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<td>Recipes</td>
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Welcome!

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’ health and metabolism by limiting exposure and naturally supporting our built-in detoxification system.

Over the past ten 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 those results for myself as well.

Now that you’re signed up, you’ll have access to the information on our site and in this guide.

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
Program Overview

There are three phases to the program:

**Phase 1**

**Prepare**

3 to 7 days before D.TOX
Get your body ready and review program materials to enhance your success. Dedicated prep time makes it easier to stick with the program and you’re more likely to feel great from the start.

**Phase 2**

**D.TOX**

14 days
Follow the food and lifestyle program, including the daily D.TOX Shakes and approved food list. Days 1 to 10 have one daily shake, and Days 11 to 14 ramp up to two daily shakes.

**Phase 3**

**Restore**

Day 15 and beyond
Transition to maintenance, slowly reintroducing foods to see how your body responds. You also have the option to continue a daily plant-based, vitamin- and mineral-rich shake habit with the Vegan+ All-in-One Shake Mix.

**Coach Note:**

Some people ask about D.TOXing using back-to-back kits. If you choose to use two kits, we recommend one daily shake for Days 1 to 10, then two daily shakes for Days 11 to 23 for an extended D.TOX before starting the Restore phase.
# D.TOX Calendar

## D.TOX SHAKE
2 scoops D.TOX shake mix + 1 scoop fiber

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### PREP

- Ramp water intake, reduce sugar and alcohol

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### D.TOX

- Keep exercise to 80% baseline intensity

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### RESTORE

- Can slowly re-ramp exercise intensity to 90% of baseline intensity if feeling good

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### PROGRAM OVERVIEW | PAGE 5

LIFE TIME weight loss
Daily D.TOX Shakes

The optional D.TOX Kit includes two products formulated to support your body’s natural detoxification system.

**Life Time D.TOX Shake Mix**

A plant-based, dairy-free blend made from pea- and rice-based protein, with added vitamins, minerals, herbs and botanicals designed to naturally support your body’s detoxification system and support a healthy metabolism. †

Each kit contains ingredients to make 18 to 20 shakes, plus you’ll have some extra fiber to use during the Restore & Reintroduction phase.

**Life Time Fiber**

Works as a prebiotic to support digestive health regularity, which is crucial for hormone balance, weight management, and elimination of toxins. †

**D.TOX Shake**

2 Level Scoops of D.TOX Shake Mix + 1 Scoop of Fiber

Mix it up with water in a shaker cup or use one of the time-tested, participant-approved D.TOX Shake recipes found starting on page 27.

---

†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.

**Coach Note:**

If you’re vegan or vegetarian — In addition to the D.TOX Kit, you may need to include a serving of Life Time Vegan Protein at each meal to provide adequate protein intake during this program since protein is critical to the detoxification process.
Daily D.TOX Habits

- **Follow the Approved Foods List Only**
  Eliminate gluten, dairy, soy, corn, egg, peanut, added sugar, caffeine and alcohol.

- **Daily D.TOX Shake**
  2 level scoops of D.TOX Shake Mix + 1 scoop of Fiber
  - Days 1 to 10: one daily shake
  - Days 11 to 14: two daily shakes

- **1 to 2 Palm-Sized Servings of Protein at Each Meal**
  To stabilize blood sugars, energy level and cravings as well as provide amino acids needed for the detoxification pathways.
  (optimal intake is 1 gram of protein per pound of ideal weight)

- **Drink Half Your Body Weight in Ounces of Water Each Day**
  Imperative to support toxin elimination and hydration during the program.

- **Get in Daily Movement and Break a Sweat**
  Remember to keep exercise intensity slightly lower than usual so you don’t stress your system.

- **8+ Hours of Sleep Every Night**
  Required to restore the body and see the best results.

- **Bonus Daily Habits:**
  - Use the Sauna
  - 10k Steps Per Day
  - 20 Minutes of Sunshine First Thing in the Morning
What to Expect

Depending upon your body’s toxic load, you may experience some of the following symptoms. Most people report feeling great by Day 4 of D.TOX and beyond.

Here are the most commonly reported symptoms participants experience during the program:

**Participants completing D.TOX often report the positive feelings below**

- Better outlook and refreshed nutritional habits
- Improved energy
- Weight loss
- Better, more restorative sleep
- Improved mood
- Mental clarity and focus
- Decrease in puffiness
- Bowel regularity
- Glowing complexion
- Reduction in cravings
- Fewer aches and pains
- Improvement in skin integrity

**In the first 1 to 4 days, you may also experience**

- Flulike symptoms, irritability and aches
- Bloating, gas, diarrhea or constipation as body adjusts to fiber and diet changes
- Headaches, often due to caffeine or sugar withdrawal
- Hot flashes or changes in menstrual cycle
How to Manage Symptoms

#1
Extend your “prepare” phase to allow a gentler transition into the D.TOX program.

#2
Support toxin elimination by ensuring you’re consuming ½ your body weight in ounces of water every day and sweating daily, ideally in the sauna with a cool rinse immediately after.

#3
Regular, daily bowel movements are essential to support detoxification. If you’re constipated, increase your water intake as noted and add in Life Time Magnesium every evening.

#4
If you’re experiencing digestive issues, remove the fiber for 1 to 2 days, then slowly reintroduce it.

#5
If you suspect caffeine withdrawal, try adding in 1 to 2 cups of green tea for a few days.

#6
Sometimes flu-like symptoms can be a sign of dropping carbohydrate intake quickly. Adding Celtic or Himalayan salt to your meals and adding in electrolyte repletion with Redmond Re-Lyte can be helpful.

If you are still struggling, please reach out to our team of coaches at coachanika@lt.life for additional support.
Tips and Tricks to Prepare

■ **Cut Back on Caffeine**
  Slowly wean it before you start D.TOX, then eliminate completely by the time you start the D.TOX. It can slow down toxin elimination and make it more likely that you’ll experience unpleasant symptoms the first few days.
  Coach Tip: Organic green tea and organic decaf coffee are both OK to include in moderation during D.TOX.

■ **Check Labels for Added Sugar**
  Eliminate simple, refined sugars (candy, desserts, soda, sugar, honey and artificial sweeteners). They restrict detoxification by feeding yeast into your gut. Check out this article for help in spotting added sugar in common “healthy” foods.

■ **Prioritize Hydration**
  Optimal hydration is required to feel great and detox well. Increase daily water intake to half of your weight in ounces.
  Coach Tip: Use a glass or stainless steel container or water bottle with #2, 4, or 5 on the bottom. Never heat or freeze plastic, which may release chemicals into your water

■ **Get Familiar with the Sauna**
  It’s one of the best ways to get sweating and support toxin removal. Try it out before D.TOX as you’re used to it by the time you begin.

■ **Meal Prep and Ready Your Kitchen**
  Be sure to look at the recipes and approved foods list so you can grocery shop before you begin. Batch cook a few recipes and snacks so you have D.TOX-approved foods in the fridge and ready starting on Day 1.
  Coach Tip: Put away the coffee maker and replace it with a blender so you never forget your shakes.

■ **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.

■ **Look at Your Calendar**
  There’s never a perfect time to D.TOX. Look at your upcoming commitments and social events and come up with a plan for your meals ahead of time. If you need to eat at a restaurant, check out the menu well in advance and plan to ask for modifications. See page 17 for tips on eating when out and about.

■ **Adjust Your Supplement Plan**
  In most cases, you can continue other supplements — as long as they don’t contain caffeine (like many pre-workout powders), artificial sweeteners (sucralose or acesulfame potassium), or ingredients with gluten, dairy, soy, corn, and peanut. Since the D.TOX Shake Mix contains a multivitamin and mineral blend, you can opt to hold on your multivitamin while using the D.TOX Kit.
Should I Stop Taking Supplements?

As always, check with your doctor when it comes to supplements and medications. Provided is a general guide of what supplements are usually used along with the kit and which ones are usually stopped.

