

D.TOXSM

PROGRAM GUIDE

Your guide to clean eating & the healthy
way to detox your body and home

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+ 40 nourishing recipes made from ingredients free
of gluten, soy, egg, dairy & added sugars.

LIFETIME[®] **D.TOX**
LIFE TIME
DETOXIFICATION PROGRAM

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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.TOXSM, 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@lifetime-weightloss.com with any questions or if you need additional support.

A handwritten signature in black ink that reads "Coach Anika". The signature is written in a cursive, flowing style.

HOW TO D.TOXSM

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 supplements, nutrition and lifestyle habits. Make sure to listen to the weekly podcasts (three total), read the supplementary emails, and follow the two-week program by drinking daily D.TOX shakes, and sticking with the approved food, exercise and lifestyle recommendations.

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.

BEFORE YOU START, HERE'S 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



STEP 1: PREP

PREPARE YOUR BODY

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 goal 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.TOXSM items to avoid slip-ups.

- ✓ PLAN YOUR MEALS

Think ahead and pick out some recipes you'd like to try. Use the approved and non-approved 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.

FOODS TO AVOID + FOODS TO EAT

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.TOXSM 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

GROUP	APPROVED	NON-APPROVED FOOD
VEGETABLES	All except non-approved. We recommend: seaweed, green foods (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).	Corn, creamed vegetables and limit amounts of canned vegetables.
FRUIT	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.	Grapefruit (can alter detoxification enzyme function), sweetened fruits (canned or frozen) and sweetened fruit juices.
ANIMAL PROTEIN	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	Tuna and swordfish, preservative-laden luncheon meats, hot dogs and sausage, canned meats and eggs.
PLANT PROTEIN & LEGUMES	All legumes including peas and lentils (except soybeans).	Soybeans, tofu, tempeh, soy milk, soy sauce, and any other product containing soy proteins.
FATS & OILS	Unrefined virgin oils such as olive, flaxseed, avocado or coconut oil. Organic is best. Purified butter (ghee) is allowed.	Margarine, butter, shortening, hydrogenated oils, canola oil, corn oil, peanut oil, vegetable oil or mayonnaise.
NUTS & SEEDS	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).	Peanuts, peanut oil and peanut butter.
STARCHES, GRAINS, BREADS & CEREALS	Rice (or products made from rice), potatoes, potato flour, oats (certified gluten-free), quinoa, millet, amaranth, buckwheat or tapioca, and winter squash.	Corn, all gluten-containing products: wheat, rye, barley, oats that are non-certified gluten-free.
DAIRY PRODUCTS & SUBSTITUTES	Unsweetened coconut, almond or hemp milk.	Conventional dairy products including milk, cheeses, cottage cheese, cream, butter, yogurt, ice cream, frozen yogurt, non-dairy creamers and soy milk.
BEVERAGES	Filtered or distilled water, herbal or green tea, yerba mate tea, sparkling or mineral water.	Coffee, black tea, sodas and soft drinks, alcoholic beverages, energy drinks or sweetened fruit juices.
SPICES & CONDIMENTS	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).	Ketchup, relish, soy sauce, barbecue sauce, chocolate, chutney, iodized salt and other condiments.
SWEETENERS	Stevia, blackstrap molasses, monk fruit extract, xylitol and erythritol.	White or brown sugar, honey, agave nectar, maple syrup, corn syrup, sucralose, aspartame, saccharin, candy and desserts.

GROCERY SHOPPING CHECKLIST

MEAT, POULTRY & FISH (Organic & non-GMO)

- Grass-fed beef ****
- Chicken ***
- Turkey ***
- Bison **
- Ostrich **
- Elk **
- Venison **
- Cod **
- Halibut **
- Orange roughy **
- Pacific herring **
- Spanish mackerel **
- Tilapia **
- Whitefish **
- Alaskan salmon **

NUTS & SEEDS

- Almonds
- Brazil nuts
- Cashews
- Flax seeds
- Macadamia nuts
- Pecans
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Walnuts

VEGGIES (Fresh or frozen – no added sugar)

- Artichokes
- Asparagus
- Bananas
- 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

FRESH FRUIT (Fresh or frozen – no added sugar)

- Apples *
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries *
- Cherries *
- Cantaloupe
- Coconut
- Cranberries
- Grapes *
- Honeydew
- Kiwi
- Lemons
- Nectarines *
- Papaya
- Peaches *
- Pears *
- Persimmon
- Raspberries *
- Plums
- Prunes
- Rhubarb
- Strawberries *
- Tangerines

LEGUMES (BPA-free canned or dry)

- Black beans
- Chickpeas
- Kidney beans
- Lentils
- Pinto beans
- White beans

GRAINS

- Amaranth
- Basmati
- 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

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

ORGANIC VS. CONVENTIONAL

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.

FOODS TO BUY ORGANIC

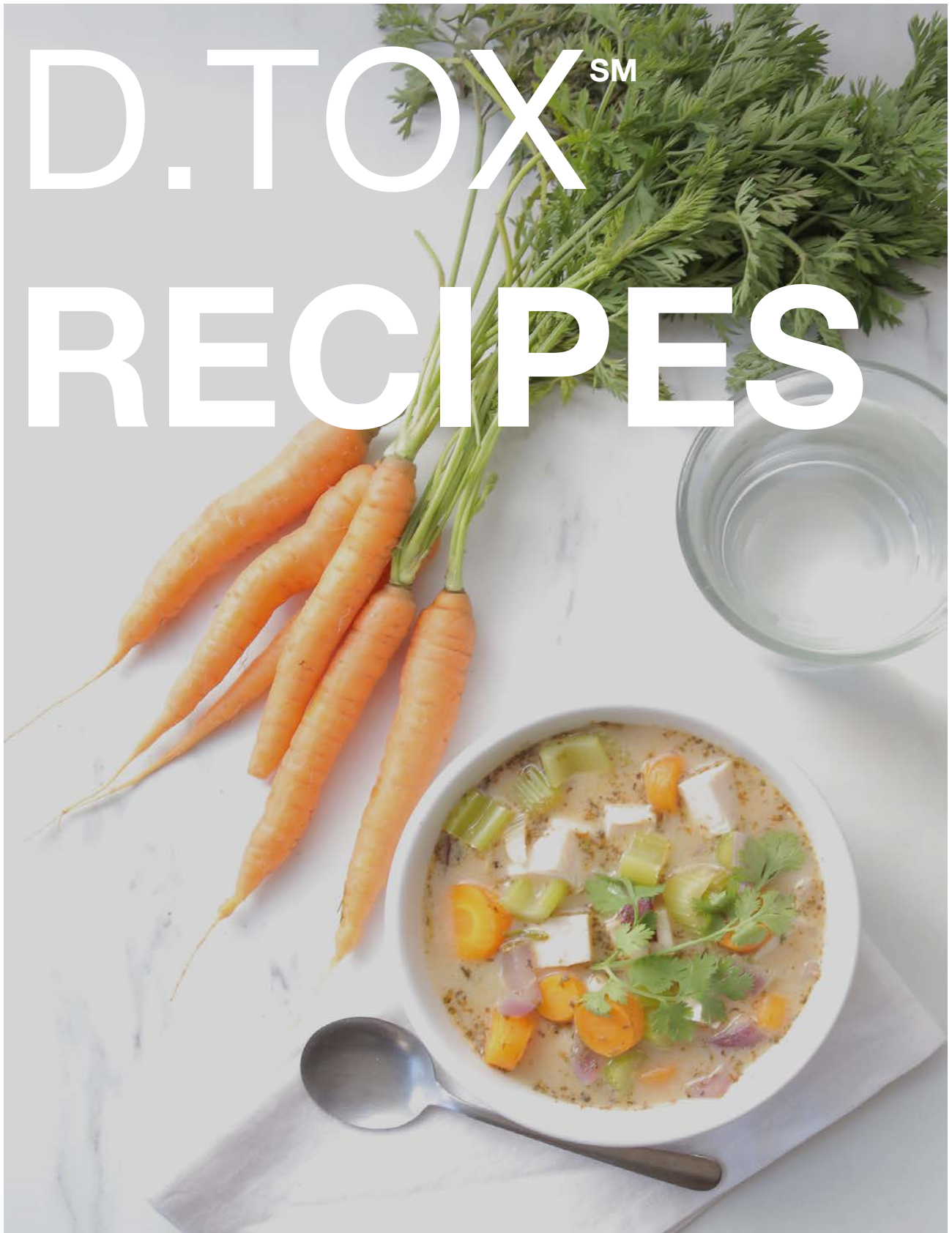
- ✓ Apples
- ✓ Celery
- ✓ Cherry tomatoes
- ✓ Cucumbers
- ✓ Grapes
- ✓ Hot peppers
- ✓ Kale/Collard greens
- ✓ Nectarines
- ✓ Peaches
- ✓ Potatoes
- ✓ Snap peas
- ✓ Spinach
- ✓ Strawberries
- ✓ Sweet bell peppers

