



D.TOX[®]

Program Guide

LIFETIME[®]

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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

PREP

T-7	T-6	T-5	T-4	T-3	T-2	T-1
<input type="checkbox"/> cut caffeine to ½ of baseline intake <input type="checkbox"/> ¼ scoop of fiber	<input type="checkbox"/> cut caffeine to ½ of baseline intake <input type="checkbox"/> ¼ scoop of fiber	<input type="checkbox"/> cut caffeine to ½ of baseline intake <input type="checkbox"/> ½ scoop of fiber	<input type="checkbox"/> cut caffeine to ¼ of baseline intake <input type="checkbox"/> ½ scoop of fiber	<input type="checkbox"/> cut caffeine to ¼ of baseline intake <input type="checkbox"/> ¾ scoop of fiber <input type="checkbox"/> grocery shop	<input type="checkbox"/> cut caffeine to ¼ of baseline intake <input type="checkbox"/> ¾ scoop of fiber <input type="checkbox"/> grocery shop <input type="checkbox"/> batch cook <input type="checkbox"/> record starting weight and any symptoms	<input type="checkbox"/> no caffeine <input type="checkbox"/> 1 scoop of fiber <input type="checkbox"/> remove tempting food from home <input type="checkbox"/> batch cook <input type="checkbox"/> record starting weight and any symptoms

Ramp water intake, reduce sugar and alcohol

D.TOX

1	2	3	4	5	6	7
<input type="checkbox"/> D.TOX Shake <input type="checkbox"/> D.TOX foods only <input type="checkbox"/> ½ body weight in oz. of water <input type="checkbox"/> >8 hours of sleep <input type="checkbox"/> sweat	<input type="checkbox"/> D.TOX Shake <input type="checkbox"/> D.TOX foods only <input type="checkbox"/> ½ body weight in oz. of water <input type="checkbox"/> >8 hours of sleep <input type="checkbox"/> sweat	<input type="checkbox"/> D.TOX Shake <input type="checkbox"/> D.TOX foods only <input type="checkbox"/> ½ body weight in oz. of water <input type="checkbox"/> >8 hours of sleep <input type="checkbox"/> sweat	<input type="checkbox"/> D.TOX Shake <input type="checkbox"/> D.TOX foods only <input type="checkbox"/> ½ body weight in oz. of water <input type="checkbox"/> >8 hours of sleep <input type="checkbox"/> sweat	<input type="checkbox"/> D.TOX Shake <input type="checkbox"/> D.TOX foods only <input type="checkbox"/> ½ body weight in oz. of water <input type="checkbox"/> >8 hours of sleep <input type="checkbox"/> sweat	<input type="checkbox"/> D.TOX Shake <input type="checkbox"/> D.TOX foods only <input type="checkbox"/> ½ body weight in oz. of water <input type="checkbox"/> >8 hours of sleep <input type="checkbox"/> sweat	<input type="checkbox"/> D.TOX Shake <input type="checkbox"/> D.TOX foods only <input type="checkbox"/> ½ body weight in oz. of water <input type="checkbox"/> >8 hours of sleep <input type="checkbox"/> sweat

Keep exercise to 80% baseline intensity

8	9	10	11	12	13	14
<input type="checkbox"/> D.TOX Shake <input type="checkbox"/> D.TOX foods only <input type="checkbox"/> ½ body weight in oz. of water <input type="checkbox"/> >8 hours of sleep <input type="checkbox"/> sweat	<input type="checkbox"/> D.TOX Shake <input type="checkbox"/> D.TOX foods only <input type="checkbox"/> ½ body weight in oz. of water <input type="checkbox"/> >8 hours of sleep <input type="checkbox"/> sweat	<input type="checkbox"/> D.TOX Shake <input type="checkbox"/> D.TOX foods only <input type="checkbox"/> ½ body weight in oz. of water <input type="checkbox"/> >8 hours of sleep <input type="checkbox"/> sweat	<input type="checkbox"/> D.TOX Shake 1 <input type="checkbox"/> D.TOX Shake 2 <input type="checkbox"/> D.TOX foods only <input type="checkbox"/> ½ body weight in oz. of water <input type="checkbox"/> >8 hours of sleep <input type="checkbox"/> sweat	<input type="checkbox"/> D.TOX Shake 1 <input type="checkbox"/> D.TOX Shake 2 <input type="checkbox"/> D.TOX foods only <input type="checkbox"/> ½ body weight in oz. of water <input type="checkbox"/> >8 hours of sleep <input type="checkbox"/> sweat	<input type="checkbox"/> D.TOX Shake 1 <input type="checkbox"/> D.TOX Shake 2 <input type="checkbox"/> D.TOX foods only <input type="checkbox"/> ½ body weight in oz. of water <input type="checkbox"/> >8 hours of sleep <input type="checkbox"/> sweat	<input type="checkbox"/> D.TOX Shake 1 <input type="checkbox"/> D.TOX Shake 2 <input type="checkbox"/> D.TOX foods only <input type="checkbox"/> ½ body weight in oz. of water <input type="checkbox"/> >8 hours of sleep <input type="checkbox"/> sweat