**Can be Included during D.TOX**

- Life Time Vegan+ All in One Protein
- Life Time Vegan Protein
- Life Time Collagen Peptides
- Life Time Amino Recovery
- Life Time Vitamin C
- Life Time Zinc with Quercetin
- Life Time Fish Oil
- Life Time Multiprobiotic
- Life Time Magnesium
- Life Time Calcium/Magnesium
- Life Time Life Greens
- Life Time Digestive Enzymes

**Consider Holding Off**

- Pre-workout and caffeine-containing supplements
- Multivitamins, since the D.TOX Shake Mix contains a multivitamin/multimineral blend
Eating Guidelines
The D.TOX Food Plan

The reason we keep certain foods out of our diet while detoxing isn’t that they’re all “bad.” It’s to decrease inflammation, reduce toxin exposure, and eliminate common underlying food sensitivities that can wreak havoc on our metabolism. Remove these for a dedicated period of time to get your body back to baseline and help you discover what works (and doesn’t work) for you long term:

- Gluten/Wheat
- Dairy (cow, sheep, goat, etc.)
- Soy Protein
- Corn
- Eggs
- Peanuts
- Alcohol, Added Sugar, Excess Caffeine
- Grapefruit (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), quality meat, fish, and poultry, 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 on the next page 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 Life Time 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 and Non-Approved Foods List

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<th>Food Group</th>
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<th>Non-Approved</th>
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<tr>
<td><strong>Vegetables</strong></td>
<td>All except non-approved. Recommend: cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, kale), onion, garlic and most other fresh or frozen vegetables. Prioritize organic, fresh and frozen as much as possible. Any canned vegetables should be organic and in a BPA-free can.</td>
<td>Corn and creamed vegetables, canned vegetables (unless in a BPA-free can)</td>
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<td><strong>Fruit</strong></td>
<td>All except non-approved. Recommend: apples, apricots, avocados, bananas, blackberries, blueberries, citrus (except grapefruit), cherries, grapes, kiwis, mangoes, melons, nectarines, papayas, 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>
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<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 beef. Limited amounts of organic, nitrate-free deli meat and hot dogs made with approved ingredients. Life Time Collagen Peptides.</td>
<td>Tuna and swordfish, preservative-laden luncheon meats, hot dogs and sausage, canned meats and eggs. Whey protein.</td>
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<tr>
<td><strong>Plant Protein and Legumes</strong></td>
<td>All legumes including peas and lentils (except soybeans). Life Time D.TOX Shake Mix, Life Time Vegan Protein, Life Time Vegan+ All-in-One Shake Mix.</td>
<td>Soy protein isolate, soybeans, tofu, tempeh, soy milk, soy sauce, and any other product containing soy proteins.</td>
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<tr>
<td><strong>Fats and Oils</strong></td>
<td>Unrefined virgin oils such as olive, flaxseed, avocado or coconut oil. Organic is best. Clarified 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 and 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</strong></td>
<td>Rice, potatoes, sweet potatoes, starchy vegetables (beets, parsnips, etc.), gluten-free oats, quinoa, millet, amaranth, buckwheat or tapioca, and winter squash.</td>
<td>Corn, popcorn, all gluten-containing products: wheat, rye, barley, regular oats that are non-certified gluten-free.</td>
</tr>
<tr>
<td><strong>Dairy Products and Substitutes</strong></td>
<td>Unsweetened coconut, almond, macadamia, rice or hemp milk. Unsweetened, gluten-free oat milk.</td>
<td>Conventional dairy products including milk, cheeses, cottage cheese, cream, butter, yogurt, ice cream, frozen yogurt, nondairy creamers and soy milk.</td>
</tr>
<tr>
<td><strong>Beverages</strong></td>
<td>Filtered water, herbal tea, sparkling or mineral water, limited amounts of green tea, organic decaf coffee.</td>
<td>Regular coffee, black tea, sodas and soft drinks, alcoholic beverages, energy drinks or sweetened fruit juices.</td>
</tr>
<tr>
<td><strong>Spices and Condiments</strong></td>
<td>Vinegar (except grain source), wasabi, mustard, horseradish, dairy-free/soy-free pesto, 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 and other condiments.</td>
</tr>
<tr>
<td><strong>Sweeteners</strong></td>
<td>Stevia, monk fruit extract, xylitol, erythritol, allulose</td>
<td>White or brown sugar, honey, agave nectar, maple syrup, corn syrup, sucralose, aspartame, saccharin, candy and desserts.</td>
</tr>
</tbody>
</table>
## Grocery List Ideas

### Veggies (fresh or frozen)
- Artichokes
- Asparagus
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Celery *
- Collard greens *
- Cucumbers *
- Cabbage
- Carrots
- Cauliflower
- Fennel
- Garlic
- Green beans
- Green onions
- Jicama
- Kale
- Leeks
- Lettuce
- Mushrooms
- Onions
- Parsnips
- Peas
- Peppers *
- Potatoes *
- Pumpkin
- Radishes
- Rutabagas
- Spinach *
- Squash
- Shallots
- Sweet potatoes
- Tomatoes *
- Turnips
- Zucchini

### Fruit (fresh or frozen)
- Apples *
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries *
- Cherries *
- Cantaloupe
- Coconut
- Cranberries
- Grapes *
- Honeydew
- Kiwis
- Lemons
- Nectarines *
- Papayas
- Peaches *
- Pears *
- Persimmons
- Raspberries *
- Plums
- Prunes
- Rhubarb
- Strawberries *
- Tangerines

### Animal Proteins (organic and non-GMO)
- Grass-fed beef ****
- Chicken ***
- Turkey ***
- Bison **
- Ostrich **
- Elk **
- Venison **
- Cod **
- Halibut **
- Orange roughy **
- Pacific herring **
- Spanish mackerel **
- Tilapia **
- Whitefish **
- Alaskan salmon **

### Grains
- Amaranth
- Basmati rice
- Black beans
- Brown rice
- Buckwheat
- Coconut flour
- Flaxseed
- Millet
- Oats
- Quinoa
- Tapioca
- Wild rice

### Oils
- Almond oil
- Avocado oil
- Coconut oil
- Extra-virgin olive oil
- Flaxseed oil
- Hempseed oil
- Macadamia oil
- Red palm oil
- Sesame oil

### Nuts and Seeds
- Almonds
- Brazil nuts
- Cashews
- Flaxseeds
- Macadamia nuts
- Pecans
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Walnuts

### Legumes (BPA-free canned or dry)
- Black beans
- Chickpeas
- Kidney beans
- Lentils
- Pinto beans
- White beans

*Organic Preferred | **Wild-Caught | ***Free-Range | ****Pasture-Raised
# Produce Tips

## #1 Wash Your Produce
Helps remove pesticides and bacteria.

## #2 Consume at least 6 to 8 Servings of Vegetables Per Day
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.

## #3 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.

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.

<table>
<thead>
<tr>
<th>Organic</th>
<th>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>Sweet 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>
Out and About

It’s important to plan 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 the 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). Request a side salad (without cheese or croutons) 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, or time your D.TOX Shake so you have it before the gathering or event.

**Stuck in a Pinch?**

Here are your go-to backup 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 microwavable vegetables. Make veggies, top with olive oil and Himalayan sea salt to taste, and serve alongside chicken. If you need more carbohydrates, add a side of microwaved sweet potato: Poke holes with a fork, wrap in wet paper towels, and microwave for 5 to 8 minutes or until tender. Enjoy with cinnamon and a little coconut oil or ghee.
Your D.TOX Portion Sizes

The D.TOX nutrition plan focuses on whole foods and supplements that limit inflammation and nourish your body — making it easier to get rid of toxins and support detoxification. For most people, the plan naturally regulates calorie intake. At each meal, you should aim for:

**Half Your Plate with a Rainbow of Colors**
- Asparagus
- Beets
- Broccoli
- Broccolini
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Green Beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Onions
- Peppers
- Sauerkraut
- Spinach
- Squash
- Tomatoes
- Zucchini
- Zucchini Noodles

**Add Flavor with 1 to 2 Thumb-Sized Servings of Good-For-You Fats**
- Avocado
- Avocado Oil
- Ghee
- Coconut Oil
- Olive Oil
- Nuts & Seeds

**1 to 2 Palms of Protein at Every Meal**
- Beef
- Chicken
- Fish & Seafood
- Non-Animal
  - (Chickpea, Rice and Pea)
- Life Time Vegan Protein
- Pork
- Turkey

**Cupped Handful (optional)**
- Apples
- Beans
- Blackberries
- Blueberries
- Lentils
- Pears
- Potatoes
- Raspberries
- Strawberries
- Sweet Potatoes
- Rice

**Stay Hydrated**
As a general rule, you should try to drink half of your body weight in ounces of water every day.
Reintroduction
Post-D.TOX: Day 15 and Beyond

You’ve made it through the D.TOX. Here’s what’s next.

Maintenance Shakes

Keeping up a daily shake habit is one of the best ways to support ongoing results and set a healthy tone for the day. The best one to transition to is a maintenance shake made from Life Time Vegan+ All-in-One Shake Mix.

