

KILLERFITCAMP.COM

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A woman with long dark hair and extensive tattoos on her left arm is holding a clear plastic container filled with a salad of cucumbers, tomatoes, and leafy greens. She is wearing a black t-shirt with "KILLER FIT" printed on it. The background is a blurred gym environment with various pieces of equipment.

KILLER FIT CAMP

WEEK 1 DETOX

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RESET YOUR BODY

This detox will prepare your body for the next 6 weeks of training and beyond. Through a one-week detox and all-natural cleanse we will be eliminating processed sugars, junk food, and caffeine dependence and most importantly allow your gut to restore to a healthy space. Say goodbye to bloating and inflammation and say hello to proper digestion and gut health.

THE BREAKDOWN

Forget all the detox products advertised all over the internet...
The number one detox you can ever do, is this one right here:

A NATURAL ONE

How does this work? It's simple. We are naturally restoring our bodies through **simple nutrition**, without the use of any processed products (diet pills, juice detoxes (high in sugars), foreign ingredients, chemical-induced "detox" products, etc.)

YOU ARE COMMITTING TO THIS ALL-NATURAL DETOX FOR JUST 7 DAYS

Follow this to a T and I promise you will benefit in more than one way.

You will notice a shift in **energy, sleep**, and how you feel in the **gym**. Remember, this will set you up for success, so really embrace the moments when you want to cave in. Pushing through these moments will be so rewarding for your mind and your body! You may notice a decrease in energy at first, this may be because of a lack of processed sugars or caffeine dependence. This is often normal, this feeling will pass.

A woman with short blonde hair is shown in profile, drinking from a black water bottle. The bottle has the 'KILLER FIT CAMP' logo on it. The background is a blurred gym setting.

RULE #1

THE IMPORTANCE OF WATER

A GALLON A DAY

Our goal is to get you to consume a gallon of water per day (more or less). Of course, if you are not used to consuming close to this amount- your personal mission will be to hit at least 1/2 a gallon. This can be done by drinking 8 oz glasses of water, 8 times in your day- we call this the 8x8 rule.

ELIMINATE EVERYTHING

This week you will only be drinking water. The small exception would be to add natural fruits or lemon to your water for extra flavor. Other than that the following should be eliminated :

Juice

Milk and milk substitutes

Energy Drinks + Pre Workouts

Sweetened Tea

Coffee and Creamers

All alcohol, beer, and liquor

Good News: You can have all-natural hot or iced teas- brewed. Although green teas and some natural teas are caffeinated- most are very minimal in caffeine intake. You can add those in for your mornings or evenings.

Pro Tip: Every morning upon waking, drink 1 large glass of water (or one bottled water) with a sprinkle of Himalayan salt and a squeeze of lemon



RULE #2

PROTEIN IS KEY

WHY PROTEIN?

The easiest way to reach any of your body goals- whether it be fat loss, muscle gain, or all of the above is to consume more protein.

Your goal this week is to think in terms of “how can I get more protein in on my day to day”. This means making sure you are eating meals. A good start will be 3 meals per day and ensuring these meals have some ample protein options in them.

Below are some of our favorite proteins that are also detox friendly:

- Chicken
- Turkey
- White Fish
- Tuna and Shrimp
- Beef (top sirloin steak)
- Jerky (natural)
- Eggs
- Lentils, Black Beans and Chickpeas
- Extra Firm Tofu
- Plain nonfat greek yogurt (dairy exception)
- Cottage Cheese (dairy exception)

PROTEIN SHAKES

Can I have protein shakes during Detox Week?

Short answer, YES.

But there is some exceptions. We want you to prioritize whole foods first. Why?

Because eating whole foods versus a shake will keep you fuller longer. Protein shakes are one of our favorite ways to get quick protein in- but it is a supplement.

Meaning it does have some ingredients that may not be detox friendly.

We won't say no though- if you are finding yourself hungry or struggling to reach protein in your day- you can make yourself a protein shake.

Pro Tip: Pack your shake with fruits and even 1 TBSP of coconut butter or oil- this will give you some extra calories to fill you up throughout your day.

RULE #3

READ THE LABELS

READ THE LABELS

The food industry is NOT on your side when it comes to health. They just want you to make a purchase, love the product and come back for more of it. Reading labels can feel foreign but **it's a life-saver** when it comes to living a healthy and balanced lifestyle.

HOW TO READ FOOD LABELS

- Check serving size
- Note calories
- Limit trans & saturated fats
- Check for high vitamins, minerals, and fiber
- Sodium level should not exceed calories
- Check Sugar: 24g (female) to 36g (male) daily limit
- Most of carbs should come from fiber (not sugar)
- Check for real foods, no chemicals, no colors, no artificial colors

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

 PACERKRISTEN

HERE ARE SOME POINTERS

***TO HELP YOU TRANSITION INTO A
HEALTH-CONSCIOUS LIFESTYLE:***

- Just because a product is advertised as “healthy”, does not mean it is. This is what they want you to believe - don’t fall for their tricks.

Always look at the label on the back!

