

## Liver Support Meal Plan Overview

Your liver is one of the hardest working organs in your body – it filters toxins, balances hormones, processes nutrients, and helps regulate blood sugar. Supporting your liver doesn't mean a "detox" or a strict reset. It means fueling it with the foods that help it do its job, while limiting those that make it work harder.

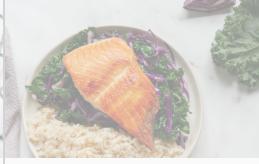
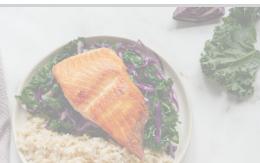
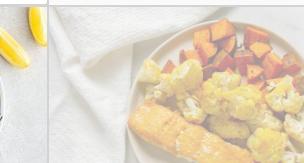
This plan was created with that in mind. It focuses on real, nutrient-dense foods that are low-glycemic and anti-inflammatory, while limiting added sugars, excess salt, and unhealthy fats.

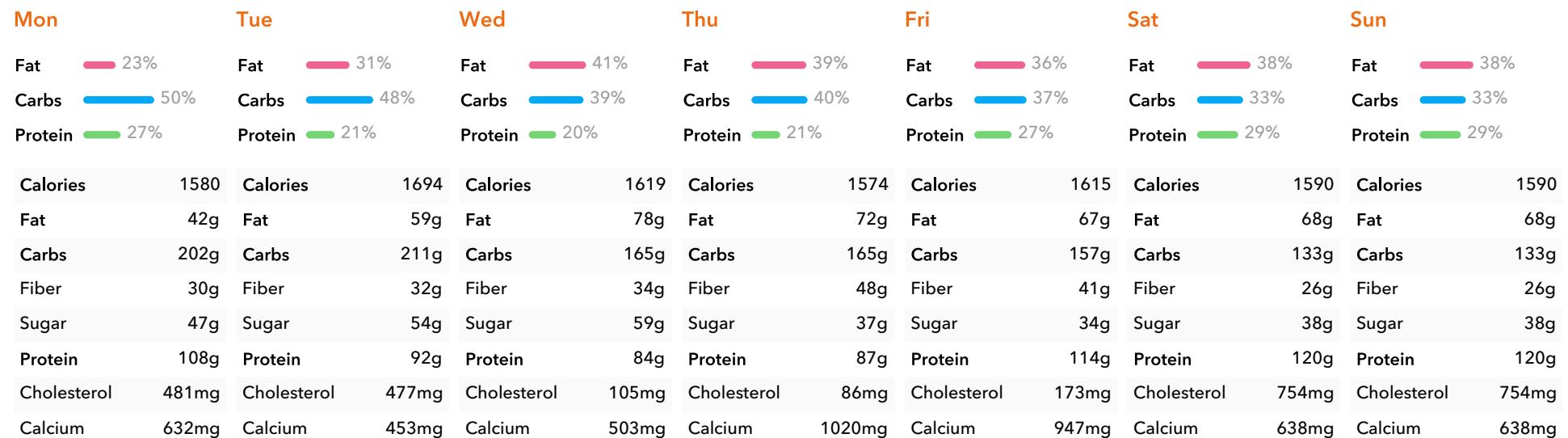
## Why These Foods Matter

- **Antioxidants** → Berries, citrus, and nuts provide vitamins, fiber, and protective compounds that reduce inflammation and oxidative stress in the liver.
- **Anti-Inflammatory Foods** → Ingredients like green tea, turmeric, and garlic help calm inflammation and support healthy liver enzymes.
- **Cruciferous Vegetables** → Broccoli, kale, cauliflower, and Brussels sprouts contain compounds that support natural detox pathways and protect liver cells.
- **Low Glycemic, High Fiber Foods** → Whole grains, beans, and oats help regulate blood sugar and cholesterol, both important for liver function.
- **Protein & Healthy Fats** → Fatty fish, beans, soy, and olive oil provide protein, omega-3s, and unsaturated fats that protect liver health while reducing stress on the body.