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

RESTORE

1	2	3	4	5	6	7
<input type="checkbox"/> All-in-One Shake <input type="checkbox"/> reintroduce food eliminated #1 <input type="checkbox"/> track symptoms	<input type="checkbox"/> All-in-One Shake <input type="checkbox"/> reintroduce food eliminated #1 <input type="checkbox"/> track symptoms	<input type="checkbox"/> All-in-One Shake <input type="checkbox"/> reintroduce food eliminated #1 <input type="checkbox"/> track symptoms	<input type="checkbox"/> All-in-One Shake <input type="checkbox"/> reintroduce food eliminated #2 <input type="checkbox"/> track symptoms	<input type="checkbox"/> All-in-One Shake <input type="checkbox"/> reintroduce food eliminated #2 <input type="checkbox"/> track symptoms	<input type="checkbox"/> All-in-One Shake <input type="checkbox"/> reintroduce food eliminated #2 <input type="checkbox"/> track symptoms	<input type="checkbox"/> All-in-One Shake <input type="checkbox"/> reintroduce food eliminated #3 <input type="checkbox"/> track symptoms
8	9	10	11	12	13	14
<input type="checkbox"/> All-in-One Shake <input type="checkbox"/> reintroduce food eliminated #3 <input type="checkbox"/> track symptoms	<input type="checkbox"/> All-in-One Shake <input type="checkbox"/> reintroduce food eliminated #3 <input type="checkbox"/> track symptoms	<input type="checkbox"/> All-in-One Shake <input type="checkbox"/> reintroduce food eliminated #4 <input type="checkbox"/> track symptoms	<input type="checkbox"/> All-in-One Shake <input type="checkbox"/> reintroduce food eliminated #4 <input type="checkbox"/> track symptoms	<input type="checkbox"/> All-in-One Shake <input type="checkbox"/> reintroduce food eliminated #4 <input type="checkbox"/> track symptoms	<input type="checkbox"/> All-in-One Shake <input type="checkbox"/> reintroduce food eliminated #4 <input type="checkbox"/> track symptoms	<input type="checkbox"/> All-in-One Shake <input type="checkbox"/> reintroduce food eliminated #4 <input type="checkbox"/> track symptoms

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 25.

†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



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 [Life Time Health's Hydrate](#) 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 15 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.

D.TOX

Eating Guidelines

LIFE TIME

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 muscle 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

Food Group	Approved	Non-Approved
Vegetables	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.	Corn and creamed vegetables, canned vegetables (unless in a BPA-free can)
Fruit	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.	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 beef. Limited amounts of organic, nitrate-free deli meat and hot dogs made with approved ingredients. Life Time Collagen Peptides.	Tuna and swordfish, preservative-laden luncheon meats, hot dogs and sausage, canned meats and eggs. Whey protein.
Plant Protein and Legumes	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.	Soy protein isolate, soybeans, tofu, tempeh, soy milk, soy sauce, and any other product containing soy proteins.
Fats and Oils	Unrefined virgin oils such as olive, flaxseed, avocado or coconut oil. Organic is best. Clarified butter (ghee).	Margarine, butter, shortening, hydrogenated oils, canola oil, corn oil, peanut oil, vegetable oil or mayonnaise.
Nuts and 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	Rice, potatoes, sweet potatoes, starchy vegetables (beets, parsnips, etc.), gluten-free oats, quinoa, millet, amaranth, buckwheat or tapioca, and winter squash.	Corn, popcorn, all gluten-containing products: wheat, rye, barley, regular oats that are non-certified gluten-free.
Dairy Products and Substitutes	Unsweetened coconut, almond, macadamia, rice or hemp milk. Unsweetened, gluten-free oat milk.	Conventional dairy products including milk, cheeses, cottage cheese, cream, butter, yogurt, ice cream, frozen yogurt, nondairy creamers and soy milk.
Beverages	Filtered water, herbal tea, sparkling or mineral water, limited amounts of green tea, organic decaf coffee.	Regular coffee, black tea, sodas and soft drinks, alcoholic beverages, energy drinks or sweetened fruit juices.
Spices and Condiments	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)	Ketchup, relish, soy sauce, barbecue sauce, chocolate, chutney and other condiments.
Sweeteners	Stevia, monk fruit extract, xylitol, erythritol, allulose (RxSugar)	White or brown sugar, honey, agave nectar, maple syrup, corn syrup, sucralose, aspartame, saccharin, candy and desserts.