FOODS TO BUY CONVENTIONAL

- ✓ Asparagus
- ✓ Avocados
- ✓ Cabbage
- ✓ Cantaloupe
- ✓ Cauliflower
- ✓ Eggplant
- ✓ Kiwi
- ✓ Mangoes
- ✓ Onions
- ✓ Papayas
- ✓ Pineapples
- ✓ Sweet peas (frozen)
- ✓ Sweet potatoes

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RECIPES



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SHAKES + SMOOTHIES

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BREAKFAST

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LUNCH + DINNER

83–100

SNACKS + TREATS



SHAKES + SMOOTHIES

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19	AVOKETO
20	BANANA SPLIT
21	BLACK FOREST CAKE
22	BLUEBERRY MUFFIN
24	BLUEBERRY MATCHA
25	CAFE MOCHA
26	CHAI
27	CHIA CHIA
29	CINNAMON ROLL
30	CHOCOLATE MALT
31	LEMON CREAM PIE
32	MORNING MINT
34	PIÑA COLADA
35	SALTED NUT
36	STRAWBERRY CREAM
37	STRAWBERRY DAIQUIRI
38	SUPERFOOD
39	TURMERIC + GINGER

ALMOND JOY SHAKE



INGREDIENTS

- 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

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

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



Strawberry Cream

AVOKETO SHAKE



INGREDIENTS

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

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

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

BANANA SPLIT SHAKE



INGREDIENTS

- 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 frozen banana
- 1 Tbsp. cashew butter

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

Servings 1 | Calories 340 | Sugar 13g | Fat 14g | Carbs 30g | Fiber 8g | Protein 27g

BLACK FOREST CAKE SHAKE



INGREDIENTS

- 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
- 1/4 avocado

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

Servings 1 | Calories 402 | Sugar 15g | Fat 17g | Carbs 41g | Fiber 16g | Protein 28g

BLUEBERRY MUFFIN SHAKE



INGREDIENTS

- 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
- 1/4 cup gluten-free oats
- 2 Tbsp. walnuts

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

Servings 1 | Calories 461 | Sugar 13g | Fat 20g | Carbs 50g | Fiber 18g | Protein 29g



Chai

BLUEBERRY MATCHA SHAKE



INGREDIENTS

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

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

Servings 1 | Calories 306 | Sugar 12g | Fat 11g | Carbs 35g | Fiber 15g Protein 23g

CAFE MOCHA SHAKE



INGREDIENTS

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

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

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

CHAI SHAKE



INGREDIENTS

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

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

Servings 1 | Calories 366 | Sugar 9g | Fat 17g | Carbs 35g | Fiber 14g | Protein 25g

CHIA CHIA SHAKE



INGREDIENTS

- 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

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

Servings 1 | Calories 342 | Sugar 9g | Fat 12g | Carbs 35g | Fiber 21g | Protein 29g



Cafe Mocha

CINNAMON ROLL SHAKE



INGREDIENTS

- 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 frozen banana
- 1/4 tsp. vanilla extract
- Sea salt and cinnamon to taste

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

Servings 1 | Calories 376 | Sugar 9g | Fat 18g | Carbs 34g | Fiber 16g | Protein 27g

CHOCOLATE MALT SHAKE



INGREDIENTS

- 1 serving vanilla 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

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

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

LEMON CREAM PIE SHAKE



INGREDIENTS

- 1 serving vanilla Life Time Fitness D.TOX Shake Mix
- 1 serving Life Time Fitness Fiber
- 1 cup unsweetened cashew milk
- 1/4 frozen banana
- 1 Tbsp. cashew butter
- 1 Tbsp. lemon juice
- 1 tsp. lemon zest

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

Servings 1 | Calories 375 | Sugar 9g | Fat 17g | Carbs 35g | Fiber 15g | Protein 27g

MORNING MINT SHAKE



INGREDIENTS

- 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 frozen banana
- 1/4 tsp. vanilla extract
- 3 or 4 mint leaves (optional)

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

Servings 1 | Calories 316 | Sugar 9g | Fat 13g | Carbs 33g | Fiber 16g | Protein 24g



Banana Split

PIÑA COLADA SHAKE



INGREDIENTS

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

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

Servings 1 | Calories 326 | Sugar 17g | Fat 11g | Carbs 42g | Fiber 16g | Protein 23g

SALTED NUT SHAKE



INGREDIENTS

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

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

Servings 1 | Calories 401 | Sugar 21g | Fat 16g | Carbs 47g | Fiber 14g | Protein 25g

STRAWBERRY CREAM SHAKE



INGREDIENTS

- 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 cup frozen strawberries

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

Servings 1 | Calories 380 | Sugar 15g | Fat 16g | Carbs 40g | Fiber 17g | Protein 27g

STRAWBERRY DAIQUIRI SHAKE



INGREDIENTS

- 1 serving vanilla Life Time Fitness D.TOX Shake Mix
- 1 serving Life Time Fitness Fiber
- 1/2 cup frozen strawberries
- 1/2 lime, juiced
- 1 cup unsweetened vanilla coconut milk
- 4 ice cubes

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

Servings 1 | Calories 309 | Sugar 11g | Fat 11g | Carbs 38g | Fiber 16g | Protein 23g

SUPERFOOD SHAKE



INGREDIENTS

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

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

Servings 1 | Calories 370 | Sugar 13g | Fat 12g | Carbs 45g | Fiber 24g | Protein 27g

TURMERIC + GINGER SHAKE



INGREDIENTS

- 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
- 1/2 frozen banana
- 1 tsp. turmeric
- 1/4 tsp. ginger

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

Servings 1 | Calories 425 | Sugar 15g | Fat 16g | Carbs 50g | Fiber 16g | Protein 27g

BREAKFAST



42	BAKED OATMEAL
43	BREAKFAST BROWNIES
44	CHIA PUDDING
46	COCONUT YOGURT
47	MEXICAN CHOCOLATE CHIA PUDDING
49	OVERNIGHT PROTEIN OATS
50	QUINOA GRANOLA
51	SAVORY BREAKFAST BOWL
52	SLOW COOKER QUINOA
53	TURKEY SAUSAGE PATTIES

BAKED OATMEAL



INGREDIENTS

- 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

METHOD

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

PREP TIME 5 minutes TOTAL TIME 25 minutes

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

BREAKFAST BROWNIES



INGREDIENTS

- 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

METHOD

1. Preheat oven to 350 degrees.
2. Combine dry ingredients (Vegan Protein, oats, flax and pecans).
3. Combine wet ingredients (almond milk, stevia, nut butter and coconut oil) and mix well.
4. Pour wet ingredients into dry ingredients and mix until combined.
5. Spray 8x8 pan with coconut or avocado cooking spray.
6. Add mixture to pan and press down with palm until flattened.
7. Bake at 350 degrees for 25 to 30 minutes until edges are browned.
8. Best when refrigerated overnight before eating.
9. Keep refrigerated.