## The Big Picture

You don't need a cleanse to support your liver – just balanced meals and the right mix of real foods. If you'd like support tailoring this to your unique needs, you can learn more and schedule a free strategy call here: [Free Nutrition Strategy Call](#)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Snack 1							
Lunch							
Snack 2							
Dinner							



**Fruits**

- 3 cups Blueberries
- 4 Grapefruit
- 2/3 cup Lemon Juice
- 1/4 tsp Lemon Zest
- 3 Pear
- 1 1/2 cups Raspberries

**Breakfast**

- 1/3 cup Almond Butter
- 4 cups Green Tea

**Seeds, Nuts & Spices**

- 1/4 cup Chia Seeds
- 1 tsp Cinnamon
- 1/4 tsp Dried Dill
- 1 tsp Garlic Powder
- 1/4 tsp Oregano
- 1 1/8 cups Pecans
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/4 tsps Turmeric

**Frozen**

- 1 cup Frozen Edamame

**Vegetables**

- 1 Beet
- 1/2 cup Broccoli
- 5 cups Brussels Sprouts
- 3 Carrot
- 2/3 head Cauliflower
- 1 Garlic
- 4 cups Green Cabbage
- 13 cups Kale Leaves
- 2 cups Napa Cabbage
- 5 cups Purple Cabbage
- 3 1/2 Sweet Potato

**Boxed & Canned**

- 2 1/2 cups Brown Rice
- 1 1/2 cups Lima Beans

**Baking**

- 2 1/2 cups Oats

**Bread, Fish, Meat & Cheese**

- 1 lb Chicken Breast
- 2 1/4 lbs Salmon Fillet

**Condiments & Oils**

- 1 tsp Coconut Aminos
- 2/3 cup Extra Virgin Olive Oil

**Cold**

- 3 1/16 cups Cottage Cheese
- 10 Egg
- 1 cup Unsweetened Almond Milk

**Other**

- 3/4 cup Vanilla Protein Powder
- 9 3/4 cups Water



## Sweet Potato Baked Egg

2 servings

45 minutes

### Ingredients

2 Sweet Potato (large enough to hold an egg)

1 tbsp Extra Virgin Olive Oil

4 Egg

### Nutrition

Amount per serving	
Calories	314
Fat	16g
Carbs	27g
Fiber	4g
Sugar	6g
Protein	15g
Cholesterol	372mg
Calcium	95mg

### Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Slice the sweet potatoes in half lengthwise, and brush the flesh with oil. Bake face-down on the baking sheet for 30 minutes or until tender.
- 3 Once tender, remove the sweet potato from the oven and let cool enough to handle. Use a spoon to scoop out some flesh from each half of the sweet potato to make room for the egg. (Note: You can use the sweet potato you remove later, as a side dish or in smoothies.)
- 4 Crack an egg into the hole you created in the sweet potato, and return to the oven for 10 to 15 minutes, depending on how runny you like your eggs.
- 5 Remove from oven and enjoy!

### Notes

**Serving Size:** One serving is two sweet potato halves.

**Serve it With:** Mixed greens and/or toast for dipping.

**More Protein:** Carve an even bigger hole into the baked sweet potato and fill remaining space with egg whites.



## Cinnamon Pear Oatmeal

3 servings

15 minutes

### Ingredients

1 1/2 Pear (sliced)  
 1/3 tsp Cinnamon  
 1 1/2 cups Oats (rolled)  
 3 cups Water  
 1/3 cup Pecans (roughly chopped, optional)  
 3 tbsps Almond Butter (optional)

### Nutrition

Amount per serving	
Calories	386
Fat	20g
Carbs	46g
Fiber	10g
Sugar	10g
Protein	10g
Cholesterol	0mg
Calcium	119mg

### Directions

- 1 Heat a small non-stick pan over medium heat. Once warm, add the pear and cinnamon. Cook, stirring often until softened and cooked through, about 5 to 7 minutes. Remove the pears and set aside.
- 2 Meanwhile, add the oats and water to a small saucepan and cook over medium heat, stirring often until gently boiling. Reduce the heat and simmer until cooked through, about 5 to 7 minutes.
- 3 Add the oats to a bowl and top with pears. Add the pecans and almond butter, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Reheat with a splash of water or oat milk or eat cold.

