

## **DETOX WEEK GUIDE**

If you are pregnant, nursing or being treated for a medical condition do check with your health professional before being the detox program.

It all starts here.

This week, we begin with Detox — the optional jumpstart to your TLS<sup>®</sup> success!

The Detox period consists of a seven-day “fast” from sugar, and processed foods. This will cleanse both your body and your palette, enabling you to avoid the cravings for high-glycemic foods that have been standing in the way of your weight loss success. The Detox period will also help to reset your metabolism and prepare you for the changes ahead.

While you should be familiar with the rules of Detox Week, here are some reminders:

Do not engage in strenuous exercise during Detox Week; moderate activity, such as walking, stretching and yoga are permissible.

Aim for eight hours of sleep nightly, working in additional naps wherever possible.

During detox week you will be eating the following:

- If you have food sensitivities, make food choices accordingly
- Unlimited Vegetables as per list
- 3 servings of fruit (1 med fruit or 1 cup)
- 6 oz protein per day in 2 or 3 oz portions
- No alcohol, coffee, soda or other caffeinated beverages
- No grains or starches
- Water (minimum of 8 cups per day)
- No sugar (other than those found naturally in fruits and vegetables)
- Detox supplement instructions:
  - Hepatocleanse [blister pack]: – take 2 mid-morning
  - Fiber: 1 scoop of fiber in 8 ounces of water – anytime during the day.
  - Release/Hepatocleanse – take 1 packet before bed.

Remember, while Detox can be a challenge, it’s one of the best investments you can make toward your health and weight loss goals. This is where you lay the foundation for future success, so don’t sell yourself short! Above all else, do this for YOU, because YOU ARE WORTH IT!

## **GETTING READY FOR DETOX WEEK**

You can find recipes, food lists and much more on your [tlsslim.com](http://tlsslim.com) site.

- ✓ **GET TEMPTATION OUT OF THE WAY FOR 21 DAYS:** Don’t try to control with will power, that which you can control with environment. If it is going to tempt you, keep it out of reach.
- ✓ **GET FOOD ON YOUR SHELVES**
- ✓ **TAKE 3- 7 days to RATCHET THINGS UP**
  - DAY 1: At least: 2 cups of water - 2 cups of veggies
  - DAY 2: At least 3 cups of water - 3 cups of veggies
  - DAY 3: At least 4 cups of water - 4 cups of veggies
  - DAY 4: At least 5 cups of water - 5 cups of veggies
  - DAY 5: At least 6 cups of water - 6 cups of veggies
  - DAY 6: At least 7 cups of water - 7 cups of veggies
  - DAY 7: At least 8 cups of water - 8 cups of veggies
- ✓ **WATCH THESE HELPFUL [short] VIDEOS**
  - WHAT TO EXPECT <https://youtu.be/74n3o8SLlI8>
  - FOODS: <https://youtu.be/UVDivxXRw1I>
  - SUPPLEMENTS: <https://youtu.be/6DGtws6mOFo>
  - TIPS, TRICKS: <https://youtu.be/yGgFwbaRrEk>
  - NO GRAINS? WHY? <https://youtu.be/Z03m4KFv4GI>

## **ONE CLIENTS EXAMPLE**

### **DETOX WEEK SHOPPING LIST FOR TWO**

[use organic, free range if possible]

- 2 lbs. of chicken
- 10 lemons
- 4 cucumbers
- Mint
- 3 dozen eggs
- 7 /8 oz packages frozen asparagus
- 5 large containers of mushrooms
- 10 Vidalia onions
- 8 avocados
- 7 tomatoes
- 2 heads bibb lettuce
- 7 cups sprouts
- 2 heads of garlic large
- 2 large package kale
- 3 large bags spinach
- 6 large carrots
- 7 green peppers
- 4 large zucchini
- 6 cups of green beans
- 2 14 oz cans tomato
- 4 quarts of veggie broth
- Salsa [no sugar added]
- Spices: cumin, salt, pepper, garlic
- Liquid coconut aminos [for broth]
- 14 apples
- 14 bananas
- 7 pints of organic berries

## **DAILY MENU**

### **DRINKS**

*Water/lemon in AM and infused water*

1 cup of warm water with ½ lemon

2 quarts of infused water – cucumber, lemon and mint

### **BREAKFAST: Veggie Omelet**

2 eggs with asparagus, mushrooms and onions/  
topped with chopped/tomatoes and avocados

### **LUNCH: Lettuce wraps and soup**

### **LETTUCE WRAPS**

Bibbed lettuce filled with avocado, grape tomatoes, sprouts and a splash of salsa

### **VEGETABLE SOUP : I will make 2 large pots for the week/each pot will contain the following**

2 garlic cloves, crushed

1 medium onion, roughly chopped

4 cups kale, roughly chopped

4 medium carrots, peeled and roughly chopped

1 large zucchini, roughly chopped

2 cup green beans, chopped bite size

1 14 oz canned diced tomatoes

4 quarts veggie broth

2 tbsps. freshly squeezed lemon juice)

salt, cumin and pepper, liquid aminos to taste

### **DINNER: Chicken and veggies**

### **CHICKEN AND VEGGIES WITH SALSA**

6 oz of of chicken

Lightly stir fried

green pepper,

large onions

Mushrooms

Spinach

Splash of Salsa

### **SNACKS [each]**

1 apple a day

1 banana

1 cup berries