



FITLUD
FITNESS MOTIVATION GURU

"THE DIET DETOX"

KICKSTART YOUR RESULTS IN

JUST 5 DAYS!

DON'T DEPRIVE..REVIVE!



***Kickstart your results with my 5 Day Diet Detox to boost your metabolism and give your body a clean slate and become a fat burning machine! After the Detox you have the option to join my Fit5 Guide 30 Day Program for a discounted rate.**

***Learn to "Un Diet" for life**

***No Deprivation. Only Moderation**

***Real Food no "weird" expensive ingredients**

***No weighing or measuring**

***Nutrition for real life**

***Fit in 5 Workout Program is included!**



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WELCOME TO THE DIET DETOX

I believe in un dieting for life!



This is your 5 Day Diet Detox Program to help you get get on the fast track to your results. Then learn how to "Detox" from DIETS for good get off the yo yo weight loss band wagon and un diet for life with my follow up 30 day program.

After you complete the 5 Day Diet Detox Kickstart you can join me for my Fit5 Guide 30 Day Program if you are tired of hard set food rules, gimmicks and complicated programs and just want to eat real food for real results! Nothing is off limits, it is all about moderation, not deprivation!

DIET DETOX SUCCESS SECRET'S



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)



If you are trying to lose weight avoid or limit snacking when possible.



Drink unsweetened green or matcha 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 and cocounut oil . This is a good option to replace creamer.

Please read and follow the instructions thoroughly on the next page for optimal fast track results!

JLUD'S DIET DETOX GUIDELINES



*Upon waking drink 10-12 ounces of warm lemon water

*15 minutes later drink this Fat Blaste Shooter:

-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)

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

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

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



JLUD'S DIET DETOX TIPS



*Cheese serving size is the size of a pair of dice

*Nut butter, oils, and dressing serving size is the size of your thumb.

*Protein serving size is the size of your palm.

*Grain/pasta serving size is the size of a baseball.

*Eat as many green veggies as you want!

*Don't go overboard on fruit. Fruit contains natural sugars and your body doesn't know the difference between a snickers bar or a natural sugar source.

*Prep meals ahead of time and freeze them in larger quantities for ease and convenience.

*Purchase re-usable storage containers for food storage.

*Chop vegetables and store in airtight containers in fridge.

*Cook your whole grains, legumes and even proteins in bulk and freeze in pre-portioned containers.

*Prep meals ahead of time and take them with you in while you are on the go.

*Carry a re-usable water bottle wherever you go!



DETOX SMOOTHIES

Choose any of the Detox Smoothies for the perfect start to your day!

SVELTE SMOOTHIE

Ingredients

6 strawberries, frozen

1/2 banana small, frozen

1/2 cup "ish" nut or flax milk, unsweetened

1 orange, juiced

1 small spoonful of flax seeds, ground

2 spoonfuls of Greek yogurt, nonfat *Vegans use 1/2 scoop plant based protein powder or nut based yogurt

pinch of real sea salt, no table salt

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.



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PINEAPPLE CRUSH

Ingredients

1 cup "ish" nut or coconut milk, unsweetened

1/2 banana (ideally frozen)

1 cup "ish" pineapple chunks, fresh or frozen

1 spoonful ginger, grated (or 1/4 spoonful ground)

1 handful kale or rainbow chard

1 spoonful lemon juice

1-2 dashes cayenne pepper

1 spoonful chia seeds or flax seeds, ground

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



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KALE IS KING

Ingredients

1/2 green apple, chopped

1/2 cup "ish" plain Greek nonfat yogurt *Vegans use 1/2 scoop plant based protein powder or nut based yogurt

1/2 cup "ish" blueberries

1 cup "ish" chopped kale, packed

1/2 avocado, ripe

1/2 cup "ish" nut, flax or coconut milk, unsweetened.

