli, cauliflower, Brussels sprouts, red or green cabbage and kale. If you experience digestive issues from eating these raw, try preparing them steamed or roasted. One serving is 1 cup raw or ½ cup cooked.

✔ CONSUME 2 SERVINGS OF FRESH FRUIT PER DAY
   Organic berries and cherries are high in antioxidants and low in natural sugars. One serving is ½ cup fruit (1 cup berries), 1 small piece of fruit or ½ banana.

✔ CONSUME HIGH-QUALITY PROTEIN WITH EACH MEAL
   This helps to stabilize blood sugars, energy level and cravings as well as provides amino acids needed for the detoxification pathways. Try to include both animal and plant-based protein. Aim for 1 gram of protein per pound of goal weight.

✔ CONSUME OMEGA-3 FATTY ACID SOURCES SEVERAL TIMES PER DAY
   These essential fats are critical for building healthy cell membranes and reducing inflammation. Get them from wild-caught, fatty fish (salmon) and take a daily fish oil supplement, as plant-based sources are not converted well by humans.

✔ INCREASE YOUR DAILY INTAKE OF WATER
   Water is the most important nutrient for your body, especially during the D.TOX® program. Water cleanses your organs and helps flush toxins and waste from your cells. Optimal intake is half your goal body weight in ounces.
TIPS TO DETOX THE RIGHT WAY

✓ CONSUME ADEQUATE FIBER DAILY
Fiber helps eliminate environmental estrogens like BPA and feeds the intestinal cells. You will receive fiber from fruits and vegetables, legumes and the Life Time Fitness Fiber.

✓ FOLLOW THE EXERCISE AND LIFESTYLE PLAN
This plan will help optimize the detoxification process. It takes a lot of energy to properly detoxify, and undue physical stress through intense/frequent exercise or mental stress can inhibit this process and dampen your results.

✓ FOLLOW THE NUTRITIONAL PLAN
Consuming the right nutrients in the correct amounts is critical to your success in this program. Not only does proper nutrition support your detoxification pathways, it also supports your energy and immunity.

✓ COMMIT YOUR GOALS TO PAPER
Studies show that it’s easier to stay motivated when you write down your goals. Use our daily journal to keep track of your food and supplement intake, activity level, sleep and reactions.
YOUR HEALTHY D.TOX PLATE

FILL HALF YOUR PLATE WITH A RAINBOW OF COLORS
- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Carrots
- Celery
- Cucumbers
- Green Beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Onions
- Spinach
- Squash
- Tomatoes
- Zucchini

ADD FLAVOR WITH GOOD-FOR-YOU FATS
- Avocado
- Coconut Oil
- Nuts & Seeds
- Olive Oil

HEALTHY FATS

PROTEIN AT EVERY MEAL
- Beef
- Chicken
- Fish & Seafood
- Non-Animal (Chickpea, Rice & Pea Protein Powder)
- Pork
- Turkey

NON-STARCHY VEGETABLES

FRUITS & STARCHES

STAY HYDRATED

As a general rule, you should try to drink half of your body weight in ounces of water every day. We recommend starting with at least 64 oz.

WATER

BERRIES ARE BEST
- Beans
- Lentils
- Potatoes
- Sweet Potatoes
- Rice
- Apples
- Blackberries
- Blueberries
- Pears
- Raspberries
- Strawberries
HEALTHY LIFESTYLE HABITS

EXERCISE & MOVEMENT

✓ Daily Movement
10,000 steps a day (equal to 5 miles) helps reduce body weight, body fat and inches around the waist. A pedometer is an easy way to track your steps each day.

✓ Cardio or Strength Training
In a current routine? Do a lighter version and keep sessions under 30 minutes. Not in a current routine? Avoid additional stress on the body during detoxification and focus on 10,000 steps a day — indoors and out.

✓ Restorative Yoga
Try for 2 to 3 sessions per week. Restorative yoga helps rebalance the nervous system. And as you practice deep breathing, toxins are expelled through the lungs.

HEAL & RECHARGE

✓ Sleep
Regenerate through the night. Aim for 7 to 8 hours per night between 10pm and 6am. Deep sleep is when your body physically repairs itself, releasing hormones for healing and growth. REM sleep is critical for memory and emotional processing, allowing us to learn and develop new skills.

✓ Dry Sauna
Sweat it out. We encourage 3 days per week for 15 to 20 minutes. After each session, take a cool shower to wash the toxins off your skin.

✓ Meditation
Mind over matter. Slowly work up to 20 minutes per day.

✓ Massage
Stimulate the body. Get a lymphatic drainage massage at least once during the detox. Skin is your largest organ. Your lymphatic system is also known as the “garbage disposal” of the body.
It’s important to plan ahead before you leave the house. Here are a few ideas to get you started.

**EATING IN RESTAURANTS**
- Look up the menu before you go.
- Request organic, grass-fed, pasture-raised or wild meat. If unavailable, choose a leaner option (fish, chicken, turkey, tenderloin or filet mignon).
- Ask how food is cooked and if it is served with sauces or marinades. Grilled or baked meats are best, prepared plain with herbs or a spice rub.
- Go for veggies. Steamed is best, plain (no butter or sauce). Or request a side salad (without cheese or croutons) served with vinegar and olive oil for dressing.

**SOCIAL GATHERINGS**
- Find out what food will be served and compare with the approved and non-approved food chart.
- Bring a dish or two to share that will be safe for you to eat.
- Eat a meal or snack before you go or pack one for the road.
STEP 3: RESTORE
HOW TO REINTRODUCE

You’ve made it through the detox. Now the choice is yours to continue eating clean or reintroduce the non-approved foods back into your diet. Think about how you feel now and what is most important for you to start eating again.

The foods eliminated on D.TOX can produce subtle reactions which are hard to identify as problematic until removed from your diet. To make sure your efforts are not wasted, follow our guide to restore.

Keep in mind these are the 5 most common foods that cause inflammation: Cow dairy, gluten / wheat, eggs, soy and peanut butter.

ONE FOOD AT A TIME

✓ If you start eating more than one non-approved food group, it will be difficult to pinpoint what exactly is causing any unwanted symptoms. Spend the first 3 days post-D.TOX reintroducing the new food and being mindful of any changes.
  • Substantial reaction before 3 days = stop eating the damaging food
  • No reaction after 3 days = move forward onto your next food group

WATCH PORTION SIZE

✓ Eating a small amount of the reintroduced food twice per day is enough to trigger any potential symptoms.

TRACK SYMPTOMS

✓ It’s an easy way to tell which foods are most troublesome for your health. Use the symptom tracker to track each food you add back into your diet.

LISTEN TO YOUR BODY

✓ If you notice a drop in energy, find it difficult to focus, experience achy joints, interrupted sleep, skin disruptions, acne, hives, rash, a rise of 2 to 3 pounds of weight in a day, or digestive issues, you may want to consider leaving the offending food out of your diet.
# Symptom Tracker

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Food 1:</th>
<th></th>
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<th>Food 2:</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Day 1</td>
<td>Day 2</td>
<td>Day 3</td>
<td>Day 1</td>
<td>Day 2</td>
<td>Day 3</td>
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<tr>
<td>Achy Joints</td>
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<tr>
<td>Trouble Sleeping</td>
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<tr>
<td>Mood Changes</td>
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<tr>
<td>Fluctuating Energy</td>
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<tr>
<td>Bloating/Gas</td>
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<tr>
<td>Diarrhea</td>
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<td>Constipation</td>
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<td>Acne</td>
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<td>Rash</td>
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<tr>
<td>Brain Fog</td>
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<tr>
<td>Hives</td>
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<tr>
<td>&gt; 3lb. Weight Gain</td>
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<tr>
<td>Headache</td>
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<tr>
<td>Other:</td>
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</tbody>
</table>
Many lotions, shower gels, soaps and cleaning products contain chemicals that can be harmful to your skin. Lessen the toxic load on your body, clothing and your home, with products that are safe and D.TOX-friendly.

