

**IRIS KENNEDY**

# **FATTY LIVER DIET COOKBOOK & 30-DAY PLAN**

**REVERSE NAFLD, DETOX LIVER, REDUCE INFLAMMATION,  
CONTROL BLOOD SUGAR, LOSE FAT NATURALLY,  
AND BOOST ENERGY WITH 100 WHOLE FOOD GLUTEN-FREE  
ANTI-INFLAMMATORY RECIPES**



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# 30-day plan with daily menus & shopping support

## GREEN BEANS WITH BROWN RICE AND LEMON OIL

This simple yet flavorful lunch combines tender green beans with fiber-rich brown rice, finished with a refreshing lemon-infused oil. It supports steady energy and liver-friendly digestion.



**Prep Time:** 15 min  
**Cook Time:** 25 min  
**Servings:** 2

**Ingredients:**  
For the rice:  
• 2.8 oz / 80 g dry brown rice, rinsed  
• 10 fl oz / 300 ml filtered water  
For the vegetables:  
• 2.2 oz / 60 g green beans, trimmed and halved  
• 0.35 oz / 10 g white onion, finely chopped  
• 1 tsp / 5 ml cold-pressed olive oil  
For the lemon oil:  
• 1 tsp / 5 ml fresh lemon juice  
• 1 tsp / 5 ml finely ground lemon zest  
• 1/2 tsp / 1.25 ml cold-pressed olive oil  
• Pinch of sea salt and black pepper, to taste

**Instructions:**  
1. In a small pot, combine the rinsed brown rice and water. Bring to a boil, then reduce heat to low, cover, and simmer for 20–25 minutes until rice is tender and water is absorbed. Let it sit covered for 5 minutes.  
2. While the rice cooks, heat olive oil in a separate pan over low heat. Add chopped onion and sauté for 2 minutes until soft. Add green beans and cook for 8–10 minutes, stirring intermittently, until tender but still bright. Add a splash of water if needed.  
3. In a small bowl, whisk together the second portion of olive oil, lemon juice, lemon zest, and season with salt and pepper.  
4. Toss the cooked rice and divide it into bowls. Top with sautéed green beans and drizzle with the lemon oil mixture.  
5. Serve warm, optionally garnished with a few fresh herbs like parsley or basil.

**Nutritional Value (Per Serving):**  
Calories 220 kcal | Fat 6.2 g | Saturated Fat 0.5 g |  
Carbohydrates 35.8 g | Fiber 5.1 g | Sugar 2.6 g |  
Protein 4.8 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 40 mg

**Liver Health Tip:**  
Brown rice provides fiber-digesting carbs and B vitamins, while lemon oil boosts liver enzyme activity and helps break down fats naturally.

## STEAMED TURKEY FILLET WITH PUMPKIN PURÉE AND ASPARAGUS

This clean, low-fat dish features soft steamed turkey served with naturally sweet pumpkin purée and lightly cooked asparagus. It's rich in lean protein, vitamins, and liver-supporting fiber, all in a digestion-friendly format.



**Prep Time:** 15 min  
**Cook Time:** 25 min  
**Servings:** 2

**Ingredients:**  
For the turkey:  
• 5.3 oz / 150 g turkey breast fillet, sliced thin  
• 1/2 tsp / 1.25 ml lemon juice  
• 1/2 tsp / 1.25 ml dried thyme or rosemary (optional)  
• Pinch of sea salt, optional  
For the pumpkin purée:  
• 5.3 oz / 150 g pumpkin, peeled and cubed  
• 1 tsp / 5 ml cold-pressed olive oil  
• 2 tsp / 10 ml unsweetened oat or rice milk (optional)  
For the asparagus:  
• 3.5 oz / 100 g fresh asparagus, woody ends removed  
• 1/2 tsp / 1.25 ml olive oil or lemon juice (for finishing)

**Instructions:**  
1. In a small pot, combine the rinsed brown rice and water. Bring to a boil, then reduce heat to low, cover, and simmer for 20–25 minutes until rice is tender and water is absorbed. Let it sit covered for 5 minutes.  
2. While the rice cooks, heat olive oil in a separate pan over low heat. Add chopped onion and sauté for 2 minutes until soft. Add green beans and cook for 8–10 minutes, stirring intermittently, until tender but still bright. Add a splash of water if needed.  
3. In a small bowl, whisk together the second portion of olive oil, lemon juice, lemon zest, and season with salt and pepper.  
4. Toss the cooked rice and divide it into bowls. Top with sautéed green beans and drizzle with the lemon oil mixture.  
5. Serve warm, optionally garnished with a few fresh herbs like parsley or basil.

**Instructions:**  
1. Prepare a steamer setup. Place turkey slices on a parchment-lined steaming rack or basket. Drizzle with lemon juice, sprinkle herbs if using, and season covered over simmering water for 10–12 minutes, or until fully cooked and tender.  
2. Meanwhile, steam the cubed pumpkin separately for 10–12 minutes until soft. Transfer to a bowl, add olive oil and optional oat milk, and mash or blend until smooth.  
3. In the last 5 minutes of cooking, steam asparagus spears until bright green and just tender. Top with a touch of olive oil or lemon juice right before serving.  
4. Place the turkey with a scoop of pumpkin purée and asparagus on the side. Serve warm.

**Nutritional Value (Per Serving):**  
Calories 210 kcal | Fat 6.8 g | Saturated Fat 0.6 g |  
Carbohydrates 12.2 g | Fiber 2.8 g | Sugar 3.1 g |  
Protein 25.2 g | Omega-3 0.1 g | Cholesterol 45 mg |  
Sodium 55 mg

**Liver Health Tip:**  
Steamed turkey offers high-quality lean protein without added fats. Pumpkin and asparagus support digestion, detoxification, and liver enzyme activity.

## STEAMED EGG WHITE OMELET WITH SPINACH AND BUCKWHEAT

This soft and satisfying lunch combines fluffy steamed egg whites with gentle spinach and nutty buckwheat. Low in fat and easy to digest, it's perfect for supporting liver repair and maintaining steady energy.



**Prep Time:** 10 min  
**Cook Time:** 15 min  
**Servings:** 2

**Ingredients:**  
For the buckwheat:  
• 2.1 oz / 60 g dry buckwheat groats, rinsed  
• 7 fl oz / 210 ml filtered water  
For the omelet:  
• 4.2 oz / 120 g egg whites  
• 1.4 oz / 40 g fresh spinach leaves, finely chopped  
• 0.35 oz / 10 g leek or green onion, chopped  
• Pinch of sea salt, optional  
For garnish (optional):  
• 1 tsp / 5 ml cold-pressed olive oil  
• 1 tsp / 5 ml lemon juice

**Instructions:**  
1. In a small pot, combine buckwheat and water. Bring to a boil, then reduce heat to low, cover, and simmer for 12–15 minutes until tender and water is absorbed. Let it sit covered for a few minutes before fluffing.  
2. While the buckwheat cooks, whisk the egg whites in a bowl until lightly foamy. Stir in chopped spinach, leek, and a small pinch of salt.  
3. Lightly grease a non-stick shallow dish or small bowl with olive oil. Pour in the egg white mixture.  
4. Place the dish into a steamer basket or over a pot of simmering water. Cover and steam for 10–12 minutes, or until the omelet is firm and cooked through.  
5. Gently remove from the steamer and let cool for 1–2 minutes before sliding onto a plate. Serve alongside warm buckwheat and sprinkle with fresh herbs and lemon juice if desired.

**Nutritional Value (Per Serving):**  
Calories 140 kcal | Fat 4.2 g | Saturated Fat 0.5 g |  
Carbohydrates 16.5 g | Fiber 3.4 g | Sugar 1.1 g |  
Protein 12.3 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 55 mg

**Liver Health Tip:**  
Egg whites are a high-quality protein source with low fat and cholesterol, ideal for liver health. Buckwheat adds fiber and essential minerals while spinach boosts folate and antioxidants.

Inside, you'll find a QR code that gives you instant access to a complete 30-day meal plan and ready-made shopping lists. Just download them to your phone, and you'll always have a convenient guide for the store. This isn't just a book—it's your personal assistant on the path to a healthy liver.

## LUNCHES

### RED KIDNEY BEANS WITH BELL PEPPER AND SOFT POLENTA

This warming, digestion-friendly dish features home-cooked red kidney beans, sweet bell pepper, and smooth polenta. Naturally low in fat and free from processed foods, it gently supports liver health and energy balance.



**Prep Time:** 15 min (plus soaking)  
**Cook Time:** 35 min  
**Servings:** 2

**Ingredients:**  
For the beans:  
• 1.8 oz / 50 g dry red kidney beans (soaked overnight)  
• 10 fl oz / 300 ml filtered water (for boiling)  
For the vegetables:  
• 2.1 oz / 60 g bell pepper, finely chopped  
• 1 garlic clove, minced  
• 1 tsp / 5 ml cold-pressed olive oil  
• 1/2 tsp / 1.25 ml sea salt (optional)  
For the polenta:  
• 1.8 oz / 50 g fine cornmeal (polenta)  
• 7 fl oz / 210 ml filtered water  
For finishing:  
• 1 tsp / 5 ml chopped fresh parsley or basil (optional)

**Instructions:**  
1. Rinse the dry kidney beans and soak them in cold water overnight (8–12 hours). Drain, rinse again, and place in a small saucepan with 10 fl oz / 300 ml fresh filtered water.  
2. Bring to a light boil, then decrease the heat and simmer.  
3. In another saucepan, bring 7 fl oz / 210 ml water to a boil with a pinch of salt. Slowly incorporate the cornmeal, reduce the heat to a simmer, and keep stirring for 8–10 minutes until it turns creamy. Cover and keep warm.  
4. In a skillet, heat olive oil over low heat. Add the onion and sauté for 5–7 minutes until softened. Add the bell pepper and cook for 5–7 minutes until tender. Add the beans and cook for 5–7 minutes, stirring intermittently, until slightly thickened.  
5. Add the cooked beans, 3 fl oz / 90 ml water, and paprika. Simmer for 5–7 minutes, stirring intermittently, until slightly thickened.  
6. Spoon the warm polenta into bowls, top with the bean and pepper mixture, and garnish with fresh herbs if desired.

**Nutritional Value (Per Serving):**  
Calories 245 kcal | Fat 3.4 g | Saturated Fat 0.4 g |  
Carbohydrates 36.2 g | Fiber 6.2 g | Sugar 3.2 g |  
Protein 10 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 45 mg

**Liver Health Tip:**  
Soaked and freshly cooked beans are gentler on soft cornmeal and antioxidant-rich bell pepper, this dish is soothing and restorative for liver health.

### RED BEANS WITH SOFT CORNMEAL

This soft-textured dish combines home-cooked red beans with creamy cornmeal for a nourishing, digestion-friendly lunch. It's free from processed ingredients and supports liver repair with every spoonful.



**Prep Time:** 15 min (plus soaking)  
**Cook Time:** 35 min  
**Servings:** 2

**Ingredients:**  
For the beans:  
• 2.1 oz / 60 g dry red beans (soaked overnight)  
• 10 fl oz / 300 ml filtered water  
• 0.35 oz / 10 g white onion, finely chopped  
• 1/2 tsp / 1.25 ml cold-pressed olive oil  
For the cornmeal:  
• 1.8 oz / 50 g fine cornmeal (polenta)  
• 7 fl oz / 210 ml filtered water  
For garnish (optional):  
• 1 tsp / 5 ml sea salt

**Instructions:**  
1. Soak the red beans overnight in cold water. Drain, rinse again, and place in a small saucepan with 10 fl oz / 300 ml filtered water.  
2. Bring to a light boil, then decrease the heat and simmer for 3–4 hours until soft. Add onion and cook for 5–7 minutes.  
3. Combine the cooked onion with the beans.  
4. Meanwhile, bring 7 fl oz / 210 ml water to a boil with a pinch of salt. Slowly incorporate the cornmeal, reduce the heat to a simmer, and keep stirring for 8–10 minutes until it turns creamy. Cover and keep warm.  
5. Spoon the bean mixture over or beside the polenta.

**Nutritional Value (Per Serving):**  
Calories 215 kcal | Fat 4.2 g | Saturated Fat 0.5 g |  
Carbohydrates 32.4 g | Fiber 6.1 g | Sugar 1.1 g |  
Protein 8.6 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 45 mg

101 liver-friendly recipes across breakfast, mains, soups, salads, snacks, desserts & drinks

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# INTRODUCTION

When I first began learning about fatty liver disease, I realized just how common — and often silent — this condition can be. It doesn't always come with clear symptoms, but it can quietly affect your digestion, energy, metabolism, and even your mood. Whether you've recently been diagnosed with nonalcoholic fatty liver disease (NAFLD), are recovering from liver stress, or simply want to protect your liver for the future, I created this cookbook with you in mind.

The Fatty Liver Diet Cookbook is more than just a recipe collection. It's a guide to rebuilding your health through simple, healing foods. Every recipe in this book was carefully developed to support your liver's natural ability to heal — by reducing liver fat, lowering inflammation, supporting bile flow, and nourishing your entire body.

In these pages, I focus on using:

- **Healthy fats** like avocado, olive oil, flax, and seeds — instead of anything fried or overly processed
- **Low-glycemic, unrefined carbs** like whole grains, legumes, and vegetables to help stabilize blood sugar
- **Plenty of fiber** to improve digestion and relieve the liver's burden
- **Lean proteins and healing herbs** that gently support metabolism and cell repair

I've included a wide range of meals — breakfasts, mains, snacks, desserts, and even drinks — that are satisfying, flavorful, and liver-friendly. They're all made from whole ingredients, with no gimmicks or harsh restrictions. My goal is to help you find meals that you actually enjoy eating, that leave you feeling lighter, more energized, and healthier from the inside out.

This cookbook is grounded in nutritional research but also shaped by real experience. Over the years, I've worked with many people trying to eat better for their liver, and I know how overwhelming it can feel at first. That's why every recipe is designed to be straightforward and practical, using simple methods and ingredients you can find easily.

Of course, everyone's health journey is unique. Be sure to consult your doctor or dietitian before making major changes to your diet, particularly if you're managing health conditions such as diabetes, high cholesterol, or digestive concerns. This book offers a strong starting point, but your care team can help tailor it to your body's specific needs.

Healing takes time, and progress may come slowly — but the liver is an incredibly resilient organ. With consistency, nourishment, and care, it can recover. I hope this book gives you the tools and confidence to take that first step — and enjoy the process along the way.

Let's begin this journey together, one nourishing meal at a time.

## ***What Is Fatty Liver Disease — and Why It Matters***

*If you've heard the term "fatty liver" and thought it sounded like something minor, you're not alone. Many people don't realize just how widespread — and serious — this condition has become.*

Fatty liver disease, or more specifically **nonalcoholic fatty liver disease (NAFLD)**, happens when excess fat builds up in your liver cells. At first, it's silent — no pain, no symptoms, nothing that sets off alarms. But over time, this silent buildup can spark inflammation, impair liver function, and even cause irreversible damage like fibrosis or cirrhosis.

What makes this condition particularly concerning is its strong link to widespread health issues like insulin resistance, elevated cholesterol, obesity, and type 2 diabetes. The liver is key to your body's metabolic health, so when it's compromised, the effects ripple throughout your system.

The good news? Fatty liver disease is manageable — and often reversible. When caught early, it's one of the few chronic conditions that can not only be managed — but even reversed. And that doesn't require extreme diets, expensive supplements, or medical procedures. It starts with something far more practical: **changing how you eat, move, and live.**

This book is here to help you make that shift — gently, intentionally, and in a way that fits real life.

### **Understanding Fatty Liver — and Why Nutrition Is the Key to Healing**

*Fatty liver disease can feel overwhelming — but when you understand what's really happening inside your body, it becomes much easier to take control.*

Your liver is one of the most powerful organs in your body. It filters toxins, processes nutrients, stores energy, and helps manage blood sugar and cholesterol. But when too much fat accumulates in liver cells — often due to poor diet, insulin resistance, or weight gain — the liver becomes overwhelmed.

This fat buildup is called **non-alcoholic fatty liver disease (NAFLD)**. Over time, if not addressed, it can cause inflammation (called NASH — non-alcoholic steatohepatitis), scarring (fibrosis), and in some cases, irreversible damage (cirrhosis). But here's the hopeful part: **unlike many chronic diseases, fatty liver can be reversed — especially through food.**

Why nutrition? Because everything you eat passes through your liver. The wrong foods — like refined carbs, sugary drinks, trans fats, and ultra-processed snacks — create inflammation, insulin spikes, and more fat storage. Over time, they force your liver to work harder than it should.

But the right foods — like fiber-rich grains, healthy fats, lean proteins, and antioxidant-packed vegetables — help the liver recover. They reduce inflammation, support metabolism, improve insulin sensitivity, and allow your liver cells to shed stored fat.

That's why this cookbook focuses on:

- Eliminating inflammatory foods like sugar, white flour, fried foods, processed meats, and alcohol.
- Adding healing ingredients such as leafy greens, omega-3 fats, low-glycemic fruits, and whole plant foods.
- Eating balanced meals rich in protein, fiber, and healthy fats helps regulate blood sugar and provides steady, all-day energy.
- Supporting digestion, bile flow, and nutrient absorption through gentle, gut-friendly recipes.

You don't need extreme diets or drastic restrictions. You need **consistency, balance, and nourishment** — and that's exactly what this book is built on.

## ***What to Avoid — Foods That Harm the Liver***

To support liver healing, the first step is understanding which foods may be slowing your progress. Some foods stress the liver by increasing fat accumulation, causing inflammation, or disrupting blood sugar and insulin levels. Reducing or eliminating them will give your liver a chance to rest and repair.

### **1. Added Sugars**

Refined sugar, high-fructose corn syrup, and sweetened drinks (like soda, sweet teas, flavored waters, and energy drinks) are major contributors to liver fat. They spike insulin, promote fat storage, and increase inflammation.

Be mindful of hidden sugars lurking in cereals, sauces, protein bars, flavored yogurts, and other “health” foods.

### **2. Refined Carbohydrates**

Foods like white bread, pasta, white rice, and pastries break down quickly into sugar and offer little fiber. They raise blood sugar rapidly and increase liver fat.

Tip: Even “whole grain” labels can be misleading — always check for added sugars and ingredients.

### **3. Unhealthy Fats (Trans & Saturated)**

Fried foods, fast food, margarine, packaged snacks, and processed meats often contain trans fats or high levels of saturated fat. These damage liver cells and increase fat storage.

Look for ingredients like “hydrogenated oil” — and avoid them.

#### 4. Alcohol

Even in small amounts, alcohol burdens the liver and worsens inflammation. For those with fatty liver, it's safest to avoid alcohol entirely — including wine and beer.

#### 5. Processed & Fatty Meats

Sausages, hot dogs, bacon, and fatty beef or lamb are high in saturated fat, sodium, and preservatives. These contribute to liver stress and should be minimized or eliminated.

Swap for lean proteins like tofu, legumes, egg whites, or fish.

#### 6. Full-Fat Dairy

Cream, butter, full-fat cheeses, and whole milk are high in saturated fat and can worsen liver fat levels.

Better choices include unsweetened almond, oat, or flax milk.

## ***What to Add — Foods That Heal the Liver***

#### 1. High-Fiber Vegetables

Non-starchy vegetables like leafy greens, broccoli, cauliflower, fennel, celery, cucumbers, and zucchini help cleanse the liver, reduce fat buildup, and improve digestion. They're rich in antioxidants and nutrients but low in sugar and calories.

Aim for variety and color — the more diverse your vegetables, the broader the nutrient support.

#### 2. Whole Grains

Grains like oats, barley, quinoa, millet, buckwheat, and amaranth offer slow-digesting energy and essential fiber. They help balance blood sugar and keep digestion regular, which reduces liver stress.

Try rotating grains to prevent boredom and boost your fiber intake naturally.

#### 3. Legumes & Plant-Based Proteins

Packed with fiber and plant protein, chickpeas, lentils, and beans are nutritional powerhouses. They help reduce fat accumulation and improve gut health — both key for liver healing.

Tofu and tempeh are also great options, especially when prepared simply without frying.

#### 4. Healthy Fats (Omega-3s & Monounsaturated Fats)

Instead of cutting all fat, focus on the right kinds. Avocados, olive oil, walnuts, almonds, flaxseed, chia, and hemp seeds reduce inflammation and protect liver cells.

Use cold-pressed oils, and enjoy these fats in moderate portions with meals.

#### 5. Lean Proteins

White fish (like cod or trout), egg whites, tofu, and skinless poultry offer clean protein that supports liver tissue repair without adding excess fat.

Avoid breading and frying — try baking, steaming, or light sautéing instead.

#### 6. Low-Glycemic Fruits

Berries, apples, pears, citrus fruits, and plums give natural sweetness and antioxidants without overwhelming the liver with sugar.

Pair fruit with protein or fat (like chia pudding or a spoonful of almond butter) for better blood sugar balance.

#### 7. Anti-Inflammatory Spices & Herbs

Turmeric, ginger, cinnamon, parsley, dill, garlic, and cilantro help reduce oxidative stress and improve bile flow — essential for fat digestion and detoxification.

Try adding fresh herbs to salads or warm meals daily.

#### 8. Hydration (Water & Herbal Teas)

Water is your liver's best friend. It helps flush toxins and keeps your metabolism working smoothly. Unsweetened herbal teas (like peppermint, ginger, or dandelion root) also support gentle detox and digestion.

Aim for 6–8 glasses of water per day, more if it's hot or you're active.

### One Final Tip:

Instead of thinking in terms of restriction, try thinking in terms of nourishment. What can you give your body today that will help it thrive? This mindset shift turns the fatty liver diet from a “chore” into a daily act of self-care.

## Tracking Nutrients without Obsession

*You don't need to count every gram to heal your liver — but knowing what to pay attention to can make your meals more effective and balanced.*

This book doesn't ask you to track calories or obsess over macros. Instead, it encourages **awareness**: noticing how certain meals make you feel, and understanding the role key nutrients play in liver recovery.

Here are the most important ones to focus on:

- **Fiber** — Aim to include fiber in every meal, especially from vegetables, whole grains, and legumes. Fiber helps reduce fat absorption, supports digestion, and feeds good gut bacteria — all essential for liver health.
- **Protein** — Essential for liver cell repair and blood sugar balance. Use plant-based proteins (like lentils, beans, tofu), egg whites, and lean fish or poultry in proper portions — about the size of your palm per meal.
- **Healthy fats** — Focus on unsaturated fats like olive oil, avocado, flax, and nuts. Avoid saturated and trans fats, which can worsen liver fat accumulation.
- **Carbohydrates** — Prefer slow-digesting carbs from whole grains, vegetables, and low-glycemic fruits. These stabilize blood sugar and prevent insulin resistance, a key factor in fatty liver.
- **Omega-3s** — Found in flaxseed, chia, walnuts, and small portions of fatty fish. These fats reduce liver inflammation and help prevent scarring.
- **Added sugars & sodium** — Keep them to a minimum. Most recipes in this book are naturally low in both, but if using packaged products (like plant-based milk), read labels to avoid hidden sugars and salts.

You'll find **nutritional breakdowns** provided with every recipe — not to control, but to **guide**. Use them to build awareness, spot patterns, and make adjustments based on how your body responds.

Tip: You don't need an app to succeed. A small journal or weekly reflection on meals, energy, digestion, and mood can be more useful than any numbers alone.

## Meal Planning and Portion Principles

Healing your liver isn't about eating less — it's about eating smart. Consistent meals, the right combinations, and balanced portions make a huge difference in your energy, digestion, and long-term recovery.

### How Often to Eat

For most people with fatty liver, the ideal structure is:

- 3 main meals a day (breakfast, lunch, dinner)
- 1–2 small snacks in between (if needed for blood sugar or hunger)
- No skipping meals — going too long without eating can increase fat accumulation in the liver.

Eating at regular times trains your body (and liver) to work more efficiently.

### What Should Be on Your Plate

Use this general rule of thumb for main meals:

- ½ plate vegetables (steamed, sautéed, or raw — low in fat and high in fiber)
- ¼ plate whole grains or starchy vegetables (like oats, quinoa, buckwheat, millet, sweet potato)
- ¼ plate lean protein (such as legumes, tofu, white fish, or egg whites)
- 1–2 tsp healthy fat (olive oil, avocado, flax, or seeds)

Snacks should be smaller but still balanced — for example:

- A slice of whole grain toast with mashed avocado
- Chia pudding with fruit
- A small portion of hummus with cucumber slices

### Build Variety and Flexibility

- Don't worry about being perfect. Instead:
- Aim to rotate ingredients across the week so your liver gets a wide range of nutrients.
- Use the 30-day plan as a guide, not a rulebook — it's fully customizable.
- Keep a few staple recipes (like a basic porridge or broth) on repeat for simplicity.