PREP TIME 10 minutes TOTAL TIME 40 minutes

Servings 12 | Calories 250 | Sugar 2g | Fat 17g | Carbs 18g | Fiber 5g | Protein 11g

CHIA PUDDING



INGREDIENTS

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

METHOD

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.

PREP TIME 5 minutes TOTAL TIME 4 hours

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



Breakfast Brownies

COCONUT YOGURT



INGREDIENTS

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

METHOD

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.

PREP TIME 15 minutes TOTAL TIME 48 hours

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

MEXICAN CHOCOLATE CHIA PUDDING



INGREDIENTS

- 1 ½ cups almond milk
- 1/3 cup chia seeds
- 2 Tbsp. unsweetened cocoa powder
- 2 scoops chocolate Life Time Fitness Vegan Protein
- 1/2 tsp. ground cinnamon
- 1/4 tsp. sea salt
- 1/2 tsp. vanilla extract

METHOD

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.

PREP TIME 5 minutes TOTAL TIME 4 hours

Servings 2 | Calories 279 | Sugar 2g | Fat 12g | Carbs 22g | Fiber 16g | Protein 22g



Overnight Protein Oats

OVERNIGHT PROTEIN OATS



INGREDIENTS

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

METHOD

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.

PREP TIME 5 minutes TOTAL TIME 4 hours

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

QUINOA GRANOLA



INGREDIENTS

- 2 cups uncooked quinoa
- 1 cup gluten-free oats
- 1/2 cup raw almonds
- 1/2 cup cashews
- 1/4 cup almond butter
- 1/4 cup applesauce
- 2 Tbsp. coconut oil
- 1 tsp. cinnamon

METHOD

1. Preheat oven to 350 degrees.
2. In a medium mixing bowl, combine quinoa, nuts, cinnamon and oats until well combined.
3. In a small bowl, combine coconut oil, almond butter and applesauce and microwave on low heat until the mixture reaches a thin consistency.
4. Add dry and wet mixtures together and spread on a 9x13 cookie sheet sprayed with nonstick oil.
5. Bake at 350 degrees for 25 to 30 minutes or until lightly browned, stirring every 10 minutes.

PREP TIME 10 minutes TOTAL TIME 40 minutes

Granola: Servings 12 | Calories 263 | Sugar 1g | Fat 13g | Carbs 31g | Fiber 4g | Protein 8g

SAVORY BREAKFAST BOWL



INGREDIENTS

- 1 ½ Tbsp. olive oil, divided
- 1 small onion, chopped
- 1 pound ground beef
- 1 head cauliflower
- 1 ½ tsp. sea salt, divided
- 1 tsp. smoked paprika
- ¼ cup coconut milk
- 4 cups arugula or spinach

METHOD

1. Heat medium skillet over low heat, add 1 Tbsp. of the olive oil. Add chopped onion, beef, half salt and paprika and sauté until browned. Set aside to cool.
2. Meanwhile, remove stem and roughly chop the head of cauliflower.
3. Steam chopped cauliflower in a small saucepan until tender.
4. Add steamed cauliflower to a blender or food processor. Slowly add remaining salt, 1 Tbsp. coconut milk at a time (using up to ¼ cup) until you reach desired consistency.
5. In 4 separate bowls, layer mashed cauliflower and ground beef mixture. In a separate bowl, combine arugula and remaining ½ Tbsp. olive oil.
6. Add greens to bowls and serve.

PREP TIME 10 minutes TOTAL TIME 35 minutes

Servings 4 | Calories 283 | Sugar 3g | Fat 16g | Carbs 8g | Fiber 3g | Protein 27g

SLOW COOKER QUINOA



INGREDIENTS

- 1 cup quinoa
- 3 cups unsweetened almond milk
- 1 Tbsp. coconut oil
- 2 Tbsp. blackstrap molasses
- 1 apple, peeled and diced
- 2 tsp. cinnamon
- ¼ tsp. vanilla
- ¼ tsp. salt
- ¼ cup pecans

METHOD

1. Combine all ingredients (except pecans) in the base of a slow cooker, and set to low heat.
2. Cook for 4 to 5 hours or until thickened.
3. Serve with additional almond milk and garnish with chopped pecans.

PREP TIME 10 minutes TOTAL TIME 4 hours

Servings 4 | Calories 308 | Sugar 5g | Fat 13g | Carbs 44g | Fiber 6g | Protein 7g

TURKEY SAUSAGE PATTIES



INGREDIENTS

- 1 Tbsp. coconut or avocado oil
- 1/2 cup chopped onion
- 1 lb. ground turkey
- 1/2 cup chopped spinach
- 1 Tbsp. poultry seasoning
- 1/4 tsp. nutmeg
- 1 tsp. sea salt

METHOD

1. Preheat oven to 425 degrees.
2. Heat a medium skillet over low heat and add coconut or avocado oil. Add chopped onion and sauté until browned. Set aside to cool.
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.

PREP TIME 15 minutes TOTAL TIME 30 minutes

Servings 6 | Calories 135 | Sugar 1g | Fat 8g | Carbs 2g | Fiber 0g | Protein 15g

LUNCH + DINNER



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ALFREDO SPAGHETTI SQUASH



INGREDIENTS

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

METHOD

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.
6. Spray a 9x13 pan with cooking spray.
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.

PREP TIME 30 minutes TOTAL TIME 110 minutes

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

AVOCADO APPLE CHICKEN SALAD



INGREDIENTS

- 2 cups chicken, precooked
- 1 avocado
- 1 apple
- 1/4 cup celery
- 1/4 cup red onion
- 2 Tbsp. extra virgin olive oil
- 2 tsp. fresh lime juice
- Sea salt and freshly ground black pepper

METHOD

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.

PREP TIME 15 minutes TOTAL TIME 15 minutes

Servings 2 | Calories 470 | Sugar 9g | Fat 28g | Carbs 18g | Fiber 8g | Protein 27g

BUFFALO CHICKEN – STUFFED SWEET POTATO



INGREDIENTS

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

METHOD

1. Mix hot sauce (use 1/2 cup to make less spicy) and coconut oil together in a bowl 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.

PREP TIME 15 minutes TOTAL TIME 4 hours

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



Avocado Apple Chicken Salad

CAULIFLOWER RICE BOWL



INGREDIENTS

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

METHOD

1. For chickpeas, preheat oven to 350 degrees. Spray a 9x13 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.
2. Meanwhile, in a 10-inch skillet, heat coconut oil and add cauliflower rice and kale. Sauté until tender.
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.

PREP TIME 15 minutes TOTAL TIME 35 minutes

Servings 1 | Calories 386 | Sugar 2g | Fat 16g | Carbs 37g | Fiber 16g | Protein 19g

COLLARD GREEN WRAP



INGREDIENTS

- 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

METHOD

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 leaf (about 1/4 of the way up on each side), before starting from one side and rolling gently to secure.