**BODY + HAND LOTION**

**Ingredients**
- 1/4 cup olive oil
- 1 1/4 cups water
- 1/4 cup emulsifying wax
- 15-20 drops essential oil (optional)

**Method**
1. Combine oil and wax in a glass measuring cup and microwave for about one minute, until melted.
2. Fill another measuring cup with water (a coffee mug works well, too) and heat in the microwave on high for one minute or until it boils.
3. While water is heating, add essential oil into the melted oil/wax mixture to add a subtle scent to your lotion.
4. Mix the water, oil and wax together. Your lotion should now have the consistency of skim milk.
5. Let it cool slightly, stir and pour the lotion into a bottle (wide-mouthed are the easiest) while it’s still warm and pourable.
6. Let cool overnight
BODY WASH

Ingredients
• 1/3 cup honey
• 1 cup liquid Castile soap
• 2 tsp. oil (jojoba, olive, almond, etc.)
• 1 tsp. vitamin E oil
• 30–40 drops essential oil (optional)

Method
1. Combine in a small bottle and shake prior to each use. Has a shelf life of one year.

LAUNDRY DETERGENT

Ingredients
• 1 bar Dr. Bronner’s laundry soap
• 1 cup washing soda
• 1 cup baking soda
• 1 ½ Tbsp. citric acid

Method
1. Finely grate bar with a hand grater or in a food processor.
2. Mix with washing soda, baking soda and citric acid — making sure ingredients are evenly distributed.
3. Use 2 tbsp. per load. Safe for HE washers.
4. For scented detergent, add 10–15 drops of essential oil to mixture or use scented soap.
FABRIC SOFTENER

Ingredients
• 25 drops of essential oil (lavender is recommended)
• 1 gallon white vinegar

Method
1. Add essential oil to 1 gallon of white vinegar and shake well.
2. Use 1/2 to 1 cup during the rinse cycle.

DRYER SHEETS

Ingredients
• Clean, old cotton T-shirt
• 5 drops of essential oil

Method
1. Cut T-shirt into 5-inch squares.
2. Drip essential oil onto shirt and add to dryer with clothes.
3. Wash after 2–3 uses and refresh with 4–5 drops each time you use it.

SPOT REMOVER/CARPET CLEANER

Ingredients
• 1 cup vinegar
• 1 cup warm water

Method
1. Mix in a spray bottle. For a larger or smaller batch, just use equal amounts of water and vinegar.
2. Spray directly on the stain and let sit several minutes.
3. Clean with a brush or sponge, using warm, soapy water.
WOOD FLOOR CLEANER

Ingredients
- 1 cup vegetable oil
- 1 cup white vinegar

Method
1. Mix equal amounts vegetable oil (cheap is good for this purpose!) with white vinegar. Rub in well with a cloth towel.

TILE FLOOR CLEANER

Ingredients
- 1 cup white vinegar
- 1 gallon filtered water

Method
1. Mix vinegar with filtered water.
2. After mopping the floor with mixture, rinse with clear water.

ALL-PURPOSE CLEANER

Ingredients
- 1⁄2 cup white vinegar
- 1⁄4 cup baking soda
- 1 tbsp. lemon juice (helps with fingerprints and smudges on glass)
- 1⁄2 gallon filtered water

Method
1. Mix ingredients together in a large container.
2. Transfer to a spray bottle for easy use.
FURNITURE POLISH

Ingredients
• 1/2 cup white vinegar
• 1 tsp. olive oil
• Microfiber cloth

Method
1. Use a microfiber cloth to start polishing.
2. Add vinegar to oil in a small container or bowl.
3. If needed, add vinegar and oil mixture to assist with “polishing.”

TOILET BOWL CLEANER

Ingredients
• 1/4 cup baking soda
• 1 cup white vinegar

Method
1. Mix baking soda and white vinegar.
2. Pour into the toilet and scrub after a few minutes.
Here’s how it works. We’ve set up three primary meals per day – using the D.TOX recipes – but you get to choose all of your snacks (and desserts).

If you like to eat more often throughout the day, include smaller, less filling snacks more often – like 3-5 times per day. If you feel content with bigger meals, stick to the meal plan and only have 1-2 snacks per day. Do what works best for you, and what’s easiest for you to stick to your program. If you need dessert, work that into the plan and eat fewer snacks if necessary.

Remember – if it’s too complicated or restrictive, you won’t be able to keep it up. The goal here is to find a lifestyle that feels second nature to you.

Last thing. If there is a recipe in the meal plan you don’t like, you are welcome to swap it out with another. Any recipe on the D.TOX site is approved. If you find a recipe online you want to use but aren’t sure if it’s D.TOX approved, just reach out to coachanika@lt.life.

**COOKING FOR ONE**
If you are cooking for one, halve each of the recipes in the meal plan. Most include four servings – halving the recipes (and ingredients) will give you two servings.

**COOKING FOR TWO**
Follow the meal plan and recipes as written.

**COOKING FOR FOUR**
If you are cooking for four, double each of the recipes in the meal plan. Most include four servings – doubling the recipes (and ingredients) will give you eight servings.

You can find all D.TOX recipes at [dtox.lifetime-weightloss.com/recipes/](http://dtox.lifetime-weightloss.com/recipes/)
Setting aside time on the weekends to batch cook multiple servings in bulk ensures you have easy, delicious go-to’s during the week. Batch prepping individual ingredients (like pulled chicken or roasted veggies) also allows you to easily throw together meals or grab healthy snacks.

For the recipes included in this program, set time aside two days per week (like Sundays and Wednesdays) to batch cook most of your meals for the next few days all at the same time. Then, save them in individual glass containers once they’re cooked so that you have easy grab-n-go lunches. Be sure to save the extras that you do not plan to eat this week in their own containers and freeze too - you’ll have healthy dinners ready to defrost and reheat in no time.

Here are my top recommendations of individual ingredients to batch cook:

- Rice or quinoa
- Roasted veggies
- Roasted hummus and cut up veggies
- Shredded slow cooker chicken to add to salads and lettuce wraps

Stuck in a pinch? Here are your go-to back-up plan options when you find yourself out and about, or without a pre-prepped lunch or dinner option:

- Double-protein lettuce wrap sandwich, no cheese or mayo, add avocado or Dijon mustard.
- Burrito bowl with double protein of choice, beans OR rice, added veggies with salsa and guacamole – hold the cheese and sour cream.
- Bun-less burger (optional add of avocado or bacon) topped with lettuce and tomato, with a side salad or a side of streamed veggies.
- Grocery store salad bar with fresh veggies, roasted chicken, sunflower seeds, and oil and vinegar.
- Pick up a rotisserie chicken and a bag of microwaveable vegetables. Make veggies, top with olive oil and Himalayan sea salt to taste, and serve alongside chicken.
  - Try adding a side of microwaved sweet potato (poke holes all over with a fork, wrap in wet paper towels, and microwave 5-8 minutes or until pierced easily with a fork – then top with coconut oil and cinnamon).
RECOMMENDED SNACKS

• 2 oz. nitrate-free beef jerky
• 1/2 cup cucumber slices + 2 Tbsp. guacamole
• Small apple
• Whole red pepper + 2 Tbsp. hummus
• 1/4 cup olives (about 10)
• 10 celery strips with 2 Tbsp. almond butter
• Veggie Roll Ups
• 2 strips of bacon
• 1 can BPA-free tuna
• 1 cup roasted veggies
• 1 scoop protein powder + 8 oz. water
• Sunflower Seed Energy Bites

For more snack recipes, visit dtox.lifetime-weightloss.com/recipes
### SAMPLE MEAL PLAN

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>SNACK/ DESSERT</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON.</td>
<td>D.TOX Shake (pg. 37-42)</td>
<td>Avocado Apple Chicken Salad (pg. 46)</td>
<td>Turkey Meatloaf Muffins (pg. 55) + 2 cups Veggies</td>
<td>Optional (pg. 34)</td>
</tr>
<tr>
<td>TUE.</td>
<td>D.TOX Shake (pg. 37-42)</td>
<td>Orange Chicken Stir Fry (pg. 51)</td>
<td>Stuffed Bell Peppers (pg. 53)</td>
<td>Optional (pg. 34)</td>
</tr>
<tr>
<td>WED.</td>
<td>D.TOX Shake (pg. 37-42)</td>
<td>Avocado Apple Chicken Salad (pg. 46)</td>
<td>Buffalo Chicken Stuffed Sweet Potatoes (pg. 47)</td>
<td>Optional (pg. 34)</td>
</tr>
<tr>
<td>THU.</td>
<td>D.TOX Shake (pg. 37-42)</td>
<td>Orange Chicken Stir Fry (pg. 51)</td>
<td>Turkey Meatloaf Muffins (pg. 55) + 2 cups Veggies</td>
<td>Optional (pg. 34)</td>
</tr>
<tr>
<td>FRI.</td>
<td>D.TOX Shake (pg. 37-42)</td>
<td>Stuffed Bell Peppers (pg. 53)</td>
<td>Out to Eat</td>
<td>Optional (pg. 34)</td>
</tr>
<tr>
<td>SAT.</td>
<td>D.TOX Shake (pg. 37-42)</td>
<td>Red Bean Chili (pg. 51)</td>
<td>Out to Eat</td>
<td>Optional (pg. 34)</td>
</tr>
<tr>
<td>SUN.</td>
<td>D.TOX Shake (pg. 37-42)</td>
<td>Buffalo Chicken Stuffed Sweet Potatoes (pg. 47)</td>
<td>Red Bean Chili (pg. 51)</td>
<td>Optional (pg. 34)</td>
</tr>
</tbody>
</table>

