

Quick

START GUIDE



Welcome to the Keto Liver Detox!

There's nothing more important than your health.

And when it comes to your health, one of the most overlooked organs is your liver.

Most people think their liver is only negatively affected by consuming too much alcohol, but that's not the cause.

Your nutrition and the foods you eat have a big impact on the health of your liver.

Now, here's what most people don't know.

Your liver is your #1 fat-burning organ.

Which means, if it's clogged, filled with fat, and otherwise unhealthy, it can't do its job properly.

Which is why so many people are overweight.

So that's what we're going to fix, right here, right now

I'm going to keep this short and sweet, because I value your time and don't want to overwhelm you with too much information (most of which you don't really need).

Once you're finished reading this quick start guide, you can look through the Keto Liver Detox meal plan, print out the grocery list, and get started!

Step #1 – The Keto Diet

For the next 14 days, you're going to follow a ketogenic diet.

Essentially, you're going to cut out grains, sugars, and harmful seed oils (*vegetable oil, canola, corn, safflower, sunflower, soybean, etc.*)...

And eat plenty of healthy protein, good fats, and low-sugar fruits and vegetables.

Here's why...

When you start a keto diet, your body is going to burn the most dangerous fat first...

Which is the fat stored around your liver.

With your liver being your main fat-burning organ, you need to get rid of the fat around and inside your liver, before it can start burning the fat off of the rest of your body.

In a study published in *The American Journal of Clinical Nutrition*, participants who followed a keto diet for just two weeks burned nearly twice as much liver fat as those who ate a standard low-calorie diet.

Once you get rid of your liver fat, it frees up the organ to break down and metabolize fat stored throughout your body.

Basically, you burn up your liver fat first, and then you start burning the fat around your stomach, hips, thighs, butt, waist and arms.

According to Dr. Ken Berry, M.D., *“Once you start a keto diet, your liver will start to heal within days, if not hours.”*

One of the reasons it works so well is because you’re taking things down to one primary fuel source.

When you only use fat for fuel, your body becomes more efficient at burning the fat you eat, along with the fat on your body, for energy.

Your body is not switching between burning sugar and fat anymore, it’s mainly just burning fat.

Which is why, the more consistent you are, the faster and better your results will be.

Grandma’s Famous Bone Broth Recipe

The missing link that most people overlook on a keto diet is bone broth.

Bone broth is one of the most nutritious “foods” out there, and yet barely anyone is using it to its full potential.

Not only is it 100% keto...

It helps:

- Reduce cellulite
- Improve joint health
- Helps with weight loss
- Supports healthy immune function
- Boosts detoxification

- Helps increase your metabolism
- Makes your skin look younger and more youthful
- Reduces the visible signs of aging and wrinkles
- Increases skin elasticity and moisture

Bone broth really is incredible, which is why it's the secret sauce that not only makes the Keto Liver Detox different than traditional keto diets...

But it also makes it much more effective.

In the Keto Liver Detox Main Manual, you will see a recipe for bone broth.

But I must warn you, it's NOT easy to make.

Which is why we also included some of the best store-bought brands you can find at any grocery store or online.

- Simply drink 1-2 cups of bone broth with every meal
- Or you can just sip it throughout the day

You can't drink too much bone broth, so at the bare minimum, you'll want to have at least 3 cups daily.

I recommend warming it up, because it tastes MUCH better when it's warm or even hot (depending on your preferences).

And feel free to add in some salt, pepper, or any other spices/seasonings that you like.

Step #2 – Filling Your Plate

The standard ketogenic diet consists of 75% fat, 20% protein and 5% carbs.

But don't worry, I don't expect you to measure your food and track every last calorie.

As long as you're eating the foods on the plan, you'll do great.

What I recommend is filling half your plate with healthy proteins and good fats (*you'll see a list of these foods below*)...

And then filling the other half with non-starchy vegetables and low-sugar fruit.

Fat and protein are important because they contain nutrients like choline, taurine and CLA, which supports your liver and helps it break down fat.

And when you prioritize these foods, you'll get full faster, you'll be less hungry throughout the day, and your cravings will start to diminish.

Step #3 – Your Plan for the Next 14 Days (And Beyond)

The easiest way to get started is to follow the Keto Liver Detox meal plan as soon as possible.

Head to the grocery store, load up on all the delicious keto foods, and then get started as soon as you can.

Within the meal plan, you'll notice that breakfast, lunch and dinner is laid out for you for the next 7 days (*no snacking, simply eat a little more at your meals to fill you up*).

After you finish the first week, repeat it one more time.

You can also add in the Super Keto Flat Belly Smoothies as a dessert or meal replacement...

And you can use the Keto Soup Diet and the 24-Hour Keto Liver Detox whenever you'd like a quick fat-burning boost.

Your Keto Food List

We love to keep things simple, so...

If you don't have time to make the meals in the Keto Liver Detox meal plan...

Or if you're wondering what to do after you finish the plan...

Simply use the food list below, and mix and match the foods to create meals that you will enjoy.

It can be as simple as selecting one protein, one healthy fat source, and one low-carb veggie source. And then add any additional seasonings that you like.

Please don't make this any harder than it has to be.

Just eat more of these delicious keto foods, eat LESS grains, sugars and harmful seed oils...

And the weight WILL start coming off.

Healthy proteins – Choose 1-2 for each meal

- Ground beef
- Chicken
- Steak
- Fish
- Turkey
- Eggs
- Plain Greek yogurt
- Cottage cheese
- Pork
- Lamb
- Sausage

Good fats– Choose 1-2 for each meal

- Coconut oil
- Butter
- Ghee
- Bacon (good fats and protein)
- Cheese
- MCT Oil
- Avocado
- Avocado oil
- Olives

Carbs from veggies and low-sugar fruits

- Broccoli
- Brussel sprouts
- Cauliflower
- Romaine lettuce
- Asparagus
- Spinach
- Green beans
- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Tomato
- Peppers
- Radishes

A sample meal from this list could be:

- Bacon Cheeseburgers (no bun) w/ tomato
- Broccoli cooked in butter w/ sea salt on top

Doesn't get much simpler than that!