



Apple Cider Vinegar Detox

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Welcome to the Apple Cider Vinegar Detox!

My name is Derek Wahler, and I'm really excited to have you on board for this quick 7-day program.

Most diet books have hundreds of pages of information, which is usually confusing and wastes a lot of your time...

Which is why, I'm just going to get straight to the point :)

There are only a few "rules" for this program...

Because I wanted to make it as simple as possible...

Rule #1)

Have an apple cider vinegar detox drink first thing in the morning, before lunch, and after dinner.

That's the bare minimum.

You can have as many as you want throughout the day...

But at least get those three drinks in daily and you should start seeing results.

The apple cider vinegar detox drink list is below.

You can have the same drink throughout the day...

Or pick a different one each time.

It's completely up to you.

Rule #2)

Follow the 7-day meal plan listed below.

This is NOT some fancy meal plan filled with organic, grass-fed foods that are super expensive and hard to find.

And the meals themselves are really easy to make.

Again, I wanted to keep this as simple as possible.

You'll fast in the morning (just have your ACV morning drink)...

Then make sure to eat plenty at lunch and dinner.

If you're still hungry after your meal...

You can simply go back for seconds from your meal...

Or have any of these fat-burning foods:

- Plain Greek yogurt
- Eggs (any style)
- Berries
- Cottage cheese
- Veggies
- Peppers
- Tomatoes
- Avocado w/ sea salt
- Any type of protein (chicken, beef, turkey, fish)

The goal is to eat until you're full but not stuffed.

So if you're still hungry, eat a little more until you feel full.

This is NOT a starvation diet.

Rule #3)

After the 7 days are over...

You can either continue with the plan for as long as you want...

Or use the same principles from the meal plan to make your own meals.

The meals are based on healthy proteins, good fats and low sugar carbs.

If you follow that simple guideline...

You can make amazing meals at home that taste delicious...

Without having to be super restrictive or count calories.

For example, last night I had bunless bacon cheeseburgers with grilled zucchini (salt and pepper to taste).

I ate until I was full...

I didn't count any calories...

And it was super easy to make.

I've been doing that for the past 10 years, it's easy to maintain, and after losing 45 pounds, I've kept the weight off for good.

Keep it simple.

And if you ever have questions, just shoot me an email at derek@dwahlerfitness.com.

Let's get started!

Apple Cider Vinegar Detox Drinks

As I mentioned before...

You're going to have one ACV detox drink first thing in the morning (instead of breakfast)...

Another one before lunch...

And one after dinner.

If you want to sip these drinks throughout the day, that's perfectly fine too.

But you want to make sure to at least get these three in on a daily basis.

Below are a list of drinks...

You can pick and choose whichever ones you want...

I'd recommend trying each of them at least once...

And then stick with the ones you like the best.

You also received three bonus programs:

- Morning Fat Blasting ACV Recipes
- Bedtime Fat Burning ACV Drinks
- ACV Recipes for Weight Loss

You can use any of those recipes as well.

ACV Fat Buster

- 1 tbsp. apple cider vinegar
- 1 tbsp. fresh squeezed lemon juice
- ¼ tsp. cinnamon
- 1 cup warm water

ACV Belly Blast

- 1 cup water
- 2 tbsp. apple cider vinegar
- 2 tbsp. freshly squeezed lemon juice
- 1 tsp. freshly grated ginger or ground ginger
- Dash of cayenne pepper

ACV Flat Belly Drink

- 2 cups warm water
- 1 tbsp. apple cider vinegar
- ¼ tsp. cinnamon
- Stevia to taste

ACV Berry Blast

- 2 tbsp. apple cider vinegar
- 2 tbsp. mixed berries (smashed)
- 1 tbsp. lemon juice
- Stevia to taste (optional)
- 8-12 ounces of water

Blackberry ACV

- 6 blackberries (mashed)
- 1 tbsp. apple cider vinegar
- Juice from half a lemon
- Ice
- 8-12 ounces sparkling water

Grapefruit ACV

- 2 tbsp. apple cider vinegar
- Juice from ¼ of a grapefruit
- 1 cup water

Bikini Belly ACV

- 4 cups water
- 2 tbsp. apple cider vinegar
- 1 tbsp. chia seeds
- Let it sit for 10 minutes before drinking

Flat Belly Flush

- 4 cups water
- 1.5 tbsp. apple cider vinegar
- 1 tbsp. fresh lime juice
- 1 tsp. stevia
- Ice

Apple Cider Vinegar Detox Meal Plan

This is the plan you'll follow for the next 7 days, however...