PREP TIME 10 minutes TOTAL TIME 10 minutes

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



Sweet Potato + Turkey Hash

FALAFEL SALAD



INGREDIENTS

Patties

- 1 14.75-oz. BPA-free can garbanzo beans, drained
- 1/2 cup oatmeal
- 1/2 cup onion, diced
- 1/2 cup parsley
- 1 tsp. garlic powder
- 1 tsp. sea salt
- 2 tsp. cumin

Dressing

- 1/4 cup tahini
- 3 Tbsp. warm water
- 1 tsp. sea salt
- 1 tsp. cumin

Salad

- 4 cups kale
- 1/4 cup chopped parsley
- 2 small diced tomatoes
- 4 tsp. olive oil
- 1 tsp. sea salt

METHOD

1. Preheat 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.

PREP TIME 10 minutes TOTAL TIME 2 hours 30 minutes

Patties: Servings 2 | Calories 205 | Sugar 5g | Fat 3g | Carbs 36g | Fiber 7g | Protein 9g
Tahini Sauce: Servings 2 | Calories 180 | Sugar 0g | Fat 15 g | Carbs 5 g | Fiber 7 g | Protein 7 g
Kale Salad: Servings 2 | Calories 134 | Sugar 3g | Fat 10g | Carbs 11g | Fiber 3g | Protein 3 g

LENTIL CURRY + CAULIFLOWER



INGREDIENTS

- 2 Tbsp. olive oil
- 1 onion, diced
- 1 Tbsp. minced garlic
- 2 ½ cups lentils, uncooked
- 8-oz. can tomato paste
- 16.7-oz. can full-fat coconut milk, divided
- 2 cups water
- 2 tsp. garam masala
- 1 tsp. garlic powder
- 1 tsp. cumin
- 1/2 tsp. ginger
- 4 cups cauliflower
- Sea salt and pepper, to taste

METHOD

1. In a medium skillet, heat olive oil over medium heat. Add in onion and garlic and sauté until fragrant. Put in slow cooker.
2. Add lentils, tomato paste, 1 ½ cups of the coconut milk, water and seasoning to slow cooker on low for 3 to 4 hours, or until tender.
3. When ready to serve, steam cauliflower until tender. Add to medium bowl and mash with fork until well blended. Add reserved coconut milk and sea salt to taste and serve with lentils.

PREP TIME 15 minutes TOTAL TIME 4 hours

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

LENTIL MEATBALLS + QUINOA



INGREDIENTS

- 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

METHOD

1. Preheat oven to 350 degrees.
2. Make “flax egg” by soaking flax in 3 tablespoons of water for 5 minutes.
3. In a blender or food processor, add lentils, olive oil, garlic, flax egg, Italian seasoning, tomato paste, salt and pepper, coconut flour and raw oats. Pulse/blend until mixture is smooth but still somewhat chunky.
4. Roll into 10 equal-sized small balls.
5. Line a 9x13 baking pan with aluminum foil. Bake meatballs for 20 minutes, until browned.
6. Meanwhile, add vegetable stock to small saucepan and add quinoa.
7. Simmer on low for 20 minutes or until cooked through, and fluff with fork.
8. Serve meatballs with quinoa. Two meatballs and 3/4 cup quinoa is a serving.

PREP TIME 10 minutes TOTAL TIME 50 minutes

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

MEXICAN QUINOA SKILLET



INGREDIENTS

- 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 ¼ cups water
- Salt, to taste

METHOD

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, spices and water, and simmer on low for 30 minutes or until quinoa is tender.

PREP TIME 10 minutes TOTAL TIME 40 minutes

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



Buffalo Chicken Stuffed Sweet Potato

MOCK TUNA SALAD



INGREDIENTS

- 14.5-oz. BPA-free can chickpeas, drained
- 1/4 cup hummus
- 1/2 cup red onion, diced
- 1/2 cup celery, diced
- 1/2 lemon, juiced
- 1/2 tsp. sea salt
- 1/2 tsp. garlic powder

METHOD

1. In a medium bowl, mash chickpeas with fork.
2. Add remaining ingredients and stir to combine
3. Serve with veggies or atop lettuce leaves.

PREP TIME 5 minutes TOTAL TIME 20 minutes

Servings 2 | Calories 230 | Sugar 6g | Fat 8g | Carbs 32g | Fiber 8g | Protein 10g

ORANGE CHICKEN STIR – FRY



INGREDIENTS

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

METHOD

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.

PREP TIME 15 minutes TOTAL TIME 30 minutes

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

RED BEAN CHILI



INGREDIENTS

- 1 ½ Tbsp. olive oil
- 1 medium onion, diced
- 1 Tbsp. garlic, minced
- 1 lb. ground turkey
- 1 tsp. black pepper
- 2 tsp. sea salt
- 1 tsp. cinnamon
- 2 Tbsp. chili powder
- 1 tsp. cumin
- 2–14.5-oz. cans diced tomato
- 3 cups chicken broth
- 14.5-oz. can kidney beans

METHOD

1. In a large pot, heat olive oil over medium heat.
2. Add onion, garlic and ground turkey, and brown until cooked through.
3. Add pepper, sea salt, cinnamon, chili powder and cumin.
4. Add tomatoes, broth and kidney beans, and let simmer for about 20 minutes.

PREP TIME 15 minutes TOTAL TIME 35 minutes

Servings 4 | Calories 322 | Sugar 6g | Fat 7g | Carbs 29g | Fiber 8g | Protein 36g

SLOW COOKER CHICKEN



INGREDIENTS

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

METHOD

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.

PREP TIME 15 minutes TOTAL TIME 35 minutes

Servings 4 | Calories 322 | Sugar 6g | Fat 7g | Carbs 29g | Fiber 8g | Protein 36g

STEAK FAJITA SALAD



INGREDIENTS

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

METHOD

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 1/4 avocado and divide salad.

PREP TIME 15 minutes TOTAL TIME 12 hours

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



Stuffed Bell Peppers

STUFFED BELL PEPPERS



INGREDIENTS

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

METHOD

1. Preheat oven to 350 degrees.
2. Spray a 9x13 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.

PREP TIME 20 minutes TOTAL TIME 55 minutes

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

SWEET POTATO BLACK BEAN BURGERS



INGREDIENTS

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

METHOD

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 9x13 sheet pan spritzed with nonstick spray and bake at 375 degrees for 25 to 30 minutes or until browned.

PREP TIME 15 minutes TOTAL TIME 45 minutes

Servings 4 (2 burgers) | Calories 340 | Sugar 3g | Fat 11g | Carbs 47g | Fiber 14g | Protein 16g

SWEET POTATO + TURKEY HASH



INGREDIENTS

- 2 tsp. organic 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
- Pepper, to taste
- 1 lime cut into wedges

METHOD

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.

PREP TIME 15 minutes TOTAL TIME 35 minutes

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



White Chicken Chili

TACO BOWL



INGREDIENTS

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

METHOD

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.

PREP TIME 10 minutes TOTAL TIME 20 minutes

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

THAI TURKEY LETTUCE WRAPS



INGREDIENTS

Turkey

- 1 Tbsp. coconut or avocado oil
- 1 lb. ground turkey
- 1 cup carrots, shredded
- Iceberg lettuce leaves
- 2 Tbsp. sunflower seed butter
- 1 Tbsp. blackstrap molasses
- 2 tsp. white wine vinegar
- 1/4 tsp. garlic powder
- 1/4 tsp. granulated ginger
- 1 tsp. sea salt

Sauce

- 4 Tbsp. coconut aminos

METHOD

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.