It’s also plant-based and dairy-free and contains added vitamins and minerals, but it does not include the detoxification-supporting botanicals found in the D.TOX Shake Mix. You can substitute it directly for the D.TOX Shake Mix in the shake recipes. It comes in naturally flavored chocolate, vanilla, and sea salt caramel.

Repeating D.TOX

One common FAQ is “Can I continue doing D.TOX?” — and the answer is yes! You are welcome to do another round. If you get a second kit, feel free to continue on two shakes per day to extend your D.TOX program by another 9 days, or you can redo the full calendar again if you prefer. After two back to back kits, it’s recommended to transition to the maintenance shakes using the Life Time Vegan+ All-in-One Shake Mix (even if you continue eating according to the D.TOX plan).

You can do the full D.TOX program with the kit quarterly if you choose.

Food Reintroduction

Many participants choose to continue eating according to the D.TOX plan long-term because they feel so great.

If you’re looking to transition back and reintroduce foods, see the next page for a guide on how to do it the right way.
How to Reintroduce

If you choose to work eliminated foods back into your plan, there’s a way to do it to help you learn more about what works and what doesn’t work for your body.

These are some of the most common underlying food sensitivities: dairy, gluten/wheat, eggs, soy, corn, and peanut/peanut butter. The foods eliminated on D.TOX can produce subtle reactions that are hard to identify as problematic until removed from your diet. To ensure your efforts are not wasted, follow our guide to restoring using the symptom tracker on the next page.

Choose One Food
Reintroduce over the course of 3 to 5 days.

Have Symptoms?
Stop eating that food item, make note of it in your tracker and wait a few days for the symptoms to go away. Then, try reintroducing the next food item on the list.

No Symptoms?
Keep food in diet.

Restart Process
Choose your next food to reintroduce.
Meal Plans and Recipes
How to Use the Meal Plan

The meal plan is primarily for inspiration — you don’t have to follow it to a T. Instead, use it to get a general idea of how to structure your days. If there is a recipe in the meal plan you don’t like, you are welcome to swap it out with another. Any recipe that uses only approved foods is OK to include, too.

Remember, if you’re following the approved foods list and getting in your daily D.TOX Shakes and protein at each meal, you’re doing it right. 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.

Days 1 to 10
Daily D.TOX Shake (2 level scoops D.TOX Shake Mix + scoop of fiber), plus 2 to 3 meals.

Days 11 to 14
Two daily D.TOX Shakes (2 level scoops D.TOX Shake Mix + scoop of fiber), plus 1 to 3 meals depending on hunger levels.

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 recipe 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
Double each recipe in the meal plan. Most include four servings — doubling the recipes (and ingredients) will give you eight servings.
A Word About Snacks

We generally recommend consuming enough protein at meals so that you’re not hungry for snacks, but if you do get hungry, make sure to eat a D.TOX-approved snack and consider boosting your mealtime protein.

Snack Ideas

- 2 oz. nitrate-free beef jerky (gluten- and soy-free)
- ½ cup cucumber slices with 2 tablespoons of guacamole
- Small apple with 1 tablespoon of sunflower seed butter
- Whole red pepper with 2 tablespoons of hummus
- ¼ cup olives (about 10)
- 10 celery strips with 2 tablespoons of almond butter
- 1 can BPA-free salmon with mashed avocado and celery
- 1 cup roasted veggies
- 1 scoop Life Time Vegan or Collagen Peptides protein powder + 8 oz. water
Sample Meal Plan

- When grocery shopping, don’t forget to purchase additional ingredients for shakes and snacks.
- Days 11 to 14 should include a second D.TOX Shake

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>SNACK</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>D.TOX Shake (page 27)</td>
<td>Avocado Apple Chicken Salad (page 37)</td>
<td>Turkey Meatloaf Muffins + 2 cups Veggies (page 49)</td>
<td>Optional (page 51)</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>D.TOX Shake (page 27)</td>
<td>Orange Chicken Stir-Fry (page 43)</td>
<td>Egg Roll Bowl (page 39)</td>
<td>Optional (page 51)</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>D.TOX Shake (page 27)</td>
<td>Avocado Apple Chicken Salad (page 37)</td>
<td>Buffalo Chicken-Stuffed Sweet Potatoes (page 38)</td>
<td>Optional (page 51)</td>
</tr>
<tr>
<td><strong>THURSDAY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>D.TOX Shake (page 27)</td>
<td>Orange Chicken Stir-Fry (page 43)</td>
<td>Turkey Meatloaf Muffins + 2 cups Veggies (page 49)</td>
<td>Optional (page 51)</td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>D.TOX Shake (page 27)</td>
<td>Egg Roll Bowl (page 39)</td>
<td>Steak Bites with Sweet Potatoes and Peppers (page 44)</td>
<td>Optional (page 51)</td>
</tr>
<tr>
<td><strong>SATURDAY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>D.TOX Shake (page 27)</td>
<td>Stovetop Chili (page 45)</td>
<td>Steak Bites with Sweet Potatoes and Peppers (page 44)</td>
<td>Optional (page 51)</td>
</tr>
<tr>
<td><strong>SUNDAY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>D.TOX Shake (page 27)</td>
<td>Buffalo Chicken-Stuffed Sweet Potatoes (page 38)</td>
<td>Stovetop Chili (page 45)</td>
<td>Optional (page 51)</td>
</tr>
</tbody>
</table>
To help meet protein goals on D.TOX while following a vegetarian or vegan nutrition approach, consider adding a serving of Life Time Vegan Protein to mealtime (in addition to daily D.TOX Shakes). Give this article a read for more advice; nothing that you want to avoid soy and gluten during D.TOX: Expert Picks for Plant-Based Proteins.

- When grocery shopping, don’t forget to purchase additional ingredients for shakes and snacks.
- Days 11 to 14 should include a second D.TOX Shake

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>SNACK</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>D.TOX Shake (page 27)</td>
<td>Taco Salad Bowl (page 48)</td>
<td>Vegan Protein Shake (page 27) + Optional Snacks (page 51)</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>D.TOX Shake (page 27)</td>
<td>Mexican Quinoa Skillet (page 42)</td>
<td>Vegan Protein Shake (page 27) + Optional Snacks (page 51)</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>D.TOX Shake (page 27)</td>
<td>Taco Salad Bowl (page 48)</td>
<td>Vegan Protein Shake (page 27) + Optional Snacks (page 51)</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>D.TOX Shake (page 27)</td>
<td>Mexican Quinoa Skillet (page 42)</td>
<td>Vegan Protein Shake (page 27) + Optional Snacks (page 51)</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>D.TOX Shake (page 27)</td>
<td>Lentil Curry and Cauliflower (page 41)</td>
<td>Vegan Protein Shake (page 27) + Optional Snacks (page 51)</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>D.TOX Shake (page 27)</td>
<td>Mock Tuna Salad and 2 cups Veggies (page 42)</td>
<td>Vegan Protein Shake (page 27) + Optional Snacks (page 51)</td>
</tr>
<tr>
<td>SUNDAY</td>
<td>D.TOX Shake (page 27)</td>
<td>Cauliflower Rice Bowl (page 38)</td>
<td>Vegan Protein Shake (page 27) + Optional Snacks (page 51)</td>
</tr>
</tbody>
</table>
ALMOND BUTTER AND JELLY SHAKE
Prep: 5 minutes | Cook: 0 minutes | 1 Serving
1 Serving | Calories: 375 | Protein: 26 | Fat: 17 | Carb: 29 | Fiber: 14 | Added Sugar: 0
Vegan

**INGREDIENTS**
- 1 serving (2 scoops) vanilla Life Time D.TOX Shake Mix
- 1 serving Life Time Fiber
- 1 cup unsweetened almond milk
- 1/2 cup frozen strawberries
- 1 tbs. almond butter

**DIRECTIONS**
1. Blend to desired consistency and enjoy!

ALMOND JOY SHAKE
Prep: 5 minutes | Cook: 0 minutes | 1 Serving
1 Serving | Calories: 375 | Protein: 28 | Fat: 18 | Carb: 34 | Fiber: 17 | Added Sugar: 0
Vegan

**INGREDIENTS**
- 1 serving (2 scoops) chocolate Life Time D.TOX Shake Mix
- 1 serving Life Time Fiber
- 1 cup unsweetened coconut milk
- 1 scoop double chocolate Life Time Life Greens
- 1 tbs. almond butter
- 1 tsp. almond extract
- Sea salt to taste

**DIRECTIONS**
1. Blend to desired consistency and enjoy!

BANANA SPLIT SHAKE
Prep: 5 minutes | Cook: 0 minutes | 1 Serving
1 Serving | Calories: 365 | Protein: 25 | Fat: 14 | Carb: 36 | Fiber: 13 | Added Sugar: 0
Vegan

**INGREDIENTS**
- 1 serving (2 scoops) chocolate Life Time D.TOX Shake Mix
- 1 serving Life Time Fiber
- 1 cup unsweetened cashew milk
- 1/2 cup strawberries
- 1/4 banana, frozen
- 1 tbs. cashew butter

**DIRECTIONS**
1. Blend to desired consistency and enjoy!
BLUEBERRY MUFFIN SHAKE
Prep: 5 minutes | Cook: 0 minutes | 1 Serving
1 Serving | Calories: 390 | Protein: 25 | Fat: 18 | Carb: 33 | Fiber: 18 | Added Sugar: 0
Vegan

INGREDIENTS
- 1 serving (2 scoops) vanilla Life Time D.TOX Shake Mix
- 1 serving Life Time Fiber
- 1 cup unsweetened almond milk
- ½ cup blueberries
- 2 tbs. walnuts

DIRECTIONS
1. Blend to desired consistency and enjoy!

