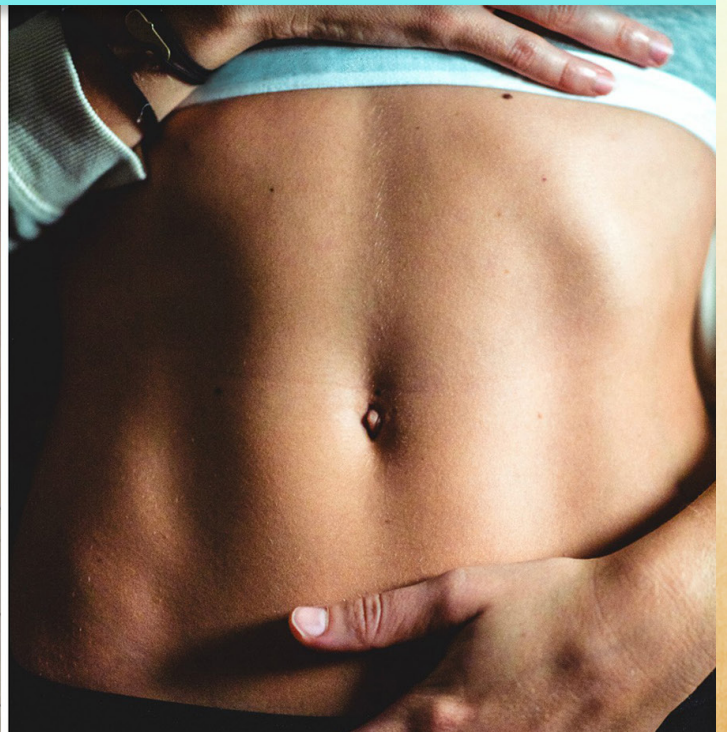


KETO LIVER Detox

 ***14-DAY RAPID FAT LOSS PLAN***



KETO LIVER DETOX

Over the next 14 days, you're going to experience a NEW way to eat that focuses on:

- Burning fat
- NEVER counting calories
- NEVER being hungry
- Increasing your mental clarity
- Giving you WAY more energy
- Dramatically improving your health

And the basis of it is simple, it's eating:

- High fat
- Moderate protein
- Low carb (mainly veggies)

The reason this works so well is, we're cutting out all the foods that create inflammation in the body. Foods like:

- Bread
- Pasta
- Chips
- Crackers
- Rice
- Wheat
- Cereal
- Corn
- Quinoa
- Oats

Inflammation leads to almost every disease known to man, and it's why eliminating it from your body is so important.

And these highly inflammatory foods are what's causing this massive problem with people's health.

To make this easier to read, I've broken down the Keto Liver Detox into 4 simple steps.

STEP #1: CUT OUT SUGAR

This is the MOST powerful thing you can do to lose weight and burn belly fat quickly.

You see, when we eat sugar, your body immediately releases a hormone called insulin.

Insulin's job is to handle all this sugar coming into your body.

However, since most of the sugar can't be utilized by your muscles or organs, it gets shuttled to your fat cells, where it's stored as fat.

So, by cutting out the sugar, you'll lower your insulin response and start BURNING more fat instead of storing around your belly, hips, butt, and thighs.

From now on, focus on cutting out sugar from your diet.

That means the obvious ones like soda, ice cream, cookies, candy, along with some not-so-obvious things like:

- Diet Soda
- Honey
- Maple syrup
- Fruit Juice
- Dates
- Raisins

- Ketchup
- Salad dressing (mix olive oil w/ a little vinegar and use that instead)
- Yogurt (eat full-fat plain Greek yogurt instead)
- Milk

When it comes to fruit, we want to cut out the high-sugar fruits for at least the next 30 days.

You see, when you have 15 or more pounds to lose, your body probably doesn't handle sugar too well. Even the natural sugar found in fruit.

That's why we cut it out for at least 14 days.