Grocery List Ideas

Veggies (fresh or frozen)	Fruit (fresh or frozen)	Animal Proteins (organic and non-GMO)	Grains
<ul style="list-style-type: none"> Artichokes Asparagus Beets Broccoli Brussels sprouts Cabbage Celery * Cilantro 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 	<ul style="list-style-type: none"> Apples * Apricots Avocados Bananas Blackberries Blueberries * Cherries * Cantaloupe Coconut Cranberries Grapes * Honeydew Kiwis Lemons Limes Nectarines * Oranges Papayas Peaches * Pears * Persimmons Raspberries * Plums Prunes Rhubarb Strawberries * Tangerines 	<ul style="list-style-type: none"> Grass-fed beef **** Chicken *** Turkey *** Pork Chops**** Bison ** Ostrich ** Elk ** Venison ** Cod ** Halibut ** Orange roughy ** Pacific herring ** Spanish mackerel ** Tilapia ** Whitefish ** Alaskan salmon ** Oysters** Mussels** Shellfish** 	<ul style="list-style-type: none"> Amaranth Basmati rice Black beans Brown rice Buckwheat Coconut flour Flaxseed Millet Oats Quinoa Tapioca Wild rice
			Oils
			<ul style="list-style-type: none"> Almond oil Avocado oil Coconut oil Extra-virgin olive oil Flaxseed oil Hempseed oil Macadamia oil Red palm oil Sesame oil
		Nuts and Seeds	
		<ul style="list-style-type: none"> Almonds Brazil nuts Cashews Flaxseeds Macadamia nuts Pecans Pistachios Pumpkin seeds Sesame seeds Walnuts 	
	Legumes (BPA-free canned or dry)		Spices
	<ul style="list-style-type: none"> Black beans Chickpeas Kidney beans Lentils Pinto beans White beans 		<ul style="list-style-type: none"> Pure Cocoa Ginger Turmeric
			Sweeteners
			<ul style="list-style-type: none"> RxSugar

D.TOX Power Foods | *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.

Organic

- Apples
- Celery
- Cherry Tomatoes
- Cucumbers
- Grapes
- Hot Pepper
- Kale
- Collard Greens
- Nectarines
- Peaches
- Potatoes
- Snap Peas
- Spinach
- Strawberries
- Sweet Bell Peppers

Conventional

- Asparagus
- Avocados
- Cabbage
- Cantaloupe
- Cauliflower
- Eggplant
- Kiwi
- Mangos
- Onions
- Papayas
- Pineapples
- Sweet Peas (frozen)
- Sweet Potatoes



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 steamed 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
Brocolini
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

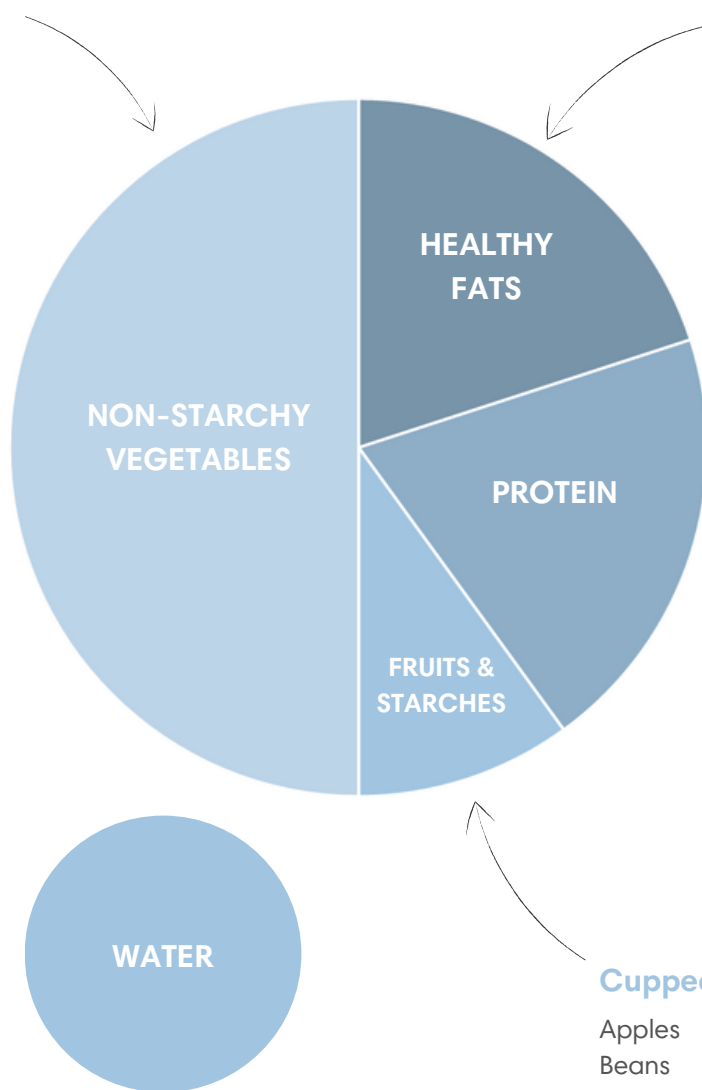
Beef
Chicken
Fish & Seafood
Non-Animal
(Chickpea, Rice and Pea)
Life Time Vegan Protein
Pork
Turkey