### A Simple Planning Habit

Try this once a week:

- Choose 2–3 breakfasts, 3–4 mains, and 2–3 snacks you like.
- Make sure you have all the ingredients or add them to your shopping list.
- Prep 1–2 meals ahead of time to save time during the week.

Your liver doesn't need perfection. It needs consistency, balance, and kindness.

## Why This Book — and How It Helps

*There's no shortage of diet advice out there — but when you're dealing with fatty liver, not all of it is helpful, and some of it can even be harmful. That's where this book comes in.*

I created this cookbook not as a quick fix, but as a **long-term guide** for healing through food. It's built on science-backed nutritional principles and shaped by a real-world understanding of how people live, eat, and change. Whether you're newly diagnosed or simply trying to protect your liver and regain your energy, this book offers a clear and encouraging path forward.

In these pages, you'll find:

- Balanced, nourishing meals that avoid harmful fats and sugars while supporting your liver's natural detox pathways.
- Delicious recipes that are easy to digest, satisfying, and full of nutrients your liver craves — without relying on processed foods or fad ingredients.
- A flexible approach that works whether you're cooking for yourself or feeding a family, with tips to adjust portion sizes, flavors, and preparation styles.
- Guidance beyond the plate, including lifestyle tips, movement support, and strategies for stress, sleep, and sustainable change.

This isn't just a collection of meals. It's a companion. A toolkit. A gentle nudge in the right direction — and a reminder that healing doesn't have to be complicated to be powerful.

## Frequently Asked Questions (FAQ)

### Q: Can I follow this diet if I have just been diagnosed with fatty liver?

**A:** Absolutely. In fact, this is the perfect time to start. Making simple changes now — like reducing sugar and eating more fiber-rich foods — can help prevent the condition from progressing and even reverse early liver fat accumulation.

### Q: Do I need to lose weight for this diet to work?

**A:** Not necessarily. While gradual weight loss can benefit many people with fatty liver, the real goal is to improve the quality of what you eat. Even people at a healthy weight can have liver fat, and this diet supports liver health for everyone.

### Q: Is this diet the same as a low-fat diet?

**A:** No. This isn't about cutting all fat — it's about choosing the right kinds of fat. Healthy fats from avocados, nuts, seeds, and olive oil actually protect your liver and reduce inflammation.

### Q: Can I eat carbs on this diet?

**A:** Yes — just not highly refined ones. Whole grains like oats, barley, brown rice, and quinoa are encouraged. They provide fiber and nutrients your liver needs. What matters is the type of carbs, not just the amount.

Q: Will I have to give up all my favorite foods?

**A:** Not at all. This book is full of satisfying, flavorful recipes that feel like comfort food — just made in a way that supports

your liver. Over time, many people find their tastes shift naturally toward lighter, fresher meals.

**Q: How long does it take to see results?**

**A:** Every body is different, but many people start noticing more energy, less bloating, and better digestion within a few weeks. Visible improvements in liver health can take 2–6 months of consistent effort, and lab tests can help track your progress.

**Q: Can I still eat out or travel on this diet?**

**A:** Yes — it just takes a little planning. Choose grilled, steamed, or roasted dishes when dining out. Avoid fried or heavily sauced foods. When traveling, pack simple snacks like unsalted nuts, fruit, or whole grain crackers to stay on track.

**Q: Do I need to count calories or track everything I eat?**

**A:** Not unless you want to. The focus of this diet is on quality, balance, and habit-building — not perfection. Portion awareness and eating mindfully will take you much further than rigid counting.

## ***Who This Book Is for — and How to Use It***

This cookbook is designed for anyone seeking to support liver health — whether you've been diagnosed with fatty liver disease or simply want to prevent it through better habits.

You might be:

- Recently diagnosed with NAFLD (nonalcoholic fatty liver disease) and unsure what to eat next.
- Struggling with high cholesterol, insulin resistance, or abdominal weight gain — all common companions to liver issues.
- Seeking simple, natural strategies to feel more energized, beat bloating, and support digestive health.
- A caregiver, partner, or family member trying to help a loved one eat better — without turning every meal into a battle.

Whatever brings you here, this book meets you where you are. It's structured for clarity and ease, so you can jump in whether you're a beginner in the kitchen or a lifelong home cook. Here's how to get the most from it:

- Start with the introduction to understand what fatty liver disease is and why food matters.
- Explore the recipe chapters based on what you need today: breakfasts, lunches, dinners, soups, salads, snacks, desserts, and healing drinks
- Use the 30-day meal plan to take the guesswork out of your first month — it's fully customizable, so you can swap meals around based on your schedule.
- Rely on the shopping lists to make grocery trips simpler and more focused on real, whole ingredients.
- Follow the planning and lifestyle guidance to turn these meals into a healthy routine that fits your life — not the other way around.

This book doesn't expect perfection. It offers support, flexibility, and flavorful structure to help you feel better, step by step.

## ***How to Choose the Right Recipes — and Adapt Them to Your Needs***

While this cookbook is built for liver health, its benefits extend to many other conditions. The meals are naturally rich in fiber, free from added sugars and unhealthy fats, and made from whole, healing foods — making them a great foundation for different dietary needs.

Whether you're managing diabetes, low blood pressure, following a vegetarian lifestyle, or addressing other concerns, here's how to personalize the recipes:

**If You Have Diabetes or Insulin Resistance:**

- Most recipes already support blood sugar balance — but for extra stability:
- Choose meals with low-glycemic grains, legumes, vegetables, and healthy fats
- Pair carbs with lean protein or fats to minimize glucose spikes

- Limit recipes with banana, dried fruits, cornmeal, or white rice, and substitute with oats, pumpkin, or berries

**If You Have Low Blood Pressure:**

- Support stable energy and circulation with:
  - Magnesium- and potassium-rich ingredients like beets, lentils, leafy greens, and avocado
  - A light pinch of sea salt, if your doctor allows
  - Meals with complex carbs and protein earlier in the day to avoid fatigue

**If You Follow a Vegetarian or Vegan Diet:**

- Many recipes are already plant-based or easily modifiable:
- Replace eggs in baking with flax “eggs” (1 tbsp ground flax + 3 tbsp water)
- Substitute fish or poultry with tofu, tempeh, or legumes
- Use plant-based milk and oils in place of dairy

**If You Have High Cholesterol:**

- The book avoids saturated fats and cholesterol-heavy ingredients.

You can:

- Emphasize fiber-rich recipes with oats, legumes, and leafy greens
- Skip recipes with egg yolks or fatty fish — or swap with tofu, beans, or egg whites
- Use unsaturated fats like olive or flaxseed oil — in small, balanced portions

**If You Have Food Sensitivities or Preferences:**

- Gluten-free: Choose recipes using buckwheat, millet, quinoa, rice — avoid barley or wheat
- Nut or seed allergies: Omit toppings like walnuts or flaxseed — they are optional
- No garlic/onion: Use mild spices (turmeric, cumin, ginger) and fresh herbs for flavor

**Navigating the Recipes**

Every recipe includes:

- A clear nutritional breakdown, including calories, fiber, protein, fats, sugars, and omega-3s
- A helpful Liver Health Tip that explains the benefits of the dish
- Whole, natural ingredients that are easy to swap or adjust based on your needs

If you're unsure where to start, use the 30-day plan as inspiration. Or choose just a few recipes each day using the simple structure: fiber + protein + healthy fat.

Your journey to better health doesn't require extremes. Just thoughtful, consistent choices — and meals that nourish your liver, support your body, and bring comfort to your table.

*You are not alone on this journey. Whether you're just discovering that your liver needs care, or you've been working on your health for a while, this book is here to guide you — step by step, meal by meal.*

*Changing the way you eat is not always easy, but it is one of the most powerful things you can do for your body. With every nourishing bite, you're giving your liver the support it needs to heal, to restore balance, and to help you feel like yourself again.*

*This isn't about perfection — it's about progress. About learning what works for you, finding joy in wholesome food, and creating a lifestyle that truly supports your wellbeing.*

*Let's begin this journey together — with clarity, with care, and with confidence in the healing power of food.*

# BREAKFASTS

## OAT AND PUMPKIN PANCAKES (OIL-FREE)

These soft, oil-free pancakes combine the benefits of oats and beta-carotene-rich pumpkin in a low-fat, digestion-friendly meal.



Prep Time:  
15 min



Cook Time:  
15 min



Servings: 2

### Ingredients:

For the batter:

- 2.1 oz / 60 g rolled oats
- 2.8 oz / 80 g raw pumpkin, peeled and chopped
- 4 fl oz / 120 ml unsweetened oat or almond milk
- 1 egg white
- ½ tsp / 1 g ground cinnamon
- ¼ tsp / 0.5 g baking powder
- Pinch of sea salt (optional)

For serving (optional):

- 0.35 oz / 10 g ground walnuts or pumpkin seeds
- ½ tsp / 2.5 ml lemon or date syrup (optional)

### Instructions:

1. Peel and chop the raw pumpkin into small cubes. Place the pumpkin in a small saucepan, cover with water, and boil gently for 10–12 minutes until completely soft. Drain well and let it cool slightly.
2. While the pumpkin cooks, add the oats to a blender or food processor and process until they become a fine flour.
3. Transfer the cooked pumpkin to the blender with the oat flour. Add the plant milk, egg white, cinnamon, baking powder, and a pinch of sea salt. Blend everything until a smooth, thick batter forms. Let the batter rest for 5 minutes to slightly thicken.
4. Warm a nonstick skillet over low to medium flame. If necessary, wipe the surface with a drop of oil to avoid sticking. Pour spoonfuls of the batter into the skillet to form small pancakes. Cook each side for 2–3 minutes, flipping softly when you see bubbles and a golden color underneath.
5. Serve warm with a sprinkle of crushed nuts or seeds and a drizzle of lemon or date syrup if desired.

### Nutritional Value (Per Serving):

Calories 205 kcal | Fat 5.2 g | Saturated Fat 0.6 g |  
Carbohydrates 28 g | Fiber 4.5 g | Sugar 4.1 g | Protein  
6.2 g | Omega-3 0.3 g | Cholesterol 0 mg | Sodium 54  
mg

### Liver Health Tip:

Pumpkin is rich in liver-friendly beta-carotene, while oats and egg white provide fiber and lean protein to support fat metabolism.

# MASHED SWEET POTATO WITH GROUND FLAX AND WARM PLANT MILK

This soft and naturally sweet breakfast combines creamy sweet potato with a touch of flaxseed and warm oat milk for a gentle, liver-calming start to the day.



Prep Time:  
5 min



Cook Time:  
20 min



Servings: 2

## Ingredients:

For the mash:

- 5.3 oz / 150 g sweet potato, peeled and chopped
- 2 fl oz / 60 ml unsweetened oat or almond milk (warmed)
- 0.5 tsp / 1 g ground cinnamon (optional)

For topping:

- 0.35 oz / 10 g ground flaxseed
- ½ tsp / 2.5 ml cold-pressed flaxseed or walnut oil (optional)

## Instructions:

1. Remove the skin from the sweet potato and dice it into small pieces. Add to a saucepan of boiling water and cook for 15–18 minutes until fork-tender. Drain well.
2. Transfer the sweet potato to a bowl and mash thoroughly using a fork or potato masher. Warm the plant milk separately.
3. Stir the warm milk and cinnamon into the mash gradually, mixing until creamy and smooth. Adjust the texture with extra milk if needed.
4. Spoon the mash into two serving bowls, sprinkle with ground flaxseed, and drizzle with oil if using. Serve warm for a soothing, fiber-rich breakfast.

## Nutritional Value (Per Serving):

Calories: 200 kcal | Fat: 6.2 g | Saturated Fat: 0.5 g |  
Carbohydrates: 31 g | Fiber: 5.1 g | Sugar: 5.6 g |  
Protein: 3.9 g | Omega-3: 1.4 g (if flax is used) |  
Cholesterol: 0 mg | Sodium: 18 mg

## Liver Health Tip:

Sweet potato offers beta-carotene and slow-burning carbs, while flax aids bile production and helps reduce inflammation.

# BUCKWHEAT PORRIDGE WITH BAKED APPLE AND CINNAMON

Earthy buckwheat and tender baked apple come together in this gentle, anti-inflammatory breakfast ideal for liver support.



Prep Time:  
5 min



Cook Time:  
20 min



Servings: 2

## Ingredients:

For the porridge:

- 2.8 oz / 80 g raw buckwheat groats (hulled)
- 12 fl oz / 360 ml water
- ¼ tsp / 0.5 g ground cinnamon

For the topping:

- 3.5 oz / 100 g apple, peeled and finely chopped
- ½ tsp / 2.5 ml cold-pressed olive oil (optional)
- 0.35 oz / 10 g chopped walnuts (optional, for crunch)

## Instructions:

1. Rinse the buckwheat thoroughly under cool water. Place it in a small saucepan with water and bring to a boil over medium heat. When it reaches a boil, lower the heat and let it simmer for 15–18 minutes, stirring now and then, until the grains are tender and the water is fully absorbed. Add cinnamon in the last few minutes of cooking and stir well.
2. While the buckwheat is cooking, set the oven's temperature to 350°F / 175°C. Spread the chopped apple in a small baking dish, drizzle lightly with olive oil if using, and bake uncovered for 15–20 minutes until soft and lightly caramelized.
3. When both components are ready, divide the buckwheat porridge between two bowls. Spoon the baked apple over the top and sprinkle with walnuts if desired.

## Nutritional Value (Per Serving):

Calories 205 kcal | Fat 5.4 g | Saturated Fat 0.5 g | Carbohydrates 34 g | Fiber 5.8 g | Sugar 6.2 g | Protein 5.6 g | Omega-3 0.3 g (if walnuts added) | Cholesterol 0 mg | Sodium 2 mg

## Liver Health Tip:

Buckwheat supports liver metabolism with plant-based protein and rutin, while baked apple and cinnamon aid digestion and reduce inflammation.

# SAVORY ZUCCHINI & OAT BAKE WITH TURMERIC

This warm and savory oat bake combines zucchini and turmeric for a liver-soothing, anti-inflammatory meal with a soft texture.



Prep Time:  
10 min



Cook Time:  
25 min



Servings: 2

## Ingredients:

For the base:

- 1.8 oz / 50 g rolled oats
- 4.2 oz / 120 g zucchini, finely grated and moisture squeezed out
- 6 fl oz / 180 ml unsweetened almond milk
- 1 egg
- ¼ tsp / 0.5 g ground turmeric
- ⅛ tsp / 0.2 g ground black pepper
- Pinch of sea salt (optional)

For topping (optional):

- 0.35 oz / 10 g chopped parsley or dill
- ½ tsp / 2.5 ml cold-pressed olive oil

### Instructions:

1. Set the oven's temperature to 350°F / 175°C. Lightly grease a small ceramic or glass baking dish with a few drops of oil or line it with parchment paper.
2. Using a mixing bowl, combine the oats, grated and squeezed zucchini, almond milk, egg, turmeric, black pepper, and salt if using. Mix thoroughly until smooth and evenly blended.
3. Transfer the mixture to the prepared baking dish, spread it evenly with a spoon or spatula, and bake for 25 minutes until the edges are golden and the center is set.
4. Remove from the oven and let cool for a few minutes before serving. Optionally garnish with chopped herbs and a drizzle of olive oil. Enjoy warm.

### Nutritional Value (Per Serving):

Calories 185 kcal | Fat 7.3 g | Saturated Fat 1.2 g | Carbohydrates 20 g | Fiber 4.4 g | Sugar 2.1 g | Protein 8.2 g | Omega-3 0.2 g | Cholesterol 93 mg | Sodium 62 mg

### Liver Health Tip:

Zucchini and oats offer gentle fiber, while turmeric and black pepper support the liver's natural detoxification pathways.

## QUINOA PORRIDGE WITH PEAR AND WALNUTS

*This protein-rich porridge features soft quinoa, juicy pear, and crunchy walnuts — a balanced, energizing choice for morning digestion.*



Prep Time:  
5 min



Cook Time:  
15 min



Servings: 2

### Ingredients:

For the porridge:

- 2.8 oz / 80 g dry quinoa, rinsed thoroughly
- 10 fl oz / 300 ml water
- ¼ tsp / 0.5 g ground cinnamon
- ½ tsp / 2.5 ml vanilla extract (optional)

For the topping:

- 3.5 oz / 100 g ripe pear, peeled and diced
- 0.35 oz / 10 g chopped walnuts (optional)
- ½ tsp / 2.5 ml cold-pressed walnut or olive oil (optional)

### Instructions:

1. Use a fine-mesh strainer to rinse the quinoa well under cool running water, helping to eliminate its natural bitterness. In a small saucepan, combine quinoa with water and bring to a gentle boil over medium heat.
2. Once boiling, turn the heat down to low, cover with a lid, and simmer for 12–15 minutes until all the water is absorbed and the quinoa grains appear translucent and soft. Stir in ground cinnamon and vanilla extract during the final minute of cooking.
3. While the quinoa cooks, peel and dice the pear. If desired, warm the pear pieces in a dry nonstick pan over low heat for 2–3 minutes until slightly softened.
4. Once the quinoa porridge is ready, divide it between two serving bowls. Top each with fresh pear, chopped walnuts, and a small drizzle of walnut or olive oil. Serve warm and enjoy slowly.

### Nutritional Value (Per Serving):

Calories 215 kcal | Fat 6.2 g | Saturated Fat 0.6 g | Carbohydrates 33 g | Fiber 4.6 g | Sugar 6.1 g | Protein 6.1 g | Omega-3 0.4 g (if walnuts are used) | Cholesterol 0 mg | Sodium 3 mg

### Liver Health Tip:

Quinoa provides complete plant protein and supports stable blood sugar, while pear and walnuts add fiber and liver-protective polyphenols.

# TOASTED BUCKWHEAT WITH STEAMED PEAR AND FLAXSEED

This earthy, lightly sweet breakfast combines toasted buckwheat with soft pear and omega-3-rich flaxseed to soothe digestion and support liver balance.



Prep Time:  
5 min



Cook Time:  
15 min



Servings: 2

## Ingredients:

For the base:

- 2.8 oz / 80 g toasted buckwheat (kasha)
- 10 fl oz / 300 ml water
- Pinch of sea salt (optional)

For the topping:

- 3.5 oz / 100 g ripe pear, peeled and thinly sliced
- ½ tsp / 2.5 ml fresh lemon juice
- 0.35 oz / 10 g ground flaxseed
- ½ tsp / 2.5 ml cold-pressed flaxseed oil (optional)

## Instructions:

1. Rinse the toasted buckwheat briefly under cold water. Combine with water and a pinch of salt in a small saucepan. Bring to a boil over medium flame, then reduce to low, cover, and simmer for 12–15 minutes until tender and fluffy.
2. While the buckwheat is cooking, place the sliced pear in a small steamer basket. Steam for 5–7 minutes until soft but still holding its shape. Sprinkle with lemon juice to preserve freshness and flavor.
3. Once the buckwheat is done, fluff it with a fork and divide it between two bowls. Arrange the steamed pear slices on top of each portion.
4. Sprinkle with ground flaxseed and, if using, drizzle lightly with flaxseed oil. Serve warm for a gentle, liver-friendly start to your day.

## Nutritional Value (Per Serving):

Calories 195 kcal | Fat 5.2 g | Saturated Fat 0.4 g |  
Carbohydrates 30 g | Fiber 5.6 g | Sugar 6.3 g | Protein  
5.1 g | Omega-3 1.4 g (if flaxseed is used) | Cholesterol  
0 mg | Sodium 6 mg

## Liver Health Tip:

Toasted buckwheat provides plant-based protein and rutin, while steamed pear and flaxseed soothe digestion and support anti-inflammatory balance.

# WARM MILLET PORRIDGE WITH PUMPKIN AND GINGER

Creamy millet and sweet pumpkin simmered with ginger make this hearty breakfast perfect for supporting liver detox and steady energy.



Prep Time:  
5 min



Cook Time:  
20 min



Servings: 2

## Ingredients:

For the porridge:

- 2.8 oz / 80 g dry millet, rinsed
- 6.3 oz / 180 g pumpkin, peeled and diced
- 12 fl oz / 360 ml water
- ¼ tsp / 0.5 g ground ginger
- ¼ tsp / 0.5 g ground cinnamon
- Pinch of sea salt (optional)

For topping (optional):

- ½ tsp / 2.5 ml cold-pressed flaxseed or walnut oil
- 0.35 oz / 10 g crushed walnuts or pumpkin seeds

### Instructions:

1. Rinse the millet well under running water. In a small saucepan, combine the millet, diced pumpkin, and water. Let it come to a boil over medium, then drop the heat to low, cover, and let it cook gently.
2. Let the mixture simmer for 15–18 minutes, stirring intermittently, until both millet and pumpkin are soft. Use a fork or spoon to lightly mash the pumpkin into the porridge for a creamy consistency.
3. Stir in the ground ginger, cinnamon, and salt if using. Cook for an additional 1–2 minutes to blend the flavors.
4. Divide the porridge into two bowls. Drizzle with oil and sprinkle with crushed walnuts or pumpkin seeds if desired.

### Nutritional Value (Per Serving):

Calories 210 kcal | Fat 6.1 g | Saturated Fat 0.6 g | Carbohydrates 32 g | Fiber 4.9 g | Sugar 3.2 g | Protein 5.3 g | Omega-3 0.5 g (if flaxseed oil or walnuts are used) | Cholesterol 0 mg | Sodium 8 mg

### Liver Health Tip:

Baked pear and oats gently support digestion, while cinnamon helps regulate blood sugar and inflammation.

## BAKED OAT SQUARES WITH GRATED PEAR AND CINNAMON

*These soft and nourishing oat squares offer a naturally sweet, fiber-rich start to the day, ideal for stabilizing energy and easing the liver's workload.*



Prep Time:  
10 min



Cook Time:  
25 min



Servings: 2

### Ingredients:

For the base:

- 2.1 oz / 60 g rolled oats
- 2.1 oz / 60 g ripe pear, peeled and finely grated
- 4.2 fl oz / 120 ml unsweetened oat or almond milk
- 1 egg white
- ½ tsp / 1 g ground cinnamon
- ¼ tsp / 0.5 g baking powder
- Pinch of sea salt (optional)

For the topping (optional):

- 0.35 oz / 10 g chopped walnuts or sunflower seeds
- ½ tsp / 2.5 ml cold-pressed olive or walnut oil

### Instructions:

1. Set the oven's temperature to 350°F / 175°C. Lightly oil a small baking dish or line it with parchment paper for easy cleanup.
2. In a mixing bowl, combine oats, grated pear, plant-based milk, egg white, cinnamon, baking powder, and salt. Stir until a thick batter forms.
3. Spread the mixture evenly in the prepared dish after pouring it in. Sprinkle chopped nuts or seeds on top if using.
4. Bake until golden brown and firm, about 25 minutes. Let it rest for a few minutes, then slice into squares and serve warm or cool.

### Nutritional Value (Per Serving):

Calories 200 kcal | Fat 6.3 g | Saturated Fat 0.6 g | Carbohydrates 29 g | Fiber 4.8 g | Sugar 6.5 g | Protein 5.8 g | Omega-3 0.3 g (if walnuts are used) | Cholesterol 0 mg | Sodium 54 mg

### Liver Health Tip:

Baked oats provide steady energy and soluble fiber, while pear and cinnamon help reduce inflammation and balance blood sugar.

## OATMEAL BANANA BAKE WITH VANILLA AND FLAX

This soft, naturally sweet banana oat bake is rich in soluble fiber and gentle on the liver, making it perfect for calm mornings and lasting energy.



Prep Time:  
5 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the base:

- 1.8 oz / 50 g rolled oats
- 1.4 oz / 40 g ripe banana, mashed
- 4.2 fl oz / 120 ml unsweetened almond or oat milk
- 1 egg white
- ½ tsp / 2.5 ml vanilla extract
- ¼ tsp / 0.5 g ground cinnamon
- Pinch of sea salt (optional)

For the topping:

- 0.35 oz / 10 g ground flaxseed
- ½ tsp / 2.5 ml cold-pressed flaxseed oil

### Instructions:

1. Set the oven's temperature to 350°F / 175°C. Lightly grease a small baking dish or line it with parchment paper.
2. In a bowl, combine oats, mashed banana, plant-based milk, egg white, vanilla extract, cinnamon, and salt if using. Mix thoroughly until well blended.
3. Pour the mixture into the prepared baking dish, spreading it evenly. Sprinkle ground flaxseed on top if using.
4. Bake for 20 minutes or until set and lightly golden. Let it cool slightly, then drizzle with flaxseed oil if desired and serve warm.

### Nutritional Value (Per Serving):

Calories 195 kcal | Fat 5.4 g | Saturated Fat 0.5 g |  
Carbohydrates 29 g | Fiber 4.9 g | Sugar 6.4 g |  
Protein 5.2 g | Omega-3 1.4 g (if flax is used) |  
Cholesterol 0 mg | Sodium 36 mg

### Liver Health Tip:

This banana oat bake balances fiber and slow carbs, while flax supports liver cell membranes and reduces inflammation.