**Nut-Free:** Use pumpkin seeds instead of pecans. Omit the almond butter or use tahini instead.

**More Flavor:** Add a splash of oat milk and/or vanilla. Cook the pear in coconut oil.

**Additional Toppings:** Sweeten with a drizzle of maple syrup.



## Cabbage & Kale Egg Nests with Grapefruit

2 servings

30 minutes

### Ingredients

1 1/3 tbsps Extra Virgin Olive Oil  
 4 cups Green Cabbage (thinly sliced)  
 4 cups Kale Leaves (stems removed, thinly sliced)  
 6 Egg (divided)  
 Sea Salt & Black Pepper (to taste)  
 1 Grapefruit

### Nutrition

Amount per serving	
Calories	394
Fat	24g
Carbs	24g
Fiber	8g
Sugar	16g
Protein	23g
Cholesterol	558mg
Calcium	277mg

### Directions

- Heat the oil in a pan over medium heat. Once hot, add the cabbage and kale and cook for eight to 10 minutes, stirring frequently, until softened.
- Set the cooked cabbage and kale aside in a large bowl and allow to cool for five minutes. Add 1/3 of the eggs to the bowl and mix into the cabbage and kale until fully coated. Season with salt and pepper to taste.
- Add the cabbage mixture to the pan in four-inch (10 cm) diameter rounds, making one nest per each remaining egg. Hollow out the middle of each nest slightly. Crack the remaining eggs into the center of each kale and cabbage nest.
- Cover with a lid and cook for eight to 10 minutes or until the whites are set and the yolk is cooked to your desired doneness. Serve the egg nests with grapefruit. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Can be refrigerated in an airtight container for up to three days.

**Serving Size:** One serving is equal to two egg nests and half of a grapefruit.

**More Flavor:** Add garlic powder and smoked paprika to the cabbage and kale mixture.



## Pear & Kale Protein Smoothie

1 serving

5 minutes

### Ingredients

1 1/4 cups Water (cold)  
 1 cup Kale Leaves  
 1/2 Pear (stem and seeds removed, chopped)  
 1/4 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	143
Fat	1g
Carbs	16g
Fiber	4g
Sugar	9g
Protein	20g
Cholesterol	4mg
Calcium	205mg

### Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.

**No Kale:** Use spinach instead.

**No Protein Powder:** Omit, or add a few spoonfuls of hemp seeds instead.



## Grapefruit with Cottage Cheese

1 serving

5 minutes

### Ingredients

1/2 cup Cottage Cheese  
 1 Grapefruit (peeled, cut into sections)

### Nutrition

Amount per serving	
Calories	185
Fat	5g
Carbs	24g
Fiber	3g
Sugar	21g
Protein	13g
Cholesterol	18mg
Calcium	118mg

### Directions

1 Add the cottage cheese to a bowl and top with grapefruit. Enjoy!

### Notes

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

**Additional Toppings:** Hemp seeds, chia seeds, shredded coconut, and/or honey.

**Make it Vegan:** Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.



## Pecans & Blueberries

1 serving

5 minutes

### Ingredients

1 cup Blueberries  
1/4 cup Pecans

### Directions

**1** Serve the blueberries with pecans and enjoy!

### Nutrition

Amount per serving	
Calories	255
Fat	18g
Carbs	25g
Fiber	6g
Sugar	16g
Protein	3g
Cholesterol	0mg
Calcium	26mg

### Notes

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

**Additional Toppings:** Sprinkle some cinnamon on top.



## Green Tea

1 serving

5 minutes

### Ingredients

1 cup Green Tea (brewed)

### Directions

1 Pour tea into a mug and enjoy!

### Nutrition

#### Amount per serving

Calories	2
Fat	0g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	1g
Cholesterol	0mg
Calcium	0mg

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Enjoy over ice as iced tea.

