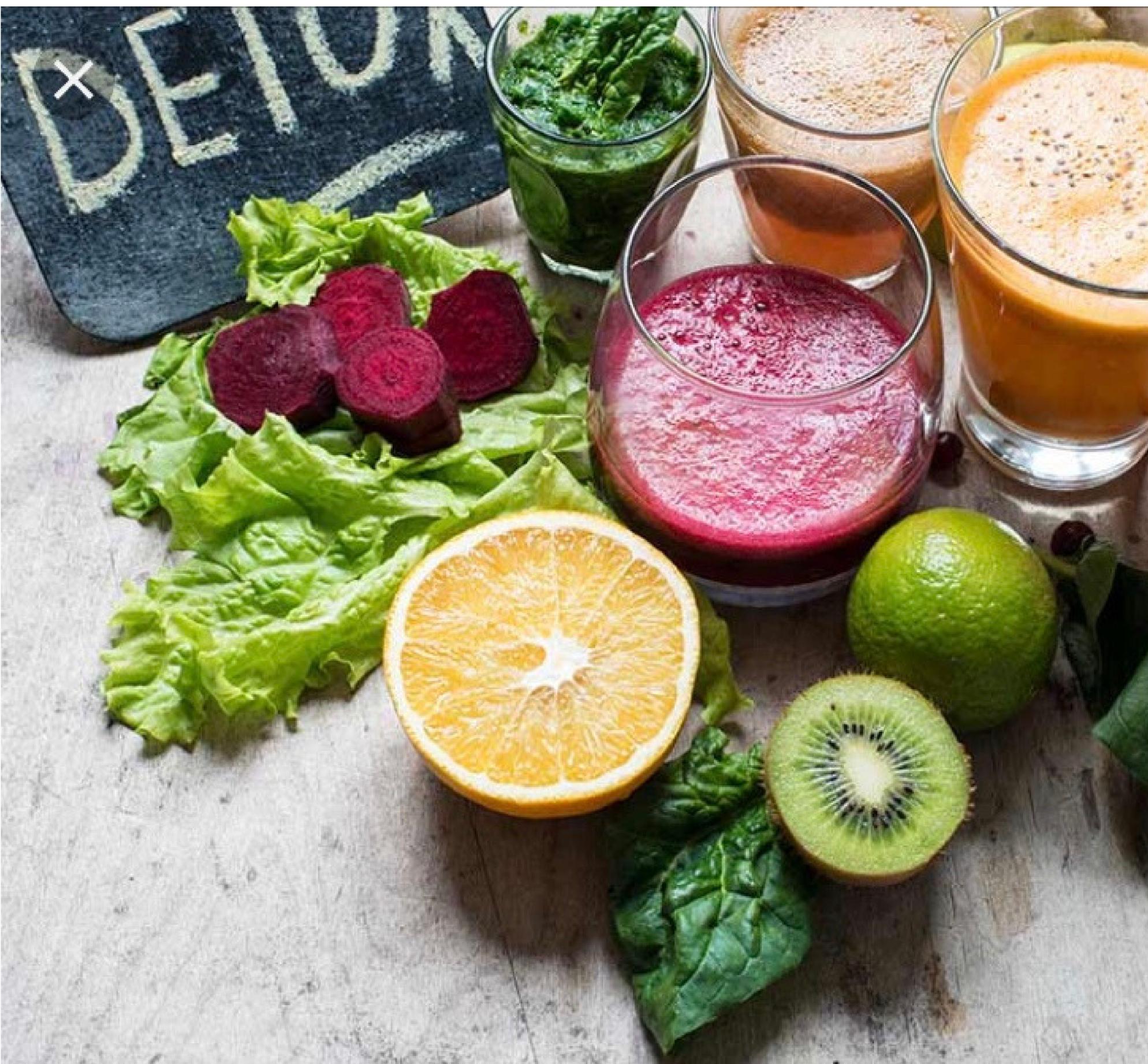




FITLUD
FITNESS MOTIVATION GURU

"DIET DETOX RECIPE GUIDE"



Thrive 60 Day Program Success Secret's

*Refer to the nutrition guide for instructions on how to use this detox guide

*Aim for at least 60 ounces of water per day. The more the better.

*Eat only when sitting. Take time to chew your food and put your utensils down between bites. Savor your food.

*Eat only when you are TRULY hungry and stop BEFORE you feel full.

*Drink 8 ounces of room temperature water upon waking (before coffee).

*Drink unsweetened green tea as much as you like.

*If you get hungry between meals and you must eat something eat raw your choice of raw green veggies.

*Limit coffee to one cup per day and enjoy it black or if you need a bit of sweetness add stevia.



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MORNING DETOX BLASTER

Ingredients

Drink daily upon waking:

- 1 cup "ish" water
- 2 spoonfuls Apple Cider Vinegar (I use Bragg's variety)
- 1 spoonful lemon juice
- 1/2 spoonful of ground ginger and cinnamon
- pinch of cayenne pepper
- pinch of real sea salt (not table salt)

Mix all together and drink first thing in the morning before breakfast.



