



Derek Wahler Fitness, LLC

24-Hour Keto Liver Detox

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Welcome to the 24-Hour Keto Liver Detox!

With this rapid fat loss plan, you'll be having bone broth for breakfast...

A savory taco bowl for lunch...

And a delicious chicken spaghetti squash dinner.

For the bone broth, if you don't want to make your own...

You can simply use a store-bought version instead.

If you look at the Keto Liver Detox main manual, you'll see a list of the best store-bought options.

Simply choose one of those if you don't want to make your own.

Below you'll find recipes for each meal.

And you can do this for more than one day if you'd like.

Let's get started!

Mon

Breakfast



Pressure Cooker Bone Broth

Lunch



Taco Salad with Beef

Dinner



Chicken Ranch Spaghetti
Squash

Fruits

- ☐ 1/2 Avocado
- ☐ 2 1/4 tsps Lime Juice

Seeds, Nuts & Spices

- ☐ 1 1/2 tsps Chili Powder
- ☐ 3/4 tsp Cumin
- ☐ 1/2 tsp Dried Chives
- ☐ 1 1/4 tsps Sea Salt

Vegetables

- ☐ 2 Carrot
- ☐ 1/4 cup Cherry Tomatoes
- ☐ 1/2 stalk Green Onion
- ☐ 1/4 Jalapeno Pepper
- ☐ 1/4 Red Bell Pepper
- ☐ 1/2 head Romaine Hearts
- ☐ 1/4 Spaghetti Squash
- ☐ 1 Yellow Onion

Boxed & Canned

- ☐ 1 tbsp Organic Coconut Milk

Bread, Fish, Meat & Cheese

- ☐ 2 ozs Chicken Breast
- ☐ 4 ozs Extra Lean Ground Beef
- ☐ 1 Whole Chicken Carcass

Condiments & Oils

- ☐ 1 1/8 tsps Apple Cider Vinegar
- ☐ 1 tbsp Extra Virgin Olive Oil
- ☐ 1/4 cup Mayonnaise

Cold

- ☐ 2 tsps Unsweetened Coconut Yogurt

Other

- ☐ 5 cups Water



Pressure Cooker Bone Broth

4 servings

3 hours

Ingredients

- 1 Whole Chicken Carcass
- 2 Carrot (medium, chopped)
- 1 Yellow Onion (chopped)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 5 cups Water

Directions

- 1 Add the cooked chicken carcass/bones to the pressure cooker along with the carrots, onion, apple cider vinegar and sea salt.
- 2 Add the water to the pressure cooker. Lock the lid on and make sure the knob is set to the "sealing" position. Select the "manual" or "pressure cook" (on newer models) setting and set for two hours.
- 3 Once the two hours are up, allow the pressure to release naturally. Then open the lid carefully and strain the broth through a sieve or strainer. Discard the veggies and bones then transfer the broth into jars. Enjoy!

Notes

Chicken Carcass: One whole chicken carcass is equal to about 2 lbs. of bones.

Layer of Fat: A layer of fat may form on the top of the broth once it cools. You can keep it or skim it off once it has hardened.

Storage: Store broth in the fridge for up to 3 to 4 days or freeze until ready to use. For easy freezing, pour into an ice cube tray and freeze, then remove and place in a bag in the freezer.

No Onion: Omit or use celery for extra flavour instead.

Save Your Bones: Anytime you have extra bones from a meal, freeze them for when you are ready to make broth.

Use it With: You can use this broth in soups, stews, curries, quinoa or simply sip it on its own.



Taco Salad with Beef

1 serving

25 minutes

Ingredients

4 ozs Extra Lean Ground Beef
1 1/2 tsps Chili Powder
3/4 tsp Cumin
1/8 tsp Sea Salt
1/4 cup Cherry Tomatoes (chopped)
1/4 Jalapeno Pepper (chopped)
1/2 stalk Green Onion (chopped)
2 1/4 tsps Lime Juice (divided)
1/2 head Romaine Hearts (chopped)
1 1/2 tsps Extra Virgin Olive Oil
1/2 Avocado (sliced)

Directions

- 1 In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 2 Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- 3 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 4 To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

Notes

Storage: Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

More Flavor: Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

Make it Vegan: Use black beans instead of ground beef.



Chicken Ranch Spaghetti Squash

1 serving

30 minutes

Ingredients

2 ozs Chicken Breast (boneless, skinless)
1/4 Red Bell Pepper (halved and seeds removed)
1/4 Spaghetti Squash (cut in half lengthwise, seeds removed)
1 1/2 tps Extra Virgin Olive Oil
1/4 cup Mayonnaise
2 tbsps Unsweetened Coconut Yogurt
1/2 tsp Apple Cider Vinegar
1/2 tsp Dried Chives
1/8 tsp Sea Salt
1 tbsp Organic Coconut Milk (full fat, from the can)

Directions

- 1 Preheat the oven to 375°F (177°C) and line your baking sheets with aluminium foil.
- 2 Brush the chicken, bell pepper and the inside of the spaghetti squash with oil. Transfer to the baking sheets, placing the bell pepper and squash face down.
- 3 Roast the pepper for about 20 to 25 minutes or until slightly charred. Remove and set aside. Continue cooking the chicken and squash for an additional 10 minutes or until cooked through and tender.
- 4 Meanwhile, combine the mayonnaise, yogurt, apple cider vinegar, chives, salt and coconut milk in a jar. Cover with a lid and shake until well combined.
- 5 When cool enough to handle, use a fork to shred the squash into noodles. Chop the chicken and bell pepper, and transfer to the spaghetti squash bowl. Drizzle with the dressing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 1/4 of stuffed spaghetti squash.

No Bell Peppers: Use mushrooms, peas or broccoli instead.

No Coconut Yogurt: Use any alternative plain yogurt or sour cream.

Egg-Free: Use sour cream or yogurt instead of mayonnaise.