



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.

Now you know!

Let's get this clear first, I am NOT a nutritionist, doctor or therapist. The information included in this 7 Day Detox is something I have followed for myself. I am not claiming to be anything else other than an everyday person and trainer that wants to share with you what has worked for me. If you have any medical issues, need to follow a special nutrition plan or have any doubts you should or shouldn't be following this plan please before you start consult your doctor, nutritionist, dietician or holistic practitioner before moving forward. Again I am only sharing with you what has worked for me. If you begin this without first consulting your professional health care practitioner you do so at your own risk. Deborah Sandoval, Divine Fitness, LLC and Tri Valley Adventure Boot Camp and all their associates are not responsible for any adverse conditions you may experience as a result of following this plan.

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.**



Your Daily Menu Plan

1. Eat one meal every 2-3 hours (don't go longer than 3 hours in between meals)
2. Combine 2 fruit, 2 veggies, 1 food from the protein list and 1 healthy fat in each meal
3. No alcohol, coffee, juice, or soda, ONLY Water and green tea
4. Drink at least 1 cup of natural herbal green tea per day (no sweetened / bottled tea)
5. Drink a lot of water. Ideally half your body weight (at least 8 glasses a day)
6. Tell your friends and family to help support you and not to peer pressure you into cheating

The Foods List

Fruits and Veggies

Note: any fruit or veggies that are **NOT** starch based like bananas, yams, and sweet potatoes are ok.

- Spinach
- Zucchini
- Brussels sprouts
- Carrots
- Broccoli
- Berries
- Asparagus
- Celery
- Mixed green salad (no iceberg)
- Lettuce any type except iceberg
- Cantaloupe
- Watermelon
- Green peppers
- Pineapple
- Mushrooms (any kind)
- Red Peppers
- Onion
- Cucumbers
- Jicama
- Plums
- Oranges, tangerines
- Nectarines, peaches
- Apples, pears

Healthy Fats

- Natural Peanut Butter
- Almond Butter
- Flax seeds or Meal
- Olives (low or no sodium)
- Avocados
- Almonds (unsalted)
- Walnuts (unsalted)
- Cashews (unsalted)
- Pecans (unsalted)
- Sunflower Seeds (unsalted)
- Extra Virgin Olive Oil (cold hard pressed)
- Fish Oil

Proteins

- Whey Protein (plain in bulk not in a fancy tub with additives. Pea or Hemp Protein ok to use)
- Casein Protein
- Low-fat Cottage Cheese
- Low-fat Plain Greek Yogurt (no fruit included already add the fresh fruit if you need)
- Tofu
- Eggs (Omega3 preferred but not required)
- Grilled or baked (Organic preferred but not required. No chicken wings) Chicken/Beef/Fish
- Mozzarella Cheese Sticks

Other

- Green Tea
- Multivitamin (include Magnesium, Potassium, Vitamin D, Vitamin C, Vitamin B12)
- Cinnamon, ginger, herbs, spices
- Apple Cider Vinegar
- Water

Meal Plan Suggestions

Shake Formula

My favorite shake recipe is 1 scoop of protein, 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 seeds and 2 TBS of chai seeds blended until smooth. Add some ice if the shake is too thick.

My other favorite detox shake I usually drink this every morning. If you can stand the citrus. 1 scoop of protein (I use hemp protein), 2 TBS of flax seeds and chai seeds, 1 green granny apple, 1-2 lemon and or lime juice squeezed into blender. Two big slices of fresh pineapple. Ice and water if too thick, blend and enjoy!

Spinach Salad

A good salad recipe is 2 cups baby spinach leaves, ½ avacado, ½ cucumber, 8 crushed walnuts, 1 tsp. apple cider vinegar. (Avoid salads with iceberg lettuce)



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. (You can have hardboiled, poached, omelets, no fried)

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 with the exception of the eggs, chicken, fish or lean meat that you will be adding. The best way to accomplish this is with shake and salad 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. If you do have to have toppings on your salads use vinegars, olive oils, lime, lemon, herbs, spices.

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

1. Eat one meal every 2-3 hours (do not go past 3 hours between eating)
2. Combine 2 fruit and 2 veggies, 1 food from the protein list and 1 healthy fat in each meal
3. No alcohol, coffee, juice, or soda
4. Drink at least 1 cup of green tea per day (no sweetened or bottled tea make your own!)
5. Drink a lot of water (at least 8 glasses a day)
6. Tell your friends to back you up and not to peer pressure you into cheating

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

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