## BARLEY PORRIDGE WITH CARROT AND PUMPKIN SEEDS

Hearty and warming, this barley porridge features gentle fiber, mild spice, and healthy fats to support liver function and overall digestive comfort.



Prep Time:  
5 min



Cook Time:  
30 min



Servings: 2

### Ingredients:

For the porridge:

- 2.8 oz / 80 g pearl barley, rinsed
- 12 fl oz / 360 ml water
- 1.4 oz / 40 g carrot, peeled and finely grated
- ¼ tsp / 0.5 g ground coriander
- Pinch of sea salt (optional)

For the topping (optional):

- 0.35 oz / 10 g raw pumpkin seeds
- ½ tsp / 2.5 ml cold-pressed olive oil

### Instructions:

1. In a saucepan, combine rinsed barley with water and bring to a boil over medium flame. Reduce heat to low, cover, and simmer for 25–30 minutes, stirring intermittently, until the barley is tender and most of the water is absorbed.
2. Stir in the grated carrot, coriander, and salt if using. Cook uncovered for an additional 2–3 minutes, allowing the flavors to blend and excess moisture to evaporate.
3. While the porridge finishes cooking, toast the pumpkin seeds in a dry skillet over low heat for 2–3 minutes until slightly golden, if desired.
4. Divide the porridge between bowls, garnish with toasted seeds, and lightly drizzle with olive oil.

### Nutritional Value (Per Serving):

Calories 215 kcal | Fat 6.5 g | Saturated Fat 0.7 g | Carbohydrates 32 g | Fiber 5.1 g | Sugar 3.4 g | Protein 5.7 g | Omega-3 0.1 g | Cholesterol 0 mg | Sodium 10 mg

#### Liver Health Tip:

Barley offers beta-glucan fiber for metabolic health, while carrot and pumpkin seeds add antioxidants and healthy fats.

## CORNMEAL PORRIDGE WITH APPLES AND CINNAMON

*Creamy and warming, this cornmeal porridge blends gentle grains with soft apple and cinnamon to promote smooth digestion and blood sugar balance.*



Prep Time:  
5 min



Cook Time:  
15 min



Servings: 2

### Ingredients:

For the porridge:

- 2.1 oz / 60 g fine cornmeal (polenta)
- 10 fl oz / 300 ml water
- ½ tsp / 1 g ground cinnamon
- Pinch of sea salt (optional)

For the topping:

- 3.5 oz / 100 g apple, peeled and finely chopped
- ½ tsp / 2.5 ml lemon juice
- 0.35 oz / 10 g chopped walnuts (optional)

### Instructions:

1. Bring the water to a boil in a small saucepan. Slowly whisk in the cornmeal, stirring constantly to avoid lumps. Reduce the heat to low and simmer for 10–12 minutes, stirring often, until thick and creamy. Add cinnamon and salt in the final minutes of cooking.
2. While the porridge is cooking, peel and chop the apple. Sauté it in a dry pan over low heat for 3–4 minutes with a splash of lemon juice until slightly soft and fragrant.
3. Once the cornmeal is ready, divide it between two bowls. Top with the warm apple mixture and chopped walnuts if using.
4. Serve immediately while warm for a soft, naturally sweet breakfast.

### Nutritional Value (Per Serving):

Calories 190 kcal | Fat 4.8 g | Saturated Fat 0.5 g | Carbohydrates 31 g | Fiber 4.3 g | Sugar 6.7 g | Protein 4.2 g | Omega-3 0.3 g (if walnuts are used) | Cholesterol 0 mg | Sodium 7 mg

#### Liver Health Tip:

Cornmeal is easy to digest and low in fat, while apples and cinnamon support liver-friendly digestion and blood sugar regulation.

# EGG WHITE SCRAMBLE WITH BROCCOLI AND HERBS

Light yet satisfying, this egg white scramble delivers clean protein and detox-supporting broccoli for a liver-friendly start to the day.



Prep Time:  
5 min



Cook Time:  
10 min



Servings: 2

## Ingredients:

For the scramble:

- 3 egg whites
- 2.5 oz / 70 g broccoli florets, finely chopped
- 1.1 oz / 30 g white onion, finely diced
- 1 tsp / 2 g fresh dill or parsley, chopped
- ½ tsp / 2.5 ml cold-pressed olive oil
- Pinch of sea salt (optional)
- Pinch of ground black pepper (optional)

## Instructions:

1. Lightly steam or blanch the broccoli florets for 2–3 minutes until just soft, then drain. In a nonstick skillet, heat the olive oil over low heat and sauté the diced onion until soft and translucent.
2. Add the steamed broccoli to the pan and stir gently for 1–2 minutes. Pour in the egg whites and cook slowly, stirring continuously to create soft curds.
3. Allow to cook for 3–4 more minutes until set but moist, then remove from heat and garnish with fresh herbs, salt, and a touch of pepper if preferred.
4. Serve warm as a high-protein, light, and liver-friendly breakfast.

## Nutritional Value (Per Serving):

Calories 110 kcal | Fat 3.8 g | Saturated Fat 0.7 g |  
Carbohydrates 5.1 g | Fiber 1.4 g | Sugar 2.0 g |  
Protein 14.2 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 95 mg

## Liver Health Tip:

Egg whites offer pure protein without cholesterol, while broccoli supports liver enzyme activity and detoxification.

# OAT FLATBREAD WITH MASHED AVOCADO AND BOILED EGG

This protein-rich breakfast pairs fiber-filled oat flatbread with creamy avocado and choline-rich egg to nourish and energize the liver.



Prep Time:  
10 min



Cook Time:  
10 min



Servings: 2

## Ingredients:

For the flatbread:

- 2.1 oz / 60 g oat flour (finely ground rolled oats)
- 2 fl oz / 60 ml warm water
- ½ tsp / 2 g baking powder
- Pinch of sea salt (optional)

For the topping:

- 2.5 oz / 70 g ripe avocado, mashed
- 2 eggs, boiled and sliced
- ½ tsp / 1 g ground black pepper (optional)
- ½ tsp / 2.5 ml lemon juice

### Instructions:

1. In a bowl, mix oat flour, baking powder, water, and a pinch of salt to form a soft dough. Let it sit for 3–5 minutes to absorb moisture.
2. Divide the dough in half and shape each portion into a small flat round. Cook the flatbreads in a dry nonstick skillet over medium heat for about 3 minutes on each side until golden and firm.
3. Meanwhile, boil the eggs for 8–10 minutes, then cool under cold water, peel, and slice. Mash the avocado with lemon juice and a pinch of pepper if desired.
4. Spread the mashed avocado over each warm flatbread, then layer with sliced boiled egg. Serve immediately.

### Nutritional Value (Per Serving):

Calories 235 kcal | Fat 13.2 g | Saturated Fat 2.8 g |  
Carbohydrates 18 g | Fiber 4.7 g | Sugar 1.2 g |  
Protein 10.1 g | Omega-3 0.2 g | Cholesterol 186 mg |  
Sodium 105 mg

#### Liver Health Tip:

Oats and avocado provide fiber and healthy fats, while eggs offer choline — an essential nutrient for liver repair and fat metabolism.

## WARM AMARANTH PORRIDGE WITH COCOA AND ALMOND MILK

*Creamy and naturally rich, this amaranth porridge brings together plant protein, fiber, and polyphenol-rich cocoa for gentle liver support.*



Prep Time:  
5 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the porridge:

- 2.1 oz / 60 g dry amaranth
- 10 fl oz / 300 ml unsweetened almond milk
- ½ tsp / 1 g unsweetened natural cocoa powder
- ½ tsp / 2.5 ml vanilla extract (optional)
- Pinch of sea salt (optional)

For the topping (optional):

- 0.35 oz / 10 g crushed almonds or pumpkin seeds
- ½ tsp / 2.5 ml cold-pressed almond oil

### Instructions:

1. Rinse the amaranth under running water using a fine-mesh strainer. In a saucepan, combine amaranth with almond milk and bring to a gentle boil over medium heat.
2. Lower the heat, cover the pot, and simmer for 18–20 minutes, stirring intermittently, until the grains are soft and the mixture becomes thick and creamy.
3. Stir in the cocoa powder, vanilla extract, and a pinch of salt during the last few minutes of cooking. Mix well until fully combined.
4. Portion the porridge into two bowls and garnish with crushed almonds or seeds, adding a touch of almond oil if you like.

### Nutritional Value (Per Serving):

Calories 215 kcal | Fat 7.1 g | Saturated Fat 0.7 g |  
Carbohydrates 28 g | Fiber 4.3 g | Sugar 1.8 g | Protein  
6.4 g | Omega-3 0.2 g | Cholesterol 0 mg | Sodium 48  
mg

#### Liver Health Tip:

Amaranth contains high-quality plant protein and fiber, while cocoa adds polyphenols that may reduce liver inflammation.

# CHIA PUDDING WITH BAKED PEAR AND VANILLA

This cool and creamy chia pudding delivers omega-3s and fiber, while warm baked pear adds natural sweetness and liver-supportive antioxidants.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

## Ingredients:

For the pudding:

- 0.7 oz / 20 g whole chia seeds
- 8 fl oz / 240 ml unsweetened almond milk
- ½ tsp / 2.5 ml pure vanilla extract
- Pinch of sea salt (optional)

For the baked pear topping:

- 3.5 oz / 100 g ripe pear, peeled, cored, and diced
- ½ tsp / 1 g ground cinnamon
- ½ tsp / 2.5 ml cold-pressed olive oil (optional)
- ½ tsp / 2.5 ml lemon juice

## Instructions:

1. In a jar or bowl, stir the chia seeds, almond milk, vanilla, and a pinch of salt until the seeds are evenly dispersed. Cover and refrigerate for at least 2 hours (or overnight) so the mixture thickens to a pudding consistency.
2. Set the oven's temperature to 350°F / 175°C. Place the diced pear on a small baking sheet, drizzle with olive oil, and sprinkle with cinnamon. Bake for 15–20 minutes, stirring once, until the pear is soft and lightly golden.
3. Remove the baked pear from the oven and toss with lemon juice to brighten the flavor and prevent browning. Let it cool to room temperature.
4. When it's time to serve, give the chia pudding a quick stir, divide it between two bowls or glasses, and spoon the baked pear on top. Enjoy chilled or at room temperature for a fiber-rich, naturally sweet breakfast.

## Nutritional Value (Per Serving):

Calories 210 kcal | Fat 9.6 g | Saturated Fat 0.8 g |  
Carbohydrates 23 g | Fiber 8.1 g | Sugar 10.2 g |  
Protein 5.3 g | Omega-3 3.5 g | Cholesterol 0 mg |  
Sodium 63 mg

## Liver Health Tip:

Chia seeds supply omega-3s and soluble fiber that help reduce liver fat, while baked pear adds antioxidants and gentle natural sweetness without added sugar.

# SOFT RICE PORRIDGE WITH PEAR AND CARDAMOM

This soft, soothing rice porridge is lightly spiced and paired with pear for a simple, digestible breakfast that calms and supports the liver.



Prep Time:  
5 min



Cook Time:  
25 min



Servings: 2

## Ingredients:

For the porridge:

- 2.8 oz / 80 g white rice (short grain or round)
- 12 fl oz / 360 ml water
- ¼ tsp / 0.5 g ground cardamom
- Pinch of sea salt (optional)

For the topping:

- 3.5 oz / 100 g ripe pear, peeled and finely diced
- ½ tsp / 2.5 ml lemon juice
- 0.35 oz / 10 g ground flaxseed (optional)

### Instructions:

1. Rinse the rice under cold water. Using a small saucepan, combine rice and water, bring to a gentle boil, then reduce the heat to low. Cover and simmer for 20–25 minutes, stirring intermittently, until the rice is very soft and porridge-like.
2. Add cardamom and a pinch of salt near the end of cooking, stirring to blend the flavor. Adjust the texture with a spoonful of warm water if needed.
3. Meanwhile, peel and finely dice the pear. A light squeeze of lemon juice will help keep it fresh and aromatic.
4. Spoon the rice porridge into bowls and top with fresh pear and ground flaxseed.

### Nutritional Value (Per Serving):

Calories 190 kcal | Fat 3.9 g | Saturated Fat 0.4 g | Carbohydrates 33 g | Fiber 3.9 g | Sugar 5.8 g | Protein 3.6 g | Omega-3 1.3 g (if flaxseed is used) | Cholesterol 0 mg | Sodium 5 mg

### Liver Health Tip:

Soft rice supports gentle digestion, while pear and flaxseed contribute fiber and plant compounds that aid liver function.

## WHOLE GRAIN TOAST WITH CHICKPEA MASH AND LEMON

Hearty and refreshing, this chickpea toast offers plant protein, fiber, and citrus to aid bile flow and support liver detox.



Prep Time:  
15 min (plus  
soaking)



Cook Time:  
25 min



Servings: 2

### Ingredients:

For the base:

- 3.6 oz / 100 g slices whole grain or sprouted grain bread
- 2.1 oz / 60 g chickpeas (no salt added)
- 1 tsp / 5 ml fresh lemon juice
- ½ tsp / 2.5 ml cold-pressed olive oil
- Pinch of ground cumin (optional)
- Pinch of sea salt and pepper (optional)

For topping (optional):

- 0.35 oz / 10 g finely chopped cucumber or parsley
- Lemon zest for garnish

### Instructions:

1. Soak the dry chickpeas overnight in plenty of water. The next day, drain and rinse them well, then place them in a saucepan with fresh water. Bring to a boil, reduce the heat, and simmer for about 25–30 minutes or until very soft. Drain and let cool slightly.
2. While the chickpeas are cooking, prepare the bread. Slice and toast your whole grain or sprouted loaf in a toaster or dry skillet until lightly crisp.
3. Place the warm chickpeas into a bowl and mash them thoroughly with a fork. Add the lemon juice, olive oil, cumin (if using), and a dash of sea salt and pepper. Stir to combine into a soft, spreadable mash.
4. Spread the chickpea mixture over the toasted bread slices. Sprinkle with chopped cucumber or parsley and garnish with fresh lemon zest.
5. Serve warm for a nourishing and easy-to-digest breakfast.

### Nutritional Value (Per Serving):

Calories 230 kcal | Fat 6.8 g | Saturated Fat 0.9 g | Carbohydrates 32 g | Fiber 6.2 g | Sugar 2.2 g | Protein 8.3 g | Omega-3 0.1 g | Cholesterol 0 mg | Sodium 78 mg

### Liver Health Tip:

Chickpeas are high in fiber and plant-based protein that support liver detox, while lemon and olive oil aid bile flow and digestion.

## BAKED PEAR & CINNAMON OATMEAL

This comforting baked oatmeal blends soft pear with warming cinnamon for a fiber-rich, liver-friendly start to your day.



Prep Time:  
5 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the oatmeal base:

- 1.8 oz / 50 g rolled oats (gluten-free if needed)
- 6 fl oz / 180 ml water
- 6 fl oz / 180 ml unsweetened almond or oat milk
- ¼ tsp / 0.5 g ground cinnamon

For the topping:

- 3.5 oz / 100 g ripe pear, peeled and finely chopped
- ½ tsp / 2.5 ml cold-pressed olive oil (optional)
- 0.35 oz / 10 g ground flaxseed (optional)

### Instructions:

1. Set the oven's temperature to 350°F / 175°C. In a bowl, combine the oats, water, plant-based milk, and cinnamon. Mix well and let the mixture sit for a few minutes to begin thickening.
2. Place the chopped pear into a small oven-safe dish. If desired, drizzle with olive oil to enhance softness and flavor. Cover the dish with foil and bake for 15–20 minutes, or until the pear is tender and lightly golden.
3. While the pear is baking, pour the oat mixture into a separate small baking dish. Once the pear is ready, spoon it evenly over the oats. Sprinkle ground flaxseed on top if using.
4. Return the oats and pear mixture to the oven and bake, uncovered, for another 10 minutes, until the oats are firm and the edges are gently golden.
5. Remove from the oven, let it rest for a few minutes, then serve while warm.

### Nutritional Value (Per Serving):

Calories 190 kcal | Fat 5 g | Saturated Fat 0.4 g | Carbohydrates 30 g | Fiber 5.2 g | Sugar 6.8 g | Protein 4.8 g | Omega-3 1.5 g (if flaxseed added) | Cholesterol 0 mg | Sodium 28 mg

### Liver Health Tip:

Baked pear and oats gently support digestion, while cinnamon helps regulate blood sugar and inflammation.

## WHEAT BERRY PORRIDGE WITH BAKED APPLE AND CLOVE

Chewy wheat berries and fragrant baked apple make this warming breakfast ideal for boosting liver energy and balancing blood sugar.



Prep Time:  
10 min



Cook Time:  
40 min



Servings: 2

### Ingredients:

For the porridge:

- 2.8 oz / 80 g dry wheat berries, soaked overnight and rinsed
- 12 fl oz / 360 ml water
- Pinch of sea salt (optional)

For the topping:

- 3.5 oz / 100 g apple, peeled and diced
- ¼ tsp / 0.3 g ground clove or allspice
- ½ tsp / 2.5 ml cold-pressed walnut or olive oil (optional)
- ½ tsp / 2.5 ml lemon juice

### Instructions:

1. Place the soaked wheat berries in a saucepan with water and bring to a boil. Turn down the heat, cover, and cook for 35–40 minutes until the grains are tender but retain a slight bite. Drain excess water if needed and stir in a pinch of salt.
2. While the porridge is cooking, set the oven's temperature to 350°F / 175°C. Spread the diced apple on a small baking tray, sprinkle with cloves, drizzle with oil if using, and bake for 15–20 minutes until soft and aromatic.
3. Once both parts are ready, divide the wheat berries between two bowls. Top with baked apple and a splash of lemon juice for brightness.
4. Serve warm for a hearty, fiber-rich breakfast that's gentle on the liver and naturally sweet.

### Nutritional Value (Per Serving):

Calories 225 kcal | Fat 5.5 g | Saturated Fat 0.6 g | Carbohydrates 35 g | Fiber 6.1 g | Sugar 6.0 g | Protein 6.3 g | Omega-3 0.2 g | Cholesterol 0 mg | Sodium 12 mg

#### Liver Health Tip:

Wheat berries provide slow-digesting carbs and fiber for steady energy, while clove and apple help reduce inflammation and support bile activity.

## MILLET BREAKFAST BOWL WITH STEAMED FENNEL AND LEMON–OLIVE OIL DRIZZLE

*This savory and softly textured breakfast bowl features gentle millet, tender fennel, and a zesty lemon–olive oil drizzle that soothes digestion and supports liver detox pathways.*



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the millet base:

- 2.8 oz / 80 g dry millet, rinsed
- 10 fl oz / 300 ml water
- Pinch of sea salt (optional)

For the topping:

- 2.1 oz / 60 g fennel bulb, thinly sliced
- ½ tsp / 2.5 ml fresh lemon juice
- ½ tsp / 2.5 ml cold-pressed olive oil
- 0.35 oz / 10 g chopped parsley or fennel fronds (optional)

### Instructions:

1. Start by combining the rinsed millet and water in a small saucepan. Bring it to a boil over medium heat, then lower the heat, cover with a lid, and simmer gently for 15–18 minutes until all the liquid is absorbed.
2. While the millet cooks, steam the sliced fennel in a steamer basket set over boiling water for about 6–7 minutes, until tender but still holding shape.
3. Once the fennel is ready, remove from heat and toss it with fresh lemon juice to enhance flavor and preserve brightness.
4. Fluff the cooked millet with a fork and divide it between two bowls. Top with the fennel, drizzle lightly with olive oil, and add chopped herbs if desired.

### Nutritional Value (Per Serving):

Calories: 190 kcal | Fat: 5.4 g | Saturated Fat: 0.6 g | Carbohydrates: 30 g | Fiber: 4.5 g | Sugar: 1.4 g | Protein: 4.6 g | Omega-3: 0.1 g | Cholesterol: 0 mg | Sodium: 5 mg

#### Liver Health Tip:

Fennel soothes bloating and supports bile release, while millet provides steady energy and promotes gentle digestion.

# LUNCHES

## RED KIDNEY BEANS WITH BELL PEPPER AND SOFT POLENTA

This warming, digestion-friendly dish features home-cooked red kidney beans, sweet bell pepper, and smooth polenta. Naturally low in fat and free from processed foods, it gently supports liver health and energy balance.



**Prep Time:**  
15 min (plus  
soaking)



**Cook Time:**  
15 min



**Servings: 2**

### Ingredients:

For the beans:

- 1.8 oz / 50 g dry red kidney beans (soaked overnight)
- 10 fl oz / 300 ml filtered water (for boiling)

For the vegetables:

- 2.1 oz / 60 g red bell pepper, finely chopped
- 0.35 oz / 10 g white onion, chopped
- 1 garlic clove, minced
- 1 tsp / 5 ml cold-pressed olive oil
- 3 fl oz / 90 ml filtered water
- ¼ tsp / 0.5 g ground sweet paprika (optional)

For the polenta:

- 1.8 oz / 50 g fine cornmeal (polenta)
- 7 fl oz / 210 ml filtered water
- Pinch of sea salt, optional

For finishing:

- 1 tsp / 2 g chopped fresh parsley or basil (optional)

### Instructions:

1. Rinse the dry kidney beans and soak them in cold water overnight (8–12 hours). Drain, rinse again, and place in a small saucepan with 10 fl oz / 300 ml fresh filtered water.
2. Bring to a light boil, then decrease the heat and cook uncovered for 50–60 minutes until the texture is soft. Drain and set aside.
3. In another saucepan, bring 7 fl oz / 210 ml water to a boil with a pinch of salt. Slowly incorporate the cornmeal, reduce the heat to low, and keep stirring for 8–10 minutes until it turns creamy. Cover and keep warm.
4. In a skillet, heat olive oil over low heat. Sauté chopped onion and garlic for 2–3 minutes. Stir in the chopped bell pepper and cook for another 4–5 minutes until soft.
5. Add the cooked beans, 3 fl oz / 90 ml water, and paprika. Simmer for 5–7 minutes, stirring intermittently, until slightly thickened and heated through.
6. Spoon the warm polenta into bowls, top with the bean and pepper mixture, and garnish with fresh herbs if desired.

### Nutritional Value (Per Serving):

Calories 245 kcal | Fat 5.4 g | Saturated Fat 0.4 g |  
Carbohydrates 36.2 g | Fiber 6.5 g | Sugar 3.2 g |  
Protein 10 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 45 mg

### Liver Health Tip:

Soaked and freshly cooked beans are gentler on digestion than canned versions. Combined with soft cornmeal and antioxidant-rich bell pepper, this dish is soothing and restorative for liver health.

# RED BEANS WITH SOFT CORNMEAL

This soft-textured dish combines home-cooked red beans with creamy cornmeal for a nourishing, digestion-friendly lunch. It's free from processed ingredients and supports liver repair with every spoonful.



Prep Time:  
10 min (plus  
soaking)



Cook Time:  
50 min



Servings: 2

## Ingredients:

For the beans:

- 2.1 oz / 60 g dry red beans (soaked overnight)
- 10 fl oz / 300 ml filtered water
- 0.35 oz / 10 g white onion, finely chopped
- ½ tsp / 2.5 ml cold-pressed olive oil
- ¼ tsp / 0.5 g ground coriander or mild paprika (optional)

For the cornmeal:

- 1.8 oz / 50 g fine cornmeal (polenta)
- 7 fl oz / 210 ml filtered water
- Pinch of sea salt, optional

For garnish (optional):

- 1 tsp / 2 g fresh chopped parsley
- 1 tsp / 5 ml lemon juice

## Instructions:

1. Soak the red beans overnight in cool water. Drain, rinse, and place in a pot with 10 fl oz / 300 ml fresh water. Simmer gently for 40–50 minutes until fully soft.
2. In the last 10 minutes of cooking, heat olive oil in a small pan over low heat. Add chopped onion and sauté for 3–4 minutes until soft. Add coriander or paprika if using.
3. Combine the sautéed onion with the cooked beans and their liquid. Simmer together for another 5–7 minutes to deepen the flavor.
4. Meanwhile, bring 7 fl oz / 210 ml water to a boil in a small pot. Whisk in the cornmeal gradually. Stir continuously over low heat for 8–10 minutes until smooth and creamy.
5. Serve the bean mixture over or beside a scoop of warm cornmeal. Garnish with parsley and a splash of lemon juice if desired.

## Nutritional Value (Per Serving):

Calories 215 kcal | Fat 4.2 g | Saturated Fat 0.3 g |  
Carbohydrates 32.4 g | Fiber 6.1 g | Sugar 1.9 g |  
Protein 8.6 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 45 mg

## Liver Health Tip:

Red beans provide fiber and slow-digesting carbohydrates that help stabilize blood sugar, while soft cornmeal is soothing and easy on the digestive tract.