DETOX GUIDELINES FOR SUCCESS

*Upon hunger choose any of the detox smoothies in this e-book for breakfast. Before you have the smoothie drink another 1-2 cups of water.

*Upon hunger choose any of the detox superfood salads in this e-book for lunch. Before you eat lunch have another 1-2 cups of water.

*Upon hunger choose any of the nourishing night time recipes in the e-book for dinner. Before you eat dinner have another 1-2 cups of water.

*Avoid Snacking and if necessary enjoy raw green veggies or a large green salad with balsamic vinegar as a dressing



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DETOX SMOOTHIE RECIPES

Island Smoothie

1/2 mango

1/2 cup pineapple

1/2 cup coconut milk, unsweetened

1 handful baby kale

1 small spoonful of chia seeds

2 spoonfuls of Greek yogurt, nonfat

Ice, as needed

water, as needed

Combine all ingredients in blender and blitz until smooth. You can adjust the desired consistency with the amount of ice/and or water.



DETOX SMOOTHIE RECIPES

Green Machine Smoothie

1/2 green apple, chopped
3/4 cup plain Greek nonfat yogurt
1 cup chopped spinach, packed
1 cup chopped kale, packed
1/2 zucchini, frozen
1/4 banana
1/4 avocado, ripe
1/2 cup nut, flax or coconut milk,
unsweetened.

Combine all ingredients in blender and blitz until smooth. You can adjust the desired consistency smooth.

DETOX SMOOTHIE RECIPES

PB&J Smoothie

1/2 cup plain Greek nonfat yogurt
1/2 cup nut or flax milk, unsweetened
1/2 cup strawberries, frozen
1/2 cup blueberries
handful of spinach
1 TBSP all natural Peanut Butter
pinch of stevia

Combine all ingredients in blender and blitz until smooth. You can adjust the desired consistency smooth.

DETOX SMOOTHIE RECIPES

Creamy Cauli Smoothie

1/2 green apple, roughly chopped

1/2 avocado

1/2 cup cauliflower, cooked and then frozen

1 handful of kale

1/2 cup nut or coconut milk, unsweetened

1/2 cup plain Greek nonfat yogurt

1 pinch stevia

Combine all ingredients in blender and blitz until smooth. You can adjust the desired consistency smooth.



DETOX SMOOTHIE RECIPES

Orange Berry Smoothie

- 1 cup nut or coconut milk, unsweetened
- 1 orange
- 1/2 cup raspberries, fresh or frozen
- 1 spoonful ginger, grated (or 1/4 spoonful)
- 1 handful kale
- 1 spoonful unsweetened coconut flakes
- 1/2 cup nonfat Greek Yogurt
- 1 spoonful chia seeds or flax seeds, ground

Combine all ingredients in blender and blitz until smooth. You can adjust the desired consistency smooth.

DETOX LUNCHTIME SALAD RECIPES

Chicken and Berry Salad

1 1/2 spoonfuls almond butter, all natural
1/2 cup fresh blueberries
1/4 cup fresh raspberries
2 spoonfuls applesauce, unsweetened
2 spoonfuls unsweetened nut or flax milk,
unsweetened
2 handfulls spinach
palm sized amount of cooked chopped
chicken
1 spoonful queso fresco cheese

Place almond butter in microwaveable bowl for 30 seconds. Add warm almond butter, applesauce and nut milk in a blender or food processor until smooth. You can also mix vigorously in a bowl if you prefer. Place spinach on a plate and top with chicken. Drizzle almond butter dressing on top. Sprinkle with cheese.

DETOX LUNCHTIME SALAD RECIPES

Peppered Chicken Salad

1/4 avocado, sliced
2 spoonfuls red onion, chopped
1/2 green apple, chopped
1/4 cup "ish" cucumber, sliced
1 spoonful olive oil
1 spoonful lemon juice
1/2 spoonful pepper
1/2 pear, sliced
1 handful spinach
1 handful arugula
1 spoonful feta cheese
palm size amount of chicken breast, cooked
and chopped

Combine olive oil, lemon and pepper in a small bowl. In a large bowl combine all other ingredients and pour olive oil mixture over top.

DETOX LUNCHTIME SALAD RECIPES

Crunchy Cabbage Salad

1/4 head green cabbage, finely chopped
1 carrot, shredded
1/2 bunch kale, de-stemmed and shredded
2 spoonful cilantro, chopped
1/2 green apple, chopped
1 green onion, chopped
2 spoonful almonds, chopped
1/2 avocado, chopped

Salad Dressing:

1/2 lemon, juiced
1/4 cup almond butter, all natural
1/2 spoonful fresh ginger, grated or ground
2 spoonfuls apple cider vinegar
1 pinch stevia, to taste
1 pinch sea salt, to taste

Combine all salad dressing ingredients in a food processor or blender and blitz until smooth and creamy. Place all salad ingredients including in a large bowl and toss with dressing.

