

WELCOME!

I'm so glad you're here! I'm Meredith, a Holistic Wellness Coach, Personal Trainer, Yoga Instructor and Stretch Therapist. I have been running this detox program for the last 10 years and have had amazing results with my clients as well as myself. I hope that you will love this program as much as I do. It's a great reset and I personally participate in this detox every season to keep my energy high and to keep off the extra bloat. Enjoy reading over this manual and please reach out to me if you have any questions or need any support :) Let's begin!

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 this one, help support our bodies' detoxification system, by limiting exposure and eliminating built-up toxins so we are better able to handle the excess toxin loads so common with our hectic lifestyles.

DETOX PHASES:

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

STEP 1: PREPARE (5–7 days pre-detox)

You'll start by decreasing consumption of inflammatory foods and remove temptations from your home. During this time, you'll want to review this guide, grocery shop with your approved and non-approved foods list and start preparing your meals so you can begin Week One with ease.

STEP 2: DETOX (Days 1–14)

After minimizing your toxin intake with prep, it's time to detox. For 14 days, you'll support all six organs of detoxification with supplements, nutrition and lifestyle habits, protein shakes, and sticking with the approved food, exercise and lifestyle recommendations.

STEP 3: RESTORE (Day 15 and beyond)

This is the most important part of the program, and everything you'll have done up to this point will have prepared you for it. Reintroducing too many foods at one time, or too fast, can cause many to feel just plain awful. You'll want to start to reintroduce foods slowly—one at a time with a few days in-between—on Day 15.

BEFORE YOU START, HERE'S WHAT TO EXPECT

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

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

PREPARE YOUR BODY:

1. SAY GOODBYE TO SUGAR

Eliminate simple, refined sugars (candy, desserts, soda, sugar, honey and artificial sweeteners). They restrict detoxification by feeding yeast into your gut.

Tip: Keep healthy foods on hand. Your daily shake is a great treat replacement, too.

2. HYDRATE WITH WATER

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

3. DRY OUT AND SWEAT

Use a dry sauna a few times during prep week if possible

4. GET MOVING

Take a couple of yoga classes and try to fit in a massage.

Tip: Pre-plan the week before or find a friend and make it a healthy outing

PREPARE YOUR HOME

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

1. BUY WHOLE FOOD

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

2. GET RID OF TEMPTATION

Use the approved and non-approved food list to remove any and all non-approved items to avoid slip-ups.

3. PLAN YOUR MEALS

Think ahead and pick out some recipes you'd like to try. Use the approved and non-approved food list to choose your meals, look to Ready Fit Go to provide pre planned meals for quick grab and go.

4. BATCH COOK

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

5. READY YOUR TOOLS

Invest in a quality blender or food processor, sharpen your knives, and equip your kitchen to make prep easier

FOODS TO AVOID +FOODS TO EAT

The reason we keep certain foods out of our diet while detoxing isn't that they're all "bad. "It's to decrease inflammation in the diet, which increases digestive distress and makes it difficult to feel good and lose weight. That's why the detox program eliminates the six most common allergens in our modern diet:

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

Knowing these foods increase inflammation in the body, we choose to eliminate them all so you have the best chance at feeling great and seeing success. For some, removing these foods also helps them pinpoint potential food sensitivities they never knew they had. In addition, you'll also want to eliminate processed food, sugars and hydrogenated oils from your diet during the 14 days, because they're also inflammatory. Another food you'll take out is grapefruit — because it interferes with enzyme function, important to detoxification. Instead of focusing on the foods you can't eat, concentrate on the delicious and healthy foods — like fruits and veggies (mostly non-starchy), lean meats, legumes, nuts, seeds and gluten-free grains — that will support detoxification and provide nourishment for your body to maintain muscles tissue while encouraging fat loss.

If you're vegetarian or vegan, you may need to include additional Vegan Protein to provide adequate protein intake during this program. (Protein is critical to the detoxification process.) I recommend 3 to 4 servings per day.

APPROVED + NON-APPROVED FOODS

VEGGIES:

All except non-approved. I recommend: seaweed, green foods (spirulina), cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, kale), onion, garlic and most other fresh or frozen vegetables. Focus on organic, fresh and frozen as much as possible. Limit amounts of canned vegetables (focus on organic and BPA-free can).

Non Approved: Corn, creamed vegetables and limited amounts of canned vegetables.

FRUIT:

Apples, apricots, avocados, bananas, blackberries, blueberries, citrus (except grapefruit) cherries, grapes, kiwi, mangoes, melons, nectarine, papaya, pears, peaches, plums, pomegranates, prunes, raspberries, strawberries, etc.

Focus on fresh, frozen and organic. Unsweetened dried, or canned fruit are allowed but keep intake limited.

Non Approved: Grapefruit (can alter detoxification enzyme function), sweetened fruits (canned or frozen) and sweetened fruit juices.

ANIMAL PROTEIN:

Fresh and frozen fish, such as salmon, halibut, sole, mahi mahi, cod, snapper, etc. (wild is better than farm-raised fish). Organic or pasture-raised chicken, turkey or pork; wild game (venison, buffalo, elk, etc.); lamb; grass-fed and antibiotic-free beef. *Limit organic, nitrate-free deli meat and hot dogs made with approved ingredients Tuna and swordfish, preservative-laden luncheon meats, hot dogs and sausage, canned meats and eggs.*

PLANT PROTEIN & LEGUMES:

All legumes including peas and lentils (except soybeans).

Not allowed: Soybeans, tofu, tempeh, soy milk, soy sauce, and any other product containing soy proteins.

FATS & OILS:

Unrefined virgin oils such as olive, flaxseed, avocado or coconut oil.

