

**FIT BY** 

**7 DAY DETOX**

# Product Disclaimer

The content of this book was written by Kristina Leider based on her own personal experiences and using a number of sources. None of the content was created to suit any injuries, illness, allergies, or with any other health related problems in mind. If you or another individual using this plan should have any questions about the guidelines you should consult a qualified health professional. These guidelines and suggestions written by Kristina Leider are designed for general health and cannot be used to diagnose, treat, or prevent any medical conditions. Therefore, Kristina Leider is not liable for any loss or injury resulting from any action taken.

# MY PERSONAL TIPS

1. Drink LOTS of water - Aim to have at least 3-4 liters per day
2. No dairy, gluten, or processed sugars. The goal is to eat all natural/whole foods
3. Workout as hard as you can! If you feel low on energy add in an extra protein shake that is high in protein and low in sugar post workout
4. Stick to a timed eating schedule, and try to stop eating by between 7-8pm
5. Don't forget to get plenty of rest and listen to your body. Each individuals needs are unique to themselves!!!

FIT BY 

# GROCERY LIST

## SUPPLEMENTS

- Magnesium
- Vanilla vegan protein powder

## PROTEIN

- Salmon, chicken, turkey, eggs
- Tofu, tempeh
- Veggie burger
- Vegan protein bar (Go Marco are my favorite)
- Soba noodles
- Black beans, garbanzo beans, chickpeas

## FATS

- Olive oil
- Avocados
- Cashews, almonds
- Hummus
- Pesto
- Teriyaki sauce
- Nut butter (almond, peanut)
- Coconut oil
- Sesame seeds

## DRINKS

- Almond milk
- Water

## SWEETS

- Pitted dates

## SUPERFOOD

- Maca powder
- Chia seeds
- Cinnamon
- Flax meal
- Cocoa nibs

## VEGETABLES

- Mixed greens
- Tomatoes
- Broccoli
- Carrots
- Spinach
- Cucumbers
- Sweet potatoes
- Celery
- Onion

## CARBS

- Oats
- GF toast
- GF brown rice pasta
- Brown rice wraps (GF)
- Tomato sauce
- GF pancake mix
- Brown rice cakes
- GF chips, veggie sticks
- Sweet potato French fries

## FRUITS

- Lemons
- Strawberries
- Grapefruits
- Oranges
- Bananas
- Frozen mango & pineapple
- Frozen strawberries & blueberries

# DAY ONE

## BREAKFAST (8-11 AM)

DETOX shake: Vanilla vegan protein powder, 1 cup frozen blueberries, ½ cup frozen ice, 1 tbsp maca powder, 1 tbsp chia seeds, 1 tbsp flax meal, 1 tbsp almond butter, 1 cup almond milk

## SNACK (12-2 PM)

Brown rice cake topped with 1 tbsp nut butter, cut up strawberries, honey (or agave), and cinnamon

## LUNCH (2-4 PM)

Superfood salad: 2 handfuls of mixed greens, 1 cup diced cucumber, 1 cup tomatoes, ¼ avocado, 8 cashews, 4 oz. chicken or vegan protein option (dressing: olive oil, lemon juice, salt and pepper)

## DINNER (5-7 PM)

Protein plate: 1 cup brown rice or quinoa, ½ avocado, palm size of protein (veggie burger, chicken, beans, tofu), 1 cup of steamed veggies (season with light olive oil, S&P)

(After dinner take 1-2 magnesium pills - assists with digestion and debloating)

## WORKOUT

### 1-mile walk

#### ARMS:

20 push up on knees  
20 triceps dips  
20 shoulder taps

#### ABS:

20 plank twists  
40 russian twists  
20 bicycles

#### CARDIO:

3-minute jog (5-6 mph) or 3 minute jump rope

#### REPEAT

ARMS,  
ABS,  
CARDIO 3X

finish with 1 mile walk and 5-10 minutes of stretching

# DAY TWO

## BREAKFAST (8-11 AM)

PB&J shake: one serving of protein powder, ½ cup of ice, ½ cup frozen strawberries, one serving size of peanut butter, 1 cup almond milk

## SNACK (12-2 PM)

1 grapefruit or orange, 15 almonds (raw and unsalted)

## LUNCH (2-4 PM)

Mediterranean sandwich: 2 pieces GF toast, 2 tbsp hummus, sliced cucumber, sliced turkey or vegan option, spinach, avocado, drizzle olive oil, salt, pepper

TIP: toast the GF toast, tastes much better!!!