- Remember to halve recipes if you are cooking for one, and to double recipes if you are cooking for four.
- When grocery shopping, don’t forget to purchase additional ingredients for shakes and snacks.
- Days 11-14 should include a second D.TOX shake.
## SAMPLE VEGAN MEAL PLAN

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>SNACK/ DESSERT</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON.</td>
<td>D.TOX Shake (pg. 37-42)</td>
<td>Veggie Detox Bowl (pg. 56)</td>
<td>Falafel Salad (pg. 36)</td>
<td>Vegan Protein Shake (pg. 37-42) + Optional Snacks (pg. 34)</td>
</tr>
<tr>
<td>TUE.</td>
<td>D.TOX Shake (pg. 37-42)</td>
<td>Mexican Quinoa Skillet (pg. 50)</td>
<td>Lentil Curry &amp; Cauliflower (pg. 49)</td>
<td>Vegan Protein Shake (pg. 37-42) + Optional Snacks (pg. 34)</td>
</tr>
<tr>
<td>WED.</td>
<td>D.TOX Shake (pg. 37-42)</td>
<td>Veggie Detox Bowl (pg. 56)</td>
<td>Cauliflower Rice Bowl (pg. 47)</td>
<td>Vegan Protein Shake (pg. 37-42) + Optional Snacks (pg. 34)</td>
</tr>
<tr>
<td>THU.</td>
<td>D.TOX Shake (pg. 37-42)</td>
<td>Mexican Quinoa Skillet (pg. 50)</td>
<td>Falafel Salad (pg. 36)</td>
<td>Vegan Protein Shake (pg. 37-42) + Optional Snacks (pg. 34)</td>
</tr>
<tr>
<td>FRI.</td>
<td>D.TOX Shake (pg. 37-42)</td>
<td>Lentil Curry &amp; Cauliflower (pg. 49)</td>
<td>Out to Eat</td>
<td>Vegan Protein Shake (pg. 37-42) + Optional Snacks (pg. 34)</td>
</tr>
<tr>
<td>SAT.</td>
<td>D.TOX Shake (pg. 37-42)</td>
<td>Mock Tuna Salad (pg. 50) + 2 cups Veggies</td>
<td>Out to Eat</td>
<td>Vegan Protein Shake (pg. 37-42) + Optional Snacks (pg. 34)</td>
</tr>
<tr>
<td>SUN.</td>
<td>D.TOX Shake (pg. 37-42)</td>
<td>Cauliflower Rice Bowl (pg. 47)</td>
<td>Mock Tuna Salad (pg. 50) + 2 cups Veggies</td>
<td>Vegan Protein Shake (pg. 37-42) + Optional Snacks (pg. 34)</td>
</tr>
</tbody>
</table>

- Remember to halve recipes if you are cooking for one, and to double recipes if you are cooking for four.
- When grocery shopping, don’t forget to purchase additional ingredients for shakes and snacks.
- Days 11-14 should include a second D.TOX shake.
SHAKES + SMOOTHIES

Almond Joy Shake

VEGAN

Servings: 1 | Calories: 375 | Sugar: 9g | Fat: 18g | Carbs: 34g | Fiber: 17g | Protein: 28g

• 1 serving chocolate Life Time Fitness D.TOX Shake Mix
• 1 serving Life Time Fitness Fiber
• 1 cup unsweetened coconut milk
• 1 scoop double chocolate Life Time Fitness Life Greens
• 1 Tbsp. almond butter
• 1 tsp. almond extract
• Sea salt to taste

1. Place all ingredients in a blender and mix until smooth.

Avo-Keto Shake

VEGAN

Servings: 1 | Calories: 390 | Sugar: 7g | Fat: 23g | Carbs: 27g | Fiber: 17g | Protein: 26g

• 1 serving vanilla Life Time Fitness D.TOX Shake Mix
• 1 serving Life Time Fitness Fiber
• 1/4 avocado
• 1 cup spinach leaves
• 1/2 cup full-fat coconut milk
• 1/4 cup water
• 1 tsp. matcha powder

1. Place all ingredients in a blender and mix until smooth.

Banana Split Shake

VEGAN

Servings: 1 | Calories: 365 | Sugar: 9g | Fat: 14g | Carbs: 36g | Fiber: 13g | Protein: 25g

• 1 serving chocolate Life Time Fitness D.TOX Shake Mix
• 1 serving Life Time Fitness Fiber
• 1 cup unsweetened cashew milk
• 1/3 cup strawberries
• 1/4 banana, frozen
• 1 Tbsp. cashew butter

1. Place all ingredients in a blender and mix until smooth.
Black Forest Cake Shake
VEGAN
Servings: 1 | Calories: 387 | Sugar: 13g | Fat: 17g | Carbs: 32g | Fiber: 13g | Protein: 26g

- 1 serving chocolate Life Time Fitness D.TOX Shake Mix
- 1 serving Life Time Fitness Fiber
- 1 cup unsweetened almond milk
- 1/2 cup frozen cherries
- 1 Tbsp. almond butter
- 1/4 tsp. almond extract

1. Place all ingredients in a blender and mix until smooth.

Blueberry Muffin Shake
VEGAN
Servings: 1 | Calories: 388 | Sugar: 13g | Fat: 18g | Carbs: 33g | Fiber: 13g | Protein: 25g

- 1 serving vanilla Life Time Fitness D.TOX Shake Mix
- 1 serving Life Time Fitness Fiber
- 1 cup unsweetened almond milk
- 1/2 cup blueberries
- 2 Tbsp. walnuts

1. Place all ingredients in a blender and mix until smooth.

Blueberry Matcha Shake
VEGAN
Servings: 1 | Calories: 306 | Sugar: 12g | Fat: 11g | Carbs: 35g | Fiber: 15g | Protein: 23g

- 1 serving chocolate Life Time Fitness D.TOX Shake Mix
- 1 serving Life Time Fitness Fiber
- 1 cup unsweetened coconut milk
- 1/2 cup frozen blueberries
- 1 Tbsp. matcha powder
- 4 ice cubes

1. Place all ingredients in a blender and mix until smooth.
Cafe Mocha Shake

VEGAN

Servings: 1 | Calories: 334 | Sugar: 8g | Fat: 14g | Carbs: 34g | Fiber: 19g | Protein: 25g

• 1 serving chocolate Life Time Fitness D.TOX Shake Mix
• 1 serving Life Time Fitness Fiber
• 1 scoop cafe mocha Life Time Fitness Life Greens
• 1 cup unsweetened almond milk
• 1/4 avocado

1. Place all ingredients in a blender and mix until smooth.

Chai Shake

VEGAN

Servings: 1 | Calories: 347 | Sugar: 6g | Fat: 16g | Carbs: 26g | Fiber: 11g | Protein: 24g

• 1 serving vanilla Life Time Fitness D.TOX Shake Mix
• 1 serving Life Time Fitness Fiber
• 1 cup unsweetened almond milk
• 1 Tbsp. cashew butter
• 1/2 tsp. cinnamon
• 1/4 tsp. ginger
• 1/4 tsp. nutmeg
• 1/4 tsp. cardamom

1. Place all ingredients in a blender and mix until smooth.

Chia Chia Shake

VEGAN

Servings: 1 | Calories: 344 | Sugar: 9g | Fat: 12g | Carbs: 35g | Fiber: 21g | Protein: 29g

• 1 serving chocolate Life Time Fitness D.TOX Shake Mix
• 1 serving Life Time Fitness Fiber
• 1 cup unsweetened almond milk
• 1 cup spinach
• 1/2 cup strawberries
• 1 Tbsp. chia seeds

