

*Phase 1 of Medical Weight Loss Program  
by PEAK Wellness & Aesthetics:*

# DETOX DIET







## WELCOME TO YOUR DETOX DIET

The Detox Diet is a structured **2-week program** designed to reset your metabolism and enhance your overall health through a **low-carb, high-protein** eating plan. By focusing on approved foods from the Green list and avoiding those on the Red and Yellow lists, this diet helps your body shift from relying on carbohydrates to burning fat for energy. This metabolic shift not only aids in weight loss but also stabilizes blood sugar levels, reduces inflammation, and increases energy. By consuming nutrient-dense, high-fiber vegetables and adequate protein, you will feel fuller longer, reducing the likelihood of hunger and cravings.

Adhering to this diet plan will work even if you are not taking any weight loss medications. While medication can address some physiological aspects such as metabolism and appetite, the Detox Diet ensures you are consuming the right types of food to fuel your body appropriately and avoid counterproductive eating habits.

During the Detox Diet, it is recommended to maintain your current exercise levels. Avoid heavy exercise during this 2 week span.





# THE BASICS

Kickstart your health journey with this 2-week Detox Diet. By focusing on **low-carb, high-protein** meals from the approved Green list, you will be well on your way to better health.

Here are the keys to a successful Detox Diet.

1

## GREEN LIST FOODS ONLY



Eat only foods from the Green list. Avoid Red and Yellow list foods.

**Meals:** 3 meals a day + OPTIONAL 1-2 snacks.

**Carbs:** Keep under 20g per day.

**Protein:** Eat at least 60g of protein per day.

**Calories:** Consume half of your daily calories before 2 PM.

**Extra Hunger:** Eat more from the Green list if hungry, or have a low calorie protein shake

2

## MEALS/SNACK REPLACEMENTS

**Meal:** Can replace 1 or 2 meals with options containing over 20g protein and 200-300 calories.

**Snack:** Can replace with options containing over 10g protein and 100-150 calories.

**Shakes:** Low-carb shakes with under 5g **net carbs** per 20g protein are allowed.

**Net Carbs = Total carbs - fiber - sugar alcohols**





# BASICS CONTINUED

3

## HYDRATION AND SALT

Drink plenty of water.

Do not restrict salt for the first 2 weeks.

Drink 1-2 cups/day of bullion or broth for the first 1-2 weeks (not low sodium) with non-starchy veggies.



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*Consuming broth during the first two weeks of the Detox Diet is crucial for maintaining electrolyte balance and preventing dehydration, especially as your body adjusts to a low-carb intake. Broth provides essential minerals like sodium, potassium, and magnesium, which help reduce common symptoms of the initial dietary transition, such as headaches, fatigue, and muscle cramps. Including broth in your daily routine ensures you stay hydrated and supports overall well-being during this critical adjustment period.*

4

## EXERCISE

Maintain your current exercise level.

Avoid very heavy exercise in the first 2 weeks.







# WHY THIS APPROACH WORKS

The Detox Diet is designed to help you jumpstart your weight loss and health journey by significantly reducing your carbohydrate intake and increasing your protein consumption.



**Metabolism Reset:** By cutting down on carbohydrates, your body begins to use fat as its primary fuel source, leading to more effective fat burning and weight loss.



**Appetite Control:** High-protein meals help you feel fuller for longer, reducing hunger and cravings, which can be particularly helpful if this is your first diet in a while.



**Stable Energy Levels:** Low-carb diets can help stabilize blood sugar levels, providing you with consistent energy throughout the day.



**Reduced Inflammation:** Lowering your carb intake, especially from refined sugars and processed foods, can reduce inflammation and improve overall health.



## UNDERSTAND THE CHALLENGE

The first two weeks of any diet can be challenging, especially as your body adjusts to new eating habits. It's normal to experience cravings or a lack of energy initially. Remember, these are temporary and part of the process.





# SECRETS TO SUCCESS

1

## **Preparation is key**

Plan your meals and snacks in advance to ensure you have all the necessary ingredients on hand. This reduces the temptation to reach for unhealthy options.

2

## **Stay Hydrated**

Drinking plenty of water can help manage hunger and keep you feeling full. Broth can also provide a comforting and filling option, especially in the first week.

3

## **Use Your Support System**

Share your goals with friends or family members who can provide encouragement and accountability. Joining a support group, either online or in-person, can also be beneficial.

4

## **Focus on the Benefits**

Keep in mind the reasons why you started this diet. Whether it's to lose weight, improve your health, or boost your energy levels, focusing on these goals can help you stay motivated.





# BREAKFAST IDEAS

## BREAKFAST OPTION 1: EGG-BASED BREAKFAST



**Ingredients:** 2 eggs (cooked any way), onions, peppers, mushrooms, spinach, zucchini, 3 slices of bacon or 2 sausages.

**Beverage:** Coffee or tea with non-caloric sweetener and unsweetened almond or soy milk, or up to 2 tablespoons of heavy cream.