**Like It Sweet:** Add sweetener of choice to taste.



## Almond Butter & Jam Chia Pudding

2 servings

30 minutes

### Ingredients

- 1/4 cup Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1 cup Raspberries
- 2 tbsps Almond Butter

### Nutrition

Amount per serving	
Calories	256
Fat	18g
Carbs	21g
Fiber	14g
Sugar	3g
Protein	9g
Cholesterol	0mg
Calcium	449mg

### Directions

- 1 In a medium bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash the raspberries until they resemble jam.
- 3 Layer the chia seed pudding in a jar, top with the raspberry jam and almond butter. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate covered for up to five days.

**Nut-Free:** Use coconut milk instead of almond milk. Use sunflower seed butter instead of almond butter.

**More Protein:** Add a scoop of protein powder to the milk mixture before setting. Whisk to fully incorporate with the seeds and milk.

**Additional Toppings:** Add cacao nibs for crunch.



## Cottage Cheese & Blueberry Sauce

2 servings

5 minutes

### Ingredients

1 cup Blueberries (fresh or frozen, thawed)

1 1/2 cups Cottage Cheese

### Nutrition

Amount per serving	
Calories	197
Fat	7g
Carbs	16g
Fiber	2g
Sugar	12g
Protein	18g
Cholesterol	27mg
Calcium	135mg

### Directions

- 1 Blend the blueberries in a mini food processor or with an immersion blender until your desired consistency is reached.
- 2 Serve the cottage cheese with the blended blueberries and enjoy!

### Notes

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

**Additional Toppings:** Top with fresh fruit, crushed nuts, hemp seeds, or sweetener of your choice.



## Salmon with Rice, Cabbage & Kale

3 servings

20 minutes

### Ingredients

3/4 cup Brown Rice (dry, rinsed)  
 1 1/2 tbsps Extra Virgin Olive Oil  
 1 1/8 lbs Salmon Fillet  
 Sea Salt & Black Pepper (to taste)  
 3 cups Kale Leaves (chopped)  
 3 cups Purple Cabbage (thinly sliced)

### Nutrition

Amount per serving	
Calories	487
Fat	17g
Carbs	43g
Fiber	4g
Sugar	4g
Protein	43g
Cholesterol	87mg
Calcium	113mg

### Directions

- Cook the rice according to the package directions.
- Meanwhile, heat the oil in a cast-iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Remove from the pan leaving the oil behind.
- Add the kale and cabbage to the skillet. Cook them in the remaining oil for two to three minutes, or until they start to soften. Add a splash of water if you prefer them cooked down more.
- Divide the rice, salmon, kale, and cabbage evenly between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for two days.

**Serving Size:** One serving is 6 oz of salmon, 1/2 cup of cooked rice, and two cups of kale and cabbage.

**More Flavor:** Add red chilli flakes, shallots and/or garlic to the vegetables. Squeeze fresh lemon on the salmon once it has cooked.

**Additional Toppings:** Sesame seeds, hemp seeds, chopped green onions, and/or hot sauce.



## Raspberry & Pecan Oatmeal

2 servings

15 minutes

### Ingredients

1 cup Oats (rolled)  
 2 cups Water  
 1/2 tsp Cinnamon  
 1/2 cup Raspberries  
 1/4 cup Pecans (chopped)

### Nutrition

Amount per serving	
Calories	257
Fat	12g
Carbs	33g
Fiber	8g
Sugar	2g
Protein	7g
Cholesterol	0mg
Calcium	68mg

### Directions

- 1 Add the oats and water to a small saucepan and cook over medium heat, stirring often until gently boiling. Reduce the heat and simmer until cooked through, about five to seven minutes. Mix the cinnamon into the oats once they have cooked.
- 2 Top with the raspberries and pecans and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for three days.

