



HEALTHY MEAL PLANNER

*Skinny Fox
Detox*

IT'S ALL ABOUT BALANCE:

Rule number one is to avoid sugary foods, white bread, white rice and white pasta!

We know that in the real world avoiding the above is sometimes impossible, especially since so many restaurants and food corporations sneak sugar into EVERYTHING, this is why the next piece of information is just as or more important than the first rule.

Keep your meals 30% - 50% protein! This is important because protein helps to keep you feeling full while rebuilding your body so that you're strong and satiated!

PROTEIN:

If you can, always eat organic. The proteins/meats we recommend:

- Eggs
- Chicken
- Turkey
- Trout
- Salmon
- Tuna
- and all other lean low fat meats.
- If you must eat red meat - Lean Grass Fed Beef ONLY, no other red meats

GET FATTY WITH IT:

We recommend avoiding meats high in animal fat as it has been found to be unhealthy when consumed daily for the human body.

That doesn't mean you should avoid fats, quite the contrary! You want to eat 'healthy' fats. These fats are found in fish, nuts, avocados and coconuts!

Nut butters are okay as well, just avoid the ones that contain too much sugar!



CARBS ARE DELICIOUS:

All carbohydrates are not bad. Healthy “carbs” are fruits, vegetables, beans/lentils and whole grains!

Some excellent sources of whole grains are quinoa, oats, and brown rice!
Whole-wheat bread is ok. We recommend combining any complex/healthy carbs with protein and fiber!

A great tip for determining proper carb intake is to use the 20-30 bite rule! A bite would comfortably fit a teaspoon. This should come to about 100g – 150g of carbs per day!

VEGETABLES MAKE YOU GLOW!:

- Spinach
- Kale
- Asparagus
- Haricot Vert
- Cauliflower
- Broccoli
- Dark green vegetables

Baby spinach is a great non-cook option!

Beans are a great addition to your diet, make sure they are well cooked and soft since hard beans can be difficult to digest.

FRUITS — NATURE'S CANDY:

Here is a list of 'detox-friendly' fruits as well!

- Bananas
- Blueberries
- Cranberries
- Avocado
- Cantaloupes
- Papaya
- Watermelons
- Raspberries
- Apples
- Casaba Melon
- Rhubarb
- Strawberries
- Blackberries
- Pears
- Honeydew Melon
- Grapefruit



FRUITS — NATURE'S CANDY (CONT):

Try to only have one serving of fruit a day if you must eat fruit!

While fruit is balanced with fiber, some still contain a high amount of sugar and sugar, no matter the source, is still sugar!

Instead of fruit juice, have a dairy free fruit smoothie, the fiber will help balance the intake of sugar!

WATER:

Water is necessary to flush toxins so DRINK UP!

The best way to determine your required water: Take your weight in pounds. Take that number and multiply by 0.67 or 2/3.

Example: Subject weighs 120 pounds. $120 \times 0.67 = 80$. They should drink 80 ounces of water a day!

SNACKS:

Nuts, dried fruits, humus dip, celery sticks, carrot sticks are all excellent snacks!

EXTRA TIPS:

When unsure, always choose more protein over more carbs when trying to decide how to split your meal.

A perfect example would be a Chicken/Turkey Sandwich made with whole wheat bread.

It contains the complex carbs, protein and when added with lettuce/tomatoes etc. can be a relatively easy yet 'safe' meal choice on your detox!

Almond milk is great to have in place of regular milk!



WORK OUT ROUTINES

Check out our favorite FREE exercise routines that you can follow along in the privacy of your own home!

They are effective and extremely helpful:

30 Day Shred Level 1 - <https://www.youtube.com/watch?v=1Pc-NizMgg8>

BeFit in 30 Abs Workout - <https://www.youtube.com/watch?v=rX54NiPiGRw>

COOL SITES FOR ADDITIONAL HELP

<http://myfridgefood.com/> - Gives you lots of recipes based on what you already have in your fridge!

<http://stilltasty.com/> - The Ultimate Shelf Life Guide

ENJOY YOUR DETOX!

Love & Antioxidants,

[SkinnyFoxDetox](#)

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