## BREAKFAST OPTION 2: SMOKED SALMON PLATE

**Ingredients:** 3 oz smoked salmon or sugar-free lunch meat, 3 tablespoons cream cheese.

**Beverage:** Any preferred drink (e.g., herbal tea).





### BREAKFAST OPTION 3: VEGGIE OMELETTE



**Ingredients:** 3 eggs, 1/2 cup chopped spinach, 1/4 cup diced bell peppers, 1/4 cup diced onions, 1/4 cup sliced mushrooms.

**Beverage:** Coffee or tea with non-caloric sweetener and unsweetened almond or soy milk, or up to 2 tablespoons of heavy cream.

### BREAKFAST OPTION 4: AVOCADO AND EGG PLATE

**Ingredients:** 2 eggs (cooked any style), 1/2 avocado, 1/4 cup cherry tomatoes (halved), 1 tablespoon olive oil.

**Beverage:** Herbal tea or black coffee with non-caloric sweetener.





# LUNCH IDEAS

## LUNCH OPTION 1: LETTUCE WRAPS



**Ingredients:** cabbage or lettuce leaves, grilled chicken or steak, cheese, tomato, cucumber, other veggies.

**Beverage:** Sparkling water or herbal tea.

## LUNCH OPTION 2: CHICKEN SALAD

**Ingredients:** 3 cups mixed salad greens, 1 grilled chicken breast (sliced), 1/4 cup cherry tomatoes, 1/4 cup cucumber slices, 1/4 cup shredded carrots, 2 tablespoons low-carb dressing.

**Beverage:** Iced tea (unsweetened)





### LUNCH OPTION 3: EGG AND CHEESE PLATE



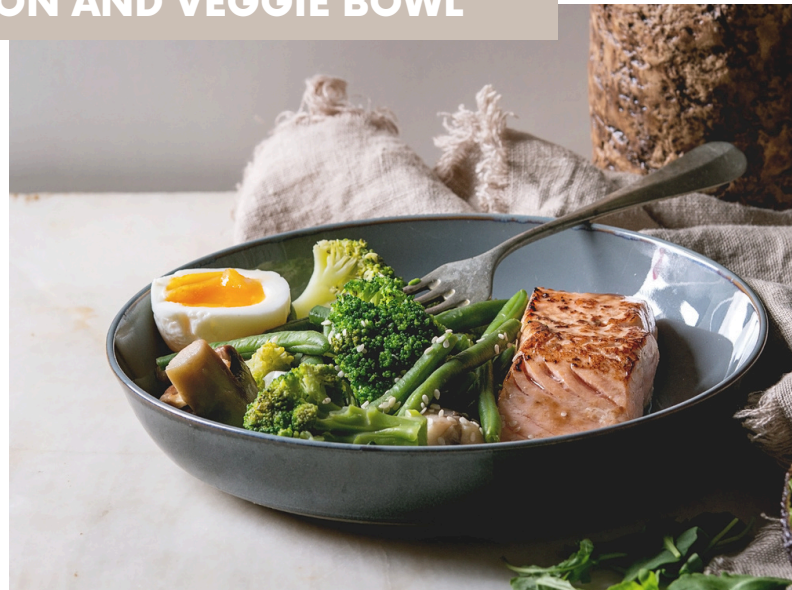
**Ingredients:** 2 hard-boiled eggs, 1 oz hard cheese, 1/4 avocado, 1/4 cup cherry tomatoes.

**Beverage:** Lemon water.

### LUNCH OPTION 4: SALMON AND VEGGIE BOWL

**Ingredients:** 3 oz smoked salmon, 1/2 cup steamed broccoli, 1/4 cup green beans, 2 tablespoons olive oil.

**Beverage:** Green tea



### LUNCH OPTION 5: TUNA SALAD LETTUCE WRAPS



**Ingredients:** 1 can tuna (packed in water), 1/4 cup diced celery, 2 tablespoons mayonnaise, 1/4 teaspoon Dijon mustard, 2 large lettuce leaves.

**Beverage:** Herbal tea or sparkling water with lemon.





# MEAL REPLACEMENT AND SNACKS



For effective weight loss and balanced nutrition, try incorporating these meal replacements and snacks into your daily routine. They are designed to be low in carbohydrates and high in protein, helping you stay full and energized throughout the day.



**Optional: Replace 1 meal per day:** 200-300 calorie low-carb protein shake.



**For faster weight loss:** Replace 2 meals, but eat at least 800 calories daily.



**If you get hungry:** Add a small shake (100-150 cal)



**Add-ons:** Up to 1 cup unsweetened almond milk/soy milk (40 cal/cup) to shake.



**Vegetables:** Eat salad veggies with your shake (season with salt, pepper, dip).



## MORE IDEAS

**Cheese and Meat:** 1 piece of hard cheese, 2 slices of thin lunch meat.

**Stuffed Celery:** 2 celery stalks stuffed with 2 tablespoons of cream cheese or low-carb dressing.

**Avocado:** 1/2 avocado with a pinch of salt and pepper.

**Olives:** 10 olives.

**Nuts:** A small handful (about 1/4 cup) of almonds or walnuts.

**Jerky:** 2 oz of beef or turkey jerky (check for low sugar content).

**Boiled Egg:** 1 hard-boiled egg.