CAFE MOCHA SHAKE
Prep: 5 minutes | Cook: 0 minutes | 1 Serving
1 Serving | Calories: 335 | Protein: 25 | Fat: 14 | Carb: 34 | Fiber: 14 | Added Sugar: 0
Vegan

INGREDIENTS
- 1 serving (2 scoops) chocolate Life Time D.TOX Shake Mix
- 1 serving Life Time Fiber
- 1 scoop cafe mocha Life Time Life Greens
- 1 cup unsweetened almond milk
- ¼ avocado

DIRECTIONS
1. Blend to desired consistency and enjoy!

CHAI SHAKE
Prep: 5 minutes | Cook: 0 minutes | 1 Serving
1 Serving | Calories: 350 | Protein: 24 | Fat: 16 | Carb: 26 | Fiber: 11 | Added Sugar: 0
Vegan

INGREDIENTS
- 1 serving (2 scoops) vanilla Life Time D.TOX Shake Mix
- 1 serving Life Time Fiber
- 1 cup unsweetened almond milk
- 1 tbs. cashew butter
- ½ tsp. cinnamon
- ¼ tsp. ginger
- ¼ tsp. nutmeg
- ¼ tsp. cardamom

DIRECTIONS
1. Blend to desired consistency and enjoy!
CINNAMON ROLL SHAKE
Prep: 5 minutes | Cook: 0 minutes | 1 Serving
1 Serving | Calories: 355 | Protein: 27 | Fat: 18 | Carb: 27 | Fiber: 15 | Added Sugar: 0
Vegan

INGREDIENTS
- 1 serving (2 scoops) vanilla Life Time D.TOX Shake Mix
- 1 serving Life Time Fiber
- 1 cup unsweetened almond milk
- 1 tbs. almond butter
- ¼ tsp. vanilla extract
- Sea salt and cinnamon taste

DIRECTIONS
1. Blend to desired consistency and enjoy!

CHOCOLATE COVERED CHERRY SHAKE
Prep: 5 minutes | Cook: 0 minutes | 1 Serving
1 Serving | Calories: 390 | Protein: 26 | Fat: 17 | Carb: 32 | Fiber: 13 | Added Sugar: 0
Vegan

INGREDIENTS
- 1 serving (2 scoops) chocolate Life Time D.TOX Shake Mix
- 1 serving Life Time Fiber
- 1 cup unsweetened almond milk
- ½ cup frozen cherries
- 1 tbs. almond butter
- ¼ tsp. almond extract

DIRECTIONS
1. Blend to desired consistency and enjoy!

CHOCOLATE MALT SHAKE
Prep: 5 minutes | Cook: 0 minutes | 1 Serving
1 Serving | Calories: 405 | Protein: 29 | Fat: 17 | Carb: 39 | Fiber: 18 | Added Sugar: 0
Vegan

INGREDIENTS
- 1 serving (2 scoops) chocolate Life Time D.TOX Shake Mix
- 1 serving Life Time Fiber
- 1 cup unsweetened almond milk
- 1 tbs. maca powder
- 1 tbs. almond butter

DIRECTIONS
1. Blend to desired consistency and enjoy!
GREENS SHAKE

Prep: 5 minutes | Cook: 0 minutes | 1 Serving
1 Serving | Calories: 315 | Protein: 23 | Fat: 15 | Carb: 22 | Fiber: 13 | Added Sugar: 0
Vegan

**INGREDIENTS**
- 1 serving (2 scoops) vanilla Life Time D.TOX Shake Mix
- 1 serving Life Time Fiber
- ½ cup unsweetened coconut milk
- ¼ cup water
- ¼ avocado
- 1 cup spinach leaves
- 1 tsp. matcha powder

**DIRECTIONS**
1. Blend to desired consistency and enjoy!

LEMON CREAM PIE SHAKE

Prep: 5 minutes | Cook: 0 minutes | 1 Serving
1 Serving | Calories: 340 | Protein: 25 | Fat: 16 | Carb: 30 | Fiber: 14 | Added Sugar: 0
Vegan

**INGREDIENTS**
- 1 serving (2 scoops) vanilla Life Time D.TOX Shake Mix
- 1 serving Life Time Fiber
- 1 cup unsweetened cashew milk
- 1 tbs. cashew butter
- 1 tbs. lemon juice
- 1 tsp. lemon zest

**DIRECTIONS**
1. Blend to desired consistency and enjoy!

MORNING MINT SHAKE

Prep: 5 minutes | Cook: 0 minutes | 1 Serving
1 Serving | Calories: 330 | Protein: 24 | Fat: 15 | Carb: 29 | Fiber: 15 | Added Sugar: 0
Vegan

**INGREDIENTS**
- 1 serving (2 scoops) vanilla Life Time D.TOX Shake Mix
- 1 serving Life Time Fiber
- 1 cup unsweetened coconut milk
- 1 cup raw spinach
- ¼ avocado
- ¼ tsp. vanilla extract
- 3 or 4 mint leaves (optional)

**DIRECTIONS**
1. Blend to desired consistency and enjoy!
PIÑA COLADA SHAKE
Prep: 5 minutes | Cook: 0 minutes | 1 Serving
1 Serving | Calories: 290 | Protein: 21 | Fat: 9 | Carb: 27 | Fiber: 10 | Added Sugar: 0
Vegan

**INGREDIENTS**
- 1 serving (2 scoops) vanilla Life Time D.TOX Shake Mix
- 1 serving Life Time Fiber
- 1 cup unsweetened coconut milk
- ½ cup frozen pineapple chunks
- 4 ice cubes

**DIRECTIONS**
1. Blend to desired consistency and enjoy!

SALTED NUT SHAKE
Prep: 5 minutes | Cook: 0 minutes | 1 Serving
1 Serving | Calories: 350 | Protein: 24 | Fat: 15 | Carb: 25 | Fiber: 10 | Added Sugar: 0
Vegan

**INGREDIENTS**
- 1 serving (2 scoops) chocolate Life Time D.TOX Shake Mix
- 1 serving Life Time Fiber
- 1 cup unsweetened coconut milk
- 1 tbs. cashew butter
- 1 tsp. vanilla extract
- Sea salt to taste

**DIRECTIONS**
1. Blend to desired consistency and enjoy!

STRAWBERRY CHIA SHAKE
Prep: 5 minutes | Cook: 0 minutes | 1 Serving
1 Serving | Calories: 345 | Protein: 29 | Fat: 12 | Carb: 35 | Fiber: 21 | Added Sugar: 0
Vegan

**INGREDIENTS**
- 1 serving (2 scoops) Life Time D.TOX Shake Mix
- 1 serving Life Time Fiber
- 1 cup unsweetened almond milk
- 1 cup spinach
- ½ cup strawberries
- 1 tbs. chia seeds

**DIRECTIONS**
1. Blend to desired consistency and enjoy!
STRAWBERRY DAIQUIRI SHAKE

Prep: 5 minutes | Cook: 0 minutes | 1 Serving

1 Serving | Calories: 270 | Protein: 21 | Fat: 9 | Carb: 22 | Fiber: 9 | Added Sugar: 0

Vegan

INGREDIENTS

· 1 serving (2 scoops) vanilla Life Time D.TOX Shake Mix
· 1 serving Life Time Fiber
· 1 cup unsweetened vanilla coconut milk
· ½ cup frozen strawberries
· ½ lime, juiced