DETOX LUNCHTIME SALAD RECIPES

Johnny Appleseed Salad

2 cups cauliflower, chopped
1 cup broccoli, chopped
1 cup red cabbage, shredded
1 cup romaine lettuce, roughly chopped
1 cup carrots, roughly chopped
1/4 cup sunflower seeds
1/4 cup pumpkin seeds
1/2 green apple, chopped
2 spoonfuls of pecans, chopped
3 spoonfuls chickpeas

Salad Dressing:

2 spoonfuls olive oil
1/2 lemon, juiced
pinch of stevia
1 garlic clove, chopped
pinch of sea salt

Add first 10 ingredients to a large bowl toss and set aside. Mix ingredients for the dressing in a small bowl and pour over salad bowl. Toss lightly to coat.

DETOX NOURISHING NIGHT TIME RECIPES

Spinach and Shrimp Salad

1/2 garlic clove, minced
1 spoonful red onion or shallot, chopped
1 spoonful of minced fresh parsley
2 cups fresh spinach
1/4 cup cherry tomatoes, halved
2 spoonfuls sliced almonds, toasted
1/4 lemon juiced
2 spoonfuls olive oil
1/4 spoonful sea salt
4-5 large pre cooked jumbo shrimp (cocktail shrimp)

Mix olive oil, lemon juice, salt, garlic and parsley in a bowl. Place spinach, tomatoes and shrimp on plate. Drizzle dressing on top and sprinkle with almonds.

DETOX NOURISHING NIGHT TIME RECIPES

Protein Power Potato

palm size amount of ground turkey, cooked
1 small sweet potato or yam, baked or microwaved

1 cup broccoli steamed and chopped

1 handful of spinach

Sea salt and pepper to taste

1 spoonful of low sugar balsamic dressing

Slice sweet potato or yam in half. Layer over top of potato or yam with broccoli, turkey and spinach. Drizzle with dressing and season with sea salt and pepper.



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DETOX NOURISHING NIGHT TIME RECIPES

Veggie Asian Wraps

3 Romain lettuce leaves, washed and dried
1 spoonful olive oil
palm size amount of tofu, chopped
1/2 shallot, chopped
1 garlic clove, minced
1 spoonful Braggs Aminos* or low sodium soy sauce
1/4 lemon, juiced
1/4 spoonful ginger, ground or fresh and grated
1/2 spoonful chili garlic sauce
1/2 spoonful rice wine vinegar
1/2 spoonful sesame oil
2 spoonfuls peanuts, chopped

Heat olive oil in a non stick skillet over medium high heat. Add garlic and shallots cook for 3 minutes. Add tofu until warm. In a small bowl combine green onion, garlic, aminos, lemon juice, ginger, chili sauce and vinegar. Plate the lettuce leaves and top with the tofu mixture on a dish. Drizzle with with sauce and sprinkle with chopped peanuts.



DETOX NOURISHING NIGHT TIME RECIPES

Lemon Salmon with Roasted Veggies

- 1 spoonful olive oil
- 1 palm size portion salmon
- 1/2 onion, sliced
- 1 lemon sliced
- 2 garlic cloves, sliced thin
- pinch of sea salt
- 1/4 spoonful ginger, ground
- 1/4 spoonful thyme
- 1/2 cup brusell sprouts, chopped
- 1/2 cup califlouwer, chopped
- 1 spoonful balsamic vinegar

Preheat oven to 425 degrees. Heat a large ovenproof skillet over medium heat. Add olive oil and when hot, add onion, garlic and ginger. Sauté until tender; about 5 minutes. Halfway through sautéing the onions, add thyme. Meanwhile place veggies on a baking sheet and drizzle with balsamic vinegar and place in hot oven. When the onions are cooked, remove the skillet from the heat and lightly salt. Lay the salmon skin side up over the onions. Cover the fish and onions with orange slices. Put the skillet in the oven and bake about 12-15 minutes or until the salmon is done. When removing skillet and pan from oven, be sure to use a mitt as handle will be hot!



DETOX NOURISHING NIGHT TIME RECIPES

Southwest Rice Bowl

1/2 cup brown rice, cooked

1/4 cup black beans

1 palm size amount chicken cooked,
chopped

1/4 red onion, chopped

1 spoonful cilantro, chopped

2 spoonfuls salsa

1 spoonful olives, chopped

1/4 avocado chopped

pinch of cayenne pepper

1 dollop cup plain Greek nonfat yogurt

Combine all ingredients in a large bowl except Greek Yogurt and cilantro. Once well combined top with yogurt and cilantro.

DETOX NOURISHING NIGHT TIME RECIPES

Quinoa Curry

palm sized amount of chicken, cooked and chopped

1/2 cup quinoa, cooked

1/4 green apple, chopped

1 spoonful golden raisins

2 spoonfuls of plain Greek nonfat yogurt

1/2 spoonful curry powder

1/2 spoonful of pumpkin seeds

1 spoonful cilantro, chopped

1 handful spinach

Mix apple, raisins, yogurt, chicken, seeds and curry in a small bowl. Place spinach on a plate and layer with quinoa and curry mixture. Sprinkle with cilantro.