1. Place all ingredients in a blender and mix until smooth.
Cinnamon Roll Shake

**VEGAN**

**Servings: 1 | Calories: 353 | Sugar: 6g | Fat: 18g | Carbs: 27g | Fiber: 15g | Protein: 27g**

- 1 serving vanilla Life Time Fitness D.TOX Shake Mix
- 1 serving Life Time Fitness Fiber
- 1 cup unsweetened almond milk
- 1 Tbsp. almond butter
- 1/4 tsp. vanilla extract
- Sea salt and cinnamon taste

1. Place all ingredients in a blender and mix until smooth.

Chocolate Malt Shake

**VEGAN**

**Servings: 1 | Calories: 363 | Sugar: 7g | Fat: 18g | Carbs: 29g | Fiber: 16g | Protein: 28g**

- 1 serving chocolate Life Time Fitness D.TOX Shake Mix
- 1 serving Life Time Fitness Fiber
- 1 cup unsweetened almond milk
- 1/2 cup riced cauliflower
- 1 Tbsp. almond butter

1. Place all ingredients in a blender and mix until smooth.

Lemon Cream Pie Shake

**VEGAN**

**Servings: 1 | Calories: 341 | Sugar: 6g | Fat: 16g | Carbs: 30g | Fiber: 14g | Protein: 25g**

- 1 serving vanilla Life Time Fitness D.TOX Shake Mix
- 1 serving Life Time Fitness Fiber
- 1 cup unsweetened cashew milk
- 1 Tbsp. cashew butter
- 1 Tbsp. lemon juice
- 1 tsp. lemon zest

1. Place all ingredients in a blender and mix until smooth.
Morning Mint Shake

VEGAN

Servings: 1 | Calories: 327 | Sugar: 7g | Fat: 15g | Carbs: 29g | Fiber: 15g | Protein: 24g

- 1 serving vanilla Life Time Fitness D.TOX Shake Mix
- 1 serving Life Time Fitness Fiber
- 1 cup unsweetened coconut milk
- 1 cup raw spinach
- 1/4 avocado
- 1/4 tsp. vanilla extract
- 3 or 4 mint leaves (optional)

1. Place all ingredients in a blender and mix until smooth.

Piña Colada Shake

VEGAN

Servings: 1 | Calories: 289 | Sugar: 12g | Fat: 9g | Carbs: 27g | Fiber: 10g | Protein: 21g

- 1 serving vanilla Life Time Fitness D.TOX Shake Mix
- 1 serving Life Time Fitness Fiber
- 1 cup unsweetened coconut milk
- 1/2 cup frozen pineapple chunks
- 4 ice cubes

1. Place all ingredients in a blender and mix until smooth.

Salted Nut Shake

VEGAN

Servings: 1 | Calories: 347 | Sugar: 6g | Fat: 15g | Carbs: 25g | Fiber: 10g | Protein: 24g

- 1 serving chocolate Life Time Fitness D.TOX Shake Mix
- 1 serving Life Time Fitness Fiber
- 1 cup unsweetened coconut milk
- 1 Tbsp. cashew butter
- 1 tsp. vanilla extract
- Sea salt to taste

1. Place all ingredients in a blender and mix until smooth.
Strawberry Cream Shake

VEGAN

Servings: 1 | Calories: 374 | Sugar: 9g | Fat: 17g | Carbs: 29g | Fiber: 14g | Protein: 26g

- 1 serving vanilla Life Time Fitness D.TOX Shake Mix
- 1 serving Life Time Fitness Fiber
- 1 cup unsweetened almond milk
- ½ cup frozen strawberries
- 1 Tbsp. almond butter

1. Place all ingredients in a blender and mix until smooth.

Strawberry Daiquiri Shake

VEGAN

Servings: 1 | Calories: 268 | Sugar: 7g | Fat: 9g | Carbs: 22g | Fiber: 9g | Protein: 21g

- 1 serving vanilla Life Time Fitness D.TOX Shake Mix
- 1 serving Life Time Fitness Fiber
- ½ cup frozen strawberries
- ½ lime, juiced
- 1 cup unsweetened vanilla coconut milk

1. Place all ingredients in a blender and mix until smooth.

Superfood Shake

VEGAN

Servings: 1 | Calories: 340 | Sugar: 11g | Fat: 11g | Carbs: 34g | Fiber: 17g | Protein: 26g

- 1 serving vanilla Life Time Fitness D.TOX Shake Mix
- 1 serving Life Time Fitness Fiber
- 1 cup unsweetened almond milk
- ½ cup mixed berries
- 1 Tbsp. chia seeds

1. Place all ingredients in a blender and mix until smooth.

Turmeric + Ginger Shake

VEGAN

Servings: 1 | Calories: 368 | Sugar: 9g | Fat: 15g | Carbs: 32g | Fiber: 12g | Protein: 25g

- 1 serving vanilla Life Time Fitness D.TOX Shake Mix
- 1 serving Life Time Fitness Fiber
- 1 cup unsweetened cashew milk
- 1 Tbsp. cashew butter
- 1 large carrot, peeled and grated
- 1 tsp. turmeric
- 1/4 tsp. ginger

1. Place all ingredients in a blender and mix until smooth.
Baked Oatmeal

VEGAN

Servings: 6 | Calories: 310 | Sugar: 1g | Fat: 14g | Carbs: 25g | Fiber: 5g | Protein: 17g

- 2 Tbsp. flaxseed meal
- 3 Tbsp. water
- 5 scoops vanilla Life Time Fitness Vegan Protein
- 2 cups gluten-free oats
- 2 cups almond milk
- 3 Tbsp. coconut oil

1. Mix flaxseed meal and water and let sit for 5 minutes.
2. Combine all ingredients in a medium bowl.
3. Spray 8x8 baking pan with non-stick cooking spray.
4. Add mixture to pan.
5. Bake at 350 degrees for 20 to 25 minutes or until browned.
6. Serve with mixed berries, coconut milk yogurt and/or nut butter

Blueberry Cheesecake Overnight Oats

VEGAN

Servings: 1 | Calories: 310 | Sugar: 12g | Fat: 13g | Carbs: 42g | Fiber: 10g | Protein: 8g

- 5 scoops chocolate Life Time Fitness Vegan Protein
- 2 cups gluten-free oats
- 4 Tbsp. ground flax
- 1/2 cup pecans
- 1 cup unsweetened almond milk
- 1 Tbsp. liquid stevia
- 8 Tbsp. nut butter
- 1/4 cup coconut oil

1. Combine oats, chia seeds, almond milk, coconut yogurt, dairy-free cream cheese, lemon juice and sea salt in a bowl and stir gently to combine.
2. Transfer to a mason jar, top with blueberries and refrigerate overnight.

Breakfast Brownie

VEGAN

Servings: 1 | Calories: 340 | Sugar: 11g | Fat: 11g | Carbs: 34g | Fiber: 17g | Protein: 26g

- 1 serving vanilla Life Time Fitness D.TOX Shake Mix
- 1 serving Life Time Fitness Fiber
- 1 cup unsweetened almond milk
- 1/2 cup mixed berries (raspberries, strawberries, blueberries)
- 1 Tbsp. chia seeds

1. Preheat oven to 350 degrees.
2. Combine dry ingredients in a bowl, and wet ingredients in a separate bowl. Mix well.
3. Place into 8x8 pan (use coconut or avocado cooking spray) and press down with palm until flattened into pan.
4. Bake at 350 degrees for 25 to 30 minutes until edges are browned.
5. Best when refrigerated overnight before eating.

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Chia Pudding

VEGAN

Servings: 1 | Calories: 340 | Sugar: 3g | Fat: 16g | Carbs: 23g | Fiber: 21g | Protein: 25g

• 1 cup almond milk, unsweetened
• 1/4 cup chia seeds
• 1 scoop vanilla or chocolate Life Time Fitness Vegan Protein (optional, or use 1/4 banana and 1/2 cup strawberries, blended)

1. Mix all ingredients together and pour into a Ball jar (or other covered glass container) and let sit in the refrigerator for 4 hours (or overnight).
2. Mix and add desired toppings, such as 1/2 cup of strawberries or raspberries.

Coconut Yogurt

VEGAN

Servings: 4 | Calories: 150 | Sugar: 1g | Fat: 15g | Carbs: 3g | Fiber: 0g | Protein: 1g

• 7-oz. can full-fat coconut milk
• 3 probiotic capsules (Life Time Fitness Multi Pro 30B)

1. Pour room temperature coconut milk into a sterilized glass Ball jar and add in three capsules of Life Time Fitness Multi Pro 30B.
2. Cover with cheesecloth and use a rubber band to secure.
3. Place Ball jar on a shelf in your kitchen cabinet with a stable temperature.
4. Leave in the cabinet for 24 hours or 48 hours for a thicker consistency.
5. Place in the refrigerator for 12 to 24 hours.
6. Enjoy it plain or with a little stevia and vanilla extract or fresh vanilla bean.