PREP TIME 15 minutes TOTAL TIME 30 minutes

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

TURKEY MEATLOAF MUFFINS



INGREDIENTS

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

METHOD

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

PREP TIME 15 minutes TOTAL TIME 35 minutes

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

VEGGIE DETOX BOWL



INGREDIENTS

- 2 cups spinach
- 1/2 cup cooked quinoa
- 1/4 cup black beans
- 1/4 cup mashed sweet potato
- 2 Tbsp. hummus

METHOD

1. Add all ingredients to a bowl and enjoy.

PREP TIME 10 minutes TOTAL TIME 10 minutes

Servings 1 | Calories 380 | Sugar 0g | Fat 14g | Carbs 52g | Fiber 12g | Protein 16g

WHITE CHICKEN CHILI



INGREDIENTS

- 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

METHOD

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.

PREP TIME 20 minutes TOTAL TIME 40 minutes

Servings 4 | Calories 390 | Sugar 3g | Fat 17g | Carbs 25g | Fiber 7g | Protein 29



85	ALMOND BUTTER HUMMUS
86	BLACK BEAN BROWNIES
88	BROWNIE BITES
89	BUCKWHEAT BREAD
90	CHOCOLATE PEPPERMINT BALLS
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92	GRANOLA BARS
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ALMOND BUTTER HUMMUS



INGREDIENTS

- 1 ½–15-oz. cans garbanzo beans
- ¼ cup almond butter
- ¼ cup almonds
- 1 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1 tsp. cumin
- Salt and pepper, to taste

METHOD

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

PREP TIME 5 minutes TOTAL TIME 10 minutes

Servings 6 | Calories 190 | Sugar 3g | Fat 12g | Carbs 16g | Fiber 5g | Protein 7g

BLACK BEAN BROWNIES



INGREDIENTS

- 2 Tbsp. flaxseeds
- 6 Tbsp. water
- 15-oz. can black beans
- 1/2 cup unsweetened applesauce
- 4 scoops chocolate Life Time Fitness Vegan Protein
- 1/4 cup coconut oil
- 6 pitted Medjool dates
- 1 tsp. vanilla extract
- 1/4 tsp. salt
- 1/4 tsp. baking soda

METHOD

1. Preheat oven to 375 degrees.
2. Add flaxseeds to water and let sit for 5 minutes.
3. Combine all ingredients in the base of a blender and blend until smooth.
4. Pour into 8x8 baking dish and bake for 50 to 60 minutes or until cooked through (outer edge will be firm, inside will be a little gooey).

PREP TIME 10 minutes TOTAL TIME 60 minutes

Servings 8 | Calories 222 | Sugar 13g | Fat 9g | Carbs 26g | Fiber 5g | Protein 11g



Nut Butter Cookies

BROWNIE BITES



INGREDIENTS

- 1 cup Medjool dates, pitted (about 8)
- 3/4 cup cashews
- 1/4 cup cacao powder
- 1 tsp. vanilla extract

METHOD

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.

PREP TIME 10 minutes TOTAL TIME 60 minutes

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

BUCKWHEAT BREAD



INGREDIENTS

- 1/4 cup chia seeds
- 4 Tbsp. water
- 1 cup unsweetened cashew milk
- 1 Tbsp. white vinegar
- 1 1/4 cup buckwheat flour
- 2 tsp. baking powder
- 1 tsp. garlic powder
- 1 tsp. dried basil
- 1/2 tsp. sea salt

METHOD

1. Preheat oven to 350 degrees.
2. Soak chia seeds in 4 Tbsp. water for 5 minutes.
3. Add cashew milk to vinegar for 10 minutes.
4. In a medium mixing bowl, combine all ingredients until dough forms and pour into a loaf tin that has been spritzed with coconut or olive oil spray.
5. Bake for 50 minutes or until a knife inserted in the center comes out clean.

PREP TIME 15 minutes TOTAL TIME 65 minutes

Servings 8 | Calories 95 | Sugar 0g | Fat 2g | Carbs 16g | Fiber 4g | Protein 4g

CHOCOLATE PEPPERMINT BALLS



INGREDIENTS

- 2 scoops chocolate Life Time Fitness Peppermint Vegan Protein
- 1/4 cup ground flaxseeds
- 3 Tbsp. coconut oil, melted
- 2 Tbsp. coconut milk, unsweetened
- 1/4 tsp. mint extract
- 1 tsp. liquid stevia (or to taste for added sweetness)

METHOD

1. Combine all ingredients in a small mixing bowl and roll into small bite sized balls.

PREP TIME 5 minutes TOTAL TIME 15 minutes

Servings 3 | Calories 170 | Sugar 2g | Fat 11g | Carbs 7g | Fiber 4g | Protein 12g

CARROT FRIES + DIP



INGREDIENTS

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

- 1/2 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

METHOD

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.

PREP TIME 5 minutes TOTAL TIME 15 minutes

Servings 3 | Calories 170 | Sugar 2g | Fat 11g | Carbs 7g | Fiber 4g | Protein 12g

GRANOLA BARS



INGREDIENTS

- 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)

METHOD

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.
4. Cut into 6 equal-sized rectangular pieces.

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

PREP TIME 10 minutes TOTAL TIME 30 minutes

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

FLAX CRACKERS



INGREDIENTS

- 2 cups whole flax seeds
- 2 Tbsp. ground flax
- 3/4 cup water
- 1/2 tsp. garlic powder
- 1/2 tsp. sea salt

METHOD

1. Preheat oven to 400 degrees.
2. Combine all ingredients in a medium bowl and let sit for 15 minutes.
3. Spritz a small baking sheet with olive oil spray and pat flax mixture into pan.
4. Bake for 25–30 minutes or until browned.
5. Let cool and cut into squares.

PREP TIME 15 minutes TOTAL TIME 45 minutes

Servings 12 | Calories 150 | Sugar 0g | Fat 6g | Carbs 8g | Fiber 8g | Protein 4g

KALE CHIPS



INGREDIENTS

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

METHOD

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.

PREP TIME 5 minutes TOTAL TIME 25 minutes

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

NUT BUTTER COOKIES



INGREDIENTS

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

METHOD

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

PREP TIME 10 minutes TOTAL TIME 20 minutes

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

PUMPKIN PIE ENERGY BITES



INGREDIENTS

- 1 cup pecans
- 1 cup almonds
- 1/2 cup shredded coconut, unsweetened
- 1/2 cup gluten-free oats
- 1 Tbsp. pumpkin pie spice
- 1/2 tsp sea salt
- 5 Medjool dates, pitted
- 1/2 Tbsp. vanilla extract
- 1/2 cup pumpkin pie puree

METHOD

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.

PREP TIME 10 minutes TOTAL TIME 30 minutes

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



Black Bean Brownies

ROASTED GARLIC HUMMUS



INGREDIENTS

- 1 large garlic head
- 1 tsp. olive oil
- 2 ½ cups canned garbanzo beans
- 1/3 cup water
- 1/4 cup lemon juice
- 4 tsp. tahini
- 1/2 tsp. cumin
- 1 ½ tsp. salt

METHOD

1. Preheat the oven to 400 degrees.
2. Slice off the pointed head of garlic and place bottom on a piece of aluminum foil and 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.

PREP TIME 10 minutes TOTAL TIME 60 minutes

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

SPICY NUTS



INGREDIENTS

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

METHOD

1. Preheat 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 fragrant and lightly toasted.

PREP TIME 10 minutes TOTAL TIME 20 minutes

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

SUNFLOWER SEED ENERGY BITES



INGREDIENTS

- 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)

METHOD

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.

PREP TIME 20 minutes TOTAL TIME 65 minutes

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



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.