DIRECTIONS

1. Blend to desired consistency and enjoy!

SUPERBERRY SHAKE

Prep: 5 minutes | Cook: 0 minutes | 1 Serving

1 Serving | Calories: 340 | Protein: 26 | Fat: 11 | Carb: 34 | Fiber: 17 | Added Sugar: 0

Vegan

INGREDIENTS

· 1 serving (2 scoops) chocolate Life Time D.TOX Shake Mix
· 1 serving Life Time Fiber
· 1 cup unsweetened almond milk
· ½ cup mixed berries
· 1 tbs. chia seeds

DIRECTIONS

1. Blend to desired consistency and enjoy!
Breakfast
OVERNIGHT PROTEIN OATS

Prep: 5 minutes | Cook: 0 minutes | 1 Serving

INGREDIENTS
- ⅔ cup unsweetened almond milk
- ⅓ cup gluten-free oats
- 2 scoops chocolate Life Time Vegan Protein
- ½ cup raspberries

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

SAVORY BREAKFAST BOWL

Prep: 5 minutes | Cook: 0 minutes | 4 Servings

INGREDIENTS
- ½ tbs. olive oil
- 12 baby bell peppers, sliced
- 2 cups cherry tomatoes
- 2 cups sweet potato, diced
- 1 lb. ground turkey breakfast sausage
- 4 cups mixed greens
- 1 avocado
- Salt and pepper to taste

DIRECTIONS
1. Heat olive oil 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 to 8 minutes.
3. In 4 separate bowls, add ground turkey and vegetables. Top with ¼ avocado and a handful of mixed greens, and enjoy!

TURKEY SAUSAGE PATTIES

Prep: 5 minutes | Cook: 0 minutes | 6 Servings

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

DIRECTIONS
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°F.
3. Meanwhile, combine remaining ingredients in a mixing bowl, and add cooled onion mixture.
4. Form into 6 patties and bake for 12 to 15 minutes, flipping halfway through.
ALFREDO SPAGHETTI SQUASH BAKE

Prep: 1 hour | Cook: 20 minutes | 6 Servings

1 Serving | Calories: 360 | Protein: 23 | Fat: 21 | Carb: 19 | Fiber: 4 | Added Sugar: 0

INGREDIENTS
- 1 medium spaghetti squash
- 1 tbs. olive oil, divided
- 1 onion, chopped
- 2 tbs. minced garlic
- 1 cup raw, unsalted cashews
- ¾ cup chicken broth
- ½ cup full-fat coconut milk
- 1 tsp. nutmeg
- 1½ tsp. salt, divided
- 1 tsp. pepper, divided
- 1 tbs. lemon juice
- 1 tbs. nutritional yeast
- 1 lb. chicken breasts, cubed
- 4 cups broccoli florets
- 2 cups mushrooms, diced

DIRECTIONS
1. Preheat oven to 350°F. 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 a medium bowl.
3. Meanwhile, heat ½ tablespoon olive oil over medium heat and add chopped onion and garlic.
4. Once browned, combine with cashews, chicken broth, coconut milk, nutmeg, 1 teaspoon of salt, ½ teaspoon of pepper, lemon juice and nutritional yeast in blender. Blend until smooth consistency is reached and set aside.
5. Heat remaining ½ 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

Prep: 15 minutes | Cook: 0 minutes | 4 Servings

1 Serving | Calories: 470 | Protein: 27 | Fat: 28 | Carb: 18 | Fiber: 8 | Added Sugar: 0

INGREDIENTS
- 1 lb. chicken breast, cooked
- 2 avocados
- 2 apples
- ½ cup celery
- ½ cup red onion
- 4 tbs. olive oil
- 4 tsp. fresh lime juice
- Sea salt and freshly ground black pepper

DIRECTIONS
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 POTATOES

Prep: 10 minutes | Cook: 4 hours | 4 Servings

1 Serving | Calories: 370 | Protein: 42 | Fat: 16 | Carb: 15 | Fiber: 2 | Added Sugar: 0

INGREDIENTS
- 1½ lb. chicken breast
- 1 cup hot sauce (Frank’s Original)
- ¼ cup coconut oil or ghee, melted
- 3 cloves garlic, minced
- 2 tbs. coconut aminos
- 4 small sweet potatoes
- 2 tbs. green onion (optional)

DIRECTIONS
1. Mix hot sauce, coconut oil or ghee, garlic and coconut aminos with a whisk.
2. Set crock pot to high and add chicken.
3. Pour mixture over chicken, so it is fully covered. Keep on high for 4 hours, occasionally checking to ensure it is still covered in sauce.
4. When there is an hour left for chicken cook time, preheat the oven to 350°F.
5. Pierce sweet potatoes 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 lengthwise across the top to open and stuff with chicken and green onion.

CAULIFLOWER RICE BOWL

Prep: 10 minutes | Cook: 25 minutes | 4 Servings

1 Serving | Calories: 390 | Protein: 19 | Fat: 16 | Carb: 37 | Fiber: 16 | Added Sugar: 0

Vegan

INGREDIENTS
- 1⅓ cup chickpeas
- 2 tbs. olive oil
- 4 tsp. chili powder
- 2 tsp. salt
- 2 tsp. paprika
- 4 cup cauliflower, riced
- 4 cup kale
- 8 tbs. hummus
- 8 tbs. almond milk
- 4 tsp. coconut oil
- 4 tbs. pumpkin seeds

DIRECTIONS
1. For chickpeas, preheat oven to 350°F. Spray a 9-x-13-inch pan with nonstick 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

Prep: 15 minutes | Cook: 0 minutes | 1 Serving

1 Serving | Calories: 370 | Protein: 33 | Fat: 17 | Carb: 26 | Fiber: 11 | Added Sugar: 0

**INGREDIENTS**
- 2 collard green leaves
- 2 tbs. hummus
- 4 oz. approved deli turkey
- ½ small tomato, sliced
- ¼ avocado
- ½ cup sprouts
- 2 tbs. sunflower seeds

**DIRECTIONS**
1. Cut along the stem of the collards lengthwise to remove some of the toughness. Then 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 each leaf (about ¼ of the way up on each side), before starting from one side and rolling gently to secure.

EGG ROLL BOWL

Prep: 10 minutes | Cook: 20 minutes | 4 Servings

1 Serving | Calories: 335 | Protein: 38 | Fat: 16 | Carb: 8 | Fiber: 2 | Added Sugar: 0

**INGREDIENTS**
- 1½ lb. ground turkey
- ½ sweet onion, diced
- 1 tbs. toasted sesame oil
- 1 tsp. ground ginger
- 2 garlic cloves, minced
- 1 tbs. rice vinegar
- ¼ cup gluten-free soy sauce or coconut aminos
- 1 16-oz. bag coleslaw mix
- ¼ 16-oz. bag matchstick carrots
- Salt and pepper to taste

**DIRECTIONS**
1. In a medium skillet, add ground turkey and sauté until fully cooked. Drain if necessary.
2. Add onion, sesame oil, ginger and garlic cloves, and cook until fragrant.
3. Add rice vinegar, coconut aminos, coleslaw mix, carrots, salt and pepper to the skillet. Cook for another 5 minutes, until vegetables are slightly wilted.
4. Remove skillet from the heat and enjoy!
FRUIT AND NUT SALAD

Prep: 10 minutes | Cook: 0 minutes | 4 Servings

1 Serving | Calories: 275 | Protein: 3 | Fat: 25 | Carb: 11 | Fiber: 4 | Added Sugar: 0

Vegan

INGREDIENTS

- 1 5-oz. container baby kale
- 2 tbs. sunflower seeds
- ¼ cup walnuts, chopped
- ½ apple, sliced
- ½ pear, sliced
- ¼ red onion, thinly sliced
- ½ cup olive oil
- 2 tbs. lemon juice
- 5 to 10 drops liquid stevia, or to taste
- Salt and pepper to taste

DIRECTIONS

1. In a small bowl, whisk together the olive oil, lemon juice and liquid stevia. Salt and pepper to taste.
2. In a large bowl, add baby kale and pour over dressing mixture. Massage into the kale with hands for 15 to 20 seconds.
3. Add sunflower seeds, walnuts, apples, pears and red onion.
4. Serve right away or let sit for 10 to 15 minutes prior to serving.