Mexican Chocolate Chia Pudding

VEGAN

Servings: 2 | Calories: 272 | Sugar: 2g | Fat: 12g | Carbs: 22g | Fiber: 16g | Protein: 22g

• 1 1/2 cups almond milk
• 1/3 cup chia seeds
• 2 Tbsp. unsweetened cocoa powder
• 2 scoops Life Time Fitness Vegan Protein
• 1/2 tsp. ground cinnamon
• 1/4 tsp. sea salt
• 1/2 tsp. vanilla extract
• Pinch of cayenne (optional)

1. Combine all ingredients in a medium mixing bowl and pour into 2 glass Ball jars.
2. Let sit overnight (or 4 hours) in refrigerator.
3. Add desired toppings such as fruit, nuts, nut butter, etc.
Overnight Protein Oats

VEGAN

Servings: 1 | Calories: 342 | Sugar: 5g | Fat: 8g | Carbs: 38g | Fiber: 9g | Protein: 30g

- 2/3 cup unsweetened almond milk
- 1/3 cup gluten-free oats
- 2 scoops chocolate Life Time Fitness Vegan Protein
- 1/2 cup raspberries

1. Mix milk, oats and protein powder together and pour into a Ball jar.
2. Let sit overnight (or 4 hours) in the refrigerator.
3. Top with berries.

Savory Breakfast Bowl

Servings: 4 | Calories: 375 | Sugar: 14g | Fat: 15g | Carbs: 29g | Fiber: 7g | Protein: 27g

- 1/2 Tbsp. olive oil, divided
- 12 baby bell peppers, sliced
- 1 lb. ground turkey
- 2 cups cherry tomatoes
- 2 cups sweet potato, diced
- 4 cups mixed greens
- 1 avocado
- Salt and pepper, to taste

1. Heat olive oil over in a medium/large skillet over low heat. Add bell peppers, tomatoes, and sweet potatoes and sauté until cooked through and browned. Remove from pan and set aside.
2. Add ground turkey to the same skillet and cook until browned, about 7–8 minutes.
3. In 4 separate bowls, add ground turkey and vegetables. Top with 1/4 avocado and a handful of mixed greens, and enjoy!

Turkey Sausage Patties

Servings: 6 | Calories: 135 | Sugar: 0g | Fat: 8g | Carbs: 1g | Fiber: 0g | Protein: 15g

- 1 Tbsp. coconut or avocado oil
- ½ cup chopped onion
- 1 lb. ground turkey
- ½ cup chopped spinach
- 1 Tbsp. poultry seasoning
- ¼ tsp. nutmeg
- 1 tsp. sea salt

1. Heat medium skillet over low heat and add coconut or avocado oil. Add chopped onion and sauté until browned. Set aside to cool.
2. Preheat oven to 425 degrees.
3. Meanwhile, combine remaining ingredients in a mixing bowl, and add cooled onion mixture.
4. Form into 6 patties and bake for 12–15 minutes, flipping halfway through.
Alfredo Spaghetti Squash Bake

Servings: 5 | Calories: 421 | Sugar: 5g | Fat: 27g | Carbs: 14g | Fiber: 4g | Protein: 27g

• 1 medium spaghetti squash
• 1 Tbsp. olive oil, divided
• 1 onion, chopped
• 2 Tbsp. minced garlic
• 4 cups broccoli florets
• 1 lb. chicken breasts, cubed
• 2 cups mushrooms, diced
• 2 cups cauliflower, cooked
• 16-oz. can coconut cream
• 1 cup chicken stock
• 1 tsp. nutmeg
• 1 tsp. salt, divided
• 1 tsp. pepper, divided

1. Preheat oven to 350 degrees. Cut squash lengthwise, scoop out seeds and bake uncovered for 60 minutes or until tender.
2. Cool, then rake fork across squash halves and place in medium bowl.
3. Meanwhile, heat 1/2 tablespoon olive oil over medium heat and add chopped onion and garlic.
4. Once browned, combine with cauliflower, stock and coconut cream in blender. Blend until smooth consistency is reached. Add in nutmeg and 1/2 tsp. salt and 1/2 tsp. pepper and set aside.
5. Heat remaining 1/2 tablespoon olive oil in skillet and add chicken, broccoli and mushrooms and season with remaining salt and pepper.
7. Combine squash and cauliflower sauce ingredients in a medium bowl. Gently toss in chicken mixture and pour into pan.
8. Bake uncovered for 20 minutes or until browned.

Avocado Apple Chicken Salad

Servings: 4 | Calories: 470 | Sugar: 9g | Fat: 28g | Carbs: 18g | Fiber: 8g | Protein: 27g

• 1 lb. chicken breast, cooked
• 2 avocados
• 2 apples
• 1/2 cup celery
• 1/2 cup red onion
• 4 Tbsp. extra virgin olive oil
• 4 tsp. fresh lime juice
• Sea salt and freshly ground black pepper

1. Chop chicken, cube avocado, peel and core apple and dice celery and onion.
2. Combine all ingredients in a medium bowl, seasoning to taste and serve immediately.
Buffalo Chicken–Stuffed Sweet Potato

Servings: 4 | Calories: 357 | Sugar: 3g | Fat: 24g | Carbs: 13g | Fiber: 2g | Protein: 23g

- 1 lb. organic chicken
- 1 cup hot sauce (Frank’s Original)
- 1/4 cup coconut oil
- 2 sweet potatoes
- 2 Tbsp. green onion (optional)

1. Mix hot sauce and coconut oil together with a whisk.
2. Set crockpot to high and add chicken.
3. Pour mixture over chicken so it is fully covered. Keep on high for 4 hours, checking occasionally to make sure it is still covered in sauce.
4. When there is an hour left for chicken cook time, preheat oven to 350 degrees.
5. Pierce sweet potato and place in oven for 30 to 40 minutes.
6. After 4 hours, shred the chicken using a fork. It should shred easily. If not, continue heating chicken in the slow cooker.
7. Create 4 equal portions with the chicken.
8. Cut sweet potatoes in half and top with chicken and green onion.

Cauliflower Rice Bowl

VEGAN

Servings: 4 | Calories: 386 | Sugar: 2g | Fat: 16g | Carbs: 37g | Fiber: 16g | Protein: 19g

- 1 1/3 cup chickpeas
- 2 Tbsp. olive oil
- 4 tsp. chili powder
- 4 cup cauliflower, riced
- 4 cup kale
- 8 Tbsp. hummus
- 8 Tbsp. almond milk
- 2 tsp. salt
- 2 tsp. paprika
- 4 tsp. coconut oil
- 4 Tbsp. pumpkin seeds

1. For chickpeas, preheat oven to 350 degrees. Spray a 9×13 pinch with non-stick spray. Drain chickpeas and rinse. Pat dry with towel and place in medium bowl. Add olive oil and spices. Mix to combine and then place on baking sheet. Bake in oven for 20 to 25 minutes or until crisp.
3. Add almond milk to hummus and blend.
4. Place cauliflower rice, chickpeas and kale in a bowl. Drizzle hummus mixture on top and add pumpkin seeds.
Collard Green Wrap

Servings: 1 | Calories: 369 | Sugar: 11g | Fat: 17g | Carbs: 26g | Fiber: 11g | Protein: 33g

- 2 collard green leaves
- 2 Tbsp. hummus
- 4-oz. approved deli turkey
- 1/2 small tomato, sliced
- 1/4 avocado
- 1/2 cup sprouts
- 2 Tbsp. sunflower seeds

1. Blanch collard green leaves in hot water for 5 seconds before running under cold water to make more pliable.
2. Lay leaves out flat and layer on hummus, turkey, tomato, avocado, sprouts and sunflower seeds.
3. Fold up bottom and top portion of leave (about ¼ of the way up on each side), before starting from one side and rolling gently to secure.