- ✓ If you're using the D.TOXSM Kit, Days 1–10 you'll drink one shake per day that should include one serving of the Life Time Fitness D.TOX Shake Mix, and one serving of the Life Time Fitness Fiber. In addition to the shakes, you'll want to eat two to three D.TOX-friendly meals per day.
- ✓ Days 11–14, you'll consume two D.TOX shakes plus one to three D.TOX-friendly meals per day. Your second shake can be as simple as mixing the D.TOX Shake Mix and Fiber with a little water and drinking as your afternoon or evening snack.
- ✓ If you're looking for ways to make your D.TOX shakes even more delicious and nutritious, our recipe section has 12 different shake options for you to try.
- ✓ 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 sample meal plans that each include grocery lists.

SUPPLEMENTS

Taking the right supplements and eating healthy foods go hand in hand when it comes to detoxification. Here are our top recommendations while detoxing:



LIFE TIME FITNESS D.TOXSM KIT

Promote healthy cleansing and healing with the two nutritional supplements included in your D.TOX Kit:

- Life Time Fitness D.TOX Shake Mix: Supports tissue repair and regeneration. It has added vitamins, minerals, amino acids and botanicals to aid in the detox process. †
- Life Time Fitness Fiber: Encourages optimal digestive function and elimination by promoting beneficial microflora/ bacterial balance in the gut. †

OMEGA-3 FISH OIL

Essential fatty acid for optimal cellular and brain function that helps maintain the body's normal inflammatory response. †

MAGNESIUM

Relieves muscle cramps and promotes relaxation and sleep. Also helps to regulate cortisol and supports healthy blood sugar and blood pressure. †

PROBIOTIC

Helps achieve a healthy balance of beneficial bacteria in the colon and improve your digestive health. May also benefit individuals with occasional digestive or bowel distress. †

†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.

NUTRITION TIPS

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 general 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.TOXSM program. Water cleanses your organs and helps flush toxins and waste from your cells. Optimal intake is half your goal body weight in ounces.

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.

D.TOXSM—Life Time Detoxification Program Daily Journal

DATE: _____

SLEEP

Bed time _____ Wake time _____

Notes _____

BREAKFAST

Time of day _____

NUTRITIONAL SUPPLEMENTS

Life Time Fitness D.TOX Shake Mix

AM PM

Life Time Fitness Fiber

Omega-3

Probiotic

Magnesium

A.M. SNACK

Time of day _____

LUNCH

Time of day _____

WATER



NOTE: Each glass icon represents 8 oz. of water. Aim for half your body weight in ounces daily. For example, if you weigh 150 lbs., you would try to drink 75 oz. of water each day.

EXERCISE

Activity _____

Duration _____

Yoga Sauna Massage Meditation

MOOD

Happy So-so Sad

STRESS

Low Medium High

ENERGY

Low Medium High

P.M. SNACK

Time of day _____

DINNER

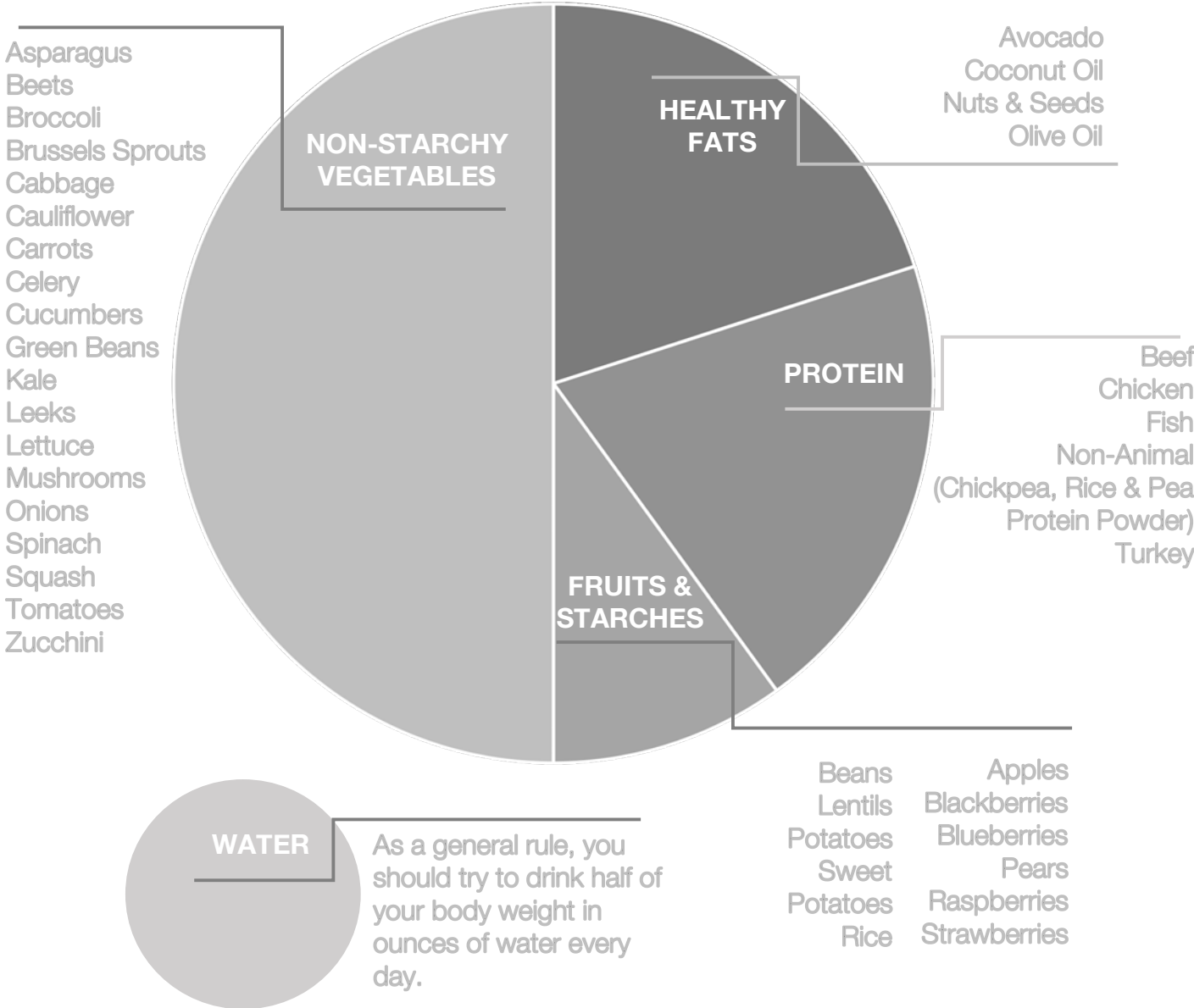
Time of day _____

EVENING SNACK

Time of day _____

DAILY NOTES (How did you feel today? Any physical or mental reactions or changes?)

WHAT A HEALTHY D.TOXSM PLATE LOOKS LIKE



WEEK 1 MEAL PLAN

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Black Forest Shake	Banana Split Shake	Chocolate Malt Shake	Black Forest Shake	Banana Split Shake	Chocolate Malt Shake	Black Forest Shake
Lunch	Avocado Apple Chicken Salad	Collard Green Wrap	Orange Chicken Stir-Fry	Slow Cooker Chicken	Sweet Potato + Turkey Hash	Collard Green Wrap	Orange Chicken Stir-Fry
Snack (optional)	Roasted Garlic Hummus + Veggies	1 Apple + 1 Tbsp. Almond Butter	Sunflower Seed Energy Bite	Roasted Garlic Hummus + Veggies	Sunflower Seed Energy Bite	½ Banana + 1 Tbsp. Almond Butter	Roasted Garlic Hummus + Veggies
Dinner	Orange Chicken Stir-Fry	Slow Cooker Chicken	Sweet Potato + Turkey Hash	Avocado Apple Chicken Salad	Orange Chicken Stir-Fry	Slow Cooker Chicken	Sweet Potato + Turkey Hash
Treat (optional)	Brownie Bite	Sunflower Seed Energy Bite	Brownie Bite	Sunflower Seed Energy Bite	Brownie Bite	Sunflower Seed Energy Bite	Brownie Bite

Notes: Snacks and treats are optional, but ingredients are included in the grocery list.

