

GUIDELINES FOR YOUR DETOX PHASE

Important Note

Extend your Detox phase to 14 days (instead of 7) if one or more of these describes you:

- You have 50 lbs. or more to lose
- You drink alcoholic beverages 3+ times per week
- You are a smoker

Guidelines to Optimize Your Portion Sizes:

- ✓ Let go of the calorie mind-set. Simply follow the portion sizes and meal plan designed for your gender.
- ✓ You can measure your portion sizes by weight or with your hands (palm, fist, and thumb). Do whatever is easiest and most convenient.
- ✓ Make sure you're hungry (ready to eat but never starving) before each meal and satisfied (never full) after. If you're hungry before 3 hours, simply eat a balanced meal before the 3-hour mark.
- ✓ If you measure food with a scale, always measure it precooked since weight will be lost during cooking. If you measure portion sizes with your hands, always measure after it's cooked (only applies to cooked food).

Guidelines to Optimize Your Results:

- ✓ You will be eating in threes: eating every 3 hours with a balance of protein, fat, and carbs.
- ✓ Eat your first meal within an hour of waking and your last meal within an hour of bedtime.
- ✓ If you fall off your Ignite or Thrive plan for more than 3 days, you can reboot your plan by simply repeating this 7-day Detox phase.
- ✓ If you prefer a shake for breakfast, simply switch your breakfast and midmorning meals.
- ✓ Add a 6th meal if you're still hungry after dinner: have a shake or a meal with protein + carb + fat.
- ✓ **Supplements are optional. They are designed to turbocharge your results. ♦**

♦ Specific recommended brands of shakes and supplements can be found in the reference section.

WEEK 1 OF YOUR 8 WEEK RUN

1 CUT

CUT the foods and drinks that cause bloating.

Below is a list of foods and drinks that cause water retention:

- Gluten (found in most bread products)
- Soy
- Cheese & Yogurt
- Refined Sugar
- Sugar Sweeteners (besides stevia)
- Salt
- Grains
- Soda Pop (diet & regular)
- Alcohol ¹
- Caffeinated Coffee & Tea ²

Also Cut Exercise ³

- 1 Cut alcohol during Detox & Ignite phases.
- 2 If you experience headaches, you can have one cup of caffeinated coffee or tea in the morning. Decaffeinated herbal tea is fine throughout your Detox phase.
- 3 Exercise can cause inflammation. Your goals in Phase 1 Detox: clean your body, flush your system, and remove as much inflammation as possible. This is best accomplished by NOT exercising in the seven-day Detox phase (moderate exercises like walking 30–45 minutes at a time is fine).

2 CLEAN

Add the **CLEAN** foods & supplements to cleanse your body.

SAMPLE MEAL PLAN

see next page for suggested meal portions + foods

Breakfast	Protein + Carb + Fat (Ex.: Egg Whites + Berries + Almonds)
Midmorning	Protein Shake ♦ (see list on next page)
Lunch	Protein + Carb + Fat (Ex.: Chicken Breast + Green Beans + Avocado)
Midafternoon	Protein Shake (with Cleansing Supplement) ♦
Dinner	Protein + Carb + Fat (Ex.: Grilled Halibut + Asparagus + Olive Oil + Medium Bowl of Spinach or Lettuce)

3 FLUSH

FLUSH the toxins from your system with H₂O.

Water Recommendations

FEMALES

2–4 Liters / Day



8–16 Glasses (8 oz.)

MALES

3–5 Liters / Day



12–20 Glasses (8 oz.)

Drink water with each meal and between each meal.

Drink as much water as you can within the recommended guidelines.

If you're currently not drinking water or have preexisting water retention problems, slowly increase your water consumption during your Detox, Ignite, and Thrive phases. This gradual increase will help your body adapt to its new hydration.

Using a steam or sauna is an excellent way to help sweat out the toxins!

♦ Specific recommended brands of shakes and supplements can be found in the reference section.