Falafel Salad

VEGAN

Patties: Servings 4 | Calories 205 | Sugar 5 g | Fat 3 g | Carbs 36 g | Fiber 7 g | Protein 9 g
Tahini Sauce: Servings 4 | Calories 180 | Sugar 0 g | Fat 15 g | Carbs 5 g | Fiber 7 g | Protein 7 g
Kale Salad: Servings 4 | Calories 134 | Sugar 3 g | Fat 10 g | Carbs 11 g | Fiber 3 g | Protein 3 g

Patties
- 2–14 oz. BPA-free can garbanzo beans, drained
- 2 cup oatmeal
- 2 cup diced onion
- 2 cup parsley
- 4 tsp. garlic powder
- 4 tsp. sea salt
- 8 tsp. cumin

Dressing
- 1 cup tahini
- 12 Tbsp. warm water
- 4 tsp. sea salt
- 4 tsp. cumin

Salad
- 12 cups kale
- 1 cup chopped parsley
- 8 small sliced tomatoes
- 12 tsp. olive oil
- 4 tsp. sea salt

1. Pre heat oven to 400 degrees and spray/grease a 9×13 in baking pan.
2. Combine patty ingredients in the base of a food processor, and pulse until well combined. Put into a medium bowl and refrigerate for 1–2 hours.
3. After the patties have cooled, form into patties and bake for 15 minutes, flipping halfway through.
4. Meanwhile, whisk sauce ingredients together and store in a mason jar.
5. Add kale to a large bowl. Massage oil and sea salt into the leaves. Add sliced tomatoes.
6. Divide kale between 2 bowls. Add sliced tomatoes, patties, and drizzle tahini sauce on top.

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Lentil Curry + Cauliflower

VEGAN

Servings: 4 | Calories: 380 | Sugar: 9g | Fat: 19g | Carbs: 39g | Fiber: 14g | Protein: 16g

- 2 collard green leaves
- 2 Tbsp. hummus
- 4-oz. approved deli turkey
- 1/2 small tomato, sliced
- 1/4 avocado
- 1/2 cup sprouts
- 2 Tbsp. sunflower seeds

1. Blanch collard green leaves in hot water for 5 seconds before running under cold water to make more pliable.
2. Lay leaves out flat and layer on hummus, turkey, tomato, avocado, sprouts and sunflower seeds.
3. Fold up bottom and top portion of leave (about ¼ of the way up on each side), before starting from one side and rolling gently to secure.

Lentil Meatballs + Quinoa

VEGAN

Servings: 5 | Calories: 327 | Sugar: 2g | Fat: 7g | Carbs: 53g | Fiber: 11g | Protein: 16g

- 2 Tbsp. ground flaxseed
- 3 Tbsp. water
- 2 cups cooked lentils
- 1 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1 ½ Tbsp. Italian seasoning
- 2 Tbsp. tomato paste
- Sea salt and black pepper to taste
- 1 Tbsp. coconut flour
- 1/2 cup gluten-free oats
- 2 ½ cups vegetable stock
- 1 ¼ cups quinoa, uncooked

1. Make “flax egg” by soaking flax in 3 tablespoons of water for 5 minutes.
2. In a blender or food processor, add olive oil, garlic, flax egg, Italian seasoning, tomato paste, salt and pepper, coconut flour, lentils and raw oats. Pulse/blend until mixture is smooth but still somewhat chunky.
3. Roll into 10 equal-sized small balls.
4. Line a 9×13 baking pan with aluminum foil. Bake meatballs for 20 minutes at 350 degrees, until browned.
5. Meanwhile, add vegetable stock to small saucepan and add quinoa.
6. Simmer on low for 20 minutes or until cooked through, and fluff with fork.
7. Serve meatballs with quinoa. Two meatballs and ¾ cup quinoa is a serving.
Mexican Quinoa Skillet

VEGAN

Servings: 4 | Calories: 370 | Sugar: 8g | Fat: 9g | Carbs: 59g | Fiber: 15g | Protein: 16g

- 2 Tbsp. olive oil
- 1 onion, diced
- 1 red bell pepper
- 1 Tbsp. minced garlic
- 2–15-oz. cans black beans
- 15-oz. can tomato sauce
- 1/2 cup quinoa, uncooked and rinsed
- 1 Tbsp. chili powder
- 1 tsp. cumin
- 1 tsp. oregano
- 1 1/4 cups water
- Salt, to taste

1. In a medium skillet, heat olive oil over low heat. Add in diced onion, red bell pepper and garlic. Sauté for 5 to 7 minutes or until translucent.
2. Add in beans, tomato sauce, quinoa, water and spices, and simmer on low for 30 minutes or until quinoa is tender.

Mock Tuna Salad

VEGAN

Servings: 4 | Calories: 230 | Sugar: 6g | Fat: 8g | Carbs: 32g | Fiber: 8g | Protein: 10g

- 2–14 oz. BPA-free can chickpeas, drained
- 1/2 cup hummus
- 1 cup diced red onion
- 2 cup diced celery
- 2 lemon, juiced
- 2 tsp. sea salt
- 2 tsp. garlic powder

1. In a medium bowl, mash chickpeas with the tine of a fork.
2. Add remaining ingredients and stir to combine.
3. Serve with veggies or atop lettuce leaves.
Orange Chicken Stir-Fry

Servings: 4 | Calories: 300 | Sugar: 14g | Fat: 8g | Carbs: 23g | Fiber: 8g | Protein: 31g

Stir-fry
- 2 Tbsp. coconut oil, divided
- 1 lb. chicken breasts
- 1 bell pepper, diced
- 4 cups broccoli
- 1 zucchini, sliced
- 1 onion, diced
- 4 cups cauliflower rice

Sauce
- 1/2 orange, juiced
- 1/4 cup chicken stock
- 2 garlic cloves, minced
- 1 Tbsp. orange zest
- 3 Tbsp. coconut aminos
- 1/4 tsp. ground ginger

1. In a 10-inch skillet, heat coconut oil over medium heat. Add chicken breasts, bell pepper, broccoli, zucchini and onion until cooked through.
2. In a separate skillet, heat remaining olive oil and sauté cauliflower rice until browned and cooked through.
3. In a separate bowl, whisk together sauce ingredients. Pour into chicken and vegetable mixture and simmer until sauce reduces by half.
4. Serve with cauliflower rice.

Red Bean Chili

Servings: 4 | Calories: 400 | Sugar: 5g | Fat: 14g | Carbs: 26g | Fiber: 6g | Protein: 35g

- 1 15 oz. can tomato sauce
- 1 15 oz. can diced tomatoes
- 1 15 oz. can kidney beans
- 1 lb. ground beef
- ½ yellow onion, chopped
- 2 medium zucchinis, chopped
- 1 cup carrots, chopped
- 2 cloves garlic, chopped
- 2 Tbsp. chili powder
- ½ tsp. cumin
- 1 Tbsp. oregano

1. In large pot, brown ground beef and chopped garlic over medium heat until meat is cooked thoroughly.
2. Add onion, carrots, and seasonings to skillet and cook over medium-high heat about 5-6 minutes. Next add zucchini and cook another 2 minutes, stirring well.
3. Add tomato sauce, diced tomatoes, and beans to the pot and bring to a boil, stirring frequently. Reduce heat and simmer for 20 minutes.
Coach Paul’s Slow Cooker Chicken

Servings: 6 | Calories: 224 | Sugar: 5g | Fat: 10g | Carbs: 11g | Fiber: 3g | Protein: 25g

• 6 chicken breasts (or thighs if you prefer)
• 1 large (24 to 36 oz.) jar of salsa (no added sugar)
• 1 medium onion, sliced
• Salt, pepper and jalapeño, to taste
• 6 cups broccoli

1. Add all ingredients to slow cooker, except broccoli.
2. Set slow cooker to high for three hours, then low/warm overnight (do not lift lid until once you cover the cooker).
3. Steam broccoli before ready to serve.
4. Shred chicken with tongs and serve over steamed broccoli.