## GREEN BEANS WITH BROWN RICE AND LEMON OIL

This simple yet flavorful lunch combines tender green beans with fiber-rich brown rice, finished with a refreshing lemon-infused oil. It supports steady energy and liver-friendly digestion.



Prep Time:  
10 min



Cook Time:  
25 min



Servings: 2

### Ingredients:

For the rice:

- 2.8 oz / 80 g dry brown rice, rinsed
- 10 fl oz / 300 ml filtered water

For the vegetables:

- 4.2 oz / 120 g green beans, trimmed and halved
- 0.35 oz / 10 g white onion, finely chopped
- 1 tsp / 5 ml cold-pressed olive oil

For the lemon oil:

- 1 tsp / 5 ml cold-pressed olive oil
- 1 tsp / 5 ml fresh lemon juice
- ½ tsp / 1 g finely grated lemon zest
- Pinch of sea salt and black pepper, to taste

### Instructions:

1. In a small pot, combine the rinsed brown rice and water. Bring to a boil, then reduce heat to low, cover, and simmer for 20–25 minutes until rice is tender and water is absorbed. Let it sit covered for 5 minutes.
2. While the rice cooks, heat olive oil in a separate pan over low heat. Add chopped onion and sauté for 2 minutes until soft. Add green beans and cook for 6–8 minutes, stirring intermittently, until tender but still bright. Add a splash of water if needed.
3. In a small bowl, whisk together the second portion of olive oil, lemon juice, lemon zest, and season with salt and pepper.
4. Fluff the cooked rice and divide it into bowls. Top with sautéed green beans and drizzle with the lemon oil mixture.
5. Serve warm, optionally garnished with a few fresh herbs like parsley or basil.

### Nutritional Value (Per Serving):

Calories 220 kcal | Fat 6.2 g | Saturated Fat 0.5 g |  
Carbohydrates 35.8 g | Fiber 5.1 g | Sugar 2.6 g |  
Protein 4.8 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 40 mg

### Liver Health Tip:

Brown rice provides slow-digesting carbs and B vitamins, while lemon oil boosts liver enzyme activity and helps break down fats naturally.

## STEAMED TURKEY FILLET WITH PUMPKIN PURÉE AND ASPARAGUS

This clean, low-fat dish features soft steamed turkey served with naturally sweet pumpkin purée and lightly cooked asparagus. It's rich in lean protein, vitamins, and liver-supporting fiber, all in a digestion-friendly format.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the turkey:

- 5.3 oz / 150 g turkey breast fillet, sliced thin
- ½ tsp / 2.5 ml lemon juice
- ½ tsp / 1 g dried thyme or rosemary (optional)
- Pinch of sea salt, optional

For the pumpkin purée:

- 5.3 oz / 150 g pumpkin, peeled and cubed
- 1 tsp / 5 ml cold-pressed olive oil
- 2 tsp / 10 ml unsweetened oat or rice milk (optional)

For the asparagus:

- 3.5 oz / 100 g fresh asparagus, woody ends removed
- ½ tsp / 2.5 ml olive oil or lemon juice (for finishing)

### Instructions:

1. Prepare a steamer setup. Place turkey slices on a parchment-lined steaming rack or basket. Drizzle with lemon juice, sprinkle herbs if using, and steam covered over simmering water for 10–12 minutes, or until fully cooked and tender.
2. Meanwhile, steam the cubed pumpkin separately for 10–12 minutes until soft. Transfer to a bowl, add olive oil and optional oat milk, and mash or blend until smooth.
3. In the last 5 minutes of cooking, steam asparagus spears until bright green and just tender. Top with a touch of olive oil or lemon juice right before serving.
4. Plate the turkey with a scoop of pumpkin purée and asparagus on the side. Serve warm.

### Nutritional Value (Per Serving):

Calories 210 kcal | Fat 6.8 g | Saturated Fat 0.6 g |  
Carbohydrates 12.2 g | Fiber 3.8 g | Sugar 3.1 g |  
Protein 25.2 g | Omega-3 0.1 g | Cholesterol 45 mg |  
Sodium 55 mg

#### Liver Health Tip:

Steamed turkey offers high-quality lean protein without added fats. Pumpkin and asparagus support digestion, detoxification, and liver enzyme activity.

## STEAMED EGG WHITE OMELET WITH SPINACH AND BUCKWHEAT

*This soft and satisfying lunch combines fluffy steamed egg whites with gentle spinach and nutty buckwheat. Low in fat and easy to digest, it's perfect for supporting liver repair and maintaining steady energy.*



Prep Time:  
10 min



Cook Time:  
15 min



Servings: 2

### Ingredients:

For the buckwheat:

- 2.1 oz / 60 g dry buckwheat groats, rinsed
- 7 fl oz / 210 ml filtered water

For the omelet:

- 4.2 oz / 120 g egg whites
- 1.4 oz / 40 g fresh spinach leaves, finely chopped
- 0.35 oz / 10 g leek or green onion, chopped
- 1 tsp / 5 ml cold-pressed olive oil
- Pinch of sea salt, optional

For garnish (optional):

- 1 tsp / 2 g chopped fresh dill or parsley
- 1 tsp / 5 ml lemon juice

### Instructions:

1. In a small pot, combine buckwheat and water. Bring to a boil, then reduce heat to low, cover, and simmer for 12–15 minutes until tender and water is absorbed. Let it sit covered for a few minutes before fluffing.
2. While the buckwheat cooks, whisk the egg whites in a bowl until lightly foamy. Stir in chopped spinach, leek, and a small pinch of salt.
3. Lightly grease a heat-safe shallow dish or small bowl with olive oil. Pour in the egg white mixture.
4. Place the dish into a steamer basket or over a pot of simmering water. Cover and steam for 10–12 minutes, or until the omelet is firm and cooked through.
5. Gently remove from the steamer and let cool for 1–2 minutes before sliding onto a plate. Serve alongside warm buckwheat and sprinkle with fresh herbs and lemon juice if desired.

### Nutritional Value (Per Serving):

Calories 160 kcal | Fat 4.2 g | Saturated Fat 0.5 g |  
Carbohydrates 16.5 g | Fiber 3.4 g | Sugar 1.1 g |  
Protein 12.3 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 55 mg

#### Liver Health Tip:

Egg whites are a high-quality protein source with no fat or cholesterol, ideal for liver health. Buckwheat adds fiber and essential minerals while spinach boosts folate and antioxidants.

## VEGETABLE STEW WITH CHICKPEAS AND TOMATOES

This hearty plant-based stew is rich in fiber, antioxidants, and gentle plant protein. Made entirely from fresh ingredients, it supports liver detoxification and healthy digestion without adding stress to your system.



Prep Time:  
10 min (plus  
soaking)



Cook Time:  
25 min



Servings: 2

### Ingredients:

For the stew base:

- 2.8 oz / 80 g chickpeas
- 3.5 oz / 100 g fresh tomatoes, peeled and chopped
- 2.1 oz / 60 g zucchini, peeled and diced
- 2.1 oz / 60 g carrot, peeled and finely chopped
- 0.35 oz / 10 g white onion, chopped
- 1 garlic clove, minced (optional)
- 1 tsp / 5 ml cold-pressed olive oil
- 10 fl oz / 300 ml filtered water

For seasoning:

- ¼ tsp / 0.5 g ground cumin
- ¼ tsp / 0.5 g sweet paprika
- 1 tsp / 2 g fresh parsley, chopped
- Pinch of sea salt and black pepper, to taste

### Instructions:

1. If using dry chickpeas, soak overnight and boil until soft (about 40–50 minutes), then drain and set aside.
2. Heat olive oil in a medium saucepan over low heat. Add onion and garlic (if using), and sauté for 3–4 minutes until fragrant and translucent.
3. Add carrot, zucchini, and chopped tomatoes. Stir well and cook for 5 minutes, letting the tomatoes release their juices.
4. Pour in the filtered water, add the cooked chickpeas, cumin, and paprika. Bring to a soft boil, then reduce heat and simmer uncovered for 15–18 minutes, stirring intermittently.
5. When the vegetables are soft and the stew has thickened slightly, season with salt and pepper to taste. Incorporate fresh parsley just before serving.
6. Let it sit for 2 minutes away from the heat, allowing the flavors to come together before serving.

### Nutritional Value (Per Serving):

Calories 210 kcal | Fat 4.5 g | Saturated Fat 0.4 g |  
Carbohydrates 30.2 g | Fiber 7.6 g | Sugar 6.1 g |  
Protein 8.2 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 55 mg

### Liver Health Tip:

Chickpeas and fresh tomatoes provide plant protein and lycopene, while vegetables like carrots and zucchini add antioxidants and prebiotic fiber for liver and gut harmony.

## STEAMED CHICKEN PATTIES WITH PARSNIP PURÉE

These tender, steamed chicken patties are paired with a creamy parsnip purée for a soft, protein-rich meal. Light in fat and easy to digest, it supports liver regeneration and keeps meals gentle and satisfying.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the patties:

- 5.3 oz / 150 g skinless chicken breast, finely minced or ground
- 0.7 oz / 20 g white onion, finely grated
- 1 tsp / 2 g fresh parsley, chopped
- ½ tsp / 1 g dried oregano (optional)
- Pinch of sea salt and white pepper, optional

For the purée:

- 4.2 oz / 120 g parsnip, peeled and chopped
- 1 tsp / 5 ml cold-pressed olive oil
- 2 tsp / 10 ml unsweetened oat or almond milk (optional)

### Instructions:

1. In a bowl, combine minced chicken, grated onion, parsley, and oregano. Mix well and shape into 4 small flat patties using damp hands.
2. Place patties into a parchment-lined steamer basket. With the lid on, steam over softly simmering water for 12–14 minutes until cooked through and firm.
3. While steaming the patties, cook the parsnip in a separate pot with simmering water or steam until very soft (about 10–12 minutes).
4. Transfer the parsnip to a blender or mash by hand. Add olive oil and optional plant milk. Blend until smooth and creamy.
5. Plate the warm parsnip purée with the steamed patties on top or on the side. Serve fresh.

### Nutritional Value (Per Serving):

Calories 205 kcal | Fat 6.3 g | Saturated Fat 0.6 g |  
Carbohydrates 10.8 g | Fiber 3.2 g | Sugar 3.4 g |  
Protein 25.1 g | Omega-3 0.1 g | Cholesterol 55 mg |  
Sodium 60 mg

### Liver Health Tip:

Steaming preserves nutrients and avoids added fats. Parsnip soothes digestion with its mild sweetness, while chicken breast delivers essential amino acids without taxing the liver.

## RED LENTIL STEW WITH CARROT AND CELERY

*This soft, mildly spiced stew features quick-cooking red lentils with sweet carrot and aromatic celery. It's rich in plant protein, folate, and liver-loving fiber, making it perfect for gentle nourishment.*



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the stew:

- 2.1 oz / 60 g dry red lentils, rinsed
- 2.1 oz / 60 g carrot, peeled and finely diced
- 1.8 oz / 50 g celery stalk, finely chopped
- 0.35 oz / 10 g white onion, chopped
- 1 garlic clove, minced
- 1 tsp / 5 ml cold-pressed olive oil
- 10 fl oz / 300 ml filtered water

For seasoning:

- ¼ tsp / 0.5 g ground turmeric
- ¼ tsp / 0.5 g ground cumin
- Pinch of sea salt and black pepper, to taste
- 1 tsp / 2 g fresh chopped parsley or cilantro (optional)

### Instructions:

1. Heat the olive oil in a small saucepan over low heat. Stir in the onion and garlic, and sauté for 2–3 minutes until softened and fragrant.
2. Stir in the diced carrot and celery. Cook for another 2 minutes, letting the aromas develop.
3. Add the rinsed red lentils and pour in the filtered water. Stir in turmeric and cumin.
4. Bring to a gentle simmer, then reduce heat to low, cover, and cook for 15–18 minutes until the lentils and vegetables are soft and the stew thickens. Stir occasionally to prevent sticking.
5. Season with salt and black pepper to taste. Add fresh herbs before serving, if desired.
6. Let the stew rest for a minute, then serve warm.

### Nutritional Value (Per Serving):

Calories 190 kcal | Fat 4.1 g | Saturated Fat 0.3 g |  
Carbohydrates 26.5 g | Fiber 6.8 g | Sugar 3.5 g |  
Protein 10.4 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 50 mg

### Liver Health Tip:

Red lentils are easier to digest than other legumes and provide essential amino acids and folate. Turmeric enhances liver detox enzymes and reduces inflammation.

## BAKED COD WITH PUMPKIN–CAULIFLOWER PURÉE

This light and flavorful dish features tender baked cod paired with a creamy purée of pumpkin and cauliflower. It's low in fat, high in protein, and gentle on digestion — ideal for liver support.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the fish:

- 5.3 oz / 150 g cod fillet (boneless, skinless)
- ½ tsp / 2.5 ml lemon juice
- ½ tsp / 1 g dried thyme or dill
- Pinch of sea salt and white pepper, to taste

For the purée:

- 3.5 oz / 100 g pumpkin, peeled and cubed
- 3.5 oz / 100 g cauliflower florets
- 1 tsp / 5 ml cold-pressed olive oil
- 10 fl oz / 300 ml filtered water

For finishing:

- 1 tsp / 5 ml unsweetened oat milk (optional)
- 1 tsp / 2 g chopped parsley or chives

### Instructions:

1. Set the oven's temperature to 375°F / 190°C. Put the cod fillet into a baking dish lined with parchment. Drizzle with lemon juice, sprinkle with thyme or dill, salt, and white pepper. Cover with foil and bake for 15–18 minutes until the fish is opaque and flakes easily.
2. While the fish is baking, steam the pumpkin and cauliflower together over simmering water for 10–12 minutes, or until very soft.
3. Move the steamed vegetables to a blender, blend with olive oil until creamy, and add oat milk if desired to loosen the texture.
4. Plate the purée and top with the baked cod. Garnish with fresh herbs just before serving.
5. Serve warm and enjoy while fresh.

### Nutritional Value (Per Serving):

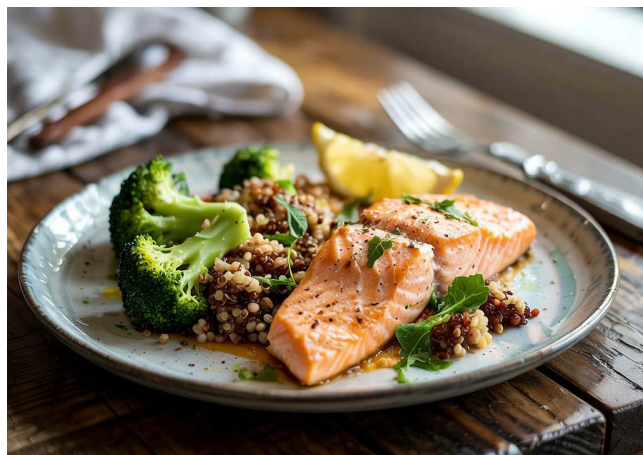
Calories 185 kcal | Fat 5.2 g Saturated Fat 0.5 g |  
Carbohydrates 13.5 g | Fiber 4.1 g | Sugar 4.6 g |  
Protein 20.4 g | Omega-3 0.4 g | Cholesterol 40 mg |  
Sodium 55 mg

### Liver Health Tip:

Cod is a lean, easily digestible source of protein that doesn't strain the liver. The vegetable purée provides antioxidants and fiber for smooth bile flow and detoxification.

## BAKED SALMON WITH STEAMED BROCCOLI AND QUINOA

This well-balanced, protein-rich lunch features oven-baked salmon served alongside fluffy quinoa and tender steamed broccoli. It's packed with anti-inflammatory omega-3s and fiber to support liver repair and sustained energy.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the salmon:

- 5.3 oz / 150 g salmon fillet (skinless, boneless)
- ½ tsp / 1 g dried oregano or dill
- ½ tsp / 2.5 ml lemon juice
- Pinch of sea salt and black pepper, to taste

For the quinoa:

- 2.8 oz / 80 g dry quinoa, rinsed
- 10 fl oz / 300 ml filtered water

For the broccoli:

- 4.2 oz / 120 g fresh broccoli florets
- 1 tsp / 5 ml cold-pressed olive oil (for finishing)

### Instructions:

1. Set the oven's temperature to 375°F / 190°C. Place the salmon fillet on a small sheet of parchment in a baking dish. Pour over a little lemon juice and scatter with oregano, salt, and pepper.
2. Cover the dish with foil and bake for 15–18 minutes, until the salmon is cooked through and flakes effortlessly. Remove and rest briefly.
3. While the salmon bakes, combine quinoa and filtered water in a small saucepan. Bring to a boil, then reduce the heat, cover, and simmer for 15 minutes until quinoa is fluffy and the water is absorbed. Remove from heat and let sit covered.
4. While waiting, steam broccoli florets over lightly boiling water for 5–6 minutes, until just tender. Drizzle with olive oil to finish, if preferred.
5. Plate the salmon alongside quinoa and steamed broccoli. Plate warm and finish with an extra squeeze of lemon, if you like.

### Nutritional Value (Per Serving):

Calories 295 kcal | Fat 11.5 g | Saturated Fat 1.6 g |  
Carbohydrates 22.4 g | Fiber 4.2 g | Sugar 2.1 g |  
Protein 25.6 g | Omega-3 1.9 g | Cholesterol 55 mg |  
Sodium 65 mg

### Liver Health Tip:

Salmon is an excellent source of anti-inflammatory omega-3 fatty acids. Combined with fiber-rich quinoa and broccoli, this meal helps reduce liver fat and support natural detox pathways.

## TEMPEH WITH STEAMED VEGETABLES AND BROWN RICE

*This balanced plant-based meal brings together nutty tempeh, fluffy brown rice, and gentle steamed vegetables. It's rich in fiber, plant protein, and fermented nutrients that support liver and gut health.*



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the rice:

- 2.8 oz / 80 g dry brown rice, rinsed
- 10 fl oz / 300 ml filtered water

For the tempeh:

- 3.5 oz / 100 g plain, unflavored tempeh, sliced
- 1 tsp / 5 ml cold-pressed olive oil
- ½ tsp / 2.5 ml lemon juice
- ½ tsp / 1 g dried oregano or cumin (optional)

For the vegetables:

- 2.1 oz / 60 g broccoli florets
- 2.1 oz / 60 g zucchini, peeled and chopped
- 1.4 oz / 40 g fennel or celery, thinly sliced
- 1 tsp / 2 g chopped parsley (optional)

### Instructions:

1. Bring the rinsed brown rice and filtered water to a boil in a small saucepan. Reduce to low heat, cover, and simmer for 20–25 minutes, until the rice is soft. Leave covered for 5 minutes, then fluff.
2. Meanwhile, steam the broccoli, zucchini, and fennel over boiling water for 6–8 minutes until soft but still vibrant. Remove and set aside.
3. In a nonstick pan, warm the olive oil over medium-low heat. Add sliced tempeh and cook for 3–4 minutes per side until lightly golden. Drizzle with lemon juice and sprinkle with oregano or cumin if using. Remove from heat.
4. To serve, arrange brown rice, steamed vegetables, and warm tempeh on a plate. Top with fresh herbs if desired.
5. Serve warm and fresh.

### Nutritional Value (Per Serving):

Calories 260 kcal | Fat 8.4 g | Saturated Fat 1.1 g |  
Carbohydrates 30.5 g | Fiber 5.6 g | Sugar 2.2 g |  
Protein 14.2 g | Omega-3 0.2 g | Cholesterol 0 mg |  
Sodium 40 mg

### Liver Health Tip:

Tempeh is a fermented soy food that provides easily digestible plant protein and beneficial probiotics. Combined with fiber-rich vegetables and whole grains, it helps regulate liver metabolism and supports gut flora balance.

## BAKED POTATOES WITH FENNEL AND BROCCOLI PURÉE

This simple lunch features tender baked potatoes paired with a vibrant purée of fennel and broccoli. Naturally low in fat and high in fiber, it gently supports liver detox and nourishes with every bite.



Prep Time:  
10 min



Cook Time:  
25 min



Servings: 2

### Ingredients:

For the potatoes:

- 5.3 oz / 150 g waxy potatoes, peeled and halved
- ½ tsp / 2.5 ml cold-pressed olive oil
- Pinch of sea salt, optional

For the purée:

- 3.5 oz / 100 g broccoli florets
- 1.8 oz / 50 g fennel bulb, finely chopped
- 1 tsp / 5 ml cold-pressed olive oil
- 2 tsp / 10 ml filtered water (or unsweetened oat milk)

For garnish (optional):

- 1 tsp / 2 g chopped parsley or dill
- ½ tsp / 2.5 ml lemon juice

### Instructions:

1. Preheat oven to 375°F / 190°C. Place peeled and halved potatoes on a small baking dish, drizzle with olive oil, and cover with foil. Bake for 20–25 minutes until fork-tender.
2. Steam the broccoli and fennel together over simmering water for 10–12 minutes, or until very soft, while the potatoes are in the oven.
3. Transfer the vegetables to a blender. Incorporate olive oil and a splash of water or oat milk. Blend until completely smooth and creamy.
4. Take the potatoes out of the oven and leave them to cool slightly. Plate with a generous spoonful of the fennel–broccoli purée.
5. Drizzle with lemon juice and sprinkle herbs on top if using. Serve warm.

### Nutritional Value (Per Serving):

Calories 190 kcal | Fat 5.4 g | Saturated Fat 0.4 g |  
Carbohydrates 28.2 g | Fiber 4.5 g | Sugar 3.2 g |  
Protein 4.3 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 45 mg

### Liver Health Tip:

Baked potatoes provide gentle energy with resistant starch, while fennel and broccoli offer detoxifying sulfur compounds and soothing fiber.

## STUFFED EGGPLANTS WITH QUINOA AND VEGETABLES

This colorful lunch features oven-roasted eggplant halves filled with a fiber-rich blend of quinoa and vegetables. It's a plant-based, liver-friendly dish that supports detox and keeps digestion light and steady.



Prep Time:  
10 min



Cook Time:  
25 min



Servings: 2

### Ingredients:

For the eggplants:

- 8 oz / 230 g eggplant, halved lengthwise
- 1 tsp / 5 ml cold-pressed olive oil
- Pinch of sea salt, optional

For the filling:

- 1.1 oz / 30 g quinoa
- 1.4 oz / 40 g zucchini or celery, finely diced
- 1.4 oz / 40 g red bell pepper, finely chopped
- 0.35 oz / 10 g white onion, chopped
- 1 tsp / 5 ml cold-pressed olive oil
- ¼ tsp / 0.5 g ground cumin or sweet paprika (optional)

For garnish (optional):

- 1 tsp / 2 g chopped parsley or mint
- 1 tsp / 5 ml lemon juice

### Instructions:

1. Rinse the dry quinoa thoroughly under cool water. Combine with water in a small saucepan, add a pinch of salt if desired, and bring to a boil. Turn the heat down to low, cover, and simmer for 15 minutes until the liquid is absorbed. Remove from the heat, let sit for 5 minutes, then fluff gently with a fork.
2. While quinoa cooks, set the oven's temperature to 375°F / 190°C. Cut the eggplants lengthwise and score the flesh lightly. Place on a baking dish, brush with olive oil, and sprinkle with sea salt. Cover with foil and roast for 18–20 minutes until soft.
3. Meanwhile, heat 1 tsp olive oil in a skillet over low heat. Add onion, zucchini or celery, and bell pepper. Sauté for 5–6 minutes until tender. Stir in the cooked quinoa and cumin or paprika. Cook 2–3 more minutes to blend flavors, then remove from heat.
4. When eggplants are soft, scoop out a bit of the flesh if needed and fill the cavities with the warm quinoa mixture. Return to the oven uncovered for 5–7 minutes to heat through.
5. Enjoy warm with a splash of lemon juice and a scattering of fresh herbs.

### Nutritional Value (Per Serving):

Calories 215 kcal | Fat 6.5 g | Saturated Fat 0.5 g |  
Carbohydrates 28.6 g | Fiber 7.2 g | Sugar 5.4 g |  
Protein 6.3 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 50 mg

### Liver Health Tip:

Eggplant is naturally low in fat and high in antioxidants. Quinoa adds gentle plant protein and fiber, while fresh vegetables support digestion and bile flow.