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

**More Flavor:** Add maple syrup or honey, flavored protein powder, cacao powder, and/or nutmeg.

**Additional Toppings:** Hemp seeds and/or bee pollen.



## Lima Bean, Rice & Beet Bowl

2 servings

40 minutes

### Ingredients

3/4 cup Brown Rice (dry)  
 1 Beet  
 2 cups Napa Cabbage (finely chopped)  
 1/2 cup Broccoli (finely chopped)  
 1 1/2 cups Lima Beans (cooked)  
 1 Garlic (cloves, minced)  
 2 tbsps Lemon Juice  
 Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the rice according to the package directions.
- 2 While the rice cooks, bring a pot of water to a boil. Place the beet in a steamer over the boiling water and steam for 30 minutes, or until fork-tender. When cool enough to handle, rub the skins off and cut into cubes.
- 3 Divide the brown rice, cabbage, broccoli, beets, lima beans, and garlic into bowls. Squeeze lemon juice over top and season with salt and black pepper to taste. Enjoy!

### Nutrition

Amount per serving	
Calories	451
Fat	3g
Carbs	92g
Fiber	15g
Sugar	7g
Protein	17g
Cholesterol	0mg
Calcium	101mg

### Notes

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

**More Flavor:** Add sauerkraut, kimchi, pickled veggies, any herbs or spices. Use your favorite dressing instead of lemon juice.

**Additional Toppings:** Hemp seeds, green onion.

**No Lima Beans:** Use cannellini or white kidney beans instead.



## One Pan Turmeric Edamame & Veggies

2 servings

30 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil  
 1 1/2 tbsps Lemon Juice  
 1 1/2 tsps Turmeric  
 Sea Salt & Black Pepper (to taste)  
 1 cup Frozen Edamame (defrosted)  
 2 cups Brussels Sprouts (trimmed and halved)  
 1/4 head Cauliflower (chopped into florets)  
 2 Carrot (medium, chopped)

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a big bowl, mix together the oil, lemon juice, turmeric, salt, and pepper. Add the remaining ingredients and toss to combine.
- 3 Transfer the veggies to the prepared baking sheet. Bake in the oven for 20 to 25 minutes or until everything is cooked through.
- 4 Divide evenly between serving plates and enjoy!

### Nutrition

Amount per serving	
Calories	304
Fat	18g
Carbs	27g
Fiber	11g
Sugar	8g
Protein	14g
Cholesterol	0mg
Calcium	127mg

### Notes

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

**Serving Size:** One serving is equal to approximately 2 1/3 cups.

**Additional Toppings:** Top with fresh herbs.



## Brussels Sprouts Slaw with Chicken

2 servings

20 minutes

### Ingredients

8 ozs Chicken Breast (cut into cubes)  
 1/4 tsp Oregano (dried)  
 1/8 tsp Garlic Powder  
 1/4 tsp Sea Salt (divided)  
 1 1/2 tbsps Extra Virgin Olive Oil (divided)  
 3 cups Brussels Sprouts (shredded)  
 2 cups Purple Cabbage (sliced thin)  
 1 1/2 tbsps Lemon Juice  
 1 tsp Coconut Aminos

### Directions

- 1 Add the cubed chicken to a small bowl with the oregano, garlic powder and half the salt. Toss to combine.
- 2 Heat a skillet over medium heat and add 1/3 of the oil. Once hot, add the chicken and cook for 10 to 12 minutes or until cooked through. Remove and set aside.
- 3 Add the brussels sprouts and cabbage to a bowl. Add the lemon juice, coconut aminos, remaining oil and remaining salt. Mix well with your hands to combine.
- 4 Divide the slaw evenly between plates. Top with chicken and enjoy!