Organic is best. Purified butter (ghee) is allowed. *Not allowed: Margarine, butter, shortening, hydrogenated oils, canola oil, corn oil, peanut oil, vegetable oil or mayonnaise.*

NUTS & SEEDS:

All nuts except peanuts. Almonds, cashews, macadamia, walnuts, pumpkins seeds, Brazil nuts, sunflower seeds. Nut butters made with approved nuts and seeds (avoid if added sugar is on label).

Not Allowed: Peanuts, peanut oil and peanut butter.

STARCHES, GRAINS, BREADS & CEREALS

Rice (or products made from rice), potatoes, potato flour, oats (certified gluten-free), quinoa, millet, amaranth, buckwheat or tapioca, and winter squash. Corn, all gluten-containing products: wheat, rye, barley, oats that are non-certified gluten-free.

DAIRY PRODUCTS & SUBSTITUTES:

Unsweetened coconut, almond or hemp Milk.

Not allowed: Conventional dairy products including milk, cheeses, cottage cheese, cream, butter, yogurt, ice cream, frozen yogurt, non-dairy creamers and soy milk.

BEVERAGES:

Filtered or distilled water, herbal or green tea, yerba mate tea, sparkling or mineral water.

Not Allowed: Coffee, black tea, sodas and soft drinks, alcoholic beverages, energy drinks or sweetened fruit juices.

SPICES & CONDIMENTS:

Vinegar (except grain source), wasabi, mustard, horseradish, pesto (cheese-free), cocoa, sea salt, coconut aminos, spices and herbs (especially turmeric/curcumin, garlic, ginger and rosemary).

Not Approved: Ketchup, relish, soy sauce, barbecue sauce, chocolate, chutney, iodized salt and other condiments.

SWEETENERS:

Stevia, blackstrap molasses, monk fruit extract, xylitol and erythritol. White or brown sugar, honey, agave nectar, maple syrup, corn syrup,

Not Approved: sucralose, aspartame, saccharin, candy and desserts.

ORGANIC VS. CONVENTIONAL:

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

FOODS TO BUY ORGANIC, FOODS TO BUY CONVENTIONAL

- Apples
- Asparagus
- Celery
- Avocados
- Cherry tomatoes
- Cabbage
- Cucumbers
- Cantaloupe
- Grapes
- Cauliflower
- Hot peppers
- Eggplant
- Kale/Collard greens
- Kiwi
- Nectarines
- Mangoes
- Peaches
- Onions
- Potatoes
- Papayas
- Snap peas
- Pineapples
- Spinach
- Sweet peas (frozen)

- Strawberries
- Sweet potatoes
- Sweet bell peppers

NUTRITION TIPS:

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

1. WASH YOUR PRODUCE:

Helps remove pesticides and bacteria.

2. CONSUME AT LEAST 6 TO 8 SERVINGS OF VEGETABLES PER DAY:

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

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.

4. CONSUME HIGH-QUALITY PROTEIN WITH EACH MEAL

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

5. CONSUME OMEGA-3 FATTY ACID SOURCES SEVERAL TIMES PER DAY:

These essential fats are critical for building healthy cell membranes and reducing inflammation. Get them from wild-caught, fatty fish (salmon) and take a daily fish oil supplement, as plant-based sources are not converted well by humans.

6. INCREASE YOUR DAILY INTAKE OF WATER

Water is the most important nutrient for your body, especially during detoxing. Water cleanses your organs and helps flush toxins and waste from your cells. Optimal intake is half your goal body weight in ounces.

7. CONSUME ADEQUATE FIBER DAILY

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

8. FOLLOW THE EXERCISE AND LIFESTYLE PLAN

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

9. FOLLOW THE NUTRITIONAL PLAN

Consuming the right nutrients in the correct amounts is critical to your success in this

program. Not only does proper nutrition support your detoxification pathways, it also supports your energy and immunity.

10. COMMIT YOUR GOALS TO PAPER

Studies show that it's easier to stay motivated when you write down your goals. Use a daily journal to keep track of your food and supplement intake, activity level, sleep and reactions.

HEALTHY LIFESTYLE HABITS/EXERCISE & MOVEMENT

10,000 steps a day

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

Cardio or strength training

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

Restorative yoga

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

HEAL & RECHARGE

Sleep

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

Dry sauna

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

Meditation

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

Massage

Stimulate the body. Get a lymphatic drainage massage at least once during the detox. Skin is your largest organ. Your lymphatic system is also known as the “garbage disposal” of the body.

OUT & ABOUT

It's important to plan ahead before you leave the house. Here are a few ideas to get you started:

EATING IN RESTAURANTS

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

SOCIAL GATHERINGS

- Find out what food will be served and compare with the approved and non-approved food chart.
- Bring a dish or two to share that will be safe for you to eat.
- Eat a meal or snack before you go or pack one for the road.

HOW TO REINTRODUCE FOODS

You've made it through the detox. Now the choice is yours to continue eating clean or reintroduce the non-approved foods back into your diet. Think about how you feel now and what is most important for you to start eating again. The foods eliminated on this program can produce subtle reactions which are hard to identify as problematic until removed from your diet. To make sure your efforts are not wasted, follow our guide to restore. Keep in mind these are the 5 most common foods that cause inflammation: Cow dairy, gluten / wheat, eggs, soy and peanut butter.

1.ONE FOOD AT A TIME

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

2. WATCH PORTION SIZE

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

3.TRACK SYMPTOMS

It's an easy way to tell which foods are most troublesome for your health. Use your journal to track each food you add back into your diet.

4. LISTEN TO YOUR BODY

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