SPECIAL NOTE:

Any protein, carb, or fat can be exchanged for a different protein, carb, or fat; just swap from the list.

PORTION EXCHANGE SYSTEM & RECOMMENDED FOODS

PROTEINS	CARBOHYDRATES	FATS	FREE FOODS
PORTION SIZES  FEMALES MALES 1 PALM 1½-2 PALMS (3 OUNCES) (5 OUNCES)	PORTION SIZES  FEMALES MALES 1 FIST 2 FISTS (3 OUNCES) (5 OUNCES)	PORTION SIZES  FEMALES MALES 1 THUMB 1 BIG THUMB	PORTION SIZES <div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; display: flex; align-items: center; justify-content: center; margin: 20px auto;"> NO LIMITS </div>
CHOOSE 1 PER MEAL <ul style="list-style-type: none"> ✓Lean Proteins ¹ <ul style="list-style-type: none"> • Bison (<i>extra lean</i>) • Chicken • Egg Whites • Hemp (<i>low in fat, ex. hemp powder</i>) • Lean Fish (<i>no shellfish</i>) (ex. halibut, tilapia, tuna, etc.) • Turkey • Venison ✓Non-Lean Proteins (<i>do not choose additional fat w/ these proteins</i>) <ul style="list-style-type: none"> • Hemp (<i>regular fat content</i>) • Salmon ✓Protein Powder (<i>shakes</i>) ² ♦ <ul style="list-style-type: none"> • Whey & Micellar Casein: Core Protein Shake (<i>made by MYNT</i>) • Hydrolyzed Whey: Proto Whey • Plant Based: Vega One or Warrior Blend • Egg White: Many Quality Brands 	CHOOSE 1 PER MEAL <ul style="list-style-type: none"> ✓Fruits <ul style="list-style-type: none"> • Apples • Bananas • Berries • Grapefruit • Mangos • Oranges • etc. ✓Vegetables ³ <ul style="list-style-type: none"> • Bell Peppers • Broccoli • Carrots • Cucumber • Squash • Tomato • etc. <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>³ Avoid calorie dense veggies like beans, corn, peas, potatoes during Detox phase.</p> </div>	CHOOSE 1 PER MEAL <ul style="list-style-type: none"> ✓Avocado ✓Chia Seeds ✓Flax Seeds ✓Natural Nut Butters (<i>1 tbsp. - for females</i>) (<i>1½ tbsp. - for males</i>) ✓Oils (<i>½ tbsp. for females</i>) (<i>1 tbsp. for males</i>) <ul style="list-style-type: none"> • Olive • Coconut • Macadamia ✓Raw Nuts (<i>½ oz. ~ small handful - for females</i>) (<i>1 oz. ~ medium handful - for males</i>) 	UNLIMITED <ul style="list-style-type: none"> ✓Herbs <ul style="list-style-type: none"> • Basil • Bay Leaves • Cilantro • Dill • Parsley • Rosemary • Sage • Thyme • etc. ✓Spices <ul style="list-style-type: none"> • Cinnamon • Garlic • Ginger • Nutmeg • Peppercorns • Saffron • etc. ✓Leafy Greens (<i>fresh only</i>) <ul style="list-style-type: none"> • Collard Greens • Kale • Lettuce (<i>all types</i>) • Spinach ✓Natural Sweetener <ul style="list-style-type: none"> • Stevia
<p>¹ Only fresh, no processed meats and no beef, pork, or lamb - can add back in Ignite phase.</p> <p>² Avoid ALL protein bars during Detox.</p>			




♦ Specific recommended brands of shakes and supplements can be found in the reference section.

SPECIAL NOTE:

Repeat the meal plan below each day for the next **1 WEEK** (7 days).

