

MBS 10-Day SP Detox Program

Protein Calculator

Protein Chart

Daily Tracker

Helpful Tips

Shopping Lists

and more...



Scan QR code for Meal Plan & Recipes



Scan QR code for Detox Program Guide

The logo for mindbody solutions, featuring a stylized orange asterisk above the word "mindbody" in a bold, lowercase font, with "solutions" in a smaller, lowercase font below it.

Questions?

Email kim@nutrition-houston.com

Get Started!

Step 1: Calculate your protein needs

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- Work with your health care practitioner to determine your daily protein target (see general guidelines below with a requirement of 1.0-1.5 g of protein/kg of weight).
- Enter your protein goal in the upper right corner of your daily tracker on the following pages.

BODY MASS	ADULTS (Daily Protein Goal in Grams)
110 lbs.	50 to 80
121 lbs.	55 to 88
132 lbs.	60 to 96
143 lbs.	65 to 104
154 lbs.	70 to 112
165 lbs.	75 to 120
176 lbs.	80 to 128
187 lbs.	85 to 136
198 lbs.	90 to 144
209 lbs.	95 to 152
220 lbs.	100 to 160
231 lbs.	105 to 168
243 lbs.	110 to 176

Step 2: Stay on track

Step 2: Stay on track.

- Log your shakes, protein, water, exercise, and mood daily.
- Use the notes section to record food intake and changes to your body or health conditions.

Protein Intake Guide

Conversion : Bodyweight (in lbs) / 2.2 = bodyweight in kilograms

Optimal daily protein intake for adults based on body composition goal (g/kg)		
	Healthy body weight	Overweight/obese
Maintenance	≥1.2	≥1.2
Muscle gain	1.6–2.2	1.2–1.6*
Fat loss	1.6–2.4	1.2–2.4*

* The upper end of the range should be consumed to maximize increases in muscle mass, based on limited evidence

Source: [Examine.com/guides/protein-intake/](https://www.examine.com/guides/protein-intake/)

For additional information or help calculating your needs, go to the website above.

Optimal daily protein intake for fat loss (if you're overweight)

Body weight (lb)	Body weight (kg)	Lower end (g)	Higher end (g)
100	45	54	68
125	57	68	85
150	68	82	102
175	79	95	119
200	91	109	136
225	102	122	153
250	113	136	170
275	125	150	187
300	136	163	204

Optimal daily protein intake for healthy, sedentary adults

Body weight (lb)	Body weight (kg)	Lower end (g)	Higher end (g)
100	45	54	82
125	57	68	102
150	68	82	122
175	79	95	143
200	91	109	163
225	102	122	184
250	113	136	204
275	125	150	225
300	136	163	245

Optimal daily protein intake for muscle gain

Body weight (lb)	Body weight (kg)	Lower end (g)	Higher end (g)
100	45	73	109
125	57	91	136
150	68	109	163
175	79	127	191
200	91	145	218
225	102	163	245
250	113	181	272
275	125	200	299
300	136	218	327

Optimal daily protein intake for athletes

Body weight (lb)	Body weight (kg)	Lower end (g)	Higher end (g)
100	45	64	91
125	57	79	113
150	68	95	136
175	79	111	159
200	91	127	181
225	102	143	204
250	113	159	227
275	125	175	249
300	136	191	272

Sample Protein Chart

Below is the approximate protein content in common foods consumed during detoxification.

FOOD	SERVING	PROTEIN
Poultry	3 oz	27 g
Lean red meat	3 oz	25 g
Cod	3 oz	23 g
Salmon	3 oz	19 g
Sea bass	3 oz	21 g
Black beans	1/3 cup	5 g
Lentils	1 cup	18 g
Peas - green	1 cup	8 g
Peas - yellow	1 cup	16 g
Kidney beans	1/3 cup	4 g
Almonds	1/4 cup	8 g
Oats	1/4 cup dry	7 g
Quinoa	1 cup	24 g
Rice, wild	1 cup	23 g
Rice, brown	1 cup	8 g
Rice, basmati	1 cup	6 g
Yogurt, plain	1 cup	9 g
Yogurt, Greek	1 cup	18 g
Egg	1 large	6 g

Helpful Tips

Helpful Tips

- Fruits and vegetables to avoid if not buying organic:
- Apples
- Blueberries
- Celery
- Grapes
- Lettuce
- Nectarines
- Peaches
- Potatoes
- Snap peas
- Spinach
- Strawberries
- Sweet bell peppers
- Eggs are acceptable.
- Limit or ideally avoid dairy. Try to cut all dairy.
- When possible, opt for BPA-free packaging to reduce toxins.