Cupped Handful (optional)

Apples	Pears
Beans	Potatoes
Blackberries	Raspberries
Blueberries	Strawberries
Lentils	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.



D.TOX

Reintroduction

LIFE TIME

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.



D.TOX

Meal Plans and Recipes

LIFE TIME

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 ounces of 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 ounces of 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

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	D.TOX Shake (page 25)	Avocado Apple Chicken Salad (page 35)	Turkey Meatloaf Muffins + 2 cups Veggies (page 51)	Optional (page 53)
TUESDAY	D.TOX Shake (page 25)	Orange Chicken Stir-Fry (page 43)	Egg Roll Bowl (page 40)	Optional (page 53)
WEDNESDAY	D.TOX Shake (page 25)	Avocado Apple Chicken Salad (page 35)	Buffalo Chicken-Stuffed Sweet Potatoes (page 36)	Optional (page 53)
THURSDAY	D.TOX Shake (page 25)	Orange Chicken Stir-Fry (page 43)	Turkey Meatloaf Muffins + 2 cups Veggies (page 51)	Optional (page 53)
FRIDAY	D.TOX Shake (page 25)	Egg Roll Bowl (page 40)	Steak Bites with Sweet Potatoes and Peppers (page 45)	Optional (page 53)
SATURDAY	D.TOX Shake (page 25)	Stovetop Chili (page 46)	Steak Bites with Sweet Potatoes and Peppers (page 45)	Optional (page 53)
SUNDAY	D.TOX Shake (page 25)	Buffalo Chicken-Stuffed Sweet Potatoes (page 36)	Stovetop Chili (page 46)	Optional (page 53)

Sample Vegan Meal Plan

- 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; noting 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

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	D.TOX Shake (page 25)	Taco Salad Bowl (page 50)	Greek Quinoa Salad (page 41)	Vegan Protein Shake (page 25) + Optional Snacks (page 53)
TUESDAY	D.TOX Shake (page 25)	Chickpea Fiesta Salad (page 37)	Lentil Curry and Cauliflower (page 42)	Vegan Protein Shake (page 25) + Optional Snacks (page 53)
WEDNESDAY	D.TOX Shake (page 25)	Taco Salad Bowl (page 50)	Cauliflower Rice Bowl (page 36)	Vegan Protein Shake (page 25) + Optional Snacks (page 53)
THURSDAY	D.TOX Shake (page 25)	Chickpea Fiesta Salad (page 37)	Greek Quinoa Salad (page 41)	Vegan Protein Shake (page 25) + Optional Snacks (page 53)
FRIDAY	D.TOX Shake (page 25)	Lentil Curry and Cauliflower (page 42)	Vegetarian Rainbow Chili (page 52)	Vegan Protein Shake (page 25) + Optional Snacks (page 53)
SATURDAY	D.TOX Shake (page 25)	Mock Tuna Salad and 2 cups Veggies (page 43)	Vegetarian Rainbow Chili (page 52)	Vegan Protein Shake (page 25) + Optional Snacks (page 53)
SUNDAY	D.TOX Shake (page 25)	Cauliflower Rice Bowl (page 36)	Mock Tuna Salad and 2 cups Veggies (page 43)	Vegan Protein Shake (page 25) + Optional Snacks (page 53)

D.TOX



Shakes

LIFE TIME

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 nut milk
- ½ 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 nut milk
- ⅓ cup strawberries
- ¼ 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 nut 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 nut 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 nut 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 nut 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 nut 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 nut 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 nut 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 nut 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 nut 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 nut 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 nut 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 nut 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 nut milk
- ½ cup mixed berries
- 1 tbs. chia seeds

DIRECTIONS

1. Blend to desired consistency and enjoy!



D.TOX

Breakfast

LIFE TIME

OVERNIGHT PROTEIN OATS

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

1 Serving | Calories: 345 | Protein: 30 | Fat: 8 | Carb: 9 | Fiber: 9 | Added Sugar: 0

Vegan

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

1 Serving | Calories: 375 | Protein: 27 | Fat: 15 | Carb: 29 | Fiber: 7 | Added Sugar: 0

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

1 Serving | Calories: 135 | Protein: 15 | Fat: 8 | Carb: 1 | Fiber: 0 | Added Sugar: 0

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.



