



24-Hour Apple Cider Vinegar Detox

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Welcome to the 24-Hour Apple Cider Vinegar Detox!

This plan is really easy to follow.

Below you'll find an entire day's eating plan.

Both the lunch and dinner recipes make two servings each.

I recommend having one serving, then wait 15 minutes.

If you're still hungry, have another serving.

And while this is a 24-hour plan, you can do it for as many days as you'd like.

I like to do it a couple times a week when I really need a reset :)

Enjoy!

Derek, CTT

Mon

Breakfast



Lemon ACV

Lunch



Turkey & Mushroom
Cauliflower Risotto

Snack 2



Super Detox Drink

Dinner



Meal Prep Taco Bowl

Snack 3



Super Detox Drink

Fruits

- 1 Avocado
- 1/2 Lemon
- 1/4 cup Lemon Juice

Seeds, Nuts & Spices

- 2 pinches Cayenne Pepper
- 1/2 tsp Cinnamon
- 2 tsp Ground Ginger
- 0 Sea Salt & Black Pepper
- 3/4 tsp Taco Seasoning

Vegetables

- 3 cups Baby Spinach
- 1 Carrot
- 3 cups Cauliflower Rice
- 2 Cremini Mushrooms

Boxed & Canned

- 1 cup Beef Broth
- 1/4 cup Salsa

Baking

- 1 tbsp Arrowroot Powder

Bread, Fish, Meat & Cheese

- 8 ozs Extra Lean Ground Turkey
- 8 ozs Lean Ground Beef

Condiments & Oils

- 3 1/3 tbsps Apple Cider Vinegar
- 1 tsp Avocado Oil

Cold

- 3 Egg

Other

- 1 lb Hot Water



Lemon ACV

1 serving
2 minutes

Ingredients

1/2 Lemon
2 tsp Apple Cider Vinegar

Directions

- 1) Start with 8 ounces of lukewarm water
;
- 2) Squeeze in the juice from half a lemon
;
- 3) Add 2 tsp. of apple cider vinegar
;
- 4) Drink through a straw



Turkey & Mushroom Cauliflower Risotto

2 servings

30 minutes

Ingredients

- 1 tsp Avocado Oil
- 8 ozs Extra Lean Ground Turkey
- 1 Carrot (medium, diced)
- 2 Cremini Mushrooms (diced)
- 3 cups Cauliflower Rice
- 1 cup Beef Broth
- 2 tsps Apple Cider Vinegar
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Arrowroot Powder

Directions

- 1 Heat the oil in a pan over medium-high heat. Cook the ground turkey for eight to 10 minutes or until cooked through. Drain and transfer to a bowl.
- 2 In the same pan, add the carrot and mushrooms. Cook for about five minutes.
- 3 Stir in the cauliflower rice, broth, apple cider vinegar, salt and pepper. Lower the heat to a gentle simmer and cook until the carrot is soft and broth is absorbed, about six to 10 minutes.
- 4 In a small bowl, stir the arrowroot powder with a bit of water until dissolved. Stir the slurry and turkey into the risotto to incorporate.
- 5 Add more salt and pepper, if needed. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Add butter, onions, and garlic.

Additional Toppings: Top with chopped parsley, nutritional yeast, or parmesan.

No Ground Turkey: Use ground beef instead.



Super Detox Drink

1 serving
2 minutes

Ingredients

8 ozs Hot Water
1 tbsp Apple Cider Vinegar
2 tbsps Lemon Juice
1 tsp Ground Ginger
1/4 tsp Cinnamon
1 pinch Cayenne Pepper

Directions

1 Mix all ingredients together. Best served warm



Meal Prep Taco Bowl

2 servings

15 minutes

Ingredients

8 ozs Lean Ground Beef
3/4 tsp Taco Seasoning
3 Egg
Sea Salt & Black Pepper (to taste)
3 cups Baby Spinach
1 Avocado (sliced)
1/4 cup Salsa

Directions

- 1 Heat a large skillet over medium heat. Once hot, add the beef into the skillet. Use a spatula to break it apart. Add the taco seasoning and cook until browned and cooked through, remove with a slotted spoon and set aside. Drain any excess drippings from the pan.
- 2 Whisk the eggs in a bowl. In the same skillet, over medium-low heat, add the eggs and cook until fluffy and cooked through. Season with salt and pepper and set aside.
- 3 Divide the spinach between plates, or into containers. Top with beef, eggs, avocado, and salsa. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to two days.

Additional Toppings: Top with shredded cheese or sour cream.