When it comes to fruit, these are the only ones you should be eating:

- Raspberries
- Blackberries
- Strawberries
- Blueberries
- Avocado
- Peppers
- Tomatoes

Otherwise, we're cutting out the rest.

Also, here are the code names for sugar you need to look out for:

- Fructose
- Dextrose
- Agave
- Cane sugar
- Corn syrup
- Evaporate cane juice

- High fructose corn syrup
- Malt syrup
- Raw sugar
- Brown sugar

Look, this is one of the most POWERFUL fat-burning strategy there is, so I know this may seem hard for you, but remember that you're changing your body and your health for the better, so simply take it one step at a time.

Will it be perfect?

No.

Will you slip up sometimes?

Maybe :)

But just stay focused on one day at a time, one meal at a time, and all I can ask is you do your best.

And don't worry, you're not cutting out ice cream, cookies, and pizza for the rest of your life :)

This is just for the next 30 days, and then I'll show you how you can eventually add those foods back in your diet on occasion without ruining your results.

STEP #2: CUT OUT GRAINS

The next step is cutting out grains from your diet. Here's why:

- 99% of grains are processed to the point where they contain no nutritional value
- Your body immediately turns them into sugar
- They cause a blood sugar spike that can last for HOURS, putting you in fat-storage mode instead of fat-burning mode
- They slow down your results BIG TIME
- They can cause inflammation in your body

The last point is the most important.

You see, for the longest time, people thought that high cholesterol is what caused heart attacks, however...

What REALLY causes heart attacks is plaque.

What causes plaque build up in your body?

Inflammation.

And what causes inflammation?

Eating too many grains.

Now, I'm sure you've heard that you need these carbs for energy...

Again, not true if you become "fat-adapted"...

Which we talked about in the last Action Step email.

It's where your body runs on fat instead of carbs...

Which not only helps you burn fat FASTER, it's also what your brain prefers.

Your brain would rather run on fat than sugars and carbs.

It's why your mental clarity improves so much once you switch to a healthy, high-fat diet.

So, here's a list of the most common grains that we're going to eliminate...

If you want the FASTEST results possible, go cold turkey and cut them all out starting today.

If you don't think you can do it all at once, take small steps and start removing these foods from your diet.

Keep making progress everyday until all have been removed.

- Pasta
- Rice (white and brown)
- Bread
- Crackers
- Chips
- Quinoa
- Corn
- Cereal
- Bagels
- Wheat
- Flour (almond flour is okay)
- Granola bars
- Pastries

I think you get the picture.

Now, don't worry...

It's not like you'll NEVER get to eat these foods EVER again.

Right now, if you have 10 or more pounds to lose, these foods are doing WAY more harm than good.

However, in the future, when you get closer to your Ideal Body...

You can start adding some of these foods back in, in moderation.

The key is making them a side dish and NOT the entire meal.

Most grains are served as the main course, and...

They immediately get turned into sugar in your body and stored as fat.

So that's why we want to avoid them now, and only eat them in moderation in the future.

When you cut out the grains and sugar, while eating more healthy fats that fill you up and never you leave you feeling hungry or unsatisfied...

You'll start losing A LOT of weight.

STEP #3: GRANDMA'S SECRET BONE BROTH RECIPE

Bone Broth Diet is a liquid food preparation where bones are boiled in water for a time ranging from two to forty-eight hours – for flavor, onions, garlic, and other herbs are often added.

Bone broth drinking dates back to 1000CE. “Bru”, a Germanic root of the word, “means to prepare by boiling”.

It has been used mainly in traditional Chinese and Jewish medicines since then.

Bone broth was used many times to support digestive health, as a blood builder and in strengthening the kidney, and was also prescribed as a medical remedy.

On the surface, bone broth seems to be like a single product, but it weighs more than that.

