



48-Hour Super Slim Down Detox

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Welcome to the 48-Hour Super Slim Down Detox!

This is a two-day rapid fat loss plan...

That you can use whenever you'd like to drop a few pounds FAST.

You can use it as often as you'd like...

And if you feel great while you do it, then you can continue it for longer than two days...

It's based on fasting in the morning...

Having a few different detox drinks throughout the day...

And a fat-burning lunch and dinner.

For lunch and dinner, eat until you're full but not stuffed...

Let's get started!

Mon

Tue

Breakfast



Lemon ACV



Lemon ACV

Lunch



Chicken & Broccoli Stew



Chicken & Broccoli Stew

Snack 2



Super Detox Drink



Super Detox Drink

Dinner



Spicy Beef & Egg Bowl



Spicy Beef & Egg Bowl

Snack 3



Super Detox Drink



Super Detox Drink

Fruits

- 2 Lemon
- 1/2 cup Lemon Juice

Seeds, Nuts & Spices

- 4 pinches Cayenne Pepper
- 1 tsp Cinnamon
- 1 1/3 tbsps Ground Ginger
- 1/2 tsp Red Pepper Flakes
- 1 tsp Sea Salt

Frozen

- 6 cups Cauliflower Rice

Vegetables

- 4 cups Broccoli
- 1/2 Cucumber
- 8 Garlic
- 2 stalks Green Onion

Boxed & Canned

- 1 1/2 quarts Bone Broth
- 1 cup Canned Coconut Milk

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Chicken Breast
- 1 1/4 lbs Lean Ground Beef

Condiments & Oils

- 1/3 cup Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 2 tpsps Extra Virgin Olive Oil
- 2 tbsps Tamari

Cold

- 4 Egg

Other

- 2 lbs 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



Chicken & Broccoli Stew

2 servings

30 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 10 ozs Chicken Breast (cut into cubes)
- 1/2 tsp Sea Salt (divided)
- 2 Garlic (clove, minced)
- 1 1/2 pints Bone Broth
- 2 cups Broccoli (chopped into florets)
- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 Lemon (juiced)

Directions

- 1 Heat the oil in a pot over medium heat. Season the chicken cubes with half of the salt. Add the chicken to the pot and sauté for about five minutes or until browned on all sides.
- 2 Add the garlic and sauté for another minute. Add the broth, cover the pot with a lid and simmer on low heat for about 10 minutes.
- 3 Add the broccoli and coconut milk and add the remaining salt. Stir and cover the pot again. Simmer for another 10 minutes or until everything is cooked through.
- 4 Remove from the heat, stir in the lemon juice and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add carrot and celery.



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



Spicy Beef & Egg Bowl

2 servings

25 minutes

Ingredients

- 1 tbsp Tamari
- 2 Garlic (large clove, minced)
- 1/4 tsp Red Pepper Flakes
- 1 stalk Green Onion (chopped, divided)
- 10 ozs Lean Ground Beef
- 1 tbsp Avocado Oil (divided)
- 3 cups Cauliflower Rice
- 2 Egg
- 1/4 Cucumber (thinly sliced, optional)

Directions

- 1 To a small bowl, add the tamari, garlic, red pepper flakes, and half of the green onion and stir to combine.
- 2 Heat a pan over medium heat. Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the tamari sauce to the pan and cook for two to three minutes more until the sauce has absorbed into the meat. Remove from the heat and set aside.
- 4 Heat 2/3 of the oil in a non-stick pan over medium heat. Add the cauliflower rice and cook for three to five minutes or until cooked to desired doneness. Divide the cauliflower rice between bowls.
- 5 Add the remaining oil to the pan and cook the eggs to your liking.
- 6 Divide the beef between the bowls with the cauliflower rice and top with the egg, cucumbers, and the remaining green onion. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Cook the egg just before serving.

Serving Size: One serving is approximately equal to 3/4 cup beef, one cup cauliflower rice, and one egg.

More Flavor: Use sesame oil to cook the cauliflower rice. Add ginger or sesame seeds.

No Tamari: Use soy sauce or coconut aminos instead.

No Cauliflower Rice: Use white rice or brown rice instead.

No Ground Beef: Use pork or chicken instead.