SUGGESTED MEAL PLAN

Detox Meal Plan for Females

	1 PROTEIN	1 CARB	1 FAT	SUPPLEMENTS
	SERVING SIZE	SERVING SIZE	SERVING SIZE	
	 1 PALM (3 OUNCES)	 1 FIST (3 OUNCES)	 1 THUMB	SEE BELOW FOR SUPPLEMENT SERVING SIZE
Breakfast	3 Egg Whites (or 3 oz. protein from list)	3 oz. Fruit or Vegetables	½ oz. raw nuts (a small handful) (or choose 1 serving of fat from list)	Fiber • Psyllium Husk: 5 g (~ 1 heaping tsp.)
Midmorning	1 Shake Serving ♦ (serving size is based on nutrient label; use only water for your desired consistency)			
Lunch	3 oz. Protein	3 oz. Fruit or Vegetables	1 oz. Avocado (or 1 serving of fat from list)	
Midafternoon	1 Shake Serving ♦ (serving size is based on nutrient label; use only water for your desired consistency)			Cleansing ♦ • Milk Thistle: 500 mg (100 mg Silybum Marianum) • Cranberry Extract: 500 mg • Senna Extract: 400 mg (20 mg Sennosides) • OR can take Core Boost Cleanse: 1 Packet to replace all 3 above
Dinner	3 oz. Protein	3 oz. Fruit or Vegetables FREE FOOD Medium Bowl of Spinach or Lettuce	½ tbsp. Oil (use the oil for your salad) (or choose 1 serving of fat from list)	Fiber • Psyllium Husk: 5 g (~ 1 heaping tsp.)
Late night	Shake or Meal Consisting of Protein, Fat, & Carbs *meal optional - eat if hungry*			

Water Recommendations

2–4 Liters / Day
8–16 Glasses (8 oz.)



Drink water with each meal and between each meal.




♦ Specific recommended brands of shakes and supplements can be found in the reference section.

SPECIAL NOTE:

Repeat the meal plan below each day for the next **1 WEEK** (7 days).

SUGGESTED MEAL PLAN

Detox Meal Plan for Males

	1 PROTEIN	1 CARB	1 FAT	SUPPLEMENTS
	SERVING SIZE  1½–2 PALMS (5 OUNCES)	SERVING SIZE  2 FISTS (5 OUNCES)	SERVING SIZE  1 BIG THUMB	SEE BELOW FOR SUPPLEMENT SERVING SIZE
Breakfast	5 Egg Whites <i>(or 5 oz. protein from list)</i>	5 oz. Fruit or Vegetables	1 oz. raw nuts <i>(a small handful)</i> <i>(or choose 1 serving of fat from list)</i>	Fiber <ul style="list-style-type: none"> • Psyllium Husk: 5 g (~ 1 heaping tsp.)
Midmorning	1–2 Shake Servings <i>(based on your level of hunger)</i> ♦ <i>(serving size is based on nutrient label; use only water for your desired consistency)</i>			
Lunch	5 oz. Protein	5 oz. Fruit or Vegetables	2 oz. Avocado <i>(or 1 serving of fat from list)</i>	
Midafternoon	1–2 Shake Servings <i>(based on your level of hunger)</i> ♦ <i>(serving size is based on nutrient label; use only water for your desired consistency)</i>			Cleansing ♦ <ul style="list-style-type: none"> • Milk Thistle: 500 mg (100 mg Silybum Marianum) • Cranberry Extract: 500 mg • Senna Extract: 400 mg (20 mg Sennosides) • OR can take Core Boost Cleanse: 1 Packet to replace all 3 above
Dinner	5 oz. Protein	5 oz. Fruit or Vegetables FREE FOOD Large Bowl of Spinach or Lettuce	1 tbsp. Oil <i>(use the oil for your salad)</i> <i>(or choose 1 serving of fat from list)</i>	Fiber <ul style="list-style-type: none"> • Psyllium Husk: 5 g (~ 1 heaping tsp.)
Late night	Shake or Meal Consisting of Protein, Fat, & Carbs *meal optional - eat if hungry*			

Water Recommendations

3–5 Liters / Day
12–20 Glasses (8 oz.)



Drink water with each meal and between each meal.

♦ Specific recommended brands of shakes and supplements can be found in the reference section.