Steak Fajita Salad

Servings: 2 | Calories: 460 | Sugar: 2g | Fat: 32g | Carbs: 7g | Fiber: 5g | Protein: 31g

Salad:
• 8-oz. skirt steak
• 1/2 red onion, sliced
• 1 large bell pepper, sliced
• 4 cups romaine lettuce, chopped
• 1/2 avocado, sliced

Dressing:
• 2 Tbsp. olive or avocado oil
• 1/4 cup lime juice
• 1/2 tsp. chili powder
• Himalayan sea salt and pepper, to taste

1. Combine all ingredients for dressing. Reserve half for the salad. Add the other half to glass container and add steak, onion and pepper. Marinate in refrigerator for 12 to 24 hours.
2. Remove the steak, onion and pepper from the marinade and discard juices. Add pepper and onion to a square piece of foil and fold.
3. Grill steak 2 to 3 minutes per side, while keeping the foil packet to the side of the grill (or use indoor grill pan).
4. Remove steak from grill and leave peppers and onions on low heat.
5. Add romaine and remaining dressing to large bowl. Toss to coat and season with salt and pepper to taste.
6. Slice the steak, add 4 ounces to each plate with ¼ avocado and divide salad.
Stuffed Bell Peppers

Servings: 4 | Calories: 370 | Sugar: 2g | Fat: 11g | Carbs: 37g | Fiber: 7g | Protein: 32g

- 4 large bell peppers
- 1 Tbsp. olive oil
- 1/2 onion, diced
- 1 lb. lean ground turkey
- 1 Tbsp. chili powder
- 1 tsp. paprika
- Sea salt to taste
- 2 cups quinoa, cooked
- 2 limes, juice and zest of one lime
- 1 cup fresh cilantro, coarsely chopped

1. Preheat oven to 350 degrees.
2. Spray a 9×13 baking dish with cooking spray. Spritz bell peppers with cooking spray, and bake in oven for 25 minutes or until tender and slightly browned.
3. Meanwhile, in a 10-inch skillet, heat olive oil. Add in onion, turkey, chili powder, paprika and salt, stirring occasionally until thoroughly cooked through.
4. In a medium bowl, add quinoa, lime zest and juice, and salt to taste. When turkey mixture is done, add to medium bowl with cilantro and mix to combine.
5. Fill bell pepper halves with turkey mixture and bake, uncovered, in the oven for an additional 10 minutes.

Sweet Potato Black Bean Burger

VEGAN

Servings: 4 | Calories: 340 | Sugar: 3g | Fat: 11g | Carbs: 47g | Fiber: 14g | Protein: 16g

- 15-oz. can black beans, drained and rinsed
- 2/3 cup mashed sweet potato
- 2/3 cup cooked brown rice
- 1/2 cup walnuts, chopped
- 1/2 cup finely diced onion
- 2 ½ tsp. ground cumin
- 1 tsp. smoked paprika
- Salt and pepper, to taste
- 3/4 cup raw gluten-free oats

1. Preheat oven to 375 degrees.
2. Combine all ingredients (except oatmeal) in the base of a food processor or blender. Process until smooth.
3. Add in oats and shape into 8 patties.
4. Place on a 9×13 sheet pan spritzed with nonstick spray and bake at 375 degrees for 25 to 30 minutes, or until browned.
Sweet Potato + Turkey Hash

Servings: 4 | Calories: 312 | Sugar: 4g | Fat: 9g | Carbs: 32g | Fiber: 11g | Protein: 25g

- 2 tsp. coconut oil
- 12 oz. ground turkey
- 2 medium onions, chopped
- 1 medium sweet potato, diced
- 2 large garlic cloves, minced
- 1 jalapeño pepper, seeded and minced
- 4 tsp. ground cumin
- 2 cups black beans
- 2 Tbsp. chopped cilantro
- Salt and pepper, to taste
- 1 lime cut into 4 wedges

1. In skillet, melt 1 tsp. coconut oil and brown turkey. Set aside.
2. In a separate skillet, sauté onions in remaining coconut oil until browned, 3 to 5 minutes.
3. Add sweet potato and cook, stirring until it browns, about 5 to 7 minutes.
4. Stir in garlic, jalapeño and cumin, and sauté until fragrant, about 30 seconds.
5. Stir in black beans and turkey, and cook until heated through.
6. Top with cilantro, season with pepper and serve with lime wedges.

Taco Bowl

Servings: 4 | Calories: 450 | Sugar: 3g | Fat: 19g | Carbs: 39g | Fiber: 9g | Protein: 32g

- 1 lb. grass-fed beef or ground turkey
- 2 Tbsp. tomato paste
- 1 cup diced tomatoes
- 1 ½ Tbsp. chili powder
- 1 tsp. garlic powder
- 1 tsp. cumin
- 1/4 tsp. sea salt
- 2 cups cooked brown rice
- 2 cups chopped romaine lettuce
- 2 cups chopped tomatoes
- 1 cup black beans
- 1 avocado, sliced

1. For the beef or turkey, heat a skillet over medium heat spritzed with coconut oil spray. Add the beef, and stir until slightly browned (about 5 minutes).
2. Add the tomato paste, diced tomatoes, chili powder, garlic powder, cumin and sea salt.
3. Let simmer on low for 5–7 minutes or until heated through.
4. To assemble (for each bowl), layer in ½ cup brown rice, ½ cup chopped lettuce, ¼ beef or turkey mixture, ¼ cup black beans, ½ cup chopped tomatoes, and ¼ sliced avocado.
Thai Turkey Lettuce Wraps

Servings: 4 | Calories: 290 | Sugar: 5g | Fat: 15g | Carbs: 10g | Fiber: 5g | Protein: 25g

• 1 Tbsp. coconut or avocado oil
• 1 lb. ground turkey
• 1 cup shredded carrots
• Iceberg lettuce leaves

Sauce:
• 4 Tbsp. coconut aminos
• 2 Tbsp. sunflower seed butter
• 1 Tbsp. blackstrap molasses
• 2 tsp. white wine vinegar
• ¼ tsp. garlic powder
• ¼ tsp. granulated ginger
• 1 tsp. sea salt

1. Heat a medium skillet over low heat and add coconut or avocado oil. Add turkey and sauté until browned. Add in shredded carrots.
2. Meanwhile, combine sauce ingredients in a small bowl, and add to ground turkey mixture.
3. Spoon into lettuce leaves and serve.

Turkey Meatloaf Muffins

Servings: 4 | Calories: 235 | Sugar: 2g | Fat: 10g | Carbs: 7g | Fiber: 3g | Protein: 30g

Meatballs
• 1 lb. ground turkey
• 1/2 cup almond meal
• 1/2 cup diced onion
• 1 Tbsp. ground flax
• 1 tsp. sea salt
• 1/4 tsp. garlic powder
• 1/4 tsp. chili powder

Ketchup
• 6-oz. can tomato paste
• 2 Tbsp. apple cider vinegar
• 1 tsp. Dijon mustard
• 1/2 tsp. garlic powder
• 1/4 tsp. dry mustard
• 1/4 cup water
• 1/4 tsp. cinnamon
• 1/4 tsp. sea salt

1. Preheat oven to 350 degrees.
2. In a medium mixing bowl, combine ground turkey and other ingredients for meatballs and mix well.
3. Form into 8 balls and place in a muffin tin, pressing slightly down with your hand.
4. In a separate bowl, combine homemade ketchup ingredients.
5. Spoon small dollops onto each turkey muffin and bake, uncovered, until cooked through, about 20 minutes.
6. Serve with remaining ketchup.
White Chicken Chili

Servings: 4 | Calories: 390 | Sugar: 4g | Fat: 17g | Carbs: 25g | Fiber: 7g | Protein: 29g

- 1 Tbsp. coconut oil
- 1 lb. chicken breasts, cubed
- 1 medium onion, chopped
- 2 large celery stalks, chopped
- 2 large carrots, peeled and chopped
- 4 cloves garlic, minced
- 2 cups low-sodium chicken broth
- 16-oz. can coconut milk
- 15-oz. can cannellini beans, drained and rinsed
- 2–4.5-oz. cans diced green chilies
- 1 Tbsp. cumin
- 1 Tbsp. chili powder
- 2 tsp. sea salt
- 1/2 tsp. dried oregano
- 1/2 tsp. pepper

1. In a large pot, heat coconut oil and add chicken, onion, celery, carrots and garlic. Stir occasionally until cooked through.
2. Add remaining ingredients and stir until well combined.
3. Simmer for 20 minutes.

Veggie Detox Bowl

VEGAN

Servings: 1 | Calories: 278 | Sugar: 4g | Fat: 8g | Carbs: 42g | Fiber: 10g | Protein: 12g

- 8 cups spinach
- 2 cups cooked quinoa
- 1 cup black beans
- 1 cup mashed sweet potato
- 8 Tbsp. hummus

1. Add all ingredients to a bowl and enjoy.
Brownie Bites

VEGAN

Servings: 12 | Calories: 70 | Sugar: 6g | Fat: 3g | Carbs: 9g | Fiber: 1g | Protein: 2g

- 1 cup Medjool dates, pitted (about 8)
- ¾ cup cashews
- ¼ cup cacao powder
- 1 tsp. vanilla extract

1. Add dates to food processor until blended, then cashews (making sure not to blend too much or the mixture will become too oily – stop when you can still see speckles of cashew).
2. Add the cacao and extract and blend minimally to combine (will form a “ball” in food processor). It will be sticky, this is ok.
3. Use a tablespoon to measure and roll into 12 equal-sized balls (create brownie bites this way or use a mold of choice) or line an 8×8 pan with parchment paper and spread the mixture equally, and lay an additional piece of parchment over to smooth out surface.
4. Freeze for 1 hour. If using a pan, cut into 12 equal-sized pieces.
5. Keep frozen or refrigerate.