Centuries ago bone broth started of necessity, no one threw away any part of the catch as successful hunting was very rare. All the parts of the animal were essential, from the hooves and knuckle bones to the guts and skin.

Does Bone Broth Have Any Health Benefits?

In addition to weight loss and getting rid of belly fat, bone broth has many additional health benefits:

1. It is highly nutritious: Bone broth is rich in vitamins and minerals like calcium, phosphorus, iron, zinc, selenium, fluoride, sulfate, potassium, iodine, sodium and magnesium.

These minerals are essential in the body.

Collagen: One essential constituent of bone broth is collagen; research has shown that collagen can heal the lining of the gastrointestinal tract, of which the stomach and intestines are part.

Collagen also helps to reduce issues of gastric ulcers and also serves as a support for joints, tendons, mucous membranes, skin and even bones.

It also can fight cellulite, which is the fat beneath the surface and can be very dangerous.

Bone broth can increase the amount of collagen significantly in the body which will, in turn, increase connective tissues.

It will help the skin appear smooth and supple, which reduces wrinkles, stretch marks and cellulite.

Gelatin: Bone broth is a good source of gelatin which may break down into collagen. It strengthens the hair and nails, decreases the risk of autoimmune disorders, enhances probiotic balance and growth, and helps break down proteins.

It contains many amino acids which include:

Arginine (regenerates damaged liver cells, produces growth hormones and also sperm hormones).

Glutamine (this facilitates muscle building, strengthens cells and heals gut lining), and **Proline** (Proline is believed to repair the gut and regenerate cartilage).

Glycine: bone broth contains glycine, which is the smallest of all the amino acids.

It helps to fight inflammation, detoxify the body and improve memory.

Proline, Glutamine, Alanine, Hyaluronic Acid and Glucosamine are found in bone broth.

May protect the joints Cartilage in the joints tends to wear down through continuous use.

This can add stress to the joints which may lead to damage as a result of the added pressure.

A 2017 review that appears in the journal "Sport Medicine" suggests that gelatin supplementation increases the amount of collagen in the tissues, which may help protect the joints from unnecessary stress.

It can help fight osteoarthritis: The ingredients of bone broth maintain the joints and may help people who already have osteoarthritis.

A study in "Nutritional Journal" published in 2016 looked at the effects of type 2 collagen in the people who had osteoarthritis symptoms in their knees (the collagen came from the connective tissues of chicken).

It can help reduce inflammation and heal the gut.

A study in 2017 in the "Journal in Clinical Nutrition and Metabolic Care" notes that Glutamine supplementation helps heal the intestinal barrier in human and animal models.

This may also help in conditions like leaky gut which irritates the mucosal lining in the intestines and interferes with the body's ability to digest food.

GRANDMA'S BONE BROTH RECIPE

I'll be honest, bone broth is NOT easy to make.

It takes a lot of time...

And it uses parts of the animal that most people don't have on hand.

So while I'm going to include the recipe below...

I realize that in today's world, it's not as realistic that you'll be sitting at home, making bone broth every day.

And that's perfectly okay!

There are plenty of high-quality bone broths that you can buy at almost any grocery store.

You'll find a list of those below.

The choice is yours, you can try making your own at home...

CHICKEN BONE BROTH

Prep Time: 15 Min.

Cook Time: 2 To 8 Hrs. Depending On Cooking Mode

Yield: About 1 Gallon of Broth

- 2 pounds or more chicken thighs, legs, and/or wings
- 3 pounds or more raw or cooked chicken bones/carcasses
- ¼ cup apple cider vinegar
- 6 to 8 chicken feet (optional, but will add a great deal of collagen to your broth)
- 1 bay leaf

- 1 teaspoon whole black peppercorns
- 2 teaspoons Celtic or pink Himalayan salt
- Filtered water
- Optional: 2 to 4 carrots, roughly chopped, 3 or 4 celery ribs, including leaves, roughly chopped, 1 or 2 garlic cloves