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



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PURPLE POWER

Ingredients

1/4 cup "ish" plain Greek nonfat yogurt *Vegans use
1/2 scoop plant based protein powder or 1/4 cup
"ish" nut based yogurt
1/4 cup "ish" nut or flax milk, unsweetened
1/2 cup "ish" zucchini, frozen
1/2 cup "ish" blueberries and/or blackberries
1/4 cup ish red cabbage, shredded
pinch of stevia

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



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CREAMY AND DREAMY

Ingredients

1/2 green apple, roughly chopped

1/2 avocado

1/2 cucumber, roughly chopped

1/2 cup cauliflower, cooked and then frozen

1 handful of spinach

1/2 cup "ish" nut or coconut milk, unsweetened

1/2 cup "ish" plain Greek nonfat yogurt *Vegans use 1/2 scoop plant based protein powder or 1/2 cup "ish" nut based yogurt

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

To purchase my favorite plant based protein powder use this link and copy and paste in your browser:

<http://www.arbonne.com/Pws/jenniferludington/store/AMUS/default.aspx>



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DETOX SUPERFOOD SALADS FOR A MID-DAY METABOLISM BOOST

NUT BERRY SALAD

Ingredients

- 1 1/2 spoonfuls almond butter, all natural
- 4 strawberries, sliced
- 2 spoonfuls applesauce, unsweetened
- 2 spoonfuls unsweetened nut or flax milk, unsweetened
- 2 handfulls spinach
- palm sized amount of chicken, cooked and chopped
- 1 spoonful feta 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.

*Vegan option to use 3 spoonfuls of chickpeas

*JLud Tip: Cook chicken in batches ahead of time for ease and to use in other recipes.

SPICED UP SALAD

Ingredients

1/4 avocado, sliced
2 spoonfuls red onion, chopped
1 spoonful cilantro, chopped
1/4 cup "ish" celery, chopped
1/4 spoonful ginger, fresh and grated or powder
1 spoonful olive oil
1/2 green apple, chopped
1/2 spoonful lemon juice
1 handful Spinach
1 handful Romaine Lettuce
palm size amount of chicken breast, cooked and
chopped *Vegans sub with 3 spoonfuls chickpeas
or white beans

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

*JLud Tip: Cook extra chicken to use in other recipes.



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RED AND GREEN DETOX SALAD

Ingredients

2 large beets, peeled and shredded

1/4 head green cabbage, finely chopped

1/2 bunch kale, de-stemmed and shredded

1/4 cup "ish" fresh cilantro, chopped

1/2 green apple, chopped

1 spoonful walnuts, chopped

1/2 avocado, chopped

Salad Dressing:

1/2 lemon, juiced

1/4 cup "ish" almond butter, all natural

1/2 spoonful fresh ginger, grated or ground

2 spoonfuls apple cider vinegar

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

*JLUD Tip: Make the dressing the night before



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CRUNCHY CHOP CHOP

Ingredients

2 cups "ish" cauliflower, chopped
1 cup "ish" broccoli, chopped
1 cup "ish" kale, roughly chopped
1 cup "ish" carrots, roughly chopped
1/4 cup "ish" parsley, chopped
1 celery stalk, chopped
1/4 cup "ish" sunflower seeds
1/2 apple, chopped
2 spoonfuls of almonds
3 spoonfuls chickpeas

Salad Dressing:

2 spoonfuls olive oil
1/2 lemon, juiced
1/2 spoonful fresh ginger or 1/4 spoonful ground
pinch of stevia
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.

*JLud Tip: Make the dressing the night before



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SPINACH SALMON SALAD

Ingredients

palm size amount of salmon, roughly chopped

1/4 avocado, diced

2 handfuls of spinach

1/2 cup fresh blueberries

1 spoonful feta cheese

1 spoonful roasted pumpkin seeds

1 spoonful red onion, chopped

Salad Dressing:

1/4 cup "ish" olive oil

1 spoonful apple cider vinegar

1 spoonful chia seeds

pinch of stevia

pinch of sea salt

Combine first seven ingredients in a bowl and set aside. In a separate small bowl mix together the salad dressing ingredients. Pour dressing on top of salad and toss lightly to coat. .

*JLud Tip Cook extra salmon to use in other recipes.



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NOURISHING NIGHT TIME RECIPES

Try the following recipes for your evening eats!

SLAM DUNK SWEET POTATO

Ingredients

palm size amount of chicken breast, cooked and chopped *Vegans use 3 spoonfuls of beans in place of the chicken.

1 small sweet potato or yam, baked or microwaved

2-3 asparagus spears, cooked and cut into pieces

1 handful of spinach or kale

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 asparagus, chicken and spinach. Drizzle with dressing and season with sea salt and pepper.