## DINNER (5-7 PM)

Protein plate: Palm size of protein, 1 cup of brown rice, 1 cup of mixed veggies sautéed in olive oil, salt, and pepper

(After dinner take 1-2 magnesium pills - assists with digestion and debloating)

## WORKOUT

1-mile walk

### LEGS:

20 forward lunges  
20 side lunges  
25 squat pulses

### LEGS:

15 donkey kicks  
15 straight leg  
donkey kicks  
20 bridges

### CARDIO:

5 minutes on stair  
master

### REPEAT

LEGS and  
CARDIO 3X

finish with 1 mile walk and 5-10 minutes of stretching

# DAY THREE

## BREAKFAST (8-11 AM)

Protein pancakes: one serving of protein powder, 1 cup GF pancake mix, ¼ cup oats, 1 tsp vanilla extract, 2 tbsp cinnamon, 1 egg, ¾ cup almond milk (makes about 5 cakes). TIP: butter the pan each time between making cakes to make them crispy. Eat 2-3 cakes, top with fruit, 2 tbsp of agave/honey or 100% pure maple syrup

## SNACK (12-2 PM)

1 vegan protein bar (RX Bar, Go Macro are my favorites)

## LUNCH (2-4 PM)

Lean out burger: veggie or turkey burger with lettuce wrap topped with avocado, tomatoes, ketchup with side of baked sweet potato fries (no cheese on the burger!)

## DINNER (5-7 PM)

Vegan Chili: ½ cup beans of your choice (2 types, 1 cup total of beans), 2 cups tomato sauce, 1-2 cups diced tomatoes, 1 cup vegetable broth, ¼ cup diced onion, 1 cup of your choice of ground beef, ground turkey, or tofu, add any seasoning you choose.

(After dinner take 1-2 magnesium pills - assists with digestion and debloating)

## WORKOUT

3-5 mile walk no incline 3.2-3.5 mph  
10 minutes of stretching

**\*HINT: you need to prep your breakfast for day 4 tonight!!!\***

# DAY FOUR

## BREAKFAST (8-11 AM)

Overnight oats: 1 serving protein powder, ½ cup of oats, 1 cup almond milk, 2 tbsp cinnamon, 1 tbsp agave or honey. Put in the fridge overnight (or cook on stovetop in the morning). Top with fruit, drizzle of nut butter

## SNACK (12-2 PM)

1 grapefruit or orange, 15 almonds (raw and unsalted)

## LUNCH (2-4 PM)

Mediterranean wrap: GF wrap filled with 2 tbsp hummus, 1 tbsp pesto, sunflower seeds, chickpeas, tomatoes, avocado, and protein (turkey, chicken, tofu, or tempeh)

## DINNER (5-7 PM)

GF pasta & meat sauce: 1 cup GF/brown rice pasta with your choice of 1 serving ground protein or tofu, cooked in tomato sauce and your choice of veggies (add seasonings to taste)

(After dinner take 1-2 magnesium pills - assists with digestion and debloating)

## WORKOUT

1-mile walk

### ARMS:

20 push up on knees  
20 triceps dips  
20 shoulder taps

### ABS:

20 plank twists  
40 russian twists  
20 bicycles

### CARDIO:

3-minute jog (5-6 mph) or jump rope

### REPEAT

ARMS,  
ABS,  
CARDIO 3X

finish with 1 mile walk and 5-10 minutes of stretching



# DAY FIVE

## BREAKFAST (8-11 AM)

Snickers protein shake: 2 cups ice, 1/3 frozen banana, dash of cinnamon, 1 pitted date, 2 tbsp peanut butter, 1 serving vanilla vegan protein powder, 1 tsp cacao powder, 1 cup almond milk