GREEK QUINOA SALAD

Prep: 10 minutes | Cook: 25 minutes | 4 Servings

1 Serving | Calories: 225 | Protein: 7 | Fat: 16 | Carb: 21 | Fiber: 5 | Added Sugar: 0

Vegan

INGREDIENTS

- 1 cup quinoa, cooked
- ½ cup black olives
- ½ cup cherry tomatoes, halved
- 4 cups mixed greens
- ½ cup hummus
- 1 cucumber, diced
- ½ red onion, diced
- 4 tbs. olive oil
- 2 tbs. lemon juice
- Salt
- Pepper

DIRECTIONS

1. Add cooked and cooled quinoa, black olives, cherry tomatoes, cucumber, red onion and mixed greens to a large bowl and toss.
2. Portion between 4 serving bowls.
3. Top each bowl with 2 tablespoons of hummus.
4. In a separate bowl (or mason jar) combine olive oil, lemon juice, salt and pepper.
5. Drizzle each bowl with dressing and enjoy!

Coach Note:

To make a complete meal, add 3 to 4 ounces of cooked chicken per serving.
LENTIL CURRY + CAULIFLOWER

Prep: 10 minutes | Cook: 3 to 4 hours | 4 Servings

Vegan

INGREDIENTS

- 2 tbs. olive oil
- 1 medium onion, diced
- 1 tbs. garlic, minced
- 2½ cups cooked lentils
- 8 oz. tomato paste
- 1 can (16 oz.) full-fat coconut milk
- 2½ cups water
- 2 tsp. garam masala
- 1 tsp. garlic powder
- 1 tsp. cumin
- ½ tsp. ginger
- 4 cups cauliflower florets
- Salt and pepper to taste

DIRECTIONS

1. Heat the olive oil in a medium skillet over medium heat. Add in the onion and garlic and sauté until fragrant. Transfer to slow cooker.
2. Mix the lentils, tomato paste, one and one-half cups of coconut milk, water and spices into the slow cooker. Cook on low for three to four hours or until tender.
3. Right before you’re ready to serve, steam the cauliflower until tender. Add the reserved coconut milk, sea salt, pepper and lentil mixture.

LENTIL MEATBALLS + QUINOA

Prep: 25 minutes | Cook: 45 minutes | 5 Servings

Vegan

INGREDIENTS

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

DIRECTIONS

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 the mixture is smooth but still somewhat chunky.
3. Roll into 10 equal-sized small balls.
4. Line a 9-x-13-inch baking pan. Bake meatballs for 20 minutes at 350°F 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 one serving.
MEXICAN QUINOA SKILLET

Prep: 10 minutes | Cook: 40 minutes | 4 Servings

1 Serving | Calories: 370 | Protein: 16 | Fat: 9 | Carb: 59 | Fiber: 15 | Added Sugar: 0

Vegan

INGREDIENTS

- 2 tbs. olive oil
- 1 onion, diced
- 1 red bell pepper
- 1 tbs. minced garlic
- 2 15-oz. cans black beans
- 15-oz. can tomato sauce
- ½ cup quinoa, uncooked and rinsed
- 1 tbs. chili powder
- 1 tsp. cumin
- 1 tsp. oregano
- 1½ cups water
- Salt to taste

DIRECTIONS

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

Prep: 10 minutes | Cook: 0 minutes | 4 Servings

1 Serving | Calories: 230 | Protein: 10 | Fat: 8 | Carb: 32 | Fiber: 8 | Added Sugar: 0

Vegan

INGREDIENTS

- 2 14-oz. BPA-free can chickpeas, drained
- ½ cup hummus
- 1 cup diced red onion
- 2 cup diced celery
- 2 lemon, juiced
- 2 tsp. sea salt, juiced
- 2 tsp. garlic powder

DIRECTIONS

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

Prep: 15 minutes | Cook: 25 minutes | 4 Servings

1 Serving | Calories: 300 | Protein: 31 | Carb: 23 | Fiber: 8 | Added Sugar: 0

INGREDIENTS

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

Sauce
- ½ orange, juiced
- ¼ cup chicken stock
- 2 garlic cloves, minced
- 1 tbs. orange zest
- 3 tbs. coconut aminos
- ¼ tsp. ground ginger

DIRECTIONS

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.

PIZZA MEATBALLS

Prep: 10 minutes | Cook: 25 minutes | 6 Servings

1 Serving | Calories: 315 | Protein: 33 | Fat: 19 | Carb: 4 | Fiber: 1 | Added Sugar: 0

INGREDIENTS

- 1 tbs. flaxseed
- 3 tbs. water
- 1 lb. ground beef, organic
- 1 lb. ground turkey, organic
- 2 tsp. garlic powder
- ½ tsp. salt
- ½ tsp. black pepper
- 2 tsp. onion powder
- 2 tbs. Italian seasoning
- ½ cup almond flour
- ½ cup chopped pepperonis
- 1 ½ cup pizza sauce, no sugar added

DIRECTIONS

1. Mix the flaxseeds and water in small bowl. Put it in the fridge to set up for 15 minutes. Stir it one more time after the 15 minutes to mix any water still on top. The mixture should become thick and goopy.
2. Preheat the oven to 400°F and line a baking sheet with parchment paper.
3. In a large mixing bowl, combine ground beef, ground turkey, flax mixture, seasonings, salt, pepperonis, pizza sauce and almond flour. Mix until everything is completely combined.
4. Use a cookie scoop or a big spoon to scoop the meat. Shape each meatball (1 ½ inch).
5. Place each meatball 1 inch apart on the baking sheet. Bake 22 to 25 minutes until cooked through. Use any extra sauce for dipping.
6. Serve with roasted veggies or side of choice.
SPICY SLOW COOKER CHICKEN AND BROCCOLI

Prep: 5 minutes | Cook: 4 to 6 hours | 6 Servings

1 Serving | Calories: 225 | Protein: 25 | Fat: 10 | Carb: 11 | Fiber: 3 | Added Sugar: 0

**INGREDIENTS**
- 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

**DIRECTIONS**
1. Add all ingredients to slow cooker, except broccoli.
2. Set slow cooker to low for 6 to 8 hours or high for 4 to 6 hours (do not lift the lid once you cover the cooker).
3. Steam broccoli before ready to serve.
4. Shred chicken with tongs and serve over steamed broccoli.

STEAK BITES WITH SWEET POTATOES AND PEPPERS

Prep: 20 minutes | Cook: 20 minutes | 4 Servings

1 Serving | Calories: 330 | Protein: 24 | Fat: 21 | Carb: 13 | Fiber: 4 | Added Sugar: 0

**INGREDIENTS**
- 1 large sweet potato, diced
- 2 tbs. coconut oil
- 2 cloves garlic, minced
- ⅛ onion, finely diced
- 1 lb. skirt steak, diced into 1” pieces
- 2 bell peppers, diced
- 2 tbs. balsamic vinegar
- 1 sprig fresh rosemary
- 1 tbs. coconut aminos
- Salt and pepper to taste

**DIRECTIONS**
1. Add diced sweet potatoes to microwavable bowl. Cover and microwave on high for 4 to 6 minutes, until tender. Remove from microwave and uncover to avoid overcooking. Set aside.
3. Add the sweet potatoes and cook until browned. About 2 to 4 minutes.
4. Add the bell peppers and sauté for 3 to 4 minutes, until tender.
5. Add the steak back to the skillet. Add balsamic vinegar, rosemary and coconut aminos and sauté until juices are dissolved.
6. Salt and pepper to taste. Serve and enjoy!
STEAK FAJITA SALAD

Prep: 12 hours | Cook: 20 minutes | 2 Servings

1 Serving | Calories: 460 | Protein: 31 | Fat: 32 | Carb: 7 | Fiber: 5 | Added Sugar: 0

INGREDIENTS

Salad
- 8-oz. skirt steak
- ½ red onion, sliced
- 1 large bell pepper, sliced
- 4 cups romaine lettuce, chopped
- ½ avocado, sliced

Dressing
- 2 tbs. olive or avocado oil
- ¼ cup lime juice
- ½ tsp. chili powder
- Himalayan sea salt and pepper to taste

DIRECTIONS

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 and refrigerate 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.

