

D.TOXSM—Life Time Detoxification Program

Approved / Non-Approved Foods

FOOD GROUP	APPROVED	NON-APPROVED
VEGETABLES	All except non-approved. We recommend: seaweed, green foods (spirulina), cruciferous vegetables (broccoli, cauliflower, brussel sprouts, kale), onion, garlic and most other fresh or frozen vegetables.	Corn, creamed vegetables, canned vegetables
FRUIT	All except non-approved. Organic berries and pomegranates are best.	Bananas, figs, prunes, oranges
PROTEINS*	Wild fish, organic or pasture-raised chicken and turkey, wild game, lamb, grass-fed beef or bison	Conventional beef, pork, luncheon meats, hot dogs, sausage, bacon, eggs, shellfish
PLANT PROTEINS & LEGUMES	All except non-approved. All-natural hummus is recommended (ok to prepare with canned beans as long as the can states "BPA-free").	Soybeans, tofu, soynuts, soymilk, tempeh, miso, edamame
FATS & OILS	Extra virgin olive oil (first cold press), organic coconut oil, flax oil or seed, sunflower or sesame oil, walnut oil, clarified butter (ghee)	Margarine, butter, shortening, hydro-genated oils (check label ingredients), canola oil, corn oil, vegetable oil, mayonnaise
NUTS & SEEDS	All except non-approved. Opt for walnuts, almonds, filberts, sunflower or pumpkin seeds, sesame seeds or tahini, nut butters made with approved nuts/seeds.	Peanuts, peanut butter
STARCHES & GRAINS	Wild rice, brown rice, quinoa, gluten-free oats, millet, amaranth, buckwheat, tapioca	Gluten – wheat, rye, barley, spelt, kamut
DAIRY PRODUCTS	Unsweetened coconut, almond or hemp milk. Non-dairy cheese products (found in health food markets).	Cow dairy – milk, cheese, cottage cheese, cream, yogurt, ice cream, frozen yogurt; rice milk
BEVERAGES	Filtered water, herbal or green tea, yerba mate tea, sparkling water	Coffee, black tea, soda, alcohol, energy drinks
CONDIMENTS	Spices and herbs, especially turmeric/curcumin, garlic, ginger, rosemary; cocoa; sea salt	Ketchup, mustard, relish, soy sauce, barbecue sauce, chocolate, iodized salt
SWEETENERS	Stevia, blackstrap molasses, xylitol, erythritol	White or brown sugar, honey, agave nectar, maple syrup, corn syrup (check labels), sucralose, aspartame, saccharin, candy and desserts

*If vegetarian or vegan, you may need to increase your servings of the Vanilla Dairy-Free FastFuel Complete to provide adequate protein during this program. We recommend 3 to 4 servings per day.

D.TOXSM is a detoxification program designed to support your body's natural detoxification system by following a restricted nutritional plan that eliminates common food allergens and hormones, taking certain nutritional supplements and observing lifestyle recommendations. Responses to the D.TOX program and elimination of potential toxins will vary based on individual characteristics. **The D.TOX program and materials are for educational use only and should not be considered or used as a substitute for medical advice, diagnosis or treatment. Participants should seek the advice of a physician or other qualified health care provider with any questions regarding personal health or medical conditions or before beginning any new exercise or nutritional program. You expressly assume any and all risks of injury relating to the D.TOX program and release Life Time Fitness, Inc., from any and all claims arising out of such injury.** ©2013 LIFE TIME FITNESS, INC. All rights reserved. NP??0000