D.TOX

Lunch and Dinner

LIFE TIME

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
- $\frac{3}{4}$ cup chicken broth
- $\frac{1}{2}$ cup full-fat coconut milk
- 1 tsp. nutmeg
- $1\frac{1}{2}$ 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 $\frac{1}{2}$ 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, $\frac{1}{2}$ teaspoon of pepper, lemon juice and nutritional yeast in blender. Blend until smooth consistency is reached and set aside.
5. Heat remaining $\frac{1}{2}$ tablespoon olive oil in skillet and add chicken, broccoli and mushrooms, and season with remaining salt and pepper.
6. Spray a 9-x-13-inch pan with cooking spray.
7. Combine squash and the prepared cashew sauce 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
- $\frac{1}{2}$ cup celery
- $\frac{1}{2}$ 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

- 1 ½ 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

- 1 ½ 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.
2. Meanwhile, in a 10-inch skillet, heat coconut oil and add cauliflower 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.



CHICKPEA FIESTA SALAD

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

1 Serving | Calories: 200 | Protein: 10 | Fat: 6 | Carb: 30 | Fiber: 10 | Added Sugar: 0

INGREDIENTS

- 1 14-oz can chickpeas drained and rinsed
- 1 carrot small, diced
- 1 head broccoli, chopped
- 1 stalk celery finely chopped
- ½ cucumber, diced
- 10 cherry tomatoes halved
- ¼ red onion diced
- ½ cup cilantro, finely chopped
- 1 jalapeno, finely chopped
- 1 tbs. olive oil
- 1 lime large, juiced
- ½ teaspoon salt
- 1 avocado, diced, optional

DIRECTIONS

1. Combine all ingredients except avocado in a large bowl and stir to combine.
2. Top with optional avocado and enjoy!

COCONUT-GINGER ZOODLE BOWL

Prep: 10 minutes | Cook: 20 minutes | 5 Servings

1 Serving | Calories: 400 | Protein: 35 | Fat: 24 | Carb: 15 | Fiber: 3 | Added Sugar: 0

INGREDIENTS

- 1 ½ lbs. chicken breast, cubed
- ½ tsp. salt, or to taste
- ¼ tsp. onion powder
- 1 tbs. coconut oil
- 2 cloves of garlic, minced
- 1 to 2 inch knob of fresh ginger, grated (see note)
- 1 can full-fat coconut milk
- ¼ cup lime juice
- 1 cup shredded carrots
- 3 cups spiralized zucchini (about 2 large)
- 3 cups fresh baby spinach, chopped
- 1 ½ cups chopped cilantro, or to taste
- ½ cup chopped mint
- ¼ cup roasted, salted cashews

Recipe Note:

Fresh ginger can be stored in the freezer and grated from frozen — no peeling required.

DIRECTIONS

1. Toss chicken with salt and onion powder.
2. Melt coconut oil over medium heat in a large cooking pot or Dutch oven. When hot, add chicken and garlic and sauté for 5 to 8 minutes, stirring frequently. Add ginger and sauté for another minute or two, or until aromatic.
3. Whisk together coconut milk and lime juice, then pour over the chicken and bring to a simmer for another 5 to 8 minutes, or until chicken is fully cooked.
4. Add carrots and zucchini to the mixture and toss gently. There should be just enough liquid to submerge them. Bring the mixture to a simmer for a few minutes until the vegetables soften slightly, about 2 to 3 minutes.
5. Remove from heat and add spinach, toss until slightly wilted.
6. Before serving while still hot, gently fold in 1 cup of cilantro and mint. Top with cashews and remaining cilantro and enjoy.

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.



CREAMY SUNDRIED TOMATO PASTA

Prep: 10 minutes | Cook: 20 minutes | 5 Servings

1 Serving | Calories: 375 | Protein: 27 | Fat: 21 | Carb: 22 | Fiber: 4 | Added Sugar: 0

INGREDIENTS

- 1 lb. grass-fed ground beef
- 4 oz. of dry chickpea pasta
- 1 ½ cup of vegetable stock
- 7 to 8 sundried tomatoes (soaked in olive oil)
- 1 ½ tbs. sundried tomato oil (from the jar)
- ½ cup raw, unsalted cashews
- 1 ½ tbs. nutritional yeast
- 1 ¼ tbs. tomato paste
- ½ tsp. salt
- Red chili flakes to taste (optional)
- Fresh basil leaves (optional)

DIRECTIONS

1. Bring pot to boil, then add chickpea pasta. Cook according to package instructions.
2. Heat a large pot over medium heat while pasta is cooking. Add in ground beef. Sauté for 5 to 7 minutes until the beef is mostly browned. Drain any excess fat. Set aside.
3. While pasta and beef are cooking, make the sauce. Combine vegetable stock, sundried tomatoes, sundried tomato oil, cashews, nutritional yeast, tomato paste and salt in a blender and blend on high for 30 seconds to one minute until smooth and creamy.
4. Add the sauce and pasta to the pot with ground beef and stir to combine.
5. Add red chili flakes to taste if desired.
6. Top with fresh basil and enjoy!