WEEK 1 MEAL PLAN

GROCERY SHOPPING CHECKLIST

FRUIT

- Apple – 2
- Avocado – 1 ½
- Banana – 1
- Cherries, frozen – 1 ½ cup
- Lemon juice – 1/4 cup
- Lime juice – 2 tsp.
- Lime – 1
- Medjool dates – 1 cup
- Orange – 1
- Strawberries – 2/3 cup

VEGGIES/HERBS

- Bell pepper – 1
- Broccoli – 10 cups
- Cauliflower rice – 5 cups
- Celery – 1/4 cup
- Cilantro – 2 Tbsp.
- Collard greens – 4 leaves
- Garlic – 1 head + 4 cloves
- Jalapeño – 2
- Onion – 4
- Red onion – 1/4 cup
- Sprouts – 1 cup
- Sweet potato – 1
- Tomato – 1
- Veggies for hummus – 3 cups
- Zucchini – 1

PROTEIN

- Chicken, precooked – 2 cups
- Chicken breasts (or thighs) – 6
- Chicken breasts – 1 lb.
- Deli turkey – 8 oz.
- Ground turkey – 12 oz.

CANNED/JARRED/BOXED

- Black beans, canned – 2 cups
- Chicken stock – 1/4 cup
- Garbanzo beans, canned – 2 ½ cups
- Salsa, no sugar – 24 to 36 oz.

NON-DAIRY MILK

- Non-dairy milk – 3 Tbsp.
- Unsweetened cashew milk – 2 cups
- Unsweetened almond milk – 5 cups

GRAINS

- Oats – 1 cup

CONDIMENTS

- Coconut aminos – 3 Tbsp.

SEEDS/NUTS

- Almond butter – 7 Tbsp.
- Cashews – 3/4 cup
- Cashew butter – 2 Tbsp.
- Flaxseed – 3/4 cups
- Sunflower seeds – 4 Tbsp.
- Sunflower seed butter – 1/2 cup
- Tahini – 4 tsp.

FATS

- Coconut oil – 2 Tbsp. + 2 tsp.
- Olive oil – 2 Tbsp. + 1 tsp.

SPICES/EXTRACTS

- Almond extract – 3/4 tsp.
- Black pepper
- Cacao powder – 1/4 cup
- Cacao nibs – ¼ cup
- Cumin – 4 ½ tsp.
- Ginger – 1/4 tsp.
- Liquid stevia – 1 tsp.
- Sea salt
- Vanilla extract – 1 ¼ tsp.

SUPPLEMENTS

- D.TOX Kit

* You may purchase all one type non-dairy milk as well as nut butter and substitute in recipes.

WEEK 1 VEGAN MEAL PLAN

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	AvoKeto Shake	Blueberry Muffin Shake	Chai Shake	AvoKeto Shake	Blueberry Muffin Shake	Chai Shake	AvoKeto Shake
Lunch	Veggie Detox Bowl	Lentil Curry Cauliflower	Mexican Quinoa Skillet	Veggie Detox Bowl	Falafel Salad	Lentil Curry Cauliflower	Mexican Quinoa Skillet
Snack (optional)	Hummus + Veggies	½ Banana + 1 Tbsp. Cashew Butter	Sunflower Seed Energy Bite	1 Cup Berries	Hummus + Veggies	1 Cup Berries	Sunflower Seed Energy Bite
Dinner	Mexican Quinoa Skillet	Falafel Salad	Veggie Detox Bowl	Lentil Curry Cauliflower	Mexican Quinoa Skillet	Veggie Detox Bowl	Lentil Curry Cauliflower
Treat (optional)	Brownie Bite	Sunflower Seed Energy Bite	Brownie Bite	Sunflower Seed Energy Bite	Brownie Bite	Sunflower Seed Energy Bite	Brownie Bite

Notes: Snacks and treats are optional, but ingredients are included in the grocery list.

WEEK 1 VEGAN MEAL PLAN

GROCERY SHOPPING CHECKLIST

FRUIT

- Avocado – 1
- Banana – 1
- Blueberries – 1 cup
- Lemon juice – ¼ cup
- Medjool dates – 1 cup
- Strawberries – 2 cup

VEGGIES/HERBS

- Bell pepper – 1
- Cauliflower – 4 cups
- Garlic – 1 head.
- Onion – 2 ½
- Kale – 4 cups
- Minced garlic – 2 Tbsp.
- Parsley, fresh – ¾ cup
- Spinach – 11 cups
- Sweet potato – 1 cup
- Tomatoes – 2
- Veggies for hummus – 2 cups

SUPPLEMENTS

- D.TOX Kit

PROTEIN/LEGUMES

- Black beans, canned – 1 cup
- Black beans 2–15-oz. can
- Garbanzo beans – 2–14.74-oz. cans
- Lentils, dry – 2 ½ cups

CANNED/JARRED/BOXED

- Full-fat coconut milk – 2–16.7-oz. cans
- Tomato sauce – 15-oz. BPA-free can
- Tomato paste – 8-oz. can

NON-DAIRY MILK

- Non-dairy unsweetened milk – 3 Tbsp.
- Unsweetened almond milk – 4 cups

GRAINS

- Gluten-free oats – 2 cups
- Quinoa, cooked – 2 cups
- Quinoa, uncooked – ½ cup

SEEDS/NUTS

- Cashews – ¾ cup
- Cashew butter – 2 Tbsp.
- Flaxseed – ¾ cup
- Sunflower seed butter – ½ cup
- Tahini – ¼ cup + 4 tsp.
- Walnuts – 4 Tbsp.

FATS

- Olive oil – 4 Tbsp. + 5 tsp.

SPICES/EXTRACTS

- Cacao powder – ¼ cup
- Unsweetened cacao nibs – ¼ cup
- Chili powder – 1 Tbsp.
- Cinnamon – 1 tsp.
- Cardamom – ½ tsp.
- Cumin – 7 tsp.
- Garam masala – 2 tsp.
- Garlic powder – 2 tsp.
- Ginger – 1 tsp.
- Liquid stevia – 1 tsp.
- Matcha tea powder – 3 tsp.
- Nutmeg – ½ tsp.
- Oregano – 1 tsp.
- Pepper
- Sea salt
- Vanilla extract – 1 ¼ tsp.

* You may purchase all one type non-dairy milk as well as nut butter and substitute in recipes.

WEEK 2 MEAL PLAN

Meal	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Breakfast	Salted Nut Shake	Chia Chia Shake	Banana Split Shake	Salted Nut Shake	Banana Split Shake	Chia Chia Shake	Salted Nut Shake
Lunch	Leftover Sweet Potato + Turkey Hash	Red Bean Chili	Leftover Slow Cooker Chicken	Buffalo Chicken Stuffed Sweet Potato	Taco Bowl	Red Bean Chili	Buffalo Chicken Stuffed Sweet Potato
Snack (optional)	Leftover Roasted Garlic Hummus + Veggies	Carrot Sticks + 1 Tbsp. Cashew Butter	Leftover Sunflower Seed Energy Bite	1 Cup Berries	Leftover Sunflower Seed Energy Bite	½ Banana + 1 Tbsp. Cashew Butter	Leftover Sunflower Seed Energy Bite
Dinner	Leftover Slow Cooker Chicken	Buffalo Chicken Stuffed Sweet Potato	Taco Bowl	Red Bean Chili	Buffalo Chicken Stuffed Sweet Potato	Taco Bowl	Red Bean Chili
Treat (optional)	Leftover Brownie Bite	Leftover Sunflower Seed Energy Bite	Leftover Brownie Bite	2 nd D.TOX shake	2 nd D.TOX Shake	2 nd D.TOX Shake	2 nd D.TOX Shake

Notes: Snacks and treats are optional, but ingredients are included in the grocery list.