Refrain From Consuming

- Processed or refined foods.
- Soda, diet soda, fruit juice, energy or sports drinks, alcohol, coffee, non-herbal teas, and caffeinated drinks.
- Processed meats like sausage, canned meat, cold cuts, and frankfurters.
- Foods if you have known allergies or have received other nourishment guidelines from your health care professional.

Vegetable Shopping List

- | | | |
|--|---|---|
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Arugula | <input type="checkbox"/> Asparagus |
| <input type="checkbox"/> Bamboo shoots | <input type="checkbox"/> Bean sprouts | <input type="checkbox"/> Beet greens |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Belgian endive | <input type="checkbox"/> Bell peppers |
| <input type="checkbox"/> Black radishes | <input type="checkbox"/> Bok choy | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Broccolini | <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Cabbages |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Cauliflowers | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Chicory/Radicchio | <input type="checkbox"/> Chives | <input type="checkbox"/> Collard greens |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Dandelion greens | <input type="checkbox"/> Eggplants |
| <input type="checkbox"/> Endive/Escarole | <input type="checkbox"/> Fennel | <input type="checkbox"/> Green beans |
| <input type="checkbox"/> Hearts of palm | <input type="checkbox"/> Jalapeño peppers | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Kohlrabies | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Lettuces | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Mustard greens |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Onions | <input type="checkbox"/> Oyster plants |
| <input type="checkbox"/> Pearl onions | <input type="checkbox"/> Pumpkins | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Rutabagas | <input type="checkbox"/> Shallots | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Squash | <input type="checkbox"/> Sweet potatoes | <input type="checkbox"/> Swiss chard |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Turnip greens | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Water chestnuts | <input type="checkbox"/> Watercress | <input type="checkbox"/> Yucca roots |
| <input type="checkbox"/> Zucchini | | |

Notes:

- Daily servings: Unlimited (target 5 to 7)
- Serving size: ½ cup
- Only eat fresh or frozen varieties.
- Best to eat half of your vegetables in their raw, uncooked form.
- Fresh, homemade vegetable juices are acceptable.
- Avoid white potatoes and corn.

Fruit Shopping List

- | | | |
|---------------------------------------|---|--|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Apricots | <input type="checkbox"/> Avocados |
| <input type="checkbox"/> Bananas * | <input type="checkbox"/> Blueberries | <input type="checkbox"/> Cherimoyas/Custard apples |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Clementines * | <input type="checkbox"/> Coconuts |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Elderberries * | <input type="checkbox"/> Figs * |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Guavas * | <input type="checkbox"/> Huckleberries * |
| <input type="checkbox"/> Jackfruit * | <input type="checkbox"/> Kiwifruit | <input type="checkbox"/> Kumquats |
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Limes | <input type="checkbox"/> Lychees |
| <input type="checkbox"/> Mangoes * | <input type="checkbox"/> Melons * | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Olives | <input type="checkbox"/> Oranges | <input type="checkbox"/> Papayas * |
| <input type="checkbox"/> Passionfruit | <input type="checkbox"/> Peaches | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Persimmons | <input type="checkbox"/> Pineapples * | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Pomegranates | <input type="checkbox"/> Raspberries | <input type="checkbox"/> Red currants |
| <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Sapodillas * | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Tangerines | <input type="checkbox"/> Watermelons * | |

Notes:

- Daily servings: 2 to 3
- Serving size: ½ to ¾ cup (about 60 calories)
- Eat any fresh or frozen varieties except grapefruit, which can alter detoxification enzymes.
- If using canned fruits, like tomatoes or pumpkin, opt for BPA-free packaging.
- DO NOT drink fruit juices, even if homemade.
- Limit intake of berries to one serving or less per day.
- Only consume one banana per day.
- Individuals with glucose management concerns should avoid or minimize fruits with a high glycemic index (over 55).