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

- 1 ½ 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
- ⅓ 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
- 1/3 cup black olives
- 1/2 cup cherry tomatoes, halved
- 4 cups mixed greens
- 1/2 cup hummus
- 1 cucumber, diced
- 1/8 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

1 Serving | Calories: 380 | Protein: 16 | Fat: 19 | Carb: 39 | Fiber: 14 | Added Sugar: 0

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.

MAPLE GLAZED SALMON

Prep: 15 minutes | Cook: 20 minutes | 2 Servings

1 Serving | Calories: 330 | Protein: 24 | Fat: 19 | Carb: 24 | Fiber: 0 | Added Sugar: 0

INGREDIENTS

- 7 oz. salmon filets, boneless, skinless
- ⅓ cup RxSugar [Organic Maple Flavored Syrup](#)
- 2 tbs. [RxSugar Organic Liquid Sugar](#)
- 2 tbs. coconut aminos
- 1 tsp. sesame oil
- 2 cloves garlic, minced
- 2 tsp. fresh ginger, grated
- Salt and pepper to taste
- 1 tbs. olive oil
- Fresh chives for garish (optional)
- Sesame seeds for garnish (optional)

DIRECTIONS

1. Whisk together the RxSugar Organic Syrup, coconut aminos, sesame oil, garlic, ginger, salt and pepper in a small bowl and set to the side.
2. Heat a large skillet over medium-high heat and add oil.
3. Add salmon fillets to the hot pan, top side down.
4. Let brown until caramel-colored on the first side (about 2 minutes) and then flip to other side.
5. Pour over the salmon fillets and allow to bubble around the fillets and caramelize.
6. Cook for about 5 to 9 minutes, or until the salmon is cooked through and flakes with a fork.
7. Spoon the maple glaze over the salmon again before serving.
8. Garnish with sesame seeds and chopped chives, if desired.

Recipe presented by

RxSugar®

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
- 1 ¼ 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
- 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 | Fat: 8 | 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
- ⅓ cup almond flour
- ½ cup chopped pepperonis
- 1 ¼ 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
- 1/8 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.
2. Heat large skillet over medium-high heat. Add coconut oil. When melted, add garlic and onion. Sauté 1 to 2 minutes. Add cubed steak bites and cook 9 to 10 minutes until browned. Remove from pan and 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-x-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.

STUFFED BELL PEPPER BOWLS

Prep: 10 minutes | Cook: 20 minutes | 5 Servings

1 Serving | Calories: 390 | Protein: 28 | Fat: 21 | Carb: 20 | Fiber: 4 | Added Sugar: 0

INGREDIENTS

- 1 lb. grass-fed ground beef
- 1 lb. ground Italian sausage
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 3 medium green peppers, cut into ½-inch to 1-inch pieces
- 10 to 12 oz bag frozen cauliflower rice
- ½ tsp. salt, or to taste
- ½ tsp. pepper, or to taste
- 1 tsp. Italian seasoning
- 1 tsp. dried oregano
- 1 14.5-oz can diced tomatoes (BPA-free), drained
- Chopped parsley as optional garnish

DIRECTIONS

1. Cook beef, sausage, onion, and garlic in a large stockpot over medium-high heat until fully cooked through, about 10 to 15 minutes. Drain the fat and return to the pot.
2. Add peppers, cauliflower rice, salt, pepper, Italian seasoning, and oregano to the beef mixture and mix. Cook approximately 5 to 7 minutes or until peppers begin to soften and cauliflower rice is tender.
3. Mix in diced tomatoes and serve.



SWEET POTATO AND BLACK BEAN BOWL

Prep: 20 minutes | Cook: 35 minutes | 4 Servings

1 Serving | Calories: 295 | Protein: 9 | Fat: 11 | Carb: 43 | Fiber: 12 | Added Sugar: 0

Vegan

INGREDIENTS

- 2 large sweet potatoes, peeled and chopped
- ½ yellow onion, diced
- ½ tsp salt
- 2 cloves garlic, minced
- 1 ½ tbs. coconut oil
- Juice of 1 lime
- 1 ½ tbs. olive oil
- 1 red bell pepper, diced
- 1 can black beans, drained and rinsed
- ½ cup fresh cilantro, chopped

DIRECTIONS

1. Line large sheet pan with parchment paper and set aside.
2. In a medium bowl, toss sweet potatoes, onion, garlic, salt and coconut oil until fully combined and coated.
3. Transfer sweet potato mixture to sheet pan and place in non-preheated oven.
4. Turn oven to 450°F. Bake 35 minutes, or until potatoes are soft and golden brown.
5. While sweet potatoes are cooking, add remaining ingredients to a large bowl.
6. Toss with sweet potato mixture and serve as desired!