Carrot Fries + Dip

VEGAN

Servings: 4 | Calories: 170 | Sugar: 6g | Fat: 13g | Carbs: 14g | Fiber: 6g | Protein: 2g

Carrots
- 1 lb. carrots, peeled and cut into long strips
- 2 Tbsp. olive oil
- 1 tsp. smoked paprika
- Sea salt and black pepper to taste

Dip
- ½ cup cilantro
- 1 medium avocado, peeled and pitted
- 2 Tbsp. unsweetened coconut yogurt
- 2 Tbsp. lime juice
- 1 tsp. garlic powder
- 1 tsp. sea salt

1. Preheat oven to 350 degrees.
2. In a medium sized bowl, combine carrots and olive oil and toss to coat. Lay out evenly on a 9×13 cookie sheet and season with paprika, pepper and salt to taste.
3. Bake for 30 minutes or until browned.
4. Meanwhile, combine dip ingredients in the base of a blender and pulse until well combined.
5. Serve with roasted carrot fries
6. 1 cup carrots and 2 Tbsp. of dip is a serving size.
Kale Chips

VEGAN

Servings: 2 | Calories: 95 | Sugar: 0g | Fat: 7g | Carbs: 7g | Fiber: 2g | Protein: 2g

• 4 cups kale, pulled from stem
• 1 Tbsp. olive oil
• 1 Tbsp. white vinegar
• 1/2 smoked paprika
• 1/2 tsp. sea salt

1. Preheat oven to 300 degrees.
2. Combine all ingredients in a medium bowl and massage into kale leaves.
3. Lay out kale mixture on baking sheet.
4. Bake for 20 minutes or until crisp.

Granola Bars

VEGAN

Servings: 6 | Calories: 230 | Sugar: 6g | Fat: 16g | Carbs: 18g | Fiber: 4g | Protein: 5g

• 2 cups raw certified gluten-free oats
• 1 tsp. cinnamon
• 1 cup dates, pitted, and soaked in boiling water for 5 minutes
• 1/4 cup coconut oil
• 1/4 cup almond butter
• Flavor additions (optional)

Flavor additions:
• Cranberry pecan: 1/4 cup dried cranberries, 1/4 cup pecans
• Blueberry muffin: 1/4 cup dried blueberries, 2 tsp. lemon zest
• Coconut lime: 1/2 cup dried, unsweetened coconut flakes, 2 tsp. lime zest

1. In a medium-sized mixing bowl, combine oats, cinnamon and flavor options (if desired).
2. In the base of a blender, combine remaining ingredients and pulse until well combined, and add to oat mixture.
3. In an 8x8 baking dish that has been greased with coconut oil, pat out ingredients and refrigerate for 30 minutes, until firm.
Pumpkin Pie Energy Bites

VEGAN

Servings: 21 | Calories: 107 | Sugar: 5g | Fat: 8g | Carbs: 9g | Fiber: 3g | Protein: 2g

- 1 cup pecans
- 1 cup almonds
- ½ cup shredded coconut, unsweetened
- ½ cup gluten-free oats
- 1 Tbsp. pumpkin pie spice
- ½ tsp sea salt
- 5 Medjool dates, pitted
- ½ Tbsp. vanilla extract
- ½ cup pumpkin pie puree

1. Place the nuts, coconut, pumpkin pie spice and salt in the base of a food processor and pulse until well combined.
2. Add dates, vanilla and pumpkin, and pulse until well combined.
3. Roll into balls and place on a 9×13 cookie sheet.
4. Allow to firm up in the refrigerator for 20–30 minutes before transferring to a storage container.

Roasted Garlic Hummus

VEGAN

Servings: 6 | Calories: 120 | Sugar: 1g | Fat: 3g | Carbs: 21g | Fiber: 5g | Protein: 6g

- 1 large garlic head
- 1 tsp. olive oil
- 2 1/2 cups canned garbanzo beans
- 1/3 cup water
- 1/4 cup lemon juice
- 4 tsp. tahini
- 1/2 tsp. cumin
- 1 1/2 tsp. salt

1. Preheat the oven to 400°F.
2. Slice off the pointed head of garlic, and place bottom on a piece of aluminum foil. Drizzle with olive oil.
3. Create a pouch for garlic in foil and roast until soft (45 to 50 minutes).
4. Squeeze the roasted cloves of garlic into a food processor. Add the remaining ingredients. Puree until smooth and creamy.

Spicy Nuts

VEGAN

Servings: 8 | Calories: 138 | Sugar: 1g | Fat: 12g | Carbs: 5g | Fiber: 3g | Protein: 5g

- 2 cups nuts and seeds (almonds, cashews, pistachios, pecans, etc.)
- Pinch cayenne (or more to taste)
- 1/4 tsp. Celtic sea salt
- Cooking spray

1. Pre heat oven to 325 degrees.
2. Combine nuts and seeds in a medium-sized bowl. Add cayenne and salt, and toss to combine.
3. Spray a baking sheet with cooking spray, then transfer coated nuts to baking sheet and spread evenly in one layer.
4. Bake 15 to 20 minutes, stirring once, until nuts are fragment and lightly toasted.
Nut Butter Cookies

Servings: 3 | Calories: 221 | Sugar: 19g | Fat: 12g | Carbs: 22g | Fiber: 3g | Protein: 12g

• 1/4 cup nut butter
• 3 Medjool dates, pitted
• 1 scoop vanilla Life Time Fitness Beef Protein with Collagen Peptides
• 2 tsp. almond milk

1. Add nut butter and dates to a food processor until well blended.
2. Add collagen and 1 teaspoon of almond milk. Then add the remaining milk (or skip if you prefer the consistency to be thicker).
3. Use a tablespoon to measure each “cookie.” Will make 9 total. Then roll into balls and crosshatch with a fork.
4. Eat as is or bake in preheated oven for 5 minutes at 350 degrees.
5. Keep refrigerated.

Sunflower Seed Energy Bites

VEGAN

Servings: 15 | Calories: 125 | Sugar: 3g | Fat: 8g | Carbs: 10g | Fiber: 4g | Protein: 4g

• 1 cup oats
• 3/4 cup flaxseed
• 1/2 cup sunflower seed butter
• 3 Tbsp. non-dairy milk
• 1 tsp. liquid stevia
• 1/4 tsp. vanilla extract
• 1/4 cup unsweetened cacao nibs (optional)

1. Combine all ingredients except chocolate chips in the base of a food processor. Process until well combined.
2. Add cacao nibs and gently toss.
3. Roll into 15 small balls and place in refrigerator for at least 20 minutes to set.
Shade in the box each day you achieve the habit. Fill in the blanks with habits you’d like to maintain throughout the program.

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# Meal Plan Template

Use this template to plan out your meals each week. It will help you stick to your program and map out your grocery needs.

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<th>Breakfast</th>
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Use this template to plan out your grocery needs each week. It will help you stick to your budget and save money on your grocery bill.

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Use this template to plan out your weekly workouts. Designate what days you’ll workout in the morning or evening, check out the club’s Studio schedule and commit to at least 3-4 days of exercise. Don’t forget to schedule active recovery days, too!

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Individual results may vary. Factors such as diet, genetic makeup, overall health and physiological differences may influence results.

D.TOX® is a detoxification program designed to support your body’s natural detoxification system by following a restricted nutritional plan that eliminates common food allergens and hormones, taking certain nutritional supplements and observing lifestyle recommendations. Responses to the D.TOX program and elimination of potential toxins will vary based on individual characteristics. The D.TOX program and materials are for educational use only and should not be considered or used as a substitute for medical advice, diagnosis or treatment. Participants should seek the advice of a physician or other qualified health care provider with any questions regarding personal health or medical conditions or before beginning any new exercise or nutritional program. You expressly assume any and all risks of injury relating to the D.TOX program and release Life Time Fitness, Inc. from any and all claims arising out of such.