

## Welcome to the 3-Day Keto Soup Detox!

Hey, Derek here and I'm excited to share with you our NEW 3-Day Keto Soup Detox :)

Now, I'm going to keep this short and sweet, so we can get right into the recipes and meal plans.

However, before you start, here are some "best practices".

**Step #1:** Below you will see options for breakfast, lunch and dinner. That means we're going to stick with 3 meals a day and no snacking (not even on "healthy" foods").

If you want to kick things up a notch, you can "fast" and skip one meal (breakfast, for instance). This is 100% optional but some have seen increased results by adding in fasting.

You'll be eating protein, good fats, and veggies for breakfast and lunch, followed by soup for dinner.

**Step #2:** This program is based off eating healthy protein, good fats, and carbs mainly from vegetables. It's a simple formula that works 99% of the time. So even after this program is over, if you simply focus on have healthy protein, good fats, and carbs from veggies at every meal, your weight loss will continue.

**Step #3**: The reason this program works so well is because we're reprogramming your body to burn your stored fat for energy, instead of carbs/sugar. This is how you burn fat and lose weight without exercising.

It's very powerful, which is why we're cutting out sugars, grains, and harmful cooking oils. Going forward, please keep those 3 out of your diet as much as possible.

Alright, let's get on to the plan!

Derek Wahler, CTT

## Day #1: Breakfast

### **Scrambled Eggs with Bacon and Spring Onions**



**Serves 2**

**Cook and Prep time: 10 minutes**

## Ingredients:

- 4 eggs
- 2 tbsp butter
- 2 slices bacon
- 2 stalks scallions, chopped
- Salt and pepper to taste
- Hot sauce of choice if all natural(optional)

## Directions

1. Melt butter in saucepan on medium high heat.
2. Add bacon, stir and cook until crispy.
3. In a small bowl, whisk eggs and pour into saucepan with bacon, stirring constantly until eggs are cooked through.
4. Add salt and pepper to taste.
5. Divide between two bowls, top with scallions (and hot sauce if using).
6. Serve immediately.

## Nutrition Facts

Servings 2.0

Amount Per Serving

calories 285

% Daily Value \*

Total Fat 25 g 38 %

Saturated Fat 12 g 58 %

Monounsaturated Fat 8 g

Polyunsaturated Fat 3 g

Trans Fat 0 g

Cholesterol 410 mg 137 %

Sodium 304 mg 13 %  
Potassium 183 mg 5 %  
Total Carbohydrate 1 g 0 %  
Dietary Fiber 0 g 0 %  
Sugars 1 g  
Protein 15 g 30 %  
Vitamin A 108 %  
Vitamin C 0 %  
Calcium 9 %  
Iron 11 %

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

## Day #1: Lunch

### Grilled Chicken Greek Salad



- 4 cups romaine or mixed greens
- 1 cup red leaf lettuce, torn
- 1 grilled chicken breast, sliced thin, set aside.
- 4 tbsp. feta cheese, crumbled
- 4 tbsp red onion, sliced thin

### Dressing

- juice of one lemon
- 4 tbsp olive oil
- 1/2 tsp garlic powder
- 2 tbsp apple cider vinegar
- pepper to taste

## Directions

1. In two bowls, add lettuce, feta, and onion. Blend lightly.
2. Lay 1/2 of sliced chicken breast on each salad.
3. Whisk dressing ingredients in a small bowl and drizzle over each salad before serving.

## Nutrition Facts

Servings 2.0

Amount Per Serving

calories 422

% Daily Value \*

Total Fat 33 g 51 %

Saturated Fat 7 g 36 %

Monounsaturated Fat 20 g

Polyunsaturated Fat 4 g

Trans Fat 0 g

Cholesterol 50 mg 17 %

Sodium 441 mg 18 %

Potassium 379 mg 11 %

Total Carbohydrate 12 g 4 %

Dietary Fiber 3 g 10 %

Sugars 4 g

Protein 20 g 41 %

Vitamin A 415 %

Vitamin C 42 %

Calcium 47 %

Iron 4 %

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## **Day #1: Dinner**

### **Italian Beefy Tomato Soup (crock-pot)**



**Serves 8**

**Cook and prep time: 15 minutes prep + 8 hours in crockpot**

### **Ingredients**

- 1 - 2 pound grass-fed beef chuck roast (pot roast)
- 3 Tbsp. apple cider vinegar

- 3 cups beef stock or broth (can use homemade, all natural or organic)
- 1 8 oz. can tomato
- 1 Tbsp. Arrowroot powder
- 3 cloves garlic diced
- 1 cup mixed mushrooms
- 2 carrots, chopped
- 1 small yellow onion sliced
- 1 tsp. dried basil
- 1 tbsp. italian parsley
- 1 1/2 tbsp. sea salt
- 1 8 oz. Can diced tomatoes in juice
- 1/2 tsp. Fresh ground pepper
- 1 large bunch of fresh italian parsley for garnish

## **Directions**

1. Set slow cooker on low for 8 hours.
2. Add all ingredients into slow cooker except 1/2 cup of beef broth and arrowroot powder and cover. Also save fresh parsley for garnish after cooking.
3. Cook for 6 hours.
4. After 6 hours, whisk arrowroot powder with beef broth in a small bowl and blend into crock pot, stirring gently. Separate meat into large chunks with 2 forks.
5. Cook for 2 more hours.
6. Top with fresh parsley before serving.

## **Nutrition Facts**

Servings 8.0

Amount Per Serving

calories 249

% Daily Value \*

Total Fat 15 g 23 %  
Saturated Fat 6 g 31 %  
Monounsaturated Fat 0 g  
Polyunsaturated Fat 0 g  
Trans Fat 0 g  
Cholesterol 53 mg 18 %  
Sodium 1368 mg 57 %  
Potassium 383 mg 11 %  
Total Carbohydrate 10 g 3 %  
Dietary Fiber 4 g 17 %  
Sugars 2 g  
Protein 20 g 39 %  
Vitamin A 67 %  
Vitamin C 12 %  
Calcium 27 %  
Iron 58 %

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**Repeat this meal plan for a total of 3 days.** Especially with the soup, you should have plenty for leftovers.