SWEET POTATO AND TURKEY HASH

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

1 Serving | Calories: 315 | Protein: 25 | Fat: 9 | Carb: 32 | Fiber: 11 | Added Sugar: 0

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.

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
- $\frac{2}{3}$ cup mashed sweet potato
- $\frac{2}{3}$ cup cooked brown rice
- $\frac{1}{2}$ cup walnuts, chopped
- $\frac{1}{2}$ cup finely diced onion
- 2½ tsp. ground cumin
- 1 tsp. smoked paprika
- Salt and pepper to taste
- $\frac{3}{4}$ 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-x-13-inch sheet pan spritzed with nonstick spray and bake for 25 to 30 minutes or until browned.

TACO BOWL

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

1 Serving | Calories: 450 | Protein: 32 | Fat: 19 | Carb: 39 | Fiber: 9 | Added Sugar: 0

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 | Fat: 13 | Carb: 39 | Fiber: 11 | Added Sugar: 0

Vegan

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!

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 zucchinis, 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.

The background of the entire page is a close-up photograph of several oatmeal cookies. The cookies are golden-brown, thick, and studded with dark chocolate chips and rolled oats. They are arranged on a light-colored, possibly white, surface. The lighting is soft, creating gentle shadows.

D.TOX

Snacks and Treats

LIFE TIME



3-INGREDIENT NUT BUTTER COOKIES

Prep: 10 minutes | Cook: 10 minutes | 12 Servings

1 Serving | Calories: 140 | Protein: 5 | Fat: 11 | Carb: 7 | Fiber: 4 | Added Sugar: 0

Vegan

INGREDIENTS

- ½ cup natural, D.TOX-approved nut butter
- 1 cup almond flour
- ⅓ cup [RxSugar Maple Syrup](#)

DIRECTIONS

1. In a bowl, combine the nut butter, almond flour and [RxSugar Maple Syrup](#).
2. Roll the mixture into teaspoon-sized balls and connect two of them together on your baking sheet. Pro Tip: coat hands with a tiny bit of coconut oil so the batter doesn't stick to your hands when rolling.
3. Press down on them with a fork to create a hatch pattern.
4. Bake for about 10 minutes at 350° F.
5. Remove from the oven and let cool completely.
6. Once fully cooled, if desired, spread additional nut butter on the backside and sandwich them together to create a cookie.

Recipe presented by

RxSugar®

Store in an airtight container with a paper towel in the refrigerator for 3 to 4 days.



BANANA BLUEBERRY OATMEAL BARS

Prep: 10 minutes | Cook: 40 minutes | 12 Servings

1 Serving | Calories: 165 | Protein: 4 | Fat: 6 | Carb: 24 | Fiber: 4 | Added Sugar: 0

Vegan

INGREDIENTS

- 2½ cup rolled oats (ensure gluten-free if necessary)
- 2 tbs. ground flaxseed
- 2 tsp. cinnamon
- 1 tsp. baking soda
- ¼ tsp. sea salt
- 1 small banana, mashed
- ½ cup applesauce
- 2 tsp. vanilla extract
- 1¾ cup nut milk, unsweetened
- 2½ cup blueberries, fresh or frozen
- ½ cup pecans, chopped

DIRECTIONS

1. Preheat the oven to 375°F. Grease 9-x-11-inch glass baking dish with coconut oil spray and set aside.
2. Mix the dry ingredients in a large bowl and set aside.
3. Mix the wet ingredients in a small bowl. Stir to combine and add to dry ingredients, folding in the blueberries and pecans last.
4. Transfer the mixture to baking dish.
5. Bake for 40 minutes. Allow the baked oatmeal to cool for about 5 minutes before serving.
6. Drizzle with D.TOX-approved nut butter if desired and enjoy!