INSTRUCTIONS

1. Put all the meat and bones in a large stockpot, pressure cooker, slow cooker or instant pot. Add chicken feet if you're using vinegar, bay leaf, vegetables, peppercorns and salt. Also, add any additional spices that help burn fat. Add sufficient filtered water so as to cover all ingredients by 1 inch.
2. If you're using a stock pot, allow the liquid simmer using medium heat. Afterwards, cover and allow it simmer for about 4 to 8 hours. Add filtered water as the need arises to ensure the bones are submerged under water.
3. If you're using a slow cooker, cover it and cook on low for about 4 to 8 hours. Add filtered water as the need arises to ensure the bones are submerged under water.
4. If you're using a pressure cooker or instant pot, follow the instructions in the cooker manual to raise the cooker to full pressure. Reduce the heat while maintaining full pressure and cook for about 4 hours. Allow the pressure escape naturally.
5. By the time the broth is done, strain it using a fine-mesh strainer. Remove and dispose the vegetables and bones, while you keep the meat for other use. (You can keep the bones in refrigerator or freezer and use them when next you want to make another round of broth.)

6. Put the broth aside to cool, then cover it and refrigerate. When it gets chilled, the broth usually is gelatinous. The broth can be kept in the refrigerator for up to 5 days while it can last up to 3 months or even more in a freezer.

HERE ARE THE BEST STORE-BOUGHT BONE BROTH OPTIONS

You should be able to find these at your grocery store, or you can order them online.

- Kettle + Fire
- Bonafide Provisions Organic Bone Broth
- Vital Choice Organic Bone Broth
- Bare Bones Organic Bone Broth
- The Osso Good Co. Bone Broth
- Thrive Market Bone Broth
- Swanson Organic Bone Broth
- Pacific Foods Organic Bone Broth

Some of these you'll be able to find at your grocery store, others are only available online.

Just do a quick search online, compare the different brands, and try out a few different ones to see which ones you like the best that also match your budget.

WHEN SHOULD I DRINK BONE BROTH?

When it comes to the Keto Liver Detox plan, we're mainly going to be drinking the bone broth.

You can also use it as the base of soups and stews, but for the most part, we're going to be sipping it throughout the day.

INSTRUCTIONS

- Have 1-2 cups of bone broth with breakfast, lunch and dinner.

That's the bare minimum.

You really can't have too much bone broth, so feel free to have more if you'd like.

You can sip it throughout the day...

You can have it as a meal replacement for breakfast if you're not hungry in the morning, or if you're fasting...

And you can have it as an after-dinner drink before bed.

Just make sure to have at least 3 servings a day.

It's great at curbing hunger, eliminating cravings, and filling you up...

So the more you drink, the better :)

IF YOU'RE USING STORE-BOUGHT VERSIONS OF BONE BROTH

Make sure to get it nice and hot first.

Cold or even lukewarm bone broth doesn't taste very good.

So warm it up in the microwave or heat it up on the stove...

Then you can add in different spices to improve the taste if you'd like.

Some great options are sea salt, pepper, turmeric and ginger.

STEP #4: EAT A HIGH-FAT DIET

Along with drinking bone broth every day...

You're going to follow a ketogenic diet for the next 14 days (and hopefully beyond) as well.

Now, I know dietary fat has been demonized in the media and online for decades.

However...

Eating more healthy fat is one of the BEST things you can do to not only burn more fat and lose weight FASTER...

But also for improving your overall health in general.

So when I say high-fat foods, I'm NOT talking about fast food, fried foods, or anything like that.

I'm talking about:

- Eggs (yolk included)
- Bacon
- Sausage
- Avocado
- Black olives
- Steak
- Fish
- Pork
- Coconut oil
- Butter
- Cheese
- Avocado oil
- Extra virgin olive oil
- Ground beef
- Pepperoni
- Raw nuts
- Plain Greek yogurt
- Heavy whipping cream (GREAT to mix in w/ coffee)
- Cream cheese
- Dark chocolate (85% cocoa or higher)

When you eat this way and rely LESS on carbs, you're body becomes what's known as being "fat-adapted"...