You can do it for as long as you'd like.

I've been eating this way for years...

And it works really well.

You'll see three lunch and dinner options below.

Just remember to have your ACV drink before lunch and after dinner.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch							
	Zucchini & Ground Beef Skillet	Cauliflower Rice Breakfast Hash	Zucchini & Ground Beef Skillet	Cauliflower Rice Breakfast Hash	Zucchini & Ground Beef Skillet	Tuna Salad Plate	Tuna Salad Plate
Dinner							
	One Pan Roasted Chicken, Broccoli & Peppers	Cheeseburger Salad	One Pan Roasted Chicken, Broccoli & Peppers	Cheeseburger Salad	Turkey Stuffed Zucchini Boats	Cheeseburger Salad	Turkey Stuffed Zucchini Boats

Fruits

- ☐ 1 Avocado

Seeds, Nuts & Spices

- ☐ 1 1/3 tbsps Cumin
- ☐ 1 tsp Garlic Powder
- ☐ 1 tbsp Italian Seasoning
- ☐ 2 tsps Onion Powder
- ☐ 1 1/2 tsps Oregano
- ☐ 1/2 tsp Red Pepper Flakes
- ☐ 2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Vegetables

- ☐ 4 cups Baby Spinach
- ☐ 3 heads Boston Lettuce
- ☐ 6 cups Broccoli
- ☐ 3 cups Cauliflower Rice
- ☐ 3 cups Cherry Tomatoes
- ☐ 1 tbsp Chives
- ☐ 1/2 Cucumber
- ☐ 8 Garlic
- ☐ 3 Red Bell Pepper
- ☐ 3/4 cup Red Onion
- ☐ 1 Yellow Bell Pepper
- ☐ 1 Yellow Onion
- ☐ 8 Zucchini

Boxed & Canned

- ☐ 7 cups Diced Tomatoes
- ☐ 2 cans Tuna

Bread, Fish, Meat & Cheese

- ☐ 4 slices Bacon
- ☐ 6 ozs Cheddar Cheese
- ☐ 1 1/4 lbs Chicken Breast
- ☐ 4 1/2 lbs Extra Lean Ground Beef
- ☐ 1 lb Extra Lean Ground Turkey

Condiments & Oils

- ☐ 3 tbsps Apple Cider Vinegar
- ☐ 2 tbsps Avocado Oil
- ☐ 1 tbsp Extra Virgin Olive Oil
- ☐ 3/4 cup Mayonnaise
- ☐ 3/4 cup Pickle
- ☐ 2 cups Tomato Sauce
- ☐ 1 tbsp Yellow Mustard

Cold

- ☐ 4 Egg
- ☐ 1/2 cup Unsweetened Coconut Yogurt



Zucchini & Ground Beef Skillet

4 servings

25 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 2 1/3 cups Diced Tomatoes (with juices)
- 1 1/3 Zucchini (medium, chopped)
- 1 1/3 tsps Cumin
- 1/3 tsp Onion Powder

Directions

- 1 Heat a nonstick pan over medium heat. Add the beef, garlic, salt, and pepper and cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 2 Add the diced tomatoes, zucchini, cumin, and onion powder. Cover and let simmer for 15 minutes. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add chili powder and/or green chilis.

Additional Toppings: Add red pepper flakes.

Make it Vegan: Use extra firm tofu instead of ground beef.



Cauliflower Rice Breakfast Hash

1 serving

25 minutes

Ingredients

2 slices Bacon
1/2 Yellow Onion (chopped, small)
1/2 Yellow Bell Pepper (chopped)
1 1/2 cups Cauliflower Rice
2 Egg
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Chives (optional, chopped)

Directions

- 1 In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove, chop into small pieces and set aside, leaving some of the rendered fat in the pan.
- 2 Add the onion and bell pepper and cook for 3 to 4 minutes, stirring as needed. Add the cauliflower rice and stir to combine. Cook for an additional 2 to 3 minutes. Make space for the eggs and crack one egg into each hole. Cook the eggs until the whites are set and the yolk is done to your liking.
- 3 Remove from the pan and divide onto plates. Top with bacon, sea salt, pepper and chives, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. For best results, enjoy the eggs when served and reheat leftover hash in a pan.

More Flavor: Top the hash with Everything Bagel Seasoning or chili flakes.

Additional Toppings: Serve with avocado.

No Chives: Use another fresh herb such as parsley.