***** Individuals who have glucose management concerns should avoid or minimize fruits with a high glycemic index.**

Proteins and Grains Shopping List

Lean Meats, Fish, and Vegan Proteins

- | | | |
|---|--|---|
| <input type="checkbox"/> Salmon | <input type="checkbox"/> Sea bass | <input type="checkbox"/> Tuna |
| <input type="checkbox"/> Lentils | <input type="checkbox"/> Lima beans | <input type="checkbox"/> Pinto beans |
| <input type="checkbox"/> Black beans | <input type="checkbox"/> Black-eyed peas | <input type="checkbox"/> Red (Adzuki) beans |
| <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Fava beans | <input type="checkbox"/> Grass fed/ Grass Finished Red Meat |
| <input type="checkbox"/> Poultry (chicken, turkey, duck or other) | | <input type="checkbox"/> Cod |

Notes:

- Daily servings: 2 to 4
- Serving size: 3 to 5 ounces
- Eat enough plant-based or animal-based protein to support your weight.
- Canned fish and seafood are acceptable.
- Eat fresh fish with low mercury content and deep-sea, non-farmed varieties.
- Baked, roasted, or poached are the best cooking options.

Healthy Grains

- | | | |
|---|---|--|
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Quinoa | <input type="checkbox"/> Teff |
| <input type="checkbox"/> Rice (Basmati or wild) | <input type="checkbox"/> Buckwheat groats | <input type="checkbox"/> Buckwheat noodles or grains |
| <input type="checkbox"/> Rice cakes (gluten-free, whole or steel cut) | | |

Notes:

- Daily servings: 1
- Serving size: ½ to ¾ cup (cooked)
- If organic is not possible, buy non-GMO.
- Only eat gluten-free varieties.
- Avoid refined grains like white rice, as heavy processing removes valuable fiber and nutrients.
- Avoid refined grains like white rice, as heavy processing removes valuable fiber and vitamins.

Fats, Seeds, and Spices Shopping List

Fats

- | | | |
|--|---|---|
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Flaxseed oil | <input type="checkbox"/> Olive oil (extra virgin) |
| <input type="checkbox"/> Chia seeds | <input type="checkbox"/> Coconut oil | <input type="checkbox"/> Ghee (clarified butter) |
| <input type="checkbox"/> Grapeseed oil | <input type="checkbox"/> Sesame oil | <input type="checkbox"/> High-oleic safflower oil |
| <input type="checkbox"/> Fresh nut spreads | <input type="checkbox"/> Yogurt (plain, Greek or non-dairy) | |

Notes:

- Daily servings: Limit to a maximum of 4

Raw Seeds

- | | | |
|------------------------------------|----------------------------------|---------------------------------|
| <input type="checkbox"/> Chia | <input type="checkbox"/> Flax | <input type="checkbox"/> Hemp |
| <input type="checkbox"/> Poppy | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Sesame |
| <input type="checkbox"/> Sunflower | | |

Spices

- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> Basil | <input type="checkbox"/> Bay leaves | <input type="checkbox"/> Cayenne |
| <input type="checkbox"/> Chili powder | <input type="checkbox"/> Chives | <input type="checkbox"/> Cilantro/Fresh coriander |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Cloves | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Garlic | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Mint | <input type="checkbox"/> Mustard |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Oregano | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Pepper (black) | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Sage | <input type="checkbox"/> Sea salt | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Thyme | <input type="checkbox"/> Vanilla Extract (pure) | |

Pantry Essentials Shopping List

Sugars and Sweeteners

- Bananas
- Dates
- Whole-leaf stevia (powder or liquid)
- Monk fruit/Luo Han Guo

Vinegars

- Apple cider
- Balsamic
- Red wine
- White wine

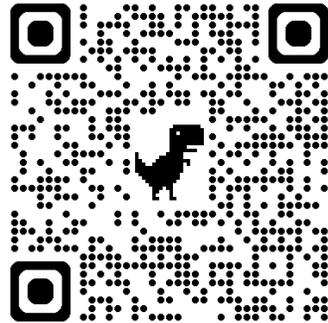
Miscellaneous

- Baking powder
- Baking soda
- Coconut butter
- Mustard
- Coconut cream
- Seaweeds (nori, tamari, or kelp)
- Curry paste
- Coconut water
- Broth (beef, chicken, or vegetable)
- Flour (almond, coconut, quinoa, oat, teff, or whole grain)

Beverages

- Water (strive for 8-10 glasses per day)
- Organic herbal tea (non-caffeinated)
- Nut milk (unsweetened, plain or vanilla)

MBS 10-Day SP Detox Challenge Groups



Join us on our FB page for live Q&A's, tips, recipes, forums to connect with others and much more!