### Nutrition

Amount per serving	
Calories	315
Fat	14g
Carbs	20g
Fiber	7g
Sugar	7g
Protein	31g
Cholesterol	82mg
Calcium	104mg

### Notes

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

**More Flavor:** Add additional spices and/or herbs to the dressing or chicken.

**Additional Toppings:** Sliced onion, avocado, slivered almonds, sesame or sunflower seeds.

**Make it Vegan:** Omit the chicken and use grilled tofu.

**No Coconut Aminos:** Use tamari instead.



## Brown Rice

2 servings

45 minutes

### Ingredients

1/2 cup Brown Rice (uncooked)

1 cup Water

### Nutrition

Amount per serving	
Calories	170
Fat	1g
Carbs	35g
Fiber	2g
Sugar	0g
Protein	3g
Cholesterol	0mg
Calcium	16mg

### Directions

1

Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



## One Pan Turmeric Salmon with Cauliflower & Sweet Potato

3 servings

45 minutes

### Ingredients

1 1/2 Sweet Potato (medium, chopped)  
 1/3 head Cauliflower (cut into florets)  
 1 tbsp Extra Virgin Olive Oil  
 3/4 tsp Turmeric  
 3/4 tsp Garlic Powder  
 3 tbsps Lemon Juice  
 1 1/8 lbs Salmon Fillet

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the sweet potato and cauliflower on the baking sheet.
- 2 Mix the oil, turmeric, garlic powder, and lemon juice. Brush the marinade onto the salmon fillets and set aside at room temperature.
- 3 Add the remaining marinade to the cauliflower and sweet potato and toss to coat. Bake for 20 minutes.
- 4 Add the salmon to the baking sheet and bake everything for another 20 minutes or until the salmon is cooked through and the vegetables are soft and browning around the edges.
- 5 Divide evenly between plates and enjoy!

### Nutrition

Amount per serving	
Calories	345
Fat	13g
Carbs	19g
Fiber	4g
Sugar	5g
Protein	41g
Cholesterol	87mg
Calcium	54mg

### Notes

**Leftovers:** Refrigerate in an airtight container for two days.

**Serving Size:** One serving is 6 oz of salmon, approximately one cup of sweet potato, and one cup of cauliflower.

**More Flavor:** Add minced garlic and shallot to the marinade.

**Additional Toppings:** Chopped cilantro, dill, and/or sesame seeds.



## Lemon Dill Chicken with Rice & Kale Salad

2 servings

45 minutes

### Ingredients

1/4 tsp Dried Dill  
 1/4 tsp Lemon Zest  
 1/8 tsp Garlic Powder  
 1/8 tsp Sea Salt  
 3 tbsps Lemon Juice (divided)  
 8 ozs Chicken Breast  
 1/2 cup Brown Rice (dry)  
 3 cups Kale Leaves (finely chopped)  
 1 tbsp Extra Virgin Olive Oil  
 1 Carrot (small, peeled and grated)

### Nutrition

Amount per serving	
Calories	395
Fat	12g
Carbs	41g
Fiber	4g
Sugar	3g
Protein	30g
Cholesterol	82mg
Calcium	104mg

### Directions

- 1 Add the dill, lemon zest, garlic powder, salt and 1/3 of the lemon juice to a zipper-lock bag or bowl and mix to combine. Add the chicken breast and marinate for at least 15 minutes.
- 2 Cook the rice according to package directions.
- 3 Preheat the oven to 400°F (205°C).
- 4 Add the chicken to a baking dish and bake for 25 to 28 minutes or until the chicken is cooked through.
- 5 Meanwhile, add the kale to a bowl with the remaining lemon juice and the olive oil and massage with your hands until the kale is wilted and tender. Mix in the grated carrots.
- 6 To serve, divide the rice and chicken salad between plates and enjoy!

### Notes

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

**More Flavor:** Add other dried herbs and spices to the chicken marinade.

**Additional Toppings:** Lemon wedges or fresh herbs.

**No Brown Rice:** Use cauliflower rice, white rice, or quinoa.