STOVETOP CHILI

Prep: 15 minutes | Cook: 40 minutes | 6 Servings

1 Serving | Calories: 400 | Protein: 35 | Fat: 14 | Carb: 26 | Fiber: 6 | Added Sugar: 0

INGREDIENTS

- 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 tbs. chili powder
- ½ tsp. cumin
- 1 tbs. oregano

DIRECTIONS

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 to 6 minutes. Next, add zucchini and cook another 2 minutes, stirring well.
3. Add tomato sauce, diced tomatoes and beans to the pot and boil, stirring frequently. Reduce heat and simmer for 20 minutes.
STUFFED BELL PEPPERS
Prep: 15 minutes | Cook: 35 minutes | 4 Servings
1 Serving | Calories: 370 | Protein: 32 | Fat: 11 | Carb: 37 | Fiber: 7 | Added Sugar: 0

INGREDIENTS
- 4 large bell peppers
- 1 tbs. olive oil
- ½ onion, diced
- 1 lb. lean ground turkey
- 1 tbs. chili powder
- 1 tsp. paprika
- Sea salt to taste
- 2 cups quinoa, cooked
- 2 limes, juiced (zest of only one lime)
- 1 cup fresh cilantro, coarsely chopped

DIRECTIONS
1. Preheat oven to 350°F.
2. Spray a 9-×-13-inch 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, occasionally stirring 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 BURGERS
Prep: 15 minutes | Cook: 30 minutes | 4 Servings
1 Serving | Calories: 340 | Protein: 16 | Fat: 11 | Carb: 47 | Fiber: 14 | Added Sugar: 0
Vegan

INGREDIENTS
- 15-oz. can black beans, drained and rinsed
- ⅔ cup mashed sweet potato
- ⅔ cup cooked brown rice
- ½ cup walnuts, chopped
- ½ cup finely diced onion
- 2½ tsp. ground cumin
- 1 tsp. smoked paprika
- Salt and pepper to taste
- ¾ cup gluten-free oats

DIRECTIONS
1. Preheat oven to 375°F.
2. Combine all ingredients (except oats) 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-inch sheet pan spritzed with nonstick spray and bake for 25 to 30 minutes or until browned.
SWEET POTATO AND TURKEY HASH
Prep: 15 minutes | Cook: 25 minutes | 4 Servings

INGREDIENTS
- 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 tbs. chopped cilantro
- Salt and pepper to taste
- 1 lime cut into 4 wedges

DIRECTIONS
1. In skillet, melt 1 teaspoon of 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
Prep: 15 minutes | Cook: 25 minutes | 4 Servings

INGREDIENTS
- 1 lb. grass-fed beef or ground turkey
- 2 tbs. tomato paste
- 1 cup diced tomatoes
- 1 ½ tbs. chili powder
- 1 tsp. garlic powder
- 1 tsp. cumin
- ¼ tsp. sea salt
- 2 cups cooked brown rice
- 2 cups chopped romaine lettuce
- 2 cups chopped tomatoes
- 1 cup black beans
- 1 avocado, sliced

DIRECTIONS
1. For the beef or turkey, heat a skillet over medium heat 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 to 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.
**TACO SALAD BOWL**

Prep: 10 minutes | Cook: 15 minutes | 4 Servings

1 Serving | Calories: 295 | Protein: 9 | Carb: 39 | Fiber: 11 | Added Sugar: 0

**INGREDIENTS**
- 2 cups cooked quinoa
- ½ cup cilantro, chopped
- 1 ½ tbs. olive oil
- 1 tbs. lime juice
- Salt and pepper to taste
- 1 red bell pepper, thinly sliced
- ¼ red onion, thinly sliced
- 1 head romaine, chopped
- 1 cup black beans, rinsed and drained
- 1 avocado, diced
- ½ cup salsa, no sugar added

**DIRECTIONS**
1. Toss quinoa, cilantro, 1 tablespoon of olive oil and lime juice together. Salt and pepper to taste.
2. Heat ½ tablespoon of olive oil over medium heat. Add red bell pepper and onion. Stir 5 to 10 minutes until cooked to desired consistency.
3. Place 2 cups of romaine in 4 bowls and top each with ¼ quinoa mixture, ¼ cup black beans, ¼ avocado, ¼ pepper and onion mixture and 2 tablespoons of salsa.
4. Enjoy!

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**THAI TURKEY LETTUCE WRAPS**

Prep: 10 minutes | Cook: 15 minutes | 4 Servings

1 Serving | Calories: 275 | Protein: 24 | Fat: 17 | Carb: 8 | Fiber: 2 | Added Sugar: 0

**INGREDIENTS**
- 1 tbs. coconut or avocado oil
- 1 lb. ground turkey
- 1 cup shredded carrots
- Iceberg lettuce leaves

**Sauce:**
- 4 tbs. coconut aminos
- 2 tbs. sunflower seed butter
- 2 tsp. white wine vinegar
- ¼ tsp. garlic powder
- ¼ tsp. granulated ginger
- 1 tsp. sea salt
- Optional: liquid stevia to taste

**DIRECTIONS**
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

Prep: 15 minutes | Cook: 20 minutes | 4 Servings

1 Serving | Calories: 235 | Protein: 30 | Fat: 10 | Carb: 7 | Fiber: 3 | Added Sugar: 0

INGREDIENTS

Meatballs
- 1 lb. ground turkey
- ½ cup almond meal
- ½ cup diced onion
- 1 tbs. ground flaxseed
- 1 tsp. sea salt
- ¼ tsp. garlic powder
- ¼ tsp. chili powder

Ketchup
- 6-oz. can tomato paste
- 2 tbs. apple cider vinegar
- 1 tsp. Dijon mustard
- ½ tsp. garlic powder
- ¼ tsp. dry mustard
- ¼ cup water
- ¼ tsp. cinnamon
- ¼ tsp. sea salt

DIRECTIONS

1. Preheat oven to 350°F.
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 down slightly 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.

VEGETARIAN RAINBOW CHILI

Prep: 10 minutes | Cook: 40 minutes | 4 Servings

1 Serving | Calories: 305 | Protein: 18 | Fat: 4 | Carb: 58 | Fiber: 19 | Added Sugar: 0

Vegan

INGREDIENTS

- ½ tbs. coconut oil
- ½ yellow onion, chopped
- 1 red bell pepper
- 1 yellow bell pepper
- 2 medium zucchini, chopped
- 2 medium carrots, chopped
- 1 tbs. garlic powder
- 2 tbs. chili powder
- ½ tsp. cumin
- 1 tbs. paprika
- 2 cups spinach, finely chopped
- 2 15-oz. can diced tomatoes
- 1 15-oz. can kidney beans
- 1 15-oz. can black beans
- 2 cups low-sodium vegetable broth
- 1 tbs. cilantro

DIRECTIONS

1. In a large pot, melt coconut oil. Then add the onion, peppers, zucchini and carrots, and cook until vegetables are tender, about 10 minutes.
2. Add your seasonings (garlic, chili powder, cumin and smoked paprika) and spinach. Continue to cook, stirring frequently, about 1 minute.
3. Next, add the tomatoes, beans and broth. Stir to combine and reduce heat to a simmer. Allow mixture to simmer, stirring occasionally, for 30 minutes. Remove from heat and allow to cool slightly.
4. For a thicker, less chunky texture, remove about half of the chili and pulse in a blender for about 5 to 10 seconds. Then pour the blended mixture back into the pot and mix in evenly. Add in cilantro and mix in.
5. Enjoy immediately, or freeze for future use.
WHITE CHICKEN CHILI

Prep: 15 minutes | Cook: 45 minutes | 4 Servings
1 Serving | Calories: 390 | Protein: 29 | Fat: 17 | Carb: 25 | Fiber: 7 | Added Sugar: 0

INGREDIENTS
- 1 tbs. 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 tbs. cumin
- 1 tbs. chili powder
- 2 tsp. sea salt
- ½ tsp. dried oregano
- ½ tsp. pepper

DIRECTIONS
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.
Snacks and Treats
BROWNIE BITES

Prep: 15 minutes | Cook: 0 minutes | 12 Servings

1 Serving | Calories: 70 | Protein: 2 | Fat: 3 | Carb: 9 | Fiber: 1 | Added Sugar: 0

Vegan

INGREDIENTS

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

DIRECTIONS

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-x-8-inch 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 AND DIP

Prep: 5 minutes | Cook: minutes | 4 Servings

1 Serving | Calories: 170 | Protein: 2 | Fat: 13 | Carb: 14 | Fiber: 6 | Added Sugar: 0

Vegan

INGREDIENTS

Carrots

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

Dip

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

DIRECTIONS

1. Preheat oven to 350°F.
2. In a medium-sized bowl, combine carrots and olive oil and toss to coat. Lay out evenly on a 9-x-13-inch 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 tablespoons of dip is a serving size.
CHIA PUDDING

Prep: 5 minutes | Cook: 0 minutes | 4 Servings

1 Serving | Calories: 90 | Protein: 2 | Fat: 5 | Carb: 9 | Fiber: 4 | Added Sugar: 0

Vegan

INGREDIENTS
- 1 cup almond milk, unsweetened
- ¼ cup chia seeds
- Optional: ¼ tsp. vanilla or almond extract
- Optional: liquid stevia to taste
- 1 cup fresh berries

DIRECTIONS
1. Mix all ingredients (minus berries) and pour into individual Ball jars (or another covered glass container) and let sit in the refrigerator for 4 hours (or overnight).
2. Mix and top with ¼ cup berries each.