Join our MBS Skool Community! It will be your go-to space for education, tips, and support during the 10-Day Detox - and beyond. Inside, you'll find helpful videos, practical guidance, and ongoing wellness insights to help you stay informed, motivated, and on track even after the detox ends.

Sample Meal Plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
10-DAY PLAN	1 Shake	2 Shakes	2 Shakes	3 Shakes	3 Shakes	3 Shakes	3 Shakes	2 Shakes	1 Shake	1 Shake
28-Day Plan	1 Shake	1 Shake	1 Shake	2 Shakes	2 Shakes	2 Shakes	2 Shakes	3 Shakes	3 Shakes	3 Shakes
BREAKFAST	Triple Berry Protein Bowl	Egg & Mushroom Buckwheat Bowl	Cherry & Blueberry Yogurt Parfait	Eggs in a Butternut Squash Nest	Greek Yogurt, Almonds & Cherries	Zucchini Turkey Breakfast Skillet	Black Bean & Mushroom Omelette	Yogurt & Berries Sweet Potato Toast	Cherry & Walnut Buckwheat Porridge	Zucchini Banana Bowl
SNACK								Chia & Hemp Seed Banana	Blueberries & Walnuts	Everything Bagel Crackers Olive Hummus
LUNCH	Cleaned Up Chicken Salad	Grilled Fajita Burgers	Creamy Cauliflower Soup	Chicken, Kale & Sweet Potato Skillet	Quinoa, Spinach & Tuna Salad with Pesto	Burrito Bowl Mason Jar	Broccoli & Chickpea Green Goddess Salad	Roasted Leek & Butternut Squash Salad	Hummus & Tuna Stuffed Avocado	Chicken, Turmeric & Brown Rice Soup
SNACK	Carrots & Guacamole	Apple with Almond Butter	Celery with Almond Butter	Snow Peas & Almonds	Walnuts, Tomatoes & Olives	Apple & Brazil Nuts	Lemon & Dill White Bean Dip	Creamy Balsamic Vinaigrette		
DINNER	Chicken & Kale Skillet with Chickpea Pasta	Grilled Salmon Salad with Cilantro Lime Dressing	Turkey Pineapple Quinoa Bowl	Pressure Cooker Mexican Quinoa & Black Beans	Creamy Spaghetti Squash	One Pan Sreak with Broccoli & Green Beans	Chicken & Veggie Stir Fry	Chicken, Cabbage & Wild Rice	Canned Salmon & Zucchini Noodles	Moroccan Chicken Stew
SNACK							Nut-Free Vegan Pesto			



Recipes can be found
by scanning this QR code

2026

January

MBS 10-Day Detox Group Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12 Detox Kick-off	13 Meal Planning Guidelines & Toxicity Questionnaire	14 Decoding Labels	15 Example Meal Plan (Simplifying the Meal Planning Process)	16 Pre-Launch Live Q&A in Facebook group @ 7:30 PM	17 Day 1: Detox Process
18 Day 2: Hydration & Recipe Video	19 Day 3: Exercise Benefits & Ways to incorporate into your day	20 Day 4: Environment Recommendations	21 Day 5: Recipe Video & Halfway Celebration Live in Facebook group @ 7:30 PM	22 Day 6: Energy Boosters	23 Day 7: Recipe Video	24 Day 8: Long-Term & Post-Program Habits
25 Day 9: Gratitude & Celebration	26 Day 10: Graduation Day! Live on Zoom @ 7:30 PM	27	28	29	30	31



Graduation
party

IN HONOR OF

YOU!

MONDAY, JANUARY 26TH

AT 7:30 pm

LIVE ON ZOOM

Meeting ID: 274 427 1032

Passcode: Kqj00a