BANANA BREAD MUFFINS

Prep: 10 minutes | Cook: 18 minutes | 12 Servings

1 Serving | Calories: 225 | Protein: 8 | Fat: 16 | Carb: 14 | Fiber: 5 | Added Sugar: 0

Vegan

INGREDIENTS

- 2 tbs. flaxseed meal
- 6 tbs. water
- 3 medium overripe bananas (about 1 cup)
- $\frac{2}{3}$ cup D.TOX-approved nut butter
- 1 tbs. coconut oil, melted
- 1 tsp. vanilla extract
- $1\frac{3}{4}$ cup almond flour
- $\frac{1}{2}$ tbs. chia seeds
- $\frac{3}{4}$ tsp. baking soda
- $\frac{1}{4}$ tsp. fine sea salt
- $1\frac{1}{2}$ tsp. cinnamon

DIRECTIONS

1. Preheat oven to 350° F and line muffin tin with liners.
2. Make your “flax” eggs by mixing flaxseed meal with water. Let rest for at least 10 minutes to thicken.
3. In a large bowl, mash bananas and add nut butter, coconut oil, vanilla and “flax egg”.
4. In a small bowl, stir together almond flour, chia seeds, baking soda, sea salt and cinnamon.
5. Add dry ingredients to wet ingredients and stir until combined.
6. Fill muffin tins until about $\frac{3}{4}$ full.
7. Place in oven and bake for 16 to 18 minutes.
8. Remove from oven and let cool for 20 minutes before serving.

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)
- $\frac{3}{4}$ cup cashews
- $\frac{1}{4}$ 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

- $\frac{1}{2}$ 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-x-8-inch baking dish 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:
 - 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

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.

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
- ⅓ 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.

D.TOX

Appendix

LIFE TIME

Frequently Asked Questions

Q: Should I stop taking supplements?

A: As always, check with your doctor regarding 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:

- | | |
|--|--|
| <input type="checkbox"/> Life Time Vegan+ All in One Protein | <input type="checkbox"/> Life Time Multiprobiotic |
| <input type="checkbox"/> Life Time Vegan Protein | <input type="checkbox"/> Life Time Magnesium |
| <input type="checkbox"/> Life Time Collagen Peptides | <input type="checkbox"/> Life Time Calcium/Magnesium |
| <input type="checkbox"/> Life Time Amino Recovery | <input type="checkbox"/> Life Time Life Greens |
| <input type="checkbox"/> Life Time Fish Oil | <input type="checkbox"/> 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

Q: How much water should I be drinking?

A: Hydration is super important in helping your body detoxify — aim for at least 8 cups (64 ounces) of water each day. Try to consume as much as half your weight in ounces for optimal intake.

Q: Do portion sizes matter? How many calories should I be eating?

A: 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. Although it doesn't focus on calorie counting, it's important to get enough nutrition. At each meal, you should get an ample amount of non-starchy vegetables (half of your plate) alongside a high-quality protein source (about the size of your palm), and a healthy fat (the size of your thumb). Complex carbs like starchy vegetables can be added as needed — usually after a workout.

Q: Should I be exercising during D.TOX?

A: If you are currently on an exercise routine, try decreasing the intensity to limit your body's stress. Yoga or Pilates are recommended. If you can, schedule a massage or make reoccurring visits to the sauna in the club — both have been shown to support detoxification.

Q: Can the shakes substitute as a meal?

A: Yes! During the first week of D.TOX, most drink their shake in place of a breakfast meal and then eat detox-friendly meals and snacks the rest of the day. During the second week (when you drink two shakes daily), in addition to their breakfast shake, most drink their second shake in place of an evening snack before or after dinner.

Q: What should I expect?

A: 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

Your Daily Habit Tracker

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Approved Foods Only	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D.TOX Shake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D.TOX Shake 2 (Days 11 to 14)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 to 2 Servings of Protein	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
½ Body Weight in oz. of Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily Movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8+ Hours of Sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bonus: Sauna	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bonus: 10,000 Steps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bonus: 20 Minutes of Sunshine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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.

	Food 1:			Food 2:			Food 3:		
Symptoms	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3
Achy Joints	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble Sleeping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mood Changes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fluctuating Energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bloating/Gas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diarrhea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Constipation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Acne	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rash	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brain Fog	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
> 3lb. Weight Gain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Headache	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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
- 1 ¼ 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

- ⅓ 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
- 1 ½ 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 tbs. 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.

RxSugar®

The **D.TOX-approved** allulose sugar.

Available in the Life Cafe or online at shop.lt.life.



Ideal for Baking, Cooking, Mixed Drinks & Smoothies
Add to Coffee & Tea • Use on Cereal, Granola, Yogurt
Delicious • No Preservatives • No Junk
Blood-Sugar Friendly • Suitable for People With Diabetes

RxSugar is a perfect swap for any cooking, baking and beverage recipe!

Checkout page 55 for this delicious 3-Ingredient Nut Butter Cookie Recipe.



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

D.TOX® is a detoxification program designed to support your body's natural detoxification system by following a restricted nutritional plan that eliminates common food allergens and hormones, taking certain nutritional supplements and observing lifestyle recommendations. Responses to the D.TOX program and elimination of potential toxins will vary based on individual characteristics.

The D.TOX program and materials are for educational use only and should not be considered or used as a substitute for medical advice, diagnosis or treatment. Participants should seek the advice of a physician or other qualified 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.

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