- ***Sugar Free, Fat Free, No cholesterol, and Organic*** does NOT necessarily mean it’s calorie free or good for your body!

- Make sure you [check the "servings per container"](#) so you don't just eat aimlessly more calories than suggested.
- The ingredients that make up most of the product always come first in the ingredients list. You don't want to eat something that has a majority of sugar or vegetable oils.

We know this is a ton of info- but we will go over most of this during CAMP, you will start to learn some great tips and tricks for a healthy well-rounded lifestyle.

[CLICK HERE](#) for a quick 6-min video with 10 easy tips for reading a nutritional label

RULE #4

PREP YOUR MEALS

FAILING TO PREPARE IS PREPARING TO FAIL

Make a plan of action. On any of your days off, take some time to prep your meals. This means cooking a few days worth of lunches and dinners. This will help you stay on top of your meals and avoid “haste decisions” if you are hungry during your day.

MEAL PREP TIPS

- You don't have to make it boring, use spices and fun ingredients to make your meals appetizing
- Invest in Tupperware to store your meals
- Things like rice cookers, crock pots, air fryers or fast pots make meal prepping much easier
- Measure your proteins (4-6 ounces of protein per meal)

SNACKING WILL HELP

Having healthy snacks on hand will prevent you from feeling overly hungry in your day and allow you to consume tons of nutrients. Snacking can often be extremely bad for our goals because we choose the wrong snacks. But healthy alternatives like fresh fruits, chopped veggies, and a serving size of nuts can always come in handy. Make sure you use “portions” by reading labels to things like nuts and seeds.



WHAT TO AVOID

DURING THE DETOX

SAY NO TO...

- Alcohol & liquor, beer/wine
- Fried foods, fast foods, take out
- Packaged chips or packaged goodies
- Sweets, candies & desserts
- Canola cooking oil, corn oil, vegetable oil
- Cow milk, coffee creamers
- Protein bars, protein chips, protein cookies
- Ranch, BBQ Sauce, Ketchup, High-calorie dressings

DO NOT CONSUME

High fructose corn syrup or other added sugars. Yes, even natural sugars like stevia, honey, agave, and sweet'n low!

THIS IS SUPPOSED TO BE A LITTLE TOUGH

So when you feel like you “can’t” do it, just tell yourself: **it’s only 1 week**. This will take WILL POWER.

If your body is reliant on sugars or heavy caffeine usage- you may feel little light-headed, cranky, or flu-like but don’t worry, it’s your body riding itself of the bad toxins. Just drink more water! If a headache continues, take ibuprofen or advil, and keep some fruit on hand.

THINK NATURAL

We are going to go SUPER Clean, so think natural. Be more aware of the labels on the back of your foods; if there are more than 5-6 ingredients most likely it's way too processed. This is new to most people so be patient with yourself and start checking ingredients, serving sizes, and labels.

This may mean you need to go grocery shopping!

SAY YES TO...

- Natural hot teas, brewed (Tazo, yogi, celestial, etc.)
- Fresh fruits/ raw or cooked vegetables
- All kinds of nut/seeds, hummus, avocado
- Cheese (in moderation)
- Fish (tuna, salmon, shrimp)
- Grass fed butter, coconut oil, ghee, olive, coconut oil (for cooking)
- Lean ground turkey meat or ground lean beef
- Grilled/baked chicken, eggs
- Tofu, Tempah, veggie burger
- Greek yogurt (watch sugar on this)
- White rice, brown rice, jasmine, or basmati rice
- Sweet potatoes or red/purple small potatoes
- Whole grain breads, whole grain pastas
- Quinoa, lentils, legumes, beans
- Whole oats, oatmeal, rice cakes

A person is shown from the chest up, holding a large white jar of Isoprotein powder. The person has a tattoo on their left arm and is wearing a black t-shirt. The background is dark. The title 'MY TYPICAL DETOX DAY' is overlaid in large, bold, blue letters.

MY TYPICAL DETOX DAY

(I am not vegan/vegetarian so some meals may not apply to those who don't consume chicken/fish)

BREAKFAST

All natural brewed green tea, 2 whole eggs, 50 grams of avocado, 1-2 Daves Killer Breads (multigrain) and a whole grapefruit

MID-MORNING SNACK

1 Serving of Cottage cheese + chopped peaches or chopped pineapples.
I may also do a serving of nuts and an apple.

LUNCH

5 ounces of baked chicken or turkey, 1/2 cup of cooked rice and a ton of veggies-
I may also make a salad with healthy fruits and veggies. A light vinaigrette.

POST-WORKOUT SNACK

Either a protein shake with blueberries or strawberries or 2-3 rice cakes with all natural peanut butter

DINNER

4-5 ounces of cooked protein + cooked pasta or cooked potatoes and some green veggies. I do limitless green veggies to help fill me up



NOW...

LET'S DO THIS

THINK OF THIS AS YOUR **RESTART**.
YOUR CHANCE TO CLEANSE YOUR BODY, BREAK BAD HABITS, AND
PREPARE FOR THE WEEKS TO COME.

MOST IMPORTANTLY, **BE READY TO UNDERGO AN
AMAZING TRANSFORMATION!**