## BAKED TOFU WITH ZUCCHINI AND SEAWEED

*This simple lunch features tender baked potatoes paired with a vibrant purée of fennel and broccoli. Naturally low in fat and high in fiber, it gently supports liver detox and nourishes with every bite.*



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

- For the tofu:
  - 5.3 oz / 150 g firm tofu, sliced
  - ½ tsp / 2.5 ml lemon juice
  - ½ tsp / 1 g dried oregano or coriander
  - ½ tsp / 2.5 ml cold-pressed olive oil
- For the vegetables:
  - 3.5 oz / 100 g zucchini, peeled and diced
  - 0.2 oz / 5 g dried wakame or dulse seaweed
  - 1 tsp / 5 ml cold-pressed olive oil
  - 2 tsp / 10 ml filtered water
- For finishing (optional):
  - 1 tsp / 2 g fresh chopped parsley or mint
  - ¼ tsp / 1 g lemon zest

### Instructions:

1. Set the oven's temperature to 375°F / 190°C. Place tofu slices on parchment paper in a baking dish. Drizzle with lemon juice and olive oil, sprinkle oregano, and bake for 15–18 minutes until lightly golden and firm.
2. Soak dried seaweed in cool water for 5–7 minutes until fully expanded. Drain and set aside.
3. Using a small pan, heat olive oil over low heat. Add diced zucchini and cook gently for 5–6 minutes with a splash of water, stirring intermittently until soft. Add soaked seaweed and cook together for 2–3 more minutes.
4. Plate the warm baked tofu alongside the zucchini–seaweed mixture. Garnish with herbs and lemon zest if desired.
5. Serve warm as a balanced, soothing meal.

### Nutritional Value (Per Serving):

Calories 210 kcal | Fat 9.4 g | Saturated Fat 1 g |  
Carbohydrates 11.2 g | Fiber 3.1 g | Sugar 2.4 g |  
Protein 17.2 g | Omega-3 0.2 g | Cholesterol 0 mg |  
Sodium 55 mg

### Liver Health Tip:

Seaweed provides natural iodine and antioxidants that help regulate metabolism and liver enzymes. Tofu adds clean protein without added fat, while zucchini hydrates and supports digestion.

# WARM CHICKPEA–BROWN RICE–GREEN PEA BOWL

This hearty bowl blends soft chickpeas, tender brown rice, and sweet green peas for a comforting, high-fiber lunch. Every ingredient is fresh, minimally processed, and designed to support gentle digestion and liver health.



Prep Time:  
10 min (plus  
soaking)



Cook Time:  
30 min



Servings: 2

## Ingredients:

For the chickpeas:

- 2.1 oz / 60 g dry chickpeas (soaked overnight)
- 10 fl oz / 300 ml filtered water (for boiling)

For the rice and peas:

- 2.1 oz / 60 g dry brown rice, rinsed
- 7 fl oz / 210 ml filtered water
- 2.1 oz / 60 g green peas (fresh or from pod, not frozen or canned)

For finishing:

- 1 tsp / 5 ml cold-pressed olive oil
- 1 tsp / 2 g chopped fresh parsley or mint
- ½ tsp / 2.5 ml lemon juice
- Pinch of sea salt and black pepper, optional

## Instructions:

1. Soak chickpeas overnight. Drain, rinse, and boil in fresh water for 45–50 minutes until soft. Drain and set aside.
2. In a separate pot, combine brown rice with 7 fl oz / 210 ml water. Bring to a boil, then reduce heat, cover, and simmer for 25 minutes until tender.
3. In the last 5 minutes of rice cooking, add the green peas on top to steam until tender and bright.
4. Using a large bowl, gently combine the cooked chickpeas, brown rice, and peas. Drizzle with olive oil and lemon juice.
5. Season with salt and pepper if desired, and top with fresh herbs. Serve warm.

## Nutritional Value (Per Serving):

Calories 255 kcal | Fat 5.8 g | Saturated Fat 0.4 g |  
Carbohydrates 37.2 g | Fiber 6.9 g | Sugar 2.6 g |  
Protein 10.3 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 40 mg

## Liver Health Tip:

Chickpeas, brown rice, and green peas provide synergistic plant proteins and gentle complex carbs. This trio supports steady energy and aids natural detoxification processes.

# DINNERS

## BAKED EGGPLANTS WITH QUINOA AND GREENS

This wholesome dinner features soft-baked eggplant halves filled with fluffy quinoa and sautéed greens. It's rich in fiber, gentle plant protein, and cleansing nutrients that support liver regeneration overnight.



Prep Time:  
10 min



Cook Time:  
30 min



Servings: 2

### Ingredients:

For the eggplants:

- 7 oz / 200 g eggplant, halved lengthwise
- 1 tsp / 5 ml cold-pressed olive oil
- Pinch of sea salt and black pepper, optional

For the filling:

- 1.1 oz / 30 g quinoa
- 1.4 oz / 40 g soft leafy greens (e.g., spinach or chard), finely chopped

- 0.35 oz / 10 g white onion, chopped
- 1 tsp / 5 ml cold-pressed olive oil
- ¼ tsp / 0.5 g dried oregano or thyme (optional)

For garnish (optional):

- 1 tsp / 2 g chopped fresh parsley or dill
- ½ tsp / 2.5 ml lemon juice

### Instructions:

1. Rinse the quinoa under cool water and combine it with filtered water in a small saucepan. Bring to a boil, reduce heat to low, cover, and simmer for 15 minutes until tender and fluffy. Let rest covered for 5 minutes, then fluff gently with a fork.
2. Meanwhile, set the oven's temperature to 375°F / 190°C. Score the cut sides of the eggplant halves and brush them with olive oil. Place them cut-side up in a baking dish, cover with foil, and bake for 25–30 minutes until soft.
3. While the eggplants are baking, heat 1 tsp olive oil in a pan over low heat. Sauté the chopped onion for 2–3 minutes until translucent. Add the chopped greens and cook for 3 minutes until wilted. Stir in the cooked quinoa and herbs, mix well, and remove from the heat.
4. Once the eggplants are soft, scoop out a little of the flesh if needed. Fill each half with the warm quinoa–greens mixture. Finish with a squeeze of lemon juice and a sprinkle of fresh herbs, if you like.

### Nutritional Value (Per Serving):

Calories 190 kcal | Fat 6.2 g | Saturated Fat 0.4 g |  
Carbohydrates 25.1 g | Fiber 6.3 g | Sugar 5.1 g |  
Protein 5.4 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 45 mg

### Liver Health Tip:

Eggplant contains nasunin, a powerful antioxidant that supports liver cell membranes. Greens aid detox and add gentle bitter compounds that stimulate bile flow.

## STEWED SWISS CHARD WITH MILLET

This light yet nourishing dinner features gently stewed Swiss chard and soft millet, a gluten-free whole grain rich in magnesium and fiber. It's ideal for calming the digestive system and supporting liver detox overnight.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the millet:

- 2.1 oz / 60 g dry millet, rinsed
- 7 fl oz / 210 ml filtered water

For the chard:

- 3.5 oz / 100 g Swiss chard leaves, sliced
- 0.35 oz / 10 g leek or white onion, chopped
- 1 tsp / 5 ml cold-pressed olive oil
- 2 fl oz / 60 ml filtered water
- Pinch of sea salt and black pepper, optional
- ½ tsp / 2.5 ml lemon juice (optional)

### Instructions:

1. In a small pot, bring water to a boil. Add rinsed millet, cover, reduce heat to low, and simmer for 15–18 minutes until water is absorbed and millet is soft. Let it sit covered for a few minutes before fluffing.
2. While millet cooks, heat olive oil in a pan over low heat. Sauté chopped leek for 2–3 minutes until translucent. Add sliced Swiss chard and filtered water.
3. Cover and stew gently for 6–8 minutes until the greens are tender and wilted. Stir occasionally and season lightly with salt, pepper, and lemon juice if desired.
4. Serve the warm millet topped with the stewed Swiss chard. Garnish with extra herbs if preferred.

### Nutritional Value (Per Serving):

Calories 185 kcal | Fat 4.8 g | Saturated Fat 0.4 g |  
Carbohydrates 27.6 g | Fiber 4.2 g | Sugar 2.1 g |  
Protein 6.3 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 40 mg

### Liver Health Tip:

Swiss chard is a gentle bitter green that stimulates bile flow, while millet provides anti-inflammatory nutrients and promotes calm, steady digestion in the evening.

## PUMPKIN-COCONUT STEW WITH GINGER

This velvety stew combines naturally sweet pumpkin with fresh ginger and a hint of coconut. Its soft texture and warming flavors make it a perfect liver-soothing evening meal that supports digestion and relaxation.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the stew:

- 5.3 oz / 150 g pumpkin, peeled and diced
- 0.35 oz / 10 g white onion, finely chopped
- 0.2 oz / 5 g fresh ginger, peeled and grated
- 1 tsp / 5 ml cold-pressed olive oil
- 10 fl oz / 300 ml filtered water

For finishing:

- 1 tsp / 5 ml unsweetened light coconut milk (optional)
- ½ tsp / 2.5 ml lemon juice
- Pinch of sea salt, optional
- 1 tsp / 2 g chopped fresh cilantro or parsley

### Instructions:

1. Heat the olive oil in a small saucepan over low heat. Add onion and ginger, and sauté for 2–3 minutes until fragrant and softened.
2. Add diced pumpkin and stir to coat. Pour in the water and bring to a gentle boil. Turn the heat down, cover, and simmer for 15–18 minutes, or until the pumpkin is completely soft.
3. Remove from heat. Blend the stew using an immersion or countertop blender until smooth and creamy.
4. Stir in coconut milk and lemon juice. Season with a small pinch of salt if needed, and reheat gently if desired.
5. Serve warm, garnished with chopped herbs for a fresh contrast.

### Nutritional Value (Per Serving):

Calories 125 kcal | Fat 4.6 g | Saturated Fat 1.1 g |  
Carbohydrates 18.4 g | Fiber 3.6 g | Sugar 5.3 g |  
Protein 2.1 g | Omega-3 0 g | Cholesterol 0 mg |  
Sodium 45 mg

#### Liver Health Tip:

Pumpkin is rich in beta-carotene and gut-soothing fiber, while ginger aids bile flow and inflammation control. A small amount of coconut adds flavor without overwhelming the fat content.

## STUFFED MUSHROOMS WITH GREEN PEA PURÉE

*These tender baked mushrooms are filled with a gentle mix of vegetables and herbs, served over a smooth green pea purée. This low-fat, fiber-rich dinner is easy on digestion and supports liver wellness.*



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the mushrooms:

- 4.2 oz / 120 g button mushrooms, stems removed
- 0.35 oz / 10 g white onion, finely chopped
- 0.7 oz / 20 g zucchini or celery, finely diced
- 1 tsp / 5 ml cold-pressed olive oil
- ¼ tsp / 0.5 g dried oregano or thyme

For the pea purée:

- 3.5 oz / 100 g green peas (fresh or shelled from pod, not frozen)
- 1 tsp / 5 ml cold-pressed olive oil
- 1 tsp / 5 ml lemon juice
- 1–2 tbsp / 15–30 ml filtered water (as needed for blending)
- For garnish (optional):
- 1 tsp / 2 g chopped fresh parsley or dill
- Pinch of sea salt and black pepper, optional

### Instructions:

1. Set the oven's temperature to 375°F / 190°C. Lightly brush mushroom caps with a bit of olive oil and place them hollow-side up on a baking tray lined with parchment.
2. Using a small pan, heat olive oil and sauté chopped onion, zucchini, or celery for 3–4 minutes until soft. Mix in the dried herbs and remove from the heat.
3. Spoon the sautéed mixture into each mushroom cap. Bake for 15 minutes or until mushrooms are tender and juicy.
4. While mushrooms bake, steam the green peas until soft (5–6 minutes). Transfer to a blender with olive oil, lemon juice, and just enough water to blend into a smooth purée.
5. Season the purée lightly if needed. Serve the baked mushrooms over the warm green pea purée and top with fresh herbs.

### Nutritional Value (Per Serving):

Calories 175 kcal | Fat 6.2 g | Saturated Fat 0.4 g |  
Carbohydrates 19.3 g | Fiber 5.1 g | Sugar 4.6 g |  
Protein 7.2 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 45 mg

#### Liver Health Tip:

Green peas provide gentle plant protein and liver-friendly fiber. Mushrooms offer antioxidant properties, while the soft texture ensures easy digestion at the end of the day.

# STEAMED OCEAN FISH WITH CELERY ROOT PURÉE

This light and elegant dinner features flaky steamed fish paired with creamy celery root purée. It's low in fat, rich in minerals, and soothing for the liver and digestion — perfect for the end of the day.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

## Ingredients:

For the fish:

- 5.3 oz / 150 g white ocean fish fillet (e.g., cod, pollock, or hake), boneless
- ½ tsp / 2.5 ml lemon juice
- Pinch of sea salt and white pepper, optional
- ½ tsp / 1 g dried thyme or dill

For the purée:

- 4.2 oz / 120 g celery root (celeriac), peeled and chopped
- 1 tsp / 5 ml cold-pressed olive oil
- 2 tsp / 10 ml unsweetened oat milk or filtered water (for blending)
- ¼ tsp / 0.5 g lemon zest (optional)

## Instructions:

1. Set up a steamer and place the fish fillet on parchment or a steaming tray. Drizzle with lemon juice, sprinkle with thyme, salt, and pepper if desired. Cover and steam over gently simmering water for 10–12 minutes, or until the fish flakes easily.
2. While the fish is steaming, boil or steam the celery root until very soft (about 12–15 minutes). Drain and transfer to a blender or use an immersion blender.
3. Add olive oil and oat milk or water to the cooked celery root. Blend until completely smooth and creamy. Stir in lemon zest if using.
4. Plate the warm celery root purée and top with or serve alongside the steamed fish.
5. Serve immediately while warm and fresh.

## Nutritional Value (Per Serving):

Calories 195 kcal | Fat 5.1 g | Saturated Fat 0.5 g |  
Carbohydrates 10.6 g | Fiber 2.9 g | Sugar 2.3 g |  
Protein 25.6 g | Omega-3 0.3 g | Cholesterol 45 mg |  
Sodium 50 mg

## Liver Health Tip:

Steamed fish offers lean, digestible protein and beneficial omega-3 fats. Celery root is a cleansing vegetable rich in antioxidants and fiber that promotes smooth liver function.

# BAKED PARSNIP CASSEROLE WITH ROSEMARY

This cozy casserole features naturally sweet parsnips layered and baked with fragrant rosemary and a hint of olive oil. It's soft, grounding, and easy on the liver, making it a perfect evening comfort dish.



Prep Time:  
10 min



Cook Time:  
30 min



Servings: 2

## Ingredients:

For the casserole:

- 5.3 oz / 150 g parsnip, peeled and thinly sliced
- 0.35 oz / 10 g white onion, finely sliced
- 1 tsp / 5 ml cold-pressed olive oil
- 2 fl oz / 60 ml filtered water

For seasoning:

- ½ tsp / 1 g dried rosemary or a small sprig of fresh rosemary
- Pinch of sea salt and white pepper, optional
- ½ tsp / 2.5 ml lemon juice (optional)

### Instructions:

1. Set the oven's temperature to 375°F / 190°C. Lightly oil a small baking dish or line it with parchment paper for easy cleanup.
2. Arrange the parsnip and onion slices in alternating layers in the dish. Drizzle with olive oil and filtered water. Sprinkle with rosemary and a dash of salt and pepper if using.
3. Cover tightly with foil and bake for 25–30 minutes, or until the parsnips are fully tender and slightly golden on the edges.
4. Remove from the oven, allow to cool for a few minutes, then add a splash of lemon juice, if desired, and serve warm.

### Nutritional Value (Per Serving):

Calories 140 kcal | Fat 4.3 g | Saturated Fat 0.4 g |  
Carbohydrates 22.1 g | Fiber 4.6 g | Sugar 6.2 g |  
Protein 1.8 g | Omega-3 0 g | Cholesterol 0 mg |  
Sodium 40 mg

#### Liver Health Tip:

Parsnips offer soluble fiber and natural sweetness without blood sugar spikes. Rosemary provides gentle liver stimulation and antioxidant benefits.

## ROASTED SWEET POTATO PURÉE WITH FRESH MINT

*This naturally sweet and creamy purée is made from oven-roasted sweet potatoes and finished with a hint of fresh mint. It's rich in beta-carotene and gentle carbohydrates that calm the body and nourish the liver before rest.*



Prep Time:  
10 min



Cook Time:  
25 min



Servings: 2

### Ingredients:

For the purée:

- 6 oz / 170 g sweet potato, peeled and cubed
- 1 tsp / 5 ml cold-pressed olive oil
- 2 tsp / 10 ml unsweetened oat or rice milk (optional)

For garnish:

- 1 tsp / 2 g finely chopped fresh mint
- ½ tsp / 2.5 ml lemon juice (optional)
- Pinch of sea salt, optional

### Instructions:

1. Set the oven's temperature to 375°F / 190°C. Cover a small baking tray with parchment paper.
2. Place sweet potato cubes on the tray and drizzle with olive oil. Stir to coat thoroughly and spread in a flat, single layer.
3. Roast for 20–25 minutes, or until very soft and slightly caramelized at the edges.
4. Place the roasted sweet potato in a blender or bowl, add oat milk, and blend or mash until silky smooth.
5. Stir in lemon juice and a pinch of salt if using. Plate and top with finely chopped fresh mint. Serve warm.

### Nutritional Value (Per Serving):

Calories 160 kcal | Fat 4.8 g | Saturated Fat 0.4 g |  
Carbohydrates 26.5 g | Fiber 4.1 g | Sugar 7.3 g |  
Protein 2.1 g | Omega-3 0 g | Cholesterol 0 mg |  
Sodium 30 mg

#### Liver Health Tip:

Sweet potatoes are rich in antioxidants like beta-carotene, which reduce oxidative stress in the liver. Mint soothes the digestive tract and supports bile flow.

## TOPINAMBUR WITH MUNG BEAN PURÉE

This earthy and comforting dinner pairs roasted Jerusalem artichokes (topinambur) with a smooth mung bean purée. It's rich in prebiotic fiber, plant protein, and nutrients that gently support liver and gut health.



Prep Time:  
10 min (plus  
soaking)



Cook Time:  
30 min



Servings: 2

### Ingredients:

For the topinambur:

- 4.2 oz / 120 g Jerusalem artichokes (topinambur), scrubbed and sliced
- 1 tsp / 5 ml cold-pressed olive oil
- Pinch of sea salt and dried thyme, optional

For the mung bean purée:

- 2.1 oz / 60 g dry split mung beans, soaked for 4–6 hours
- 10 fl oz / 300 ml filtered water
- 0.35 oz / 10 g leek or white onion, chopped
- 1 tsp / 5 ml cold-pressed olive oil
- ½ tsp / 2.5 ml lemon juice
- ¼ tsp / 0.5 g ground cumin (optional)

For garnish (optional):

- 1 tsp / 2 g chopped fresh mint or parsley

### Instructions:

1. Set the oven's temperature to 375°F / 190°C. Toss sliced topinambur with olive oil and a pinch of thyme. Spread on parchment paper and roast for 20–25 minutes until golden and soft.
2. Meanwhile, drain the soaked mung beans and place them in a pot with 10 fl oz / 300 ml fresh water. Bring to a boil, then simmer uncovered for 20 minutes or until very soft.
3. Using a small pan, heat olive oil and sauté chopped leek for 3–4 minutes. Add to the cooked mung beans.
4. Blend the mung bean mixture with lemon juice and cumin into a soft purée. Add a splash of water if needed to adjust the texture.
5. Plate the purée with roasted topinambur on top or beside it. Garnish with fresh herbs.

### Nutritional Value (Per Serving):

Calories 200 kcal | Fat 5.1 g | Saturated Fat 0.4 g |  
Carbohydrates 29.2 g | Fiber 6.4 g | Sugar 5.6 g |  
Protein 9.4 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 45 mg

### Liver Health Tip:

Topinambur is rich in inulin, a prebiotic fiber that supports beneficial gut flora and detox pathways. Mung beans are soothing, easy to digest, and rich in folate and plant-based protein.

## JERUSALEM ARTICHOKE BAKE WITH HERBS

This warm and tender bake highlights the nutty flavor of Jerusalem artichokes, gently roasted with mild herbs. It's rich in prebiotic fiber and minerals that support detox and gut–liver balance in the evening.



Prep Time:  
10 min



Cook Time:  
25 min



Servings: 2

### Ingredients:

For the bake:

- 5.3 oz / 150 g Jerusalem artichokes (topinambur), scrubbed and sliced
- 0.35 oz / 10 g white onion, thinly sliced
- 1 tsp / 5 ml cold-pressed olive oil
- 2 fl oz / 60 ml filtered water

For seasoning:

- ½ tsp / 1 g dried thyme or rosemary
- Pinch of sea salt and black pepper, optional
- 1 tsp / 2 g chopped fresh parsley or dill (for garnish)

### Instructions:

1. Set the oven's temperature to 375°F / 190°C. In a small baking dish, layer sliced Jerusalem artichokes and onion.
2. Drizzle with olive oil and filtered water. Sprinkle with thyme or rosemary and a small pinch of salt and pepper if using.
3. Cover tightly with foil and bake for 20–25 minutes, or until the artichokes are fork-tender and lightly golden.
4. Remove from the oven and let cool slightly. Garnish with fresh herbs before serving.
5. Serve warm as a gentle, grounding dinner.

### Nutritional Value (Per Serving):

Calories 155 kcal | Fat 5.6 g | Saturated Fat 0.4 g |  
Carbohydrates 23.2 g | Fiber 4.8 g | Sugar 6.1 g  
| Protein 2.7 g | Omega-3 0 g | Cholesterol 0 mg |  
Sodium 40 mg

#### Liver Health Tip:

Naturally high in inulin, Jerusalem artichokes help fuel good gut bacteria and contribute to healthy liver detoxification. Their gentle texture and sweet flavor are perfect for light evening dishes.

## STEAMED RICE PAPER ROLLS WITH AVOCADO AND RICE NOODLES

These soft, steamed rolls are filled with tender rice noodles, creamy avocado, and gentle greens. They're light, hydrating, and rich in healthy fats and fiber to support evening liver function without heaviness.



Prep Time:  
10 min



Cook Time:  
5 min



Servings: 2

#### Ingredients:

For the filling:

- 1.4 oz / 40 g rice noodles (thin, dry)
- 2.1 oz / 60 g ripe avocado, sliced
- 1.4 oz / 40 g soft leafy greens (e.g., spinach or chard), shredded
- 1 tsp / 5 ml lemon juice (to prevent browning)

For assembling:

- 4 rice paper sheets
- A bowl of warm filtered water for softening the papers

For steaming and garnish:

- ½ tsp / 2.5 ml cold-pressed olive oil (for brushing steamer)
- 1 tsp / 2 g chopped fresh mint or parsley (optional)

### Instructions:

1. Cook the rice noodles in hot water for 3–4 minutes until soft. Drain and rinse under cool water. Set aside.
2. Prepare the avocado by slicing it and tossing gently with lemon juice to prevent browning.
3. Briefly submerge one rice paper sheet in warm water for 10 seconds, just until it softens. Lay flat on a clean surface.
4. In the center, place a few spoonfuls of noodles, avocado slices, and greens. Fold the sides and roll tightly like a burrito. Repeat with the remaining sheets.
5. Place the rolls in a steamer basket brushed with a little oil. Steam over gently simmering water for 3–4 minutes until warm and slightly translucent.
6. Let cool slightly. Serve warm or lukewarm, garnished with fresh herbs if desired.

### Nutritional Value (Per Serving):

Calories 185 kcal | Fat 7.8 g | Saturated Fat 1.1 g |  
Carbohydrates 26.1 g | Fiber 4.4 g | Sugar 1.2 g |  
Protein 3.1 g | Omega-3 0.2 g | Cholesterol 0 mg |  
Sodium 30 mg

#### Liver Health Tip:

Avocado offers gentle, anti-inflammatory monounsaturated fats that help reduce liver fat. Rice noodles and steamed greens provide calming energy and fiber without burdening digestion.

## SOFT TROUT FILLET WITH CELERY ROOT PURÉE AND DILL

This elegant dinner pairs flaky steamed trout with a smooth celery root purée, finished with fresh dill. It's rich in omega-3 fats and gentle on the digestive system, making it a perfect liver-friendly evening meal.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the fish:

- 5.3 oz / 150 g trout fillet (boneless, skinless)
- ½ tsp / 2.5 ml lemon juice
- Pinch of sea salt and white pepper, optional
- ½ tsp / 1 g dried dill or a small sprig of fresh dill

For the purée:

- 4.2 oz / 120 g celery root (celeriac), peeled and diced
- 1 tsp / 5 ml cold-pressed olive oil
- 2 tsp / 10 ml unsweetened oat milk or filtered water (for blending)

For garnish:

- 1 tsp / 2 g fresh chopped dill
- ½ tsp / 2.5 ml lemon zest (optional)

### Instructions:

1. Set up a steamer and place the trout fillets on a parchment or steaming tray. Drizzle with lemon juice and sprinkle with dill, salt, and pepper. Steam over gently simmering water for 10–12 minutes, or until the fish is opaque and flakes effortlessly.
2. While the fish steams, cook the diced celery root in boiling water or a steamer until very soft (12–15 minutes).
3. Transfer the cooked celery root to a blender or bowl. Add olive oil and oat milk or water. Blend until smooth and creamy.
4. Plate the purée and place the soft trout fillet on top of it or beside it. Garnish with fresh dill and optional lemon zest.
5. Serve warm and enjoy fresh.

### Nutritional Value (Per Serving):

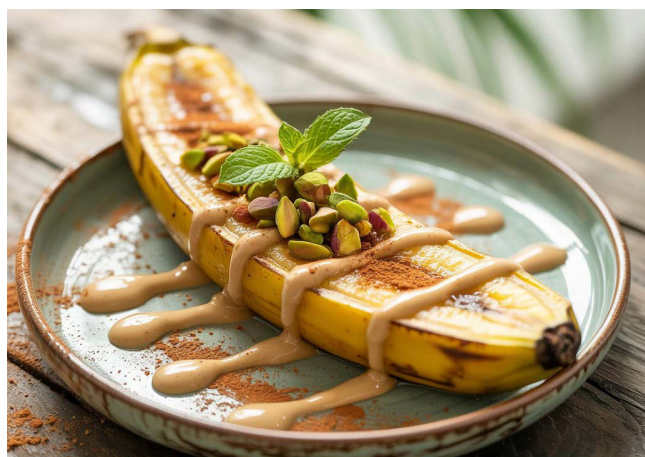
Calories 225 kcal | Fat 9.2 g | Saturated Fat 1.2 g |  
Carbohydrates 7.5 g | Fiber 2.1 g | Sugar 2.2 g |  
Protein 27.6 g | Omega-3 1.3 g | Cholesterol 55 mg |  
Sodium 50 mg

### Liver Health Tip:

Trout provides high-quality omega-3 fatty acids that reduce liver inflammation. Celery root helps flush toxins and supports hydration through its mild diuretic effect.

## BAKED BANANA WITH CINNAMON AND TAHINI DRIZZLE

This naturally sweet, oven-baked banana dish is gently spiced with cinnamon and finished with a light tahini drizzle. It's soft, warming, and supportive of liver recovery with healthy fats and slow-release energy.



Prep Time:  
5 min



Cook Time:  
15 min



Servings: 2

### Ingredients:

For the banana base:

- 4.2 oz / 120 g ripe banana, halved lengthwise
- ½ tsp / 1 g ground cinnamon

For the drizzle:

- 1 tsp / 5 ml tahini (sesame paste)
- 1 tsp / 5 ml warm water (to thin the tahini)
- ½ tsp / 2.5 ml lemon juice (optional)
- Optional garnish:
  - ½ tsp / 1 g finely chopped unsalted pistachios or sesame seeds
  - A few fresh mint leaves

### Instructions:

1. Set the oven's temperature to 350°F / 175°C. Place banana halves, cut side up, on a parchment-lined baking dish. Sprinkle with ground cinnamon.
2. Bake for 12–15 minutes until the banana is soft, warmed through, and lightly caramelized at the edges.
3. While the banana bakes, stir together tahini, warm water, and lemon juice to create a smooth, pourable sauce.
4. Remove the banana from the oven and gently transfer to serving plates. Drizzle with the tahini sauce.
5. Garnish with a pinch of chopped nuts or seeds and mint if desired. Serve warm.

### Nutritional Value (Per Serving):

Calories 155 kcal | Fat 5.6 g | Saturated Fat 0.7 g |  
Carbohydrates 24.1 g | Fiber 3.2 g | Sugar 13.8 g |  
Protein 2.2 g | Omega-3 0 g | Cholesterol 0 mg | Sodium  
5 mg

#### Liver Health Tip:

Bananas provide potassium and gentle energy, while tahini contributes healthy fats and liver-friendly minerals like selenium and zinc. Cinnamon supports blood sugar balance for overnight recovery.

## TEMPEH WITH MILLET AND ROASTED FENNEL

*This satisfying plant-based dinner combines mild nutty tempeh with fluffy millet and aromatic roasted fennel. It's rich in fiber, plant protein, and gentle digestive compounds that support liver repair and calm evening metabolism.*



Prep Time:  
10 min



Cook Time:  
25 min



Servings: 2

### Ingredients:

For the millet:

- 2.1 oz / 60 g dry millet, rinsed
- 7 fl oz / 210 ml filtered water

For the tempeh:

- 3.5 oz / 100 g plain tempeh, sliced into strips
- ½ tsp / 2.5 ml lemon juice
- ½ tsp / 1 g dried oregano or basil
- 1 tsp / 5 ml cold-pressed olive oil

For the fennel:

- 3.2 oz / 90 g fennel bulb, sliced thin
- ½ tsp / 2.5 ml cold-pressed olive oil
- Pinch of sea salt and black pepper, optional
- For garnish (optional):
- 1 tsp / 2 g fresh chopped parsley or mint

### Instructions:

1. Preheat oven to 375°F / 190°C. Toss sliced fennel with olive oil and place on a parchment-lined tray. Roast for 20–22 minutes until soft and lightly golden at the edges.
2. While fennel roasts, cook the millet: combine rinsed millet and water in a saucepan. Bring to a boil, then cover, reduce heat, and simmer for 15–18 minutes until soft. Let stand covered for 5 minutes.
3. Meanwhile, drizzle sliced tempeh with lemon juice, sprinkle with herbs, and gently pan-cook in a nonstick pan over low heat with 1 tsp olive oil for 3–4 minutes per side until lightly browned.
4. To serve, fluff the millet into bowls, add roasted fennel and warm tempeh slices. Top with fresh herbs if desired.
5. Serve warm as a grounding, liver-supportive meal.

### Nutritional Value (Per Serving):

Calories 265 kcal | Fat 9.1 g | Saturated Fat 1.1 g |  
Carbohydrates 28.5 g | Fiber 5.2 g | Sugar 3.1 g |  
Protein 14.6 g | Omega-3 0.2 g | Cholesterol 0 mg |  
Sodium 45 mg

#### Liver Health Tip:

Tempeh supports the gut microbiome and provides easily digested protein, while fennel calms bloating and stimulates gentle bile flow. Millet rounds out the meal with steady energy and anti-inflammatory minerals.

# SOFT TOFU BOWL WITH GREEN BEANS AND LEEK

This soothing bowl features tender tofu with lightly steamed green beans and silky-sautéed leek. Rich in plant protein and gentle on the digestive system, it's a calming liver-friendly dish ideal for winding down in the evening.



Prep Time:  
10 min



Cook Time:  
15 min



Servings: 2

## Ingredients:

For the tofu and vegetables:

- 5.3 oz / 150 g soft tofu (plain, unflavored)
- 2.8 oz / 80 g green beans, trimmed and halved
- 0.7 oz / 20 g leek (white/light green part), thinly sliced
- 1 tsp / 5 ml cold-pressed olive oil
- 2 fl oz / 60 ml filtered water

For seasoning:

- ¼ tsp / 0.5 g dried thyme or coriander (optional)
- Pinch of sea salt and white pepper, to taste
- ½ tsp / 2.5 ml lemon juice (optional)

## Instructions:

1. Bring a small pot of water to a gentle boil. Add the green beans and simmer for 5–6 minutes until they are tender but still bright green. Drain and set aside. You may rinse with lukewarm water to stop the cooking process.
2. In a nonstick pan, heat ½ tsp olive oil over low heat. Add the thinly sliced leek and a splash of water. Cover and let it soften for 4–5 minutes, stirring intermittently, until completely tender and translucent without browning.
3. While the leek cooks, gently rinse the tofu and pat it dry with a paper towel. Cut into small cubes or slices. Place in a heat-safe bowl or steamer insert and steam over gently simmering water for 4–5 minutes until heated through and soft.
4. In a serving bowl, arrange the steamed tofu, cooked green beans, and softened leek. Drizzle with the remaining ½ tsp olive oil, and sprinkle with herbs, salt, and white pepper.
5. Incorporate a splash of lemon juice for brightness if desired. Serve warm as a soft, protein-rich evening dish.

## Nutritional Value (Per Serving):

Calories 180 kcal | Fat 8.2 g | Saturated Fat 1.1 g |  
Carbohydrates 9.8 g | Fiber 3.1 g | Sugar 2.4 g |  
Protein 15.1 g | Omega-3 0.2 g | Cholesterol 0 mg |  
Sodium 45 mg

## Liver Health Tip:

Soft tofu is rich in clean, plant-based protein with minimal fat. Leek gently supports bile flow, and green beans offer low-calorie fiber that aids digestion without heaviness.

# ZUCCHINI AND BASIL VEGETABLE SAUTÉ WITH QUINOA

This gentle sauté features tender zucchini, soft vegetables, and fragrant basil, served over fluffy quinoa. It's light, alkalizing



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

## Ingredients:

For the quinoa:

- 2.1 oz / 60 g dry quinoa, rinsed
- 7 fl oz / 210 ml filtered water
- For the sautéed vegetables:
- 3.5 oz / 100 g zucchini, peeled and thinly sliced
- 1.4 oz / 40 g soft leafy greens (e.g., spinach or chard), chopped
- 0.35 oz / 10 g fennel bulb or celery, finely chopped
- 1 tsp / 5 ml cold-pressed olive oil
- 2 fl oz / 60 ml filtered water (for soft steaming)

For seasoning and garnish:

- ¼ tsp / 0.5 g dried basil or 1 tsp / 2 g fresh basil, finely chopped
- ½ tsp / 2.5 ml lemon juice (optional)
- Pinch of sea salt and white pepper, optional

## Instructions:

1. Using a small saucepan, combine rinsed quinoa and water. Bring to a boil over medium heat. Reduce to low heat, cover, and cook for 15 minutes until the liquid is fully absorbed. Turn off the heat and let it sit, covered, for 5 more minutes. Fluff gently with a fork.
2. While quinoa cooks, heat olive oil in a nonstick pan over low heat. Add fennel or celery and cook for 2–3 minutes until beginning to soften.
3. Stir in zucchini slices and chopped greens. Pour in a splash of water, cover the pan, and let the vegetables cook for another 6–8 minutes, stirring intermittently, until everything is soft and tender.
4. Add basil and a splash of lemon juice. Season with a small pinch of salt and white pepper if desired. Let it warm through for 1–2 more minutes uncovered to release any excess moisture.
5. Spoon the quinoa into bowls and top with the warm sautéed vegetables. Garnish with extra fresh basil if using and serve immediately.

## Nutritional Value (Per Serving):

Calories 185 kcal | Fat 6.3 g | Saturated Fat 0.5 g  
Carbohydrates 24.8 g | Fiber 4.1 g | Sugar 3.3 g  
Protein 6.3 g | Omega-3 0.1 g | Cholesterol 0 mg  
Sodium 35 mg

## Liver Health Tip:

Zucchini is low in calories and soothing for digestion, while quinoa offers plant protein and gentle energy. Fresh basil adds anti-inflammatory compounds that support liver detox pathways.

# SALADS

## SHREDDED KOHLRABI, CHARD, AND SOFT CORN SALAD

This mild and satisfying salad combines tender kohlrabi, wilted chard, and soft corn for a gentle texture and a boost of fiber and antioxidants that promote liver cleansing.



Prep Time:  
10 min



Cook Time:  
5 min



Servings: 2

### Ingredients:

For the salad:

- 2.5 oz / 70 g kohlrabi, peeled and grated or finely shredded
- 1.4 oz / 40 g Swiss chard leaves, chopped
- 1.4 oz / 40 g fresh or frozen corn kernels (unsweetened)
- ½ tsp / 2.5 ml cold-pressed olive oil

For the dressing:

- 1 tsp / 5 ml lemon juice
- ½ tsp / 2.5 ml cold-pressed olive oil
- ½ tsp / 1 g fresh parsley, finely chopped
- Pinch of sea salt, optional

### Instructions:

1. Place the corn in a small pan with a few tablespoons of water. Keep on low heat and simmer for 3–4 minutes until tender but still firm. Drain and set aside to cool.
2. Rinse the chard leaves thoroughly, chop them finely, and sauté in ½ tsp olive oil over low heat for 1–2 minutes until just wilted but still vibrant. Remove from heat and let cool.
3. Peel the kohlrabi and shred it using a coarse grater. Transfer it to a medium bowl.
4. Add the cooked corn and wilted chard to the bowl with kohlrabi.
5. In a small cup, whisk together the lemon juice, olive oil, parsley, and sea salt. Pour the dressing over the salad and toss gently to combine.
6. Allow the salad to rest for 5 minutes so the flavors can meld.

### Nutritional Value (Per Serving):

Calories 115 kcal | Fat 4.4 g | Saturated Fat 0.5 g |  
Carbohydrates 16.1 g | Fiber 3.3 g | Sugar 4.1 g |  
Protein 3.1 g | Omega-3 0 g | Cholesterol 0 mg |  
Sodium 12 mg

### Liver Health Tip:

Kohlrabi contains glucosinolates that support liver enzyme function. Chard is rich in magnesium and chlorophyll, and soft corn adds gentle fiber without overloading the digestive system.

# PARSLEY-POMEGRANATE GRAIN-FREE SALAD

This crisp and colorful salad features fresh parsley, juicy pomegranate seeds, and crunchy vegetables for a bright, grain-free dish that supports liver detoxification and reduces oxidative stress.



Prep Time:  
10 min



Cook Time:  
0 min



Servings: 2

## Ingredients:

For the salad:

- 1 oz / 30 g fresh flat-leaf parsley, finely chopped
- 1.8 oz / 50 g cucumber, peeled and finely diced
- 1 oz / 30 g pomegranate seeds (fresh or defrosted)
- 0.5 oz / 15 g red bell pepper, very finely chopped

For the dressing:

- 1 tsp / 5 ml lemon juice
- ½ tsp / 2.5 ml cold-pressed olive oil
- ¼ tsp / 0.5 g ground cumin (optional)
- Pinch of sea salt, optional

## Instructions:

1. Thoroughly wash and dry the parsley. Remove thick stems and finely chop the leaves. Transfer to a mixing bowl.
2. Peel and finely dice the cucumber. Dice the red bell pepper into very small pieces so the texture remains balanced. Add both to the bowl with the parsley.
3. If using fresh pomegranate, gently remove the seeds from the fruit and discard any pith. Measure out the needed amount and add to the salad.
4. Using a small dish, whisk together the lemon juice, olive oil, and cumin if using. Add a pinch of sea salt to enhance the flavors if desired.
5. Pour the dressing over the salad mixture. Toss thoroughly but gently, making sure the parsley and vegetables are evenly coated.
6. Let the flavors develop for 5 minutes, then serve the salad at once or chilled for a few minutes. Serve immediately or chill briefly.

## Nutritional Value (Per Serving):

Calories 90 kcal | Fat 3.6 g | Saturated Fat 0.4 g |  
Carbohydrates 12.5 g | Fiber 3.8 g | Sugar 5.9 g |  
Protein 2.1 g | Omega-3 0 g | Cholesterol 0 mg |  
Sodium 14 mg

## Liver Health Tip:

Parsley is a potent liver cleanser with chlorophyll and vitamin K, while pomegranate provides polyphenols that reduce oxidative stress and inflammation. This grain-free salad is ideal for a light evening digestion.

## WARM ROASTED PEAR, SOFT SPINACH, AND LINGONBERRY SALAD

This delicate warm salad combines naturally sweet roasted pear with soft spinach and tart lingonberries. It's rich in antioxidants and liver-cleansing phytonutrients, offering a gentle and elegant side dish.



Prep Time:  
10 min



Cook Time:  
15 min



Servings: 2

### Ingredients:

For the salad base:

- 3.5 oz / 100 g ripe pear, peeled and sliced
- ½ tsp / 2.5 ml cold-pressed olive oil
- 2.1 oz / 60 g soft spinach leaves (fresh, not frozen)
- 0.7 oz / 20 g fresh or defrosted lingonberries (unsweetened)

For the dressing:

- ½ tsp / 2.5 ml lemon juice
- ½ tsp / 2.5 ml cold-pressed olive oil
- ¼ tsp / 0.5 g finely grated fresh ginger (optional)

### Instructions:

1. Set the oven's temperature to 375°F / 190°C. Place the pear slices on a small parchment-lined tray and brush lightly with ½ tsp olive oil. Roast in the oven for 12–15 minutes, until cooked through and lightly browned.
2. While the pear is roasting, rinse and gently dry the spinach. Place it in a large mixing bowl.
3. Using a small cup, whisk together lemon juice, olive oil, and grated ginger to make a light, liver-friendly dressing.
4. Once the pear is done, immediately add the warm slices to the spinach. Sprinkle over the lingonberries.
5. Drizzle with the dressing and toss gently until just combined. Serve slightly warm or at room temperature.

### Nutritional Value (Per Serving):

Calories 115 kcal | Fat 4.7 g | Saturated Fat 0.5 g |  
Carbohydrates 15.2 g | Fiber 3.6 g | Sugar 9.4 g |  
Protein 1.7 g | Omega-3 0 g | Cholesterol 0 mg |  
Sodium 18 mg

### Liver Health Tip:

Pears and spinach are both high in polyphenols and fiber. Lingonberries offer rare antioxidants that help reduce liver inflammation and oxidative stress.

## SHREDDED JERUSALEM ARTICHOKE WITH LEMON AND MINT

This raw salad brings out the crisp, nutty flavor of fresh Jerusalem artichoke, paired with bright lemon and cooling mint. It's rich in prebiotic fiber (inulin), supporting gut flora and liver detoxification.



Prep Time:  
10 min



Cook Time:  
0 min



Servings: 2

### Ingredients:

For the salad:

- 3.5 oz / 100 g fresh Jerusalem artichoke (topinambur), peeled and coarsely grated
- 1 tsp / 5 ml lemon juice (freshly squeezed)
- 1 tsp / 5 ml cold-pressed olive oil
- 1 tsp / 2 g fresh mint leaves, finely chopped

For optional garnish:

- ¼ tsp / 0.5 g lemon zest
- Extra mint leaves for serving

### Instructions:

1. Scrub and peel the Jerusalem artichoke just before preparing to prevent oxidation. Shred coarsely using either a box grater or a food processor.
2. Place the grated artichoke in a medium bowl and immediately drizzle with lemon juice. Toss to coat, which helps maintain its fresh color and adds a bright note.
3. Add olive oil and chopped mint. Toss everything gently until evenly combined.
4. Let the salad sit for 5 minutes to allow the flavors to meld.
5. Garnish with a touch of lemon zest or extra mint before serving. Serve fresh.

### Nutritional Value (Per Serving):

Calories 80 kcal | Fat 3.9 g | Saturated Fat 0.4 g |  
Carbohydrates 10.6 g | Fiber 3.1 g | Sugar 3.8 g |  
Protein 1.5 g | Omega-3 0 g | Cholesterol 0 mg | Sodium  
6 mg

### Liver Health Tip:

Raw Jerusalem artichoke is one of the best natural sources of inulin, which helps feed beneficial gut bacteria and reduce liver inflammation. Mint supports digestion and soothes the intestinal tract.

## STEAMED ZUCCHINI, ROASTED PEPPER, AND BASIL SALAD

*This colorful salad blends soft steamed zucchini with sweet roasted red pepper and fragrant fresh basil. It's gentle on digestion, naturally low in fat, and packed with antioxidants that support liver repair.*



Prep Time:  
10 min



Cook Time:  
15 min



Servings: 2

### Ingredients:

For the vegetables:

- 3.5 oz / 100 g zucchini, peeled and sliced into thin rounds
- 2.1 oz / 60 g red bell pepper, cut into strips
- 1 tsp / 5 ml cold-pressed olive oil

For the dressing:

- 1 tsp / 5 ml lemon juice
- ½ tsp / 2.5 ml cold-pressed olive oil
- 1 tsp / 2 g fresh basil, finely chopped
- Pinch of sea salt and white pepper, optional

### Instructions:

1. Set the oven's temperature to 375°F / 190°C. Place the bell pepper strips on a small baking tray lined with parchment paper. Lightly brush with ½ tsp olive oil. Roast for 12–15 minutes until the edges begin to char slightly and the flesh softens.
2. While the pepper roasts, prepare a steamer or a saucepan with a steaming basket. Add the zucchini slices and steam for 5–7 minutes until they are soft but not mushy. Remove from the steamer and let cool slightly.
3. Using a small bowl, whisk together the lemon juice, remaining olive oil, and finely chopped basil. Add a small pinch of sea salt and white pepper if desired.
4. In a shallow serving dish, gently combine the steamed zucchini and roasted pepper strips. Pour the dressing over the warm vegetables.
5. Toss the salad carefully so the soft vegetables remain intact. Let stand for 5 minutes to soak up the flavors, then serve either slightly warm or cooled.

### Nutritional Value (Per Serving):

Calories 105 kcal | Fat 5.2 g | Saturated Fat 0.6 g |  
Carbohydrates 11.3 g | Fiber 2.8 g | Sugar 5.4 g |  
Protein 2.2 g | Omega-3 0 g | Cholesterol 0 mg |  
Sodium 18 mg

### Liver Health Tip:

Roasted red pepper provides vitamin C and carotenoids that help neutralize oxidative stress in the liver. Steamed zucchini keeps the salad light and hydrating, while basil adds anti-inflammatory support.

## BEET-ORANGE-GINGER SALAD

This bright and juicy salad features naturally sweet beets, citrusy orange segments, and a hint of fresh ginger. It's packed with antioxidants, vitamin C, and digestive compounds that help cleanse and nourish the liver.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

- For the salad:
  - 3.5 oz / 100 g fresh beetroot, peeled and diced
  - 4.2 oz / 120 g orange, peeled and segmented
  - ½ tsp / 1 g freshly grated ginger
  - 1 tsp / 5 ml lemon juice
- For the dressing:
  - 1 tsp / 5 ml cold-pressed olive oil
  - ½ tsp / 2.5 ml orange juice (squeezed from segmented orange)
  - Pinch of sea salt, optional

### Instructions:

1. Begin by placing the peeled and diced beetroot into a small saucepan. Add enough filtered water to cover and bring to a gentle boil. Lower the heat and simmer for 15–20 minutes, or until the beet cubes are soft and easy to pierce with a fork. Drain and allow to cool slightly.
2. While the beets are cooking, peel the orange and separate the segments. Carefully remove any seeds and excess membrane. Set aside a teaspoon or so of juice from the orange for the dressing.
3. In a small cup, whisk together the lemon juice, reserved orange juice, olive oil, and grated ginger. Incorporate a small pinch of sea salt if desired.
4. In a serving bowl, combine the warm or room-temperature beets with the orange segments. Pour the dressing over the top and mix gently so the flavors blend without breaking the fruit.
5. Let the salad sit for 5–10 minutes before serving to allow the dressing to soak in. Garnish with chopped fresh herbs if using.

### Nutritional Value (Per Serving):

Calories 130 kcal | Fat 4.1 g | Saturated Fat 0.4 g |  
Carbohydrates 21.4 g | Fiber 3.5 g | Sugar 13.2 g |  
Protein 2.1 g | Omega-3 0 g | Cholesterol 0 mg | Sodium  
22 mg

### Liver Health Tip:

Beets enhance bile flow and naturally support phase 2 liver detox enzymes. Oranges and ginger combine to reduce inflammation and boost circulation, supporting liver repair.

## MASHED TURNIP WITH DILL AND LEMON ZEST SALAD

This warm salad features soft mashed turnip delicately flavored with lemon zest and fresh dill. It's low in calories, high in fiber, and soothing for the liver and digestive system.



Prep Time:  
10 min



Cook Time:  
15 min



Servings: 2

### Ingredients:

For the salad:

- 5.3 oz / 150 g turnip, peeled and chopped
- ½ tsp / 2.5 ml cold-pressed olive oil
- ½ tsp / 1 g fresh dill, finely chopped
- ¼ tsp / 0.5 g lemon zest (finely grated)
- 1 tsp / 5 ml lemon juice
- Pinch of sea salt, optional

### Instructions:

1. Place the chopped turnip in a small saucepan and cover with filtered water. Heat to a light boil, then turn down the heat and simmer for 12–15 minutes until the pieces are soft throughout.
2. Drain the turnip thoroughly and transfer it to a mixing bowl. Use a fork or potato masher to mash until smooth or leave slightly chunky if preferred.
3. Add the olive oil, lemon juice, lemon zest, and dill to the mashed turnip. Mix well to combine and season lightly with sea salt if desired.
4. Let the salad rest for a few minutes to absorb the flavors and serve warm or slightly cooled.
5. Optionally garnish with extra dill or zest before serving.

### Nutritional Value (Per Serving):

Calories 85 kcal | Fat 3.6 g | Saturated Fat 0.4 g |  
Carbohydrates 11.5 g | Fiber 2.9 g | Sugar 5.3 g |  
Protein 1.2 g | Omega-3 0 g | Cholesterol 0 mg |  
Sodium 14 mg

### Liver Health Tip:

Turnips contain compounds that help regulate bile and improve liver enzyme activity. Dill aids digestion and reduces gas, while lemon zest stimulates gentle liver detoxification.

## WARM FENNEL–APPLE–FLAXSEED SALAD

*This gentle warm salad blends soft fennel and sweet apple with a touch of lemon and ground flaxseed. It soothes digestion, calms inflammation, and delivers liver-friendly fiber and plant-based omega-3s.*



Prep Time:  
10 min



Cook Time:  
10 min



Servings: 2

### Ingredients:

For the salad:

- 2.1 oz / 60 g fennel bulb, thinly sliced
- 2.1 oz / 60 g sweet apple, peeled and finely chopped
- ½ tsp / 2.5 ml cold-pressed olive oil
- ½ tsp / 1 g ground golden flaxseed

For the dressing:

- 1 tsp / 5 ml lemon juice
- ¼ tsp / 0.5 g lemon zest (optional)
- Pinch of sea salt, optional

### Instructions:

1. Heat a small skillet over low heat and add the olive oil. Add the sliced fennel and sauté gently for 4–5 minutes, stirring intermittently, until it softens but retains a slight bite.
2. Stir in the chopped apple to the pan and continue to sauté for another 3–4 minutes until the apple becomes tender and slightly golden at the edges.
3. Remove the pan from the heat and allow the mixture to cool slightly for 1–2 minutes.
4. Whisk lemon juice and lemon zest together in a small bowl, adding sea salt to taste if preferred.
5. Transfer the warm fennel and apple mixture to a serving bowl. Drizzle with the lemon dressing and sprinkle the ground flaxseed evenly over the top.
6. Toss gently and serve while warm or at room temperature for best digestion.

### Nutritional Value (Per Serving):

Calories 105 kcal | Fat 4.2 g | Saturated Fat 0.4 g |  
Carbohydrates 14.8 g | Fiber 3.5 g | Sugar 7.3 g |  
Protein 1.4 g | Omega-3 1.2 g | Cholesterol 0 mg |  
Sodium 12 mg

### Liver Health Tip:

Fennel reduces bloating and supports liver enzyme balance. Apples provide pectin to bind toxins, and flaxseed delivers anti-inflammatory omega-3s that nourish liver cells and regulate cholesterol.

# GREEN BUCKWHEAT, CELERY, AND APPLE SALAD

This refreshing salad combines softly cooked green buckwheat with crisp celery and naturally sweet apple. Rich in fiber and plant-based antioxidants, it gently supports digestion and liver renewal.



Prep Time:  
10 min



Cook Time:  
10 min



Servings: 2

## Ingredients:

For the salad:

- 2.1 oz / 60 g raw green buckwheat, rinsed
- 6 fl oz / 180 ml filtered water
- 1.1 oz / 30 g celery stalk, finely chopped
- 2.1 oz / 60 g sweet apple (peeled), finely diced

For the dressing:

- 1 tsp / 5 ml lemon juice
- ½ tsp / 2.5 ml cold-pressed flaxseed or olive oil
- ¼ tsp / 0.5 g ground cinnamon (optional)

## Instructions:

1. Place the rinsed green buckwheat and water into a small saucepan. Bring to a gentle boil, reduce the heat, and simmer uncovered for 8–10 minutes, or until the grains are tender but not mushy. Drain if needed and let cool to room temperature.
2. While the buckwheat cools, finely chop the celery and peel and dice the apple. Use a sweet, low-acid variety for a milder flavor. Set aside.
3. Using a small cup, whisk together lemon juice, oil, and cinnamon if using. This simple dressing adds balance without overwhelming the ingredients.
4. In a medium bowl, combine the cooled buckwheat with the chopped celery and apple. Pour the dressing, then gently combine until everything is coated.
5. Let the salad sit for 5–10 minutes so the flavors can blend. Serve slightly chilled or at room temperature.

## Nutritional Value (Per Serving):

Calories 145 kcal | Fat 3.8 g | Saturated Fat 0.4 g |  
Carbohydrates 23.4 g | Fiber 3.4 g | Sugar 6.1 g |  
Protein 3.7 g | Omega-3 0.7 g (if flaxseed oil is used) |  
Cholesterol 0 mg | Sodium 9 mg

## Liver Health Tip:

Green buckwheat is a gluten-free grain rich in rutin and plant protein. Apples provide soluble fiber (pectin), which binds toxins in the gut, and celery helps stimulate gentle bile flow.

# SOUPS

## ROASTED TOMATO AND RED BELL PEPPER SOUP

This vibrant, slightly sweet soup combines roasted tomatoes and red bell peppers for a rich dose of antioxidants like lycopene and vitamin C — both supportive of liver health and immune balance.



Prep Time:  
10 min



Cook Time:  
25 min



Servings: 2

### Ingredients:

#### For roasting:

- 7 oz / 200 g ripe tomatoes, halved
- 3.5 oz / 100 g red bell pepper, deseeded and quartered
- 0.35 oz / 10 g white onion, roughly chopped
- 1 tsp / 5 ml cold-pressed olive oil

#### For the soup base:

- 6 fl oz / 180 ml filtered water or low-sodium vegetable broth
- ¼ tsp / 0.5 g smoked paprika (optional)
- ⅛ tsp / 0.3 g sea salt (optional)

#### For finishing:

- 1 tsp / 2 g chopped fresh basil or parsley (optional)
- 1 tsp / 5 ml unsweetened oat milk (optional)

### Instructions:

1. Set the oven's temperature to 400°F / 200°C. Place tomatoes, bell pepper, and onion on a baking tray. Drizzle with olive oil and toss gently.
2. Roast in the oven for 20–22 minutes until vegetables are soft and slightly caramelized at the edges.
3. Transfer the roasted vegetables to a blender. Add filtered water or broth, paprika, and salt if using.
4. Blend until smooth and creamy. Adjust consistency with more water if needed.
5. Pour into a saucepan and reheat gently over low heat.
6. Stir in oat milk for a smoother texture and garnish with fresh herbs before serving.

### Nutritional Value (Per Serving):

Calories 85 kcal | Fat 3.1 g | Saturated Fat 0.3 g |  
Carbohydrates 12.2 g | Fiber 3.4 g | Sugar 6.5 g |  
Protein 2.2 g | Omega-3 0 g | Cholesterol 0 mg |  
Sodium 60 mg

### Liver Health Tip:

Roasting enhances the antioxidant power of tomatoes, especially lycopene, while red bell peppers contribute vitamin C and flavor without overloading the liver.

## CAULIFLOWER AND PARSNIP CREAM SOUP

This smooth, velvety soup combines the mild nuttiness of cauliflower with the natural sweetness of parsnip. It's light, fiber-rich, and easy on the liver — perfect for a cleansing and comforting meal.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the soup base:

- 5.3 oz / 150 g cauliflower florets
- 3.5 oz / 100 g parsnip, peeled and chopped
- 1.8 oz / 50 g leek (white/light green part), sliced
- 1 tsp / 5 ml cold-pressed olive oil
- 12 fl oz / 360 ml filtered water or low-sodium vegetable broth
- ¼ tsp / 0.5 g ground white pepper (optional)

For finishing:

- 2 tsp / 10 ml unsweetened oat or almond milk (optional)
- 1 tsp / 2 g finely chopped parsley (optional)

### Instructions:

1. Heat the olive oil in a small pot over medium-low heat. Add the sliced leek and sauté gently for 3–4 minutes until soft and fragrant, without browning.
2. Add the cauliflower florets and chopped parsnip. Stir well to coat the vegetables in the oil and aromatics.
3. Pour in the filtered water or vegetable broth. Bring to a light simmer, cover, and cook for 15–18 minutes until the vegetables are completely tender.
4. Remove from heat and blend the soup using an immersion blender or transfer to a blender in batches until completely smooth.
5. Stir in the oat or almond milk if using, and season with white pepper. Reheat slightly if needed.
6. Plate warm and garnish with fresh parsley, if preferred.

### Nutritional Value (Per Serving):

Calories 120 kcal | Fat 3.8 g | Saturated Fat 0.4 g |  
Carbohydrates 18 g | Fiber 5.6 g | Sugar 5.2 g | Protein  
3.5 g | Omega-3 0.1 g | Cholesterol 0 mg | Sodium 45  
mg

### Liver Health Tip:

Cauliflower and parsnip are rich in sulfur compounds and antioxidants that support detoxification, while the low-fat base helps reduce liver stress.

## CELERY, ZUCCHINI, AND FENNEL VEGETABLE BROTH

This gentle, aromatic broth features fennel's subtle sweetness, celery's freshness, and tender zucchini for a mineral-rich, hydrating, and liver-soothing soup.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the broth:

- 2.5 oz / 70 g celery stalks, chopped
- 3.2 oz / 90 g zucchini, peeled and sliced
- 1.8 oz / 50 g fennel bulb, thinly sliced
- 0.35 oz / 10 g white onion, finely chopped
- 1 tsp / 5 ml cold-pressed olive oil
- 14 fl oz / 420 ml filtered water
- ¼ tsp / 0.5 g dried thyme or fennel seeds (optional)

For finishing:

- 1 tsp / 2 g chopped parsley or dill (optional)
- Pinch of sea salt, if needed

### Instructions:

1. In a small pot, heat the olive oil over low heat. Add chopped onion and sauté for 2–3 minutes until translucent and fragrant.
2. Add celery, zucchini, and fennel to the pot. Stir softly and cook for 2 more minutes to release aromas.
3. Pour in filtered water and add thyme or fennel seeds if using. Bring to a soft boil over medium heat.
4. Reduce the heat to low, cover, and let simmer for 15–18 minutes until vegetables are tender but not mushy.
5. Sample and add a pinch of sea salt if needed. Let the broth sit covered for a few minutes before serving.
6. Divide between bowls and garnish with chopped fresh herbs just before serving.

### Nutritional Value (Per Serving):

Calories 60 kcal | Fat 2.5 g | Saturated Fat 0.3 g | Carbohydrates 8.5 g | Fiber 2.2 g | Sugar 4.1 g | Protein 1.3 g | Omega-3 0 g | Cholesterol 0 mg | Sodium 35 mg

#### Liver Health Tip:

This light broth aids hydration and gently stimulates digestion. Fennel supports bile flow, while celery helps reduce inflammation and fluid retention.

## PUMPKIN–GINGER SOUP WITH TURMERIC

*This vibrant, creamy soup blends the sweetness of pumpkin with the warmth of ginger and anti-inflammatory turmeric. It's a soothing, liver-supportive bowl full of antioxidants and flavor.*



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the soup base:

- 6 oz / 170 g pumpkin, peeled and cubed
- 1 oz / 30 g white onion, chopped
- 0.5 oz / 15 g fresh ginger, peeled and sliced
- 1 tsp / 2 g ground turmeric or 0.5 oz / 15 g fresh turmeric, sliced
- 1 tsp / 5 ml cold-pressed olive oil
- 12 fl oz / 360 ml filtered water or low-sodium vegetable broth

For finishing:

- 2 tsp / 10 ml unsweetened oat or rice milk (optional)
- Pinch of ground black pepper (optional, enhances turmeric absorption)

### Instructions:

1. Using a medium saucepan, heat the olive oil over low heat. Add chopped onion and sauté for 3 minutes until soft and translucent.
2. Add the sliced ginger and turmeric, and cook for another minute to release their aroma.
3. Add the pumpkin cubes and pour in the filtered water or broth. Stir gently and bring to a boil.
4. Lower the heat, cover, and simmer for 15–18 minutes until the pumpkin is tender and fork-tender.
5. Remove from the heat and blend the soup until completely smooth using an immersion blender or a regular blender.
6. Stir in oat or rice milk if desired for a creamier texture, and add a small pinch of black pepper. Serve warm.

### Nutritional Value (Per Serving):

Calories 95 kcal | Fat 3.2 g | Saturated Fat 0.3 g | Carbohydrates 15.5 g | Fiber 3.8 g | Sugar 5.4 g | Protein 2.1 g | Omega-3 0 g | Cholesterol 0 mg | Sodium 40 mg

#### Liver Health Tip:

Pumpkin is rich in beta-carotene and fiber, while ginger and turmeric reduce liver inflammation and support detox pathways.

## BROCCOLI, GREEN PEA, AND PARSLEY SOUP

This bright green soup is packed with fiber, chlorophyll, and plant protein. It gently supports detoxification and provides antioxidant protection for the liver.



Prep Time:  
10 min



Cook Time:  
15 min



Servings: 2

### Ingredients:

For the soup base:

- 4.2 oz / 120 g broccoli florets
- 2.8 oz / 80 g green peas (fresh or frozen, unsalted)
- 0.7 oz / 20 g leek or white onion, chopped
- 1 tsp / 5 ml cold-pressed olive oil
- 10 fl oz / 300 ml filtered water or low-sodium vegetable broth

For blending:

- 0.5 oz / 15 g fresh parsley, chopped
- 2 tsp / 10 ml unsweetened oat or almond milk (optional)
- Pinch of sea salt and black pepper (optional)

### Instructions:

1. Heat olive oil in a small saucepan over medium heat. Add chopped leek or onion and sauté for 2–3 minutes until softened and translucent.
2. Add broccoli florets and green peas. Stir briefly, then pour in the filtered water or broth.
3. Bring to a gentle boil, then reduce heat and simmer covered for 10–12 minutes until vegetables are tender but still vibrant.
4. Remove from heat. Add fresh parsley and allow the soup to cool slightly.
5. Blend the mixture until completely smooth using an immersion or countertop blender. Stir in plant milk if desired for added creaminess.
6. Season with a pinch of sea salt and black pepper if needed, and serve warm.

### Nutritional Value (Per Serving):

Calories 100 kcal | Fat 3.5 g | Saturated Fat 0.3 g | Carbohydrates 13 g | Fiber 4.5 g | Sugar 3.5 g | Protein 4.6 g | Omega-3 0.1 g | Cholesterol 0 mg | Sodium 50 mg

### Liver Health Tip:

Broccoli and parsley support natural liver detox enzymes, while green peas add gentle plant protein and soluble fiber to ease digestion.

## SWEET POTATO AND SEAWEED SOUP

This unique, slightly sweet soup combines the comforting softness of sweet potato with the mineral-rich depth of seaweed. It gently supports liver detoxification and replenishes trace elements essential for recovery.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the soup base:

- 5.3 oz / 150 g sweet potato, peeled and diced
- 0.35 oz / 10 g dried wakame or dulse seaweed (unsalted)
- 0.35 oz / 10 g white onion, finely chopped
- 1 tsp / 5 ml cold-pressed olive oil
- 12 fl oz / 360 ml filtered water
- ¼ tsp / 0.5 g ground cumin (optional)

For finishing:

- 1 tsp / 2 g lemon juice (optional)
- 1 tsp / 2 g chopped fresh cilantro or parsley (optional)

### Instructions:

1. If using dried seaweed, place it in a small bowl and cover with lukewarm water to soak for 5–7 minutes, or until it expands and softens. Drain, rinse lightly, and set aside.
2. In a medium saucepan, heat the olive oil over low heat. Stir in the chopped onion and sauté for 3–4 minutes until translucent and aromatic.
3. Add the diced sweet potato and stir to coat in the oil and onion mixture. Cook for another 2 minutes to develop flavor.
4. Pour in the filtered water and bring to a gentle simmer. Put a lid on the pot and cook for about 12–14 minutes, until the sweet potato is soft throughout.
5. Add the soaked seaweed and cumin (if using). Simmer uncovered for 3–4 more minutes to allow the seaweed to infuse the broth.
6. Remove from heat and let cool slightly. Blend part of the soup for a semi-creamy texture, or leave it fully chunky depending on preference. Stir in lemon juice if desired and garnish with herbs before serving.

### Nutritional Value (Per Serving):

Calories 105 kcal | Fat 3.2 g | Saturated Fat 0.3 g |  
Carbohydrates 16.8 g | Fiber 3.1 g | Sugar 4.6 g |  
Protein 2.1 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 55 mg

### Liver Health Tip:

Seaweed is rich in iodine, magnesium, and antioxidants that support the liver's natural detox pathways. Sweet potato adds beta-carotene and fiber for gentle digestion.

## TURNIP, GREEN BEANS, AND DILL DETOX SOUP

*This light, cleansing soup features earthy turnip, tender green beans, and fragrant dill. Naturally low in fat and sodium, it gently supports liver detox and digestive ease.*



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the soup base:

- 4.2 oz / 120 g turnip, peeled and diced
- 3.5 oz / 100 g green beans, trimmed and chopped
- 0.7 oz / 20 g leek (white/light green part), thinly sliced
- 1 tsp / 5 ml cold-pressed olive oil
- 12 fl oz / 360 ml filtered water

For seasoning and finishing:

- 1 tsp / 2 g chopped fresh dill
- ¼ tsp / 0.5 g ground coriander (optional)
- Pinch of sea salt, if needed
- 1 tsp / 5 ml lemon juice (optional)

### Instructions:

1. Using a medium pot, heat olive oil over low heat. Add the sliced leek and sauté gently for 3–4 minutes, stirring intermittently, until soft and lightly fragrant.
2. Add diced turnip and chopped green beans. Stir to combine and cook for another 2 minutes to develop flavor.
3. Pour in the filtered water and bring to a gentle boil. Reduce heat to low, cover, and simmer for 15 minutes or until all vegetables are tender but not mushy.
4. Stir in ground coriander and fresh dill. Let the soup simmer uncovered for 2 more minutes to release its aroma.
5. Taste and add sea salt or lemon juice if desired. You may blend part of the soup for a smoother texture or leave it fully chunky.
6. Let the soup rest for a minute before serving to allow the flavors to settle.

### Nutritional Value (Per Serving):

Calories 70 kcal | Fat 2.8 g | Saturated Fat 0.3 g |  
Carbohydrates 10.5 g | Fiber 3.2 g | Sugar 3.1 g |  
Protein 2 g | Omega-3 0 g | Cholesterol 0 mg |  
Sodium 40 mg

### Liver Health Tip:

Turnip helps reduce inflammation and supports bile flow. Dill adds a gentle diuretic effect, while green beans offer fiber without taxing the liver.

## JERUSALEM ARTICHOKE–PARSNIP SOUP WITH LEMON

This creamy, earthy soup highlights the nutty flavor of Jerusalem artichokes paired with the mild sweetness of parsnip. Finished with a touch of lemon, it supports gentle digestion and liver cleansing.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the soup base:

- 4.2 oz / 120 g Jerusalem artichokes, scrubbed and chopped
- 3.2 oz / 90 g parsnip, peeled and diced
- 0.7 oz / 20 g leek (white/light green part), sliced
- 1 tsp / 5 ml cold-pressed olive oil
- 12 fl oz / 360 ml filtered water

For finishing:

- 1 tsp / 5 ml fresh lemon juice
- 1 tsp / 2 g chopped fresh parsley or thyme
- Pinch of sea salt, if needed
- 2 tsp / 10 ml unsweetened oat milk (optional)

### Instructions:

1. Using a saucepan, heat the olive oil over a low flame. Add sliced leek and sauté for 3–4 minutes, stirring frequently, until softened but not browned.
2. Add chopped Jerusalem artichokes and diced parsnip. Stir gently and let cook for 2 more minutes to release aroma.
3. Pour in the filtered water. Bring to a light boil on medium heat, then reduce to low, cover, and simmer for 15–18 minutes until the vegetables soften completely.
4. Remove from heat. Blend the soup until smooth and velvety using an immersion or countertop blender.
5. Stir in lemon juice, a pinch of salt if needed, and oat milk if using for added silkiness. Mix well and let warm for 1 more minute.
6. Serve hot, garnished with freshly chopped herbs just before serving.

### Nutritional Value (Per Serving):

Calories 110 kcal | Fat 3.4 g | Saturated Fat 0.3 g |  
Carbohydrates 17.5 g | Fiber 4.2 g | Sugar 5.1 g |  
Protein 2.4 g | Omega-3 0 g | Cholesterol 0 mg |  
Sodium 45 mg

### Liver Health Tip:

Jerusalem artichokes are rich in inulin, a prebiotic fiber that supports gut and liver health. Lemon juice enhances detox and improves bile flow for smoother digestion.

## LEEK AND CELERY ROOT CREAM SOUP

This gentle cream-style soup blends aromatic leek with earthy, velvety celery root. Naturally low in fat and rich in fiber, it's a comforting option that supports liver function and digestion.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the soup base:

- 4.2 oz / 120 g celery root (celeriac), peeled and diced
- 2.1 oz / 60 g leek (white/light green part), sliced
- 1 clove garlic, minced (optional)
- 1 tsp / 5 ml cold-pressed olive oil
- 12 fl oz / 360 ml filtered water

For finishing:

- 2 tsp / 10 ml unsweetened oat or almond milk (optional)
- Pinch of sea salt and white pepper, to taste
- 1 tsp / 2 g finely chopped fresh chives or dill

### Instructions:

1. Using a saucepan, warm the olive oil over low heat. Add the sliced leek and garlic (if using), and sauté gently for 3–4 minutes until fragrant and softened.
2. Add the diced celery root and stir to coat in the oil and aromatics. Cook for another 2 minutes, stirring intermittently.
3. Pour in the filtered water and bring to a gentle boil. Reduce heat to low, cover, and simmer for about 15–18 minutes, or until the celery root is tender.
4. Remove the pan from the heat. Puree the mixture using an immersion blender or in a regular blender until creamy and smooth.
5. Stir in the oat or almond milk, and season with sea salt and a pinch of white pepper. Heat gently for 1–2 more minutes if needed.
6. Serve hot, garnished with fresh herbs.

### Nutritional Value (Per Serving):

Calories 95 kcal | Fat 3.2 g | Saturated Fat 0.3 g |  
Carbohydrates 13.8 g | Fiber 3.9 g | Sugar 3.2 g |  
Protein 2 g | Omega-3 0 g | Cholesterol 0 mg |  
Sodium 50 mg

### Liver Health Tip:

Celery root is rich in antioxidants and dietary fiber, which support bile production and detox. Leek adds sulfur compounds that help cleanse the liver naturally.

## BEET-APPLE SOUP WITH FRESH DILL

*This vivid, naturally sweet soup combines earthy beetroot with juicy apple and fragrant dill. It's rich in liver-friendly antioxidants, fiber, and plant-based nutrients that support gentle detoxification.*



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

For the soup base:

- 3.5 oz / 100 g raw beetroot, peeled and diced
- 2.1 oz / 60 g apple (peeled and cored), chopped
- 0.7 oz / 20 g celery stalk, chopped
- 0.35 oz / 10 g white onion, chopped
- 1 tsp / 5 ml cold-pressed olive oil
- 12 fl oz / 360 ml filtered water

For finishing:

- 1 tsp / 2 g fresh dill, finely chopped
- 1 tsp / 5 ml lemon juice (optional)
- Pinch of sea salt and black pepper, to taste

### Instructions:

1. In a medium saucepan, heat olive oil over low heat. Add chopped onion and celery, and sauté for 3–4 minutes until soft and aromatic.
2. Add the diced beetroot and apple. Stir lightly and continue cooking for 2 minutes to let the flavors harmonize.
3. Pour in the filtered water. Bring to a gentle boil over medium heat, then reduce to low and simmer covered for 15–18 minutes, or until the beetroot is fork-tender.
4. Remove from heat. Let cool slightly, then blend the soup until completely smooth using an immersion or countertop blender.
5. Incorporate lemon juice and season with salt and pepper to your liking. Warm through gently if needed.
6. Serve hot or warm, garnished with fresh dill for a fragrant finish.

### Nutritional Value (Per Serving):

Calories 90 kcal | Fat 2.8 g | Saturated Fat 0.3 g |  
Carbohydrates 14.5 g | Fiber 3.7 g | Sugar 7.2 g |  
Protein 1.6 g | Omega-3 0 g | Cholesterol 0 mg |  
Sodium 40 mg

### Liver Health Tip:

Beets and apples are excellent for liver health, promoting bile flow and antioxidant defense. Fresh dill soothes digestion and adds gentle cleansing properties.

# SNACKS

## SPICED APPLE-OAT MINI BAKE

This tender, single-serve oat bake combines warm apple, cinnamon, and lemon into a naturally sweet and fiber-rich snack that's perfect for satisfying light hunger without stressing the liver.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

- 1.8 oz / 50 g rolled oats
- 2.1 oz / 60 g apple, peeled and finely chopped
- 1 egg white
- 4 fl oz / 120 ml unsweetened oat or almond milk
- ½ tsp / 1 g ground cinnamon
- ½ tsp / 2.5 ml lemon juice
- ¼ tsp / 0.5 g baking powder
- Pinch of sea salt (optional)

### Instructions:

1. Set the oven's temperature to 350°F / 175°C and lightly grease or line two ramekins or small oven-safe cups.
2. Using a mixing bowl, combine the oats, chopped apple, cinnamon, baking powder, and salt. Stir in the milk, egg white, and lemon juice. Mix until evenly blended.
3. Spoon the mixture into the two prepared ramekins, dividing it equally. Let sit for 5 minutes to thicken slightly.
4. Bake for 20 minutes, or until the tops are golden and a toothpick comes out clean. Cool briefly before serving warm or at room temperature.

### Nutritional Value (Per Serving):

Calories 180 kcal | Fat 3.4 g | Saturated Fat 0.4 g |  
Carbohydrates 28 g | Fiber 4.6 g | Sugar 6.1 g | Protein  
5.1 g | Omega-3 0.1 g | Cholesterol 0 mg  
Sodium 35 mg

### Liver Health Tip:

Oats and apples gently support liver function and blood sugar balance, while cinnamon helps regulate metabolism and inflammation.

## CRISPY QUINOA-CARROT BITES

These oven-baked savory bites feature freshly cooked quinoa and grated carrot, forming a soft yet crispy snack that's rich in fiber and plant protein. Ideal for supporting liver-friendly energy between meals.



Prep Time:  
10 min



Cook Time:  
30 min



Servings: 2

### Ingredients:

- 1.8 oz / 50 g dry quinoa, rinsed
- 4 fl oz / 120 ml water
- 1.8 oz / 50 g carrot, finely grated and squeezed dry
- 1.1 oz / 30 g rolled oats
- 1 egg white
- ½ tsp / 1 g ground cumin
- ¼ tsp / 0.5 g garlic powder (optional)
- Pinch of sea salt and black pepper (optional)

### Instructions:

1. Wash the quinoa well under running water, then put it in a small saucepan with 120 ml (4 fl oz) of water. Bring to a medium boil, reduce the heat to low, cover, and simmer for 12–15 minutes until the water is absorbed and the quinoa is soft and fluffy. Take off the heat and let it cool a little.
2. Meanwhile, set the oven's temperature to 375°F / 190°C and cover a baking tray with parchment paper.
3. Finely grate the carrot and squeeze out excess moisture using a clean cloth or paper towel. In a large bowl, combine the cooked quinoa, grated carrot, rolled oats, egg white, cumin, garlic powder, and a pinch of salt and pepper. Stir until the mixture is cohesive enough to hold when pressed.
4. Form small round or oval patties with clean hands and place them evenly on the baking tray.
5. Bake for 20–25 minutes, flipping them halfway through baking, until golden brown and slightly crisp on the outside. Let cool for a few minutes before serving.

### Nutritional Value (Per Serving):

Calories 185 kcal | Fat 3.9 g | Saturated Fat 0.5 g |  
Carbohydrates 26 g | Fiber 4.1 g | Sugar 2.5 g | Protein  
7.2 g | Omega-3 0.1 g | Cholesterol 0 mg | Sodium 58  
mg

### Liver Health Tip:

Freshly cooked quinoa and raw carrots deliver valuable fiber and antioxidants that support liver cleansing and help regulate metabolism.

## ROASTED PUMPKIN HUMMUS WITH TAHINI

This smooth and naturally sweet hummus uses roasted pumpkin instead of chickpeas, making it lighter and easier on the liver. It's rich in fiber, beta-carotene, and healthy fats.



Prep Time:  
10 min



Cook Time:  
25 min



Servings: 2

### Ingredients:

For the hummus:

- 4.2 oz / 120 g peeled pumpkin, cut into cubes
- 1 tbsp / 15 g tahini (sesame paste)
- ½ tsp / 2.5 ml lemon juice
- ½ tsp / 2.5 ml cold-pressed olive oil
- 1 small garlic clove, minced (optional)
- 1–2 tbsp / 15–30 ml water (to adjust consistency)
- Pinch of ground cumin (optional)
- Pinch of sea salt (optional)

For serving (optional):

- Raw veggie sticks (e.g., cucumber, bell pepper, celery)

### Instructions:

1. Set the oven's temperature to 375°F / 190°C. Spread the pumpkin cubes on a small baking tray lined with parchment paper. Roast for 25 minutes or until soft and slightly caramelized. Let cool.
2. Using a food processor or blender, combine the roasted pumpkin, tahini, lemon juice, olive oil, garlic (if using), cumin, and a small pinch of salt. Blend until smooth.
3. Add water gradually to reach a creamy, dip-like consistency. Blend again until fully combined and fluffy.
4. Serve immediately with raw veggie sticks or store in the fridge for up to 2 days.

### Nutritional Value (Per Serving):

Calories 160 kcal | Fat 10.2 g | Saturated Fat 1.3 g | Carbohydrates 13 g | Fiber 4.2 g | Sugar 4.1 g | Protein 3.4 g | Omega-3 0.1 g | Cholesterol 0 mg | Sodium 45 mg

### Liver Health Tip:

Pumpkin and tahini provide antioxidants, fiber, and healthy fats that help reduce liver fat and inflammation.

## AVOCADO-TOFU SPREAD WITH LIME

This creamy, zesty spread blends ripe avocado with soft tofu and lime juice for a light, protein-rich snack. It's easy to digest and packed with healthy fats and antioxidants.



Prep Time:  
10 min



Cook Time:  
0 min



Servings: 2

### Ingredients:

For the spread:

- 2.5 oz / 70 g ripe avocado, peeled and mashed
- 2.1 oz / 60 g soft (silken) tofu
- 1 tsp / 5 ml fresh lime juice
- ½ tsp / 1 g garlic powder (optional)
- Pinch of ground cumin (optional)
- Pinch of sea salt and black pepper (optional)

For serving (optional):

- 2 slices whole grain toast or 2–4 cucumber rounds

### Instructions:

1. Peel the avocado, remove the pit, and mash the flesh in a bowl using a fork until smooth.
2. Pat the tofu dry with a paper towel to remove excess moisture, then crumble it into the bowl with the mashed avocado.
3. Add the lime juice, garlic powder, cumin, and a small pinch of salt and pepper. Stir everything together until the texture is creamy and well combined.
4. Serve immediately as a spread on toast or a dip with raw vegetables. For a smoother version, blend briefly in a mini food processor. Keep leftovers covered in the fridge for up to one day.

### Nutritional Value (Per Serving):

Calories 175 kcal | Fat 13.4 g | Saturated Fat 1.9 g | Carbohydrates 6.2 g | Fiber 3.5 g | Sugar 0.6 g | Protein 5.2 g | Omega-3 0.2 g | Cholesterol 0 mg Sodium 36 mg

### Liver Health Tip:

Avocado supports bile flow and reduces liver fat, while tofu offers plant-based protein without cholesterol or added fats.

## OIL-FREE MINI FRITTATAS WITH BROCCOLI AND EGG WHITE

These soft, oven-baked mini frittatas are light yet satisfying, made with tender broccoli and fluffy egg whites. A high-protein snack that's gentle on digestion and liver-friendly.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

- 3.5 oz / 100 g broccoli florets
- large egg whites
- 1.1 oz / 30 g white onion, finely chopped
- 1 tbsp / 2 g fresh parsley or dill, chopped
- ¼ tsp / 0.5 g ground turmeric (optional)
- Pinch of sea salt and black pepper (optional)

### Instructions:

1. Set the oven's temperature to 350°F / 175°C. Lightly grease or line a mini muffin tray or silicone molds.
2. Finely chop the broccoli and steam it for 2–3 minutes until just tender. Drain and let cool slightly.
3. Using a bowl, whisk together the egg whites, chopped onion, herbs, turmeric, salt, and pepper. Stir in the steamed broccoli.
4. Divide the mixture evenly between 4 mini muffin cups and bake for 15–20 minutes until puffed and set. Let cool just enough to remove from the mold easily, then serve.

### Nutritional Value (Per Serving):

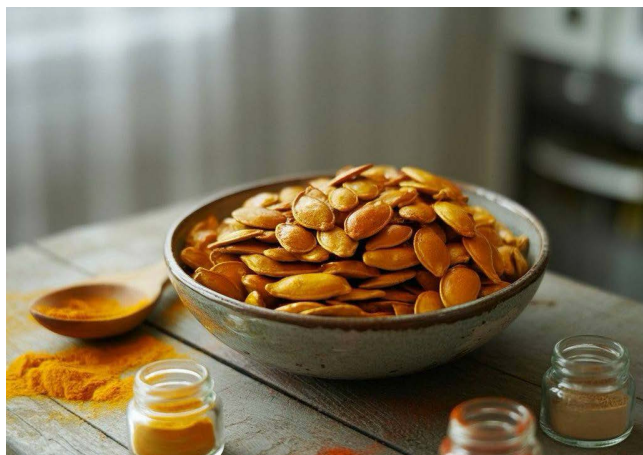
Calories 105 kcal | Fat 2.4 g | Saturated Fat 0.4 g | Carbohydrates 4.5 g | Fiber 1.6 g | Sugar 1.5 g | Protein 14.3 g | Omega-3 0.1 g | Cholesterol 0 mg | Sodium 95 mg

### Liver Health Tip:

Egg whites provide clean, cholesterol-free protein, while broccoli supports liver enzyme activity and natural detoxification.

## BAKED PUMPKIN SEEDS WITH TURMERIC AND PAPRIKA

These crunchy roasted seeds are lightly spiced and rich in zinc, magnesium, and healthy fats. They make a flavorful, anti-inflammatory snack to support liver repair.



Prep Time:  
5 min



Cook Time:  
15 min



Servings: 2

### Ingredients:

- 1.1 oz / 30 g raw pumpkin seeds (shelled)
- ½ tsp / 1 g ground turmeric
- ¼ tsp / 0.5 g sweet paprika
- ½ tsp / 2.5 ml lemon juice
- Pinch of sea salt (optional)
- Splash of water for coating

### Instructions:

1. Set the oven's temperature to 325°F / 160°C. Line a baking sheet with parchment paper.
2. In a small bowl, mix the pumpkin seeds with turmeric, paprika, lemon juice, a pinch of salt, and just enough water to help the spices stick. Stir well to coat evenly.
3. Arrange the seeds in a single layer on the baking sheet. Bake for 12–15 minutes, stirring once halfway through, until dry and lightly golden.
4. Let the seeds cool completely. Store in an airtight container for up to 5 days and enjoy a small handful at a time.

### Nutritional Value (Per Serving):

Calories 160 kcal | Fat 13.4 g | Saturated Fat 2.2 g |  
Carbohydrates 4.3 g | Fiber 2.1 g | Sugar 0.5 g |  
Protein 6.8 g | Omega-3 0.1 g | Cholesterol 0 mg |  
Sodium 18 mg

### Liver Health Tip:

Pumpkin seeds contain anti-inflammatory nutrients and healthy fats, while turmeric and paprika promote liver detox and bile flow.

## CUCUMBER CUPS WITH CHICKPEA-HERB FILLING

These refreshing, bite-sized cucumber snacks are filled with a creamy chickpea spread. Low in calories and high in fiber, they make a clean and cooling option for liver-friendly snacking.



Prep Time:  
15 min



Cook Time:  
0 min



Servings: 2

### Ingredients:

For the cucumber cups:

- 4.2 oz / 120 g cucumber, cut into thick slices
- ½ tsp / 2.5 ml lemon juice
- Pinch of sea salt (optional)

For the filling:

- 1.4 oz / 40 g dry chickpeas
- 6 fl oz / 180 ml water (for boiling)
- ½ tsp / 2.5 ml olive oil
- 1 tbsp / 3 g chopped parsley or dill
- ½ tsp / 1 g garlic powder (optional)

### Instructions:

1. Place the dried chickpeas in cold water to soak overnight. After soaking, drain and rinse, then add to a small pot with fresh water. Bring to a boil, lower the heat, and simmer for 40–50 minutes until soft. Drain and cool before using.
2. Peel the cucumber partially if desired. Slice into thick rounds and use a melon baller or small spoon to scoop out the center, creating small cups. Don't scoop all the way through.
3. Mash the cooked chickpeas in a bowl with olive oil, lemon juice, herbs, and garlic powder. Season lightly with salt if needed and mix until creamy but slightly textured.
4. Fill each cucumber cup with the chickpea mixture using a small spoon or piping bag. Chill briefly or serve immediately.

### Nutritional Value (Per Serving):

Calories 140 kcal | Fat 4.9 g | Saturated Fat 0.6 g | Carbohydrates 17 g | Fiber 4.5 g | Sugar 2.3 g | Protein 5.7 g | Omega-3 0.1 g | Cholesterol 0 mg | Sodium 20 mg

### Liver Health Tip:

Cucumber hydrates and cools the system, while chickpeas provide plant-based protein and fiber to reduce liver fat and inflammation.

## OAT-BEET MINI BITES WITH HERBS

These soft, oven-baked mini bites feature naturally sweet beetroot, hearty oats, and fresh herbs. A gentle, earthy snack that delivers fiber, antioxidants, and satisfying texture.



Prep Time:  
5 min



Cook Time:  
25 min



Servings: 2

### Ingredients:

- 1.8 oz / 50 g raw beetroot, peeled and grated
- 1.8 oz / 50 g rolled oats
- 1 egg white
- 1 tbsp / 3 g chopped fresh parsley or dill
- ½ tsp / 1 g ground coriander or cumin (optional)
- Pinch of sea salt and black pepper (optional)

### Instructions:

1. Set the oven's temperature to 375°F / 190°C. Cover a small baking tray with parchment paper.
2. In a bowl, combine the grated beetroot, oats, egg white, herbs, and spices. Mix until the ingredients are evenly combined and the mixture holds its shape when pressed. Let it rest for 5 minutes.
3. With damp hands, form the mixture into small bite-sized patties and arrange them on the baking tray.
4. Bake for 20–25 minutes, turning once midway, until the bites are set and lightly golden on the outside. Let cool slightly before serving.

### Nutritional Value (Per Serving):

Calories 165 kcal | Fat 3.7 g | Saturated Fat 0.4 g | Carbohydrates 24 g | Fiber 4.2 g | Sugar 5.4 g | Protein 5.5 g | Omega-3 0.1 g | Cholesterol 0 mg | Sodium 48 mg

### Liver Health Tip:

Beets contain betalains that help protect liver cells, while oats and herbs provide anti-inflammatory fiber and gentle detox support.

## SAVORY OAT-CARROT CRACKERS

These crisp, oven-baked crackers are made from oats, grated carrot, and herbs. They're perfect as a savory, high-fiber snack that's easy on the liver and ideal for dipping or on their own.



Prep Time:  
10 min



Cook Time:  
25 min



Servings: 2

### Ingredients:

- 1.8 oz / 50 g rolled oats
- 1.4 oz / 40 g carrot, finely grated and squeezed dry
- ½ tsp / 1 g ground flaxseed
- 2 tbsp / 30 ml warm water
- ½ tsp / 1 g dried oregano or thyme
- Pinch of sea salt and black pepper (optional)

### Instructions:

1. Set the oven's temperature to 350°F / 175°C and cover a flat baking sheet with parchment paper.
2. In a bowl, combine the grated carrot, oats, flaxseed, herbs, salt, and pepper. Add the warm water and stir until a soft, sticky dough forms. Let rest for 5 minutes.
3. Position the dough between two sheets of parchment paper and roll it out evenly to about ⅛ inch thickness. Peel off the top sheet and score the surface into small cracker-sized squares with a knife.
4. Bake for 20–25 minutes or until firm and golden. Let cool fully, then break into individual crackers. Store in an airtight container for up to 3 days.

### Nutritional Value (Per Serving):

Calories 170 kcal | Fat 3.6 g | Saturated Fat 0.4 g | Carbohydrates 25 g | Fiber 4.3 g | Sugar 2.1 g | Protein 4.1 g | Omega-3 0.2 g | Cholesterol 0 mg | Sodium 18 mg

### Liver Health Tip:

These crackers deliver fiber and plant nutrients without added fat or sugar, helping regulate digestion and reduce liver load.

## QUINOA-APPLE MINI SQUARES (BAKED)

These mildly sweet squares combine cooked quinoa, grated apple, and cinnamon into a tender, protein-rich snack with a dessert-like feel — great warm or cold.



Prep Time:  
10 min



Cook Time:  
25 min



Servings: 2

### Ingredients:

- 1.8 oz / 50 g dry quinoa, rinsed
- 4.2 oz / 120 ml water
- 2.1 oz / 60 g apple, peeled and finely grated
- 1 egg white
- ½ tsp / 1 g ground cinnamon
- ½ tsp / 2.5 ml lemon juice
- Pinch of sea salt (optional)

### Instructions:

1. Place the rinsed quinoa and water in a small saucepan. Bring to a boil, then reduce heat to low and simmer covered for 12–15 minutes until tender and water is absorbed. Let it cool for 5 minutes.
2. Set the oven's temperature to 350°F / 175°C and cover a small square baking dish with parchment paper.
3. Using a bowl, combine the cooked quinoa, grated apple, egg white, cinnamon, lemon juice, and a pinch of salt. Mix until fully combined.
4. Evenly distribute the mixture in the baking dish, smoothing the surface, then bake for 20–25 minutes until firm and golden on top. Cool, then cut into small squares and serve.

### Nutritional Value (Per Serving):

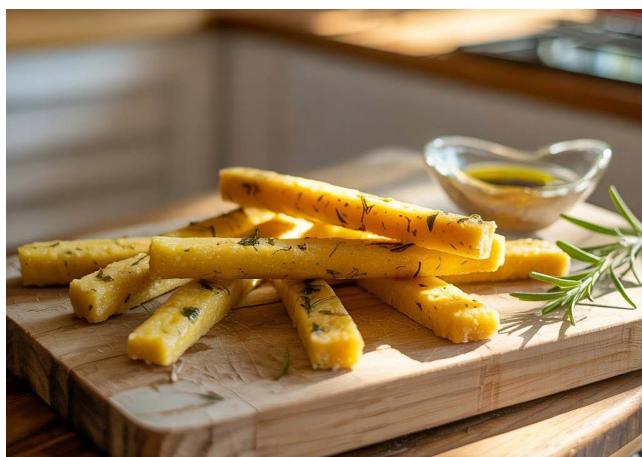
Calories 180 kcal | Fat 3.2 g | Saturated Fat 0.4 g | Carbohydrates 28 g | Fiber 4.7 g | Sugar 6.4 g | Protein 6.1 g | Omega-3 0.1 g | Cholesterol 0 mg | Sodium 28 mg

### Liver Health Tip:

These quinoa–apple mini squares are gentle on the liver, combining fiber-rich apple, antioxidant-packed cinnamon, and clean plant protein for a light, detox-supportive snack.

## SOFT POLENTA STICKS WITH HERBS

*These soft-baked polenta sticks are simple, warm, and comforting. Made without oil or cheese, they're gentle on digestion and ideal for a savory, liver-supportive snack.*



Prep Time:  
10 min



Cook Time: 20 min  
Chill Time: 20 min



Servings: 2

### Ingredients:

- 1.8 oz / 50 g fine cornmeal (polenta)
- 8.5 fl oz / 250 ml water
- ½ tsp / 1 g dried oregano or thyme
- ¼ tsp / 0.5 g garlic powder (optional)
- Pinch of sea salt and black pepper (optional)

### Instructions:

1. Bring water to a boil in a small saucepan. Slowly add the cornmeal while whisking continuously to avoid lumps. Reduce the heat and simmer for 8–10 minutes, stirring regularly until it thickens.
2. Add herbs, garlic powder, salt, and pepper, and mix well.
3. Spread the hot polenta mixture into a small parchment-lined container (about 1 inch thick). Smooth the top and chill in the fridge for at least 20 minutes until firm.
4. Preheat oven to 375°F / 190°C. Cut chilled polenta into sticks and place on a lined baking tray. Bake for 10–12 minutes until warm and set. Serve plain or with a dip.

### Nutritional Value (Per Serving):

Calories 120 kcal | Fat 1.2 g | Saturated Fat 0.1 g | Carbohydrates 24 g | Fiber 2.1 g | Sugar 0.3 g | Protein 2.3 g | Omega-3 0 g | Cholesterol 0 mg | Sodium 16 mg

### Liver Health Tip:

Cornmeal provides gentle complex carbs without sugar or fat, while herbs offer mild detox and anti-inflammatory support.

# SELF-CARE TREATS (DESSERTS & DRINKS)

## PEAR PURÉE WITH CINNAMON AND CRUSHED WALNUTS

This soft and naturally sweet snack is easy to digest and rich in liver-friendly fiber, antioxidants, and healthy fats. Perfect for when you want something gentle and soothing.



Prep Time:  
5 min



Cook Time:  
10 min



Servings: 2

### Ingredients:

For the purée:

- 5.3 oz / 150 g ripe pear, peeled, cored, and chopped
- 1 tsp / 2 g ground cinnamon
- 2 tbsp / 30 ml water
- ½ tsp / 2.5 ml lemon juice

For the topping:

- 0.35 oz / 10 g crushed walnuts

### Instructions:

1. Place the chopped pear, water, and lemon juice into a small saucepan. Cover and simmer over low heat for 8–10 minutes, or until the pear is soft and beginning to break down.
2. Take off the heat and mash the pear with a fork for a chunkier texture, or briefly blend if you prefer it smoother.
3. Stir in ground cinnamon while still warm and mix well to distribute the flavor.
4. Divide into small bowls and sprinkle each portion with crushed walnuts. Serve slightly warm or cooled.

### Nutritional Value (Per Serving):

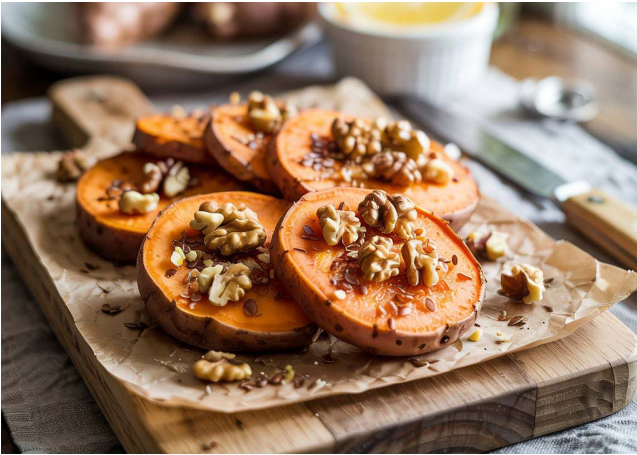
Calories 160 kcal | Fat 6.7 g | Saturated Fat 0.6 g |  
Carbohydrates 24 g | Fiber 4.2 g | Sugar 15.1 g (natural) |  
Protein 2.1 g | Omega-3 0.4 g | Cholesterol 0 mg |  
Sodium 2 mg

### Liver Health Tip:

Pears are hydrating and rich in soluble fiber, while walnuts provide healthy fats that help reduce liver fat and inflammation.

# BAKED SWEET POTATO SLICES WITH NUT CRUMBLE

These naturally sweet, oven-baked sweet potato rounds are topped with a crunchy mix of nuts for a fiber-rich, satisfying snack that supports liver function and keeps energy stable.



Prep Time:  
10 min



Cook Time:  
25 min



Servings: 2

## Ingredients:

For the base:

- 4.2 oz / 120 g sweet potato, peeled and sliced into 1/4-inch rounds

- 1/2 tsp / 2.5 ml cold-pressed olive oil (optional)

- Pinch of ground cinnamon (optional)

For the topping:

- 0.35 oz / 10 g chopped walnuts or almonds

- 1/2 tsp / 2.5 ml lemon juice

- 1/4 tsp / 0.5 g ground flaxseed (optional)

## Instructions:

1. Set the oven's temperature to 375°F / 190°C. Line a baking sheet with parchment paper. If using, lightly coat the sweet potato slices with a bit of olive oil and sprinkle with cinnamon to taste.
2. Spread the slices out in a single layer on the tray. Bake for 20–25 minutes, turning them once halfway through, until the edges turn golden and the centers are soft.
3. Meanwhile, in a small bowl, combine chopped nuts with lemon juice and ground flaxseed, mixing well to form a slightly crumbly texture.
4. Remove the sweet potatoes from the oven, let cool slightly, and top each slice with the nut mixture. Serve warm or at room temperature.

## Nutritional Value (Per Serving):

Calories 195 kcal | Fat 8.1 g | Saturated Fat 0.7 g |  
Carbohydrates 27 g | Fiber 4.6 g | Sugar 5.2 g | Protein  
3.5 g | Omega-3 0.3 g | Cholesterol 0 mg | Sodium 12  
mg

## Liver Health Tip:

Sweet potatoes help stabilize blood sugar and reduce oxidative stress, while nuts and flax support anti-inflammatory liver repair.

## OVEN-DRIED PEAR CHIPS WITH CINNAMON

These naturally sweet pear chips are thinly sliced and slowly baked until crisp. With no added sugar or oil, they make a light and liver-friendly alternative to packaged snacks.



Prep Time:  
10 min



Cook Time:  
90 min



Servings: 2

### Ingredients:

- 3.5 oz / 100 g ripe but firm pear, thinly sliced (with peel)
- ¼ tsp / 0.5 g ground cinnamon
- ½ tsp / 2.5 ml lemