

7 Day Detox

Lose Weight - Feel Great!



REVEALED

**“Finally a Detox Program
That Is So Easy to Follow That
I Can Lose Weight & Feel Great!”**

**Do you want to lose 5+ pounds of fat in the next 7 days **FOR FREE*?*
(then keep reading...)**

Dear Fit Family Member,

I used to give my clients a very detailed 30+ page nutrition book when they started. What I realized is that information overload and overwhelm set in.

After all, they just wanted to lose weight fast! ...not read an encyclopedia about nutrition.



Since I knew I had to get people to lose fat within the first week, but working out alone just never did the trick, I came up with this 7 day jump start for fat loss and (oh so cleverly) called it a detox. That's mainly because I got tired of hearing my clients complain of the frustration of gaining the weight that they had just lost on some type of extreme detox or cleanse diet.

Since I discovered that people will actually stick to a program that delivers fast results, this has been the starting point for fat loss ever since.

Follow this program for the next 7 days and you will see pounds of fat drop in just one week.

This is not a permanent weight loss solution. It is just a jumpstart.

If you follow this for more than 7 days, you will risk burning out and falling off track all together.

The good news is that following a strict meal plan can be tough, but you can do anything for just 7 days!

*Disclaimer: See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietitian



The Rules

1. Eat one meal every 3-4 hours
2. Combine 1 fruit or veggie, 1 food from the protein list and 1 healthy fat in each meal
3. No alcohol, coffee, juice, or soda
4. No birth control (just kidding)
5. Drink at least 1 cup of green tea per day (no sweetened / bottled tea)
6. Drink a lot of water
7. Tell your friends to back you up and not to peer pressure you into cheating



And here we go...

The Foods List

Fruits and Veggies

- Spinach
- Broccoli
- Berries
- Asparagus
- Celery
- Green peppers
- Mushrooms
- Red Peppers
- Onion
- Cucumbers
- Jicama

Healthy Fats

- Natural Peanut Butter
- Almond Butter
- Flax Meal
- Olives
- Avocados

- Almonds (unsalted)
- Walnuts (unsalted)
- Cashews (unsalted)
- Pecans (unsalted)
- Sunflower Seeds (unsalted)
- Extra Virgin Olive Oil (coldhard pressed)
- Fish Oil
- Coconut Oil

Proteins

- Whey Protein
- Casein Protein
- Lowfat Cottage Cheese
- Lowfat Plain Greek Yogurt
- Omega3 Eggs
- Grilled Organic Chicken
- Mozzarella Cheese Sticks

Other

- Green Tea
- Multivitamin
- Cinnamon
- Apple Cider Vinegar
- Water

The Meal Plan

Shake Formula

My favorite shake recipe is 1 scoop of chocolate protein powder, ½ cup low-fat cottage cheese, 1 TBSP Almond Butter, 1 cup of frozen blackberries, ¼ cup of pecans, ½ cup of low-fat almond milk, ¼ cup of frozen dark sweet cherries, ¼ cup of flax meal blended until smooth. Add some ice if the shake is too thick.

Spinach Salad

A good salad recipe is 2 cups baby spinach leaves, ½ avacado, ½ cucumber, 8 crushed walnuts, 1 tsp apple cider vinegar.



Eggs

When I am on this detox for 7 days, I take an entire carton of eggs and boil them on Sunday. These are great sources of protein that you can have ready to go for any meal or snack. To add carbohydrates and healthy fats to this meal, just eat 1-2 fruits or vegetables, and some nuts of your choice.

Helpful Tips

No Cheating

You will only be following these strict rules for 7-days. Do not cheat! You can do it.

Friends

You will need the help of your friends. Most people pass or fail depending on whom they are around. People naturally get hungry. If you are hanging out with friends who are unaware of your 7-Day Fat Loss Detox, they will peer pressure you into cheating. If they understand your struggle ahead of time, they will be more likely to cheer you on and make better choices with you.

Shakes & Raw Foods



With the exception of boiled eggs, ALL of your foods during the next 7 days will be raw. The best way to accomplish this is with my shake recipes. Don't eat a raw hamburger! That is not what I am talking about. Cooked foods are often made at high temperatures that damage nutrients.

Most, and I mean almost all restaurants use crappy oils on the grill that will damage your health and put free-radicals (cancer causing particles) into your body. For this week, we are going raw!

Power Foods

The foods in the list above are packed with nutrients that will clean out your system, aid in fat loss, and improve your overall health. These foods will give you special superhero like powers! Your goal is to include as many of these as possible this week. It is a good idea to print this list and take it to the grocery store with you.

Naked Food

I have always been a fan of eating my foods without toppings, seasoning, or dressings. These usually add far more calories than we need. Most of them are loaded with crappy fats, high-fructose corn syrup, and some of them are way too high in sodium. For the next 7 days, stick with the No Toppings Rule.

Water

It is important to drink a lot of water. A lot of people try to use a formula based on body weight, etc. and I think this is not necessary. The habit I use is to set out 2 liters of water next to my bed every night. As soon as I wake up, I drink some water to start my day. According to Mayo Clinic, the average adult excretes 1.5 liters (6.3 cups) of water per day in urine. Mayo also says men should drink about 3 liters (13 cups) per day and women should drink about 2.2 liters (9 cups) of water each day. Some days you will sweat more and require more water. Other days you will start to "fill up the tank" and need to empty it every 5 minutes. In this case, you should calm down on the water-chugging routine for a while. If your urine is clear in color, you are usually plenty hydrated.



Recap of The Rules

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That's it - easy as can be! Please do not hesitate to get back to me with any questions.

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