



THE DETOX BOX

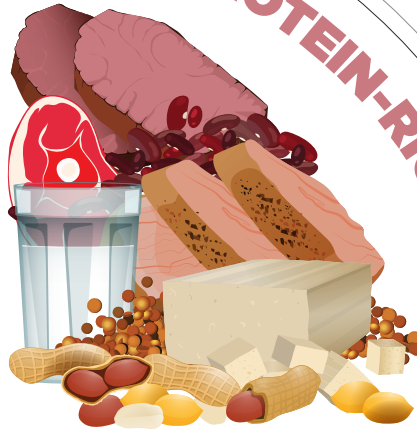
TIPS TO BUILD A BALANCED MEAL

It's important to support your detox with a healthy, balanced diet. This balanced plate is a starting point to guide you towards healthy choices, but to maximize your plate, use your IDLife DNA Results for personalized diet recommendation.

HEALTHY FATS



25% PROTEIN-RICH FOODS



50% FRUITS & VEGGIES



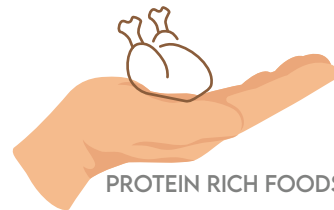
25% HIGH IN FIBER HEALTHY STARCHES



PORTION SIZES



FRUITS/VEGGIES



PROTEIN RICH FOODS



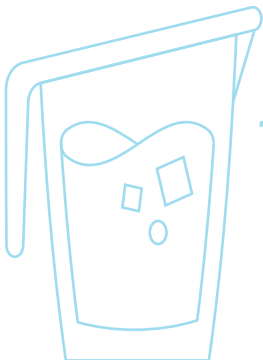
OILS/BUTTER



RICE/WHOLE GRAINS

DRINK AT LEAST 1 GALLON OF WATER DAILY!

TIP: IDLIFE PRODUCTS THAT WILL HELP YOU REACH YOUR WATER INTAKE: HYDRATE, ENERGY, SHAKE, AND SLIM+



MEAL PLAN SUGGESTIONS

FRUITS/VEGETABLES

Apples	Grapes
Apricots	Green beans
Asparagus	Greens
Artichoke	Lettuces
Beets	Mushrooms
Beans	Okra
Bell peppers	Onion
Berries	Oranges
Broccoli	Peaches
Brussels-sprouts	Pears
Cabbage	Peas
Carrots	Peppers
Cauliflower	Plums
Celery	Prunes
Corn	Squash
Cucumber	Tomatoes
Eggplant	Turnips

HEALTHY STARCHES (HIGH IN FIBER)

Rice
Barley pearls
Oats (steel-cut, rolled)
Green bananas
Potatoes
Peas, Beans & Chickpeas
Lentils, Quinoa, Millet

HEALTHY FATS

Avocado	Butter
Flax	(Grass-fed)
Hummus	Coconut Oil
Nut Butter	Seeds
Olive Oil	

PROTEINS

IDLife Shake
Hard Cheeses
Kefir
Greek Yogurt
Nuts
Wild Caught Fish
Poultry
Lean Red Meat
Eggs
Tofu

TO MAXIMIZE YOUR RESULTS, LIMIT YOUR CONSUMPTION OF:



ADDED SUGAR



FAST FOOD



PROCESSED FOOD



ALCOHOL



ARTIFICIAL
SWEETENERS



FRIED FOOD