

# APPLE CIDER VINEGAR DETOX

**Quick Start Plan**



## **Apple Cider Vinegar Detox Quick Start Guide**

Welcome to the Apple Cider Vinegar Detox!

I'm super excited to have you on board for the next 7 days (and beyond)...

Now, since I don't want to waste any of your time...

Here is the fastest way to get started with the ACV Detox.

### **Step #1 – Download the Apple Cider Vinegar Detox Plan.**

You should see it right next to this Quick Start Guide on the download page.

Click the "Download Now" button...

Then open up the program and read through it before you start.

### **Step #2 – Go grocery shopping**

Obviously if you don't have apple cider vinegar at home, you'll want to pick some up...

Along with the foods from the meal plan.

When it comes to ACV, I usually stick with Braggs because it's in almost every grocery store...

But you can choose other brands if you'd like...

Just make sure they say "with the mother" on the label.

### **Step #3 – Get started with the plan!**

You'll have an ACV drink for breakfast...

One before lunch...

And another after dinner.

This is all laid out in the main program.

You can sip them throughout the day if you'd like...

I've found having one mid-morning and mid-afternoon helps curb your hunger until you're next meal...

But that's completely up to you.

Just make sure to have the three drinks daily...

And any others throughout the day are just an added bonus.

### **When you finish the program...**

Shoot me an email at [derek@dwahlerfitness.com](mailto:derek@dwahlerfitness.com) and let me know how it went for you.

**And if you send in a testimonial, I'll give you a free copy of my popular 14-Day Rapid Soup Diet program.**

It retails for \$37, but I'll send it to you for free, if you're willing to send in a testimonial.

Again, you can follow the plan for 7 days, 21 days, 35 days, it's up to you.

And if you want more variety in your meals, just follow this simple formula:

### **Healthy Protein + Good Fats + Low Sugar Carbs**

That could be flank steak with cauliflower cooked in butter, or...

Shredded chicken on a bed of lettuce with tomatoes, avocado and shredded cheese, or...

Salmon with asparagus cooked in avocado or olive oil.

Just follow that formula and you'll never go wrong.

Let's do this!

Derek