Tuna Salad Plate

1 serving

5 minutes

Ingredients

1 can Tuna (drained, broken into chunks)
1/2 Avocado (pit removed)
1/4 cup Unsweetened Coconut Yogurt
1/4 Cucumber (sliced)
1/4 tsp Sea Salt

Directions

1

Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add pepper, paprika and/or lemon juice.

Additional Toppings: Top with sliced green onions, red onion or red pepper flakes.

Canned Tuna: One can of tuna is equal to 165 grams (5.8 ounces).

No Tuna: Use sardines or salmon instead.

No Coconut Yogurt: Use mayonnaise or Greek yogurt instead.



One Pan Roasted Chicken, Broccoli & Peppers

2 servings

55 minutes

Ingredients

10 ozs Chicken Breast (bone-in, skin on)
1 tbsp Avocado Oil (divided)
3/4 tsp Oregano
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
1/4 tsp Sea Salt
3 cups Broccoli (cut into small florets)
1 Red Bell Pepper (chopped)

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Place the chicken on one side of the baking sheet and drizzle with half of the oil.
- 3 In a small bowl combine the oregano, garlic powder, onion powder, and salt. Generously season the chicken on both sides with half of the spice blend.
- 4 Bake the chicken for 10 minutes.
- 5 Meanwhile, add the broccoli and red pepper to a mixing bowl. Add the remaining oil and spice blend and toss to combine.
- 6 Remove the chicken from the oven and add the seasoned vegetables to the sheet. Reduce the oven temperature to 350°F (176°C) and continue to cook the chicken and vegetables for 25 to 30 minutes or until the chicken is cooked through and the vegetables are tender. Allow the chicken to rest for at least 10 minutes before slicing. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serve It With: Cooked rice, quinoa, cauliflower rice, roasted sweet potato, or salad.

No Broccoli or Peppers: Use cauliflower, Brussels sprouts, zucchini, or sweet potato instead.



Cheeseburger Salad

2 servings

15 minutes

Ingredients

8 ozs Extra Lean Ground Beef
Sea Salt & Black Pepper (to taste)
1/4 cup Mayonnaise
1 tbsp Apple Cider Vinegar
1 tsp Yellow Mustard
1 head Boston Lettuce
1 cup Cherry Tomatoes (halved)
2 ozs Cheddar Cheese (shredded)
1/4 cup Red Onion (diced)
1/4 cup Pickle (chopped)

Directions

- 1 Heat a non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary and season with salt and pepper.
- 2 In a bowl, whisk together the mayonnaise, apple cider vinegar, and mustard.
- 3 Divide the lettuce, tomatoes, ground beef, cheese, red onion, and pickle between plates. Drizzle the dressing over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Serving Size: One serving equals approximately four cups.

Dairy-Free: Use vegan cheese instead of cheddar.

More Flavor: Add garlic to the ground beef.

Additional Toppings: Add sliced green onions.



Turkey Stuffed Zucchini Boats

2 servings

40 minutes

Ingredients

- 2 Zucchini (medium)
- 1 cup Tomato Sauce (divided)
- 1 1/2 tsps Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1 Garlic (clove, minced)
- 1 1/2 tsps Italian Seasoning
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1/2 Red Bell Pepper (chopped)
- 2 cups Baby Spinach (chopped)

Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 Cut the zucchini in half lengthwise and scoop out the seeds using a spoon. Add half of the tomato sauce to the bottom of a baking dish. Place the hollowed-out zucchini cut side up on top of the tomato sauce. Set aside.
- 3 Heat the oil in a frying pan or skillet over medium-high heat. Add the turkey and cook until browned breaking it into small pieces as it cooks.
- 4 Add the garlic, Italian seasoning, salt and red pepper flakes to the turkey and stir to combine. Add the bell pepper and spinach and continue to cook until the spinach is wilted. Add the remaining tomato sauce to the turkey mixture and stir to combine. Season with additional salt, if necessary.
- 5 Spoon the turkey mixture into the hollowed out zucchini boats.
- 6 Cover the baking dish with a lid or foil and bake for 20 to 25 minutes or until the zucchini is tender.
- 7 Divide zucchini boats between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to two zucchini boats.

More Flavor: Use a flavored pasta sauce instead of plain tomato sauce.

Additional Toppings: Broil cheese on the top of each zucchini boat before serving.

Garnish with additional red pepper flakes and fresh herbs like parsley or basil.

No Turkey: Use ground chicken or pork sausage instead.