And that basically means your body uses your stored fat for energy, instead of relying on carbs and sugar.

If you're eating a ton of carbs everyday, then your body burns that up for energy. Which is fine, except then your body NEVER burns off your stored fat...

Which is what you REALLY want, right?

And simply eat until you're satisfied, NOT stuffed.

You don't have to count calories...

Or measure portions...

Unlike breads, pasta, and other processed carbs, these foods actually fill you up, so you're not snacking every few hours, and...

They help kill your cravings.

Start getting more healthy fats in your diet...

Stay off the sugar...

Stay off the grains...

And watch the weight fall off week after week :)

Now, there are a handful of other foods that aren't considered grains, but should still be avoided for the next 14 days. They include:

White potatoes

- Beans
- Pastries
- Ice cream
- Pie
- Cookies
- Peanuts and Peanut Butter
- Vegetable Oils (Canola, Safflower, Sunflower)
- Artificial sweeteners mainly found in:
 1. Diet Soda
 2. Low-fat foods o Light Yogurt

3. Diet drinks like Crystal Light
4. Sports Drinks: Gatorade, Powerade, Powerade Zero

BELOW IS YOUR MEAL PLAN FOR THE NEXT 14 DAYS.

This can be REALLY simple.

Just focus on eating LOTS of veggies (I cook mine in grass fed butter, olive oil, or coconut oil to make them taste better. Along with sprinkling some sea salt or pink Himalayan salt on top)...

Some protein like steak, beef, chicken, fish, pork, sausage, Canadian bacon and lamb...

And plenty of healthy fats to fill you up, like butter, eggs, bacon, black olives, avocado, olive oil, full fat cheese, plain Greek yogurt, cottage cheese etc.)

Mix and match...

And have some fun with it!

14-DAY KETO LIVER DETOX

For the next 14 days, use the “meal plan” provided below.

Simply choose one protein, vegetable and healthy fat option to make up your meal.

BREAKFAST

PROTEIN CHOICES:

Choose One

2-4 whole eggs (any style)
Meat from the night before
Plain Greek Yogurt
Greens Energy Shake (recipe below)

LOW-SUGAR CARB CHOICES:

Choose 1-2 Options Below

1 cup cooked broccoli
1 cup cooked cauliflower
1 cup cooked spinach
 $\frac{1}{2}$ cup chopped onions
 $\frac{1}{2}$ cup chopped peppers
 $\frac{1}{2}$ cup raspberries
 $\frac{1}{2}$ cup strawberries
 $\frac{1}{2}$ cup blackberries

HEALTHY FAT CHOICES:

Choose 1-2 Options Below

$\frac{1}{2}$ avocado
1 tbsp. coconut oil
1 tbsp. grass fed butter
1-3 slices of bacon
1-2 sausage links
Fat-Burning Coffee (recipe below)

EXAMPLE #1:

3 whole eggs, scrambled

1 cup cooked broccoli

½ avocado

2 slices bacon

EXAMPLE #2:

2 cups plain Greek yogurt

½ cup raspberries

Cinnamon

Note: Cooking your eggs and/or veggies in butter or coconut oil is pretty amazing :)

I highly recommend it to get some more healthy fats in, which fill you up and stop you from snacking all day long.

Plus, it helps you burn more fat.

If you still feel a little hungry after eating, wait at least 20 minutes.

Then listen to your body.

If you're still hungry, eat a little more.

However, usually you'll find that the healthy fats in the eggs, bacon, butter, fat-burning coffee, etc. fill you up pretty quick.

Simply eat until you're satisfied and NOT stuffed.

And if you're not hungry in the morning, please don't force yourself to eat.

The #1 rule is only eat when you're hungry.