## SNACK (12-2 PM)

One piece of GF bread toasted, drizzled with olive oil, ¼ smashed avocado, sea salt, garlic powder, and chili flakes if desired

## LUNCH (2-4 PM)

Superfood salad: 2 handfuls of mixed greens, 1 cup diced cucumber, 1 cup tomatoes, ¼ avocado, 8 cashews, 4 oz. chicken or vegan protein option (dressing: olive oil, lemon juice, salt and pepper)

## DINNER (5-7 PM)

Asian stir fry: 1 cup brown rice, 2 cups sautéed veggies cooked in a small amount of soy sauce, sesame seeds, and your choice of protein (recommendation: finely chopped tofu) cooked in a small amount of coconut oil and teriyaki sauce or sriracha

(After dinner take 1-2 magnesium pills - assists with digestion and debloating)

## WORKOUT

### 1-mile walk

#### ARMS:

20 push up on knees  
20 triceps dips  
20 shoulder taps

#### ABS:

20 plank twists  
40 russian twists  
20 bicycles

#### CARDIO:

3-minute jog (5-6 mph) or jump rope

#### REPEAT

ARMS,  
ABS,  
CARDIO 3X

finish with 1 mile walk and 5-10 minutes of stretching

# DAY SIX

## BREAKFAST (8-11 AM)

Snickerdoodle cookie shake: 1 serving vanilla vegan protein powder, 1 cup of ice, 1/3 frozen banana, 1 pitted date, 1 tsp maca powder, 1 tsp cacao nibs, 1 tbsp cinnamon, 1 cup almond milk

## SNACK (12-2 PM)

15 almonds

## LUNCH (2-4 PM)

Superfood salad: 2 handfuls of mixed greens, 1 cup diced cucumber, 1 cup tomatoes, 1/4 avocado, 8 cashews, 4 oz chicken or vegan protein option (dressing: olive oil, lemon juice, salt and pepper)

## DINNER (5-7 PM)

Palm size baked salmon seasoned with light olive oil, lemon, garlic, salt, pepper, and parsley if desired. 2 cups sautéed greens, 1/2 cup brown rice

(After dinner take 1-2 magnesium pills - assists with digestion and debloating)

## WORKOUT

3-5 mile walk no incline 3.2-3.5 mph

10 minutes of stretching

# DAY SEVEN – MELTDOWN DAY

THIS WILL BE THE MOST DIFFICULT DAY OF THE DETOX – WORK  
HARD YOU ARE ALMOST THERE! XO

## BREAKFAST (8-11 AM)

Protein shake: Vanilla vegan protein powder, 1 cup frozen blueberries, ½ cup frozen ice, 1 tbsp maca powder, 1 tbsp chia seeds, 1 tbsp flax meal, 1 tbsp almond butter, 1 cup almond milk

## SNACK (12-2 PM)

15 almonds

## LUNCH (2-4 PM)

1 palm size of protein with ½ cup of carbs and 1 cup of steamed veggies

## DINNER (5-7 PM)

1 palm size of protein (chicken, veggie burger, tofu) with ½ cup of carbs and 1 cup of mixed steamed veggies

\* Snack on frozen mango, frozen blueberries, or cut up veggies with lemon tea no later than 8 pm if you are still hungry \*

(After dinner take 1-2 magnesium pills - assists with digestion and debloating)

## WORKOUT

.5 mile walk with 6% incline

1-minute plank  
20 crunches  
10 shoulder taps  
10 squat pulses  
10 sumo walks followed  
by 2-minute sprint

REPEAT ARMS, ABS,  
CARDIO 3X

FINISH with .5 mile walk  
no incline and 5-10  
minutes of stretching