GRANOLA BARS

Prep: 20 minutes | Cook: 0 minutes | 6 Servings

1 Serving | Calories: 230 | Protein: 5 | Fat: 16 | Carb: 18 | Fiber: 4 | Added Sugar: 0

Vegan

INGREDIENTS
- 2 cups oats, gluten-free
- 1 tsp. cinnamon
- Flavor additions (optional)
- 1 cup dates, pitted and soaked in boiling water for 5 minutes
- ¼ cup coconut oil
- ¼ cup almond butter

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

Flavor additions:
- Cranberry Pecan:
  - ¼ cup unsweetened dried cranberries
  - ¼ cup pecans
- Blueberry Muffin:
  - ¼ cup dried unsweetened blueberries
  - 2 tsp. lemon zest
- Coconut Lime:
  - ½ cup dried, unsweetened coconut flakes
  - 2 tsp. lime zest
**KALE CHIPS**
Prep: 5 minutes | Cook: 20 minutes | 4 Servings
1 Serving | Calories: 95 | Protein: 2 | Fat: 7 | Carb: 7 | Fiber: 2 | Added Sugar: 0
Vegan

**INGREDIENTS**
- 4 cups kale, pulled from the stem
- 1 tbs. olive oil
- 1 tbs. white vinegar
- ½ tsp. smoked paprika
- ½ tsp. sea salt

**DIRECTIONS**
1. Preheat oven to 300°F.
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.

**MEXICAN CHOCOLATE CHIA PUDDING**
Prep: 5 minutes | Cook: 0 minutes | 2 Servings
1 Serving | Calories: 275 | Protein: 22 | Fat: 12 | Carb: 22 | Fiber: 16 | Added Sugar: 0
Vegan

**INGREDIENTS**
- 1 ½ cups almond milk
- ⅓ cup chia seeds
- 2 tbs. unsweetened cocoa powder
- 2 scoops Life Time Vegan Protein
- ½ tsp. ground cinnamon
- ¼ tsp. sea salt
- ½ tsp. vanilla extract
- Pinch of cayenne (optional)

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

**NUT BUTTER COOKIES**
Prep: 5 minutes | Cook: 0 minutes | 3 Servings
1 Serving | Calories: 225 | Protein: 12 | Fat: 12 | Carb: 22 | Fiber: 3 | Added Sugar: 0
Vegan

**INGREDIENTS**
- ¼ cup nut butter
- 3 Medjool dates, pitted
- 1 scoop vanilla Life Time Collagen Peptides
- 2 tsp. almond milk

**DIRECTIONS**
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 them into balls and crosshatch with a fork.
4. Eat as is or bake in preheated oven for 5 minutes at 350°F. Keep refrigerated.
**PUMPKIN PIE ENERGY BITES**

Prep: 15 minutes | Cook: 0 minutes | 21 Servings

1 Serving | Calories: 110 | Protein: 2 | Fat: 8 | Carb: 9 | Fiber: 3 | Added Sugar: 0

Vegan

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

**DIRECTIONS**
1. Place the nuts, coconut, oats, 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-x-13-inch cookie sheet.
4. Allow to firm up in the refrigerator for 20 to 30 minutes before transferring to a storage container.

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**ROASTED GARLIC HUMMUS**

Prep: 15 minutes | Cook: 50 minutes | 6 Servings

1 Serving | Calories: 120 | Protein: 6 | Fat: 3 | Carb: 21 | Fiber: 5 | Added Sugar: 0

Vegan

**INGREDIENTS**
- 1 large garlic head
- 1 tsp. olive oil
- 2½ cups canned garbanzo beans
- ½ cup water
- ¼ cup lemon juice
- 4 tsp. tahini
- ½ tsp. cumin
- 1 ½ tsp. salt

**DIRECTIONS**
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. Purée until smooth and creamy.
SPICY NUTS
Prep: 5 minutes | Cook: 20 minutes | 8 Servings
1 Serving | Calories: 140 | Protein: 5 | Fat: 12 | Carb: 5 | Fiber: 3 | Added Sugar: 0
Vegan

INGREDIENTS
- 2 cups nuts and seeds (almonds, cashews, pistachios, pecans, etc.)
- Pinch cayenne (or more to taste)
- ¼ tsp. Celtic sea salt
- Avocado oil or coconut oil cooking spray

DIRECTIONS
1. Preheat oven to 325°F.
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 fragrant and lightly toasted.

SUNFLOWER SEED ENERGY BITES
Prep: 15 minutes | Cook: 0 minutes | 15 Servings
1 Serving | Calories: 125 | Protein: 4 | Fat: 8 | Carb: 10 | Fiber: 4 | Added Sugar: 0
Vegan

INGREDIENTS
- 1 cup oats, gluten-free
- ¾ cup flaxseed
- ½ cup sunflower seed butter
- 3 tbs. nondairy milk
- 1 tsp. liquid stevia
- ¼ tsp. vanilla extract
- ¼ cup unsweetened cacao nibs (optional)

DIRECTIONS
1. Combine all ingredients except cacao nibs 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.
Appendix
Symptom Tracker

Tracking your symptoms is 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.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Food 1:</th>
<th>Food 2:</th>
<th>Food 3:</th>
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<tbody>
<tr>
<td>Achy Joints</td>
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<td>Trouble Sleeping</td>
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<td>Mood Changes</td>
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Day 1 | Day 2 | Day 3 | Day 1 | Day 2 | Day 3 | Day 1 | Day 2 | Day 3
Natural Home and Body Recipes

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 AND HAND LOTION**

**INGREDIENTS**
- ¼ cup olive oil
- 1½ cups water
- ¼ cup emulsifying wax
- 15 to 20 drops essential oil (optional)

**DIRECTIONS**
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 to 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**
- ½ cup honey
- 1 cup liquid Castile soap
- 2 tsp. oil (jojoba, olive, almond, etc.)
- 1 tsp. vitamin E oil
- 30 to 40 drops essential oil (optional)

**DIRECTIONS**
1. Combine in a small bottle and shake before each use. Has a shelf life of one year.
LAUNDRY DETERGENT

**INGREDIENTS**
- 1 bar of Dr. Bronner’s laundry soap
- 1 cup washing soda
- 1 cup baking soda
- 1½ tbs. citric acid

**DIRECTIONS**
1. Finely grate the bar with a hand grater or in a food processor.
2. Mix with washing soda, baking soda, and citric acid — ensure ingredients are evenly distributed.
3. Use 2 tablespoons per load.
4. Safe for HE washers.
5. For scented detergent, add 10 to 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

**DIRECTIONS**
1. Add essential oil to 1 gallon of white vinegar and shake well.
2. Use ½ to 1 cup during the rinse cycle.

DRYER SHEETS

**INGREDIENTS**
- Clean, old cotton T-shirt
- 5 drops of essential oil

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

SPOT REMOVER/CARPET CLEANER

**INGREDIENTS**
- 1 cup vinegar
- 1 cup warm water

**DIRECTIONS**
1. Mix in a spray bottle. For a larger or smaller batch, 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

### Directions
1. Mix equal amounts of vegetable oil (cheap is suitable for this purpose!) with white vinegar.
2. Rub in well with a cloth towel.

## Tile Floor Cleaner

### Ingredients
- 1 cup white vinegar
- 1 gallon filtered water

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

## All-Purpose Cleaner

### Ingredients
- ½ cup white vinegar
- ¼ cup baking soda
- 1 tbsp. lemon juice (helps with fingerprints and smudges on glass)
- ½ gallon filtered water

### Directions
1. Mix ingredients in a large container.
2. Transfer to a spray bottle for easy use.

## Furniture Polish

### Ingredients
- ½ cup white vinegar
- 1 tsp. olive oil
- Microfiber cloth

### Directions
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
- ¼ cup baking soda
- 1 cup white vinegar

### Directions
1. Mix baking soda and white vinegar.
2. Pour into the toilet and scrub after a few minutes.
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 healthcare 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.