*JLud Tip: Microwave your sweet potato or yam for 5 minutes after you poke it with a fork or you bake yours the night before. Add a green salad and go light on the dressing. *Low sugar balsamic dressing is best

LIGHTEN UP LETTUCE WRAPS

Ingredients

3 Bibb lettuce leaves, washed and dried
1 spoonful olive oil
palm size amount of turkey, ground *Vegans use crumbled tofu
1/2 onion, chopped
1 garlic clove, minced* use jar variety for ease
1 spoonful Braggs Aminos* or low sodium soy sauce
1/2 orange, juiced
1/4 spoonful ginger, ground or fresh and grated
1/2 spoonful chili garlic sauce
1/2 spoonful rice wine vinegar
1/2 apple, diced
1/4 cup "ish" green onions, sliced, divided
1/2 spoonfull sesame oil
2 spoonfuls peanuts, chopped

Heat olive oil in a non stick skillet over medium high heat. Add ground turkey and cook for 5 minutes or until done. Remove from skillet. In the same skillet, add all but 1 spoonful of green onion, garlic, aminos, orange juice, ginger, chili sauce and vinegar. Cook for 2-3 minutes. Add apple, green onions and sesame oil to skillet. Sauté until green onions have softened and add turkey back into skillet and warm through. Remove from heat. Plate the lettuce leaves and top with the turkey mixture on a dish. Sprinkle with remaining green onions and chopped peanuts.

*JLud TIP: Cook extra turkey to use in other recipes.



SALMON A LA ORANGE

Ingredients

palm size amount of Salmon, rinsed patted dry
1 spoonful olive oil
1/2 onion, sliced
2 garlic cloves, sliced thin *or use jar variety for ease
pinch of sea salt
1/4 spoonful ginger, ground
1/4 spoonful thyme
1 orange, sliced with peel on
2 handfuls spinach
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. 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 skillet in the oven and bake about 12-15 minutes or until the salmon is cooked through. When removing skillet from oven, be sure to use a mitt as handle will be hot! Serve over spinach drizzled with balsamic vinegar.

*JLud TIP: Make extra salmon to sub in other proteins for your recipes for the week.



QUINOA POWER BOWL

Ingredients

1/2 cup "ish" quinoa, cooked

1/2 apple, chopped

1/2 lemon juiced

1 celery stalk, chopped

1/2 cup "ish" cup plain Greek nonfat yogurt

*Vegan Option: Use nut or soy based yogurt

1 spoonful parsley-chopped

palm size amount of chicken breast, cooked and chopped *Vegans use se 3 spoonfuls of chickpeas and nut based yogurt

pinch of pepper

1 spoonful walnuts, chopped

In a large bowl, place quinoa, apple and lemon juice and stir to combine. Add celery, yogurt, parsley and chicken mixing thoroughly. Season w/ pepper. Cover and refrigerate for a minimum of one hour.

*JLud Tip: Make the night before to save time. Remember to add a green salad and go light on the dressing. *Low sugar balsamic dressing is best

CURRY IN A HURRY

Ingredients

palm sized about of chicken breast,
cooked and chopped

1/4 cup "ish" Jasmine rice, cooked

1/4 apple, chopped

1 spoonful of pomegranate seeds

2 spoonfuls of plain Greek nonfat yogurt

*Vegans use vegenaïse and sub 3 spoonfuls
of chickpeas or white beans for chicken

1/2 spoonful curry powder

1/2 spoonful of sunflower seeds

1 spoonful cilantro, chopped

Mix apple, pomegranate, yogurt, chicken,
sunflower seeds and curry in a small bowl.
Serve over cooked rice. Sprinkle with
cilantro.

JLud Tip: Cook lots of chicken in batches
and freeze for ease during the busy week.
Remember to add a green salad and go
light on the dressing. *Low sugar balsamic
dressing is best



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ROCKSTARS YOU'VE GOT THIS!

Lets Slam Dunk
this Challenge together!

You can substitute any of the proteins in any of the meals. If you want chicken instead of salmon then have it!

Alwaya ALWAYS make extra to save time and use in other recipes. You can freeze just about anything!

You will notice I utilize the same ingredients in lots of recipes to make shopping a breeze.

Join our FB group Fit in 5 Tribe for support and to share your successes and struggles and be sure to enlist an accountability partner!

NOW WHAT? ARE YOU READY FOR MORE?

Join me for the Fit5 Guide 30 Day Program today!

Learn to un diet your life with my easy to follow program that include a 30 day workout system to

burn fat in under 25 minutes a day!

Follow the link below to sign up and use **COUPON**

CODE: CHALLENGE for your one time discount!

www.fitlud.com



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