Don't force yourself to eat extra fat or extra meals because you think you have to.

GREENS ENERGY SHAKE RECIPE

- 2 handfuls baby spinach or kale
- ½ avocado
- 1 scoop protein powder (optional)
- 1 tbsp. heavy whipping cream
- 1 tsp. cinnamon
- 2 tbsp. chia seeds
- 1 ½ cups water
- Ice (optional)

LUNCH & DINNER

PROTEIN CHOICES:

Choose One

Chicken Breast

Chicken Thighs

Turkey

Salmon

Tuna

2-4 whole eggs, any style

Ground Beef

Ground Turkey

Steak

Pork

Fish

VEGETABLE CHOICES:

Lamb
Salami
Pepperoni

Choose 1-2 and eat as much as you'd like

Broccoli
Romaine lettuce or spinach for a salad
Asparagus
Cauliflower
Cauliflower rice
Green beans
Brussel Sprouts
Kale
Peppers
Cucumbers
Zucchini or Zoodles (Zucchini Noodles)

HEALTHY FAT CHOICES:

Choose 1-2 Options Here

1 tbsp. coconut oil
1 tbsp. MCT oil
 $\frac{1}{2}$ avocado or avocado oil
1 tbsp. butter
Black olives
1 oz. cheese
1 oz. raw nuts (almond, walnuts, macademia)
1 cup cottage cheese
Guacamole

If you turn your meal into a salad (highly recommended), feel free to add tomatoes, mushrooms, black olives, cucumbers and peppers.

SALAD DRESSING OPTIONS:

- Apple Cider Vinegar + 2 tsp Extra Virgin Olive Oil
- 1 tbsp. avocado oil
- Juice from 1-2 lemon wedges (tastes GREAT)

LUNCH EXAMPLE:

Cheeseburger (no bun) w/ guacamole
Cauliflower cooked in coconut oil + sea salt

DINNER EXAMPLE:

Steak
Asparagus & broccoli cooked in grass fed butter w/ salt

SNACKS

One thing you'll likely find as you start eating a high-fat diet, is that you won't be hungry so often during the day.

In fact, you may not even want to snack at all. The main goal here is to eat enough during breakfast, lunch, and dinner so you don't need to rely on snacks during the day.

However, if you are hungry between meals, here are your best options:

- Hard boiled eggs
- 1-2 oz. of cheese
- Small handful of raw nuts (Macadamia, Almonds, Walnuts, Brazil nuts)

- Veggies (I love dipping mine in guacamole or cooking them in butter w/ sea salt on top)
- Olives
- Pumpkin seeds
- Pepperoni slices
- Salami
- Pickles
- Chomps beef sticks
- Avocado w/ sea salt
- Coconut oil
- Oven roasted turkey or ham slices
- Plain Greek yogurt w/ berries or protein powder
- 1-2 pork sausage or chicken sausage links

BEVERAGES

In order to get the best results possible, stick with these for the next 30 days:

- Water (you can add in lemon if you'd like)
- Sparkling Water
- La Croix
- Unsweetened iced tea
- Coffee (no sugar, milk, creamer or half and half)
- Hot Tea (unsweetened)

If you're a coffee drinker, here's something you can do that might fill you up enough to skip breakfast altogether.

FAT-BURNING COFFEE

- Coffee
- Choose ONE from the list below o 1 tsp. heavy whipping cream (not creamer or half and half) o 1 tsp. butter
- 1 tsp. coconut oil

Again, just choose ONE from the list above.

DESSERT

If you have a sweet tooth, one of my favorite desserts is 1-2 squares of dark chocolate (85% cocoa or higher), with some full-fat cream cheese or raw almond butter on top.

Another great option is 1 cup plain Greek yogurt w/ cinnamon and 1 tbsp. of nut butter or cream cheese.

You CAN Do This!

I believe in YOU....

Now let's make it happen!