WEEK 2 MEAL PLAN

GROCERY SHOPPING CHECKLIST

FRUIT

- Avocado – 1
- Banana – 1
- Berries – 1 cup
- Medjool dates – 3
- Strawberries – 1 2/3 cup

VEGGIES/HERBS

- Carrots – 1 cup
- Garlic – 1 Tbsp.
- Green onion – 2 Tbsp. (optional)
- Onion – 1
- Romaine lettuce – 2 cups
- Spinach – 2 cups
- Sweet potatoes – 2
- Tomato, diced – 3 cups
- Veggies for hummus – 1 cup

SUPPLEMENTS

- D.TOX Kit

PROTEIN

- Chicken – 1 lb.
- Grass-fed ground beef – 1 lb.
- Ground turkey – 1 lbs.

CANNED/JARRED/BOXED

- Black beans – 1 cup
- Chicken broth – 3 cups
- Kidney beans – 14.5-oz. can
- Tomato paste – 2 Tbsp.
- Tomatoes, diced – 2–14.5-oz. cans

NON-DAIRY MILK

- Unsweetened almond milk – 2 cups
- Unsweetened cashew milk – 2 cups
- Unsweetened coconut milk – 3 cups

GRAINS

- Brown rice, cooked – 2 cups

SEEDS/NUTS

- Cashew butter – 7 Tbsp.
- Chia seeds – 2 Tbsp.

FATS

- Coconut oil – ¼ cup
- Olive oil – 1 ½ Tbsp.

SPICES/EXTRACTS

- Vanilla extract – 3 tsp.
- Sea salt
- Chili powder – 3 ½ Tbsp.
- Cinnamon – 1 tsp.
- Cumin – 2 tsp.
- Black pepper
- Garlic powder – 1 tsp.

CONDIMENTS

- Hot sauce (Frank's Original) – 1 cup

* You may purchase all one type non-dairy milk and substitute in recipes.

WEEK 2 VEGAN MEAL PLAN

Meal	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Breakfast	Lemon Cream Pie Shake	Blueberry Matcha Shake	Strawberry Cream Shake	Lemon Cream Pie Shake	Blueberry Matcha Shake	Strawberry Cream Shake	Lemon Cream Pie Shake
Lunch	Lentil Curry Cauliflower	Sweet Potato Black Bean Burger + Carrot Fries	Veggie Detox Bowl	Falafel Salad	Lentil Curry Cauliflower	Sweet Potato Black Bean Burger + Carrot Fries	Lentil Curry Cauliflower
Snack (optional)	Hummus + Veggies	½ Apple + 1 Tbsp. Almond Butter	Leftover Sunflower Seed Energy Bite	1 Cup Strawberries	Hummus + Veggies	½ Apple + 1 Tbsp. Almond Butter	Leftover Sunflower Seed Energy Bite
Dinner	Falafel Salad	Cauliflower Rice Bowl	Lentil Curry Cauliflower	Sweet Potato Black Bean Burger + Carrot Fries	Veggie Detox Bowl	Cauliflower Rice Bowl	Sweet Potato Black Bean Burger + Carrot Fries
Treat (optional)	Leftover Brownie Bite	Leftover Sunflower Seed Energy Bite	Leftover Brownie Bite	2 nd D.TOX Shake	2 nd D.TOX Shake	2 nd D.TOX Shake	2 nd D.TOX Shake

Notes: Snacks and treats are optional, but ingredients are included in the grocery list.

WEEK 2 VEGAN MEAL PLAN

GROCERY SHOPPING CHECKLIST

FRUIT

- Apple – 1
- Banana – 1
- Blueberries – 1 cup
- Lemon juice – ¼ cup + 3 Tbsp.
- Strawberries – 1 cup
- Strawberries, frozen – 2 cups

VEGGIES/HERBS

- Garlic – 1 head + 1 Tbsp.
- Carrots – 1 lb.
- Cauliflower, riced – 2 cup
- Cauliflower – 4 cups
- Kale – 6 cup
- Onion – 1 cup
- Onion – 1
- Parsley – ¾ cup
- Spinach – 4 cups
- Sweet potato – 1 ¼ cup
- Tomato – 2
- Veggies for hummus – 2 cups

SUPPLEMENTS

- D.TOX Kit

PROTEIN/LEGUMES

- Black beans – 15-oz. can + ½ cup
- Chickpeas – 3 ½ cup
- Chickpeas – 14.75-oz. can
- Lentils, dry – 2 ½ cup

CANNED/JARRED/BOXED

- Full-fat coconut milk – 16.7-oz. can
- Tomato paste – 8-oz. can

NON-DAIRY MILK

- Unsweetened almond milk – 2 cups + 4 Tbsp.
- Unsweetened cashew milk – 3 cups
- Unsweetened coconut milk – 2 cups

GRAINS

- Brown rice, cooked – 2/3 cup
- Gluten-free oats – 1 ¼ cups
- Quinoa, cooked – 1 cup

SEEDS/NUTS

- Almond butter – 4 Tbsp.
- Cashew butter – 3 Tbsp.
- Pumpkin seeds – 2 Tbsp.
- Tahini – ¼ cup + 4 tsp.
- Walnuts – ½ cup

FATS

- Coconut oil – 2 tsp.
- Olive oil – 5 Tbsp. + 5 tsp.

SPICES/EXTRACTS

- Chili powder – 2 tsp.
- Cumin – 7 tsp.
- Garam masala – 2 tsp.
- Garlic powder – 1 tsp.
- Ginger – ½ tsp.
- Matcha tea powder – 2 Tbsp.
- Paprika – 3 tsp.
- Pepper
- Salt

* You may purchase all one type non-dairy milk as well as nut butter and substitute in recipes.

HEALTHY LIFESTYLE HABITS

EXERCISE & MOVEMENT

10,000 steps a day

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.

OUT & ABOUT

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.



HOW TO REINTRODUCE FOODS

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.TOXSM 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

SYMPTOMS	Food #1:			Food #2:		
	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3
ACHY JOINTS						
TROUBLE SLEEPING						
MOOD CHANGES						
FLUCTUATING ENERGY						
BLOATING / GAS						
DIARRHEA						
CONSTIPATION						
ACNE						
RASH						
BRAIN FOG						
HIVES						
2-3 + POUND WEIGHT GAIN						
HEADACHE						
OTHER						

SYMPTOMS	Food #3:			Food #4:		
	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3
ACHY JOINTS						
TROUBLE SLEEPING						
MOOD CHANGES						
FLUCTUATING ENERGY						
BLOATING / GAS						
DIARRHEA						
CONSTIPATION						
ACNE						
RASH						
BRAIN FOG						
HIVES						
2-3 + POUND WEIGHT GAIN						
HEADACHE						
OTHER						

NATURAL BODY + HOME 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.TOXSM-friendly.

BODY + HAND LOTION

Ingredients

- 1/4 cup olive oil
- 1 1/4 cups water
- 1/4 cup emulsifying wax
- 24–30 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/materials

- 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 HOME 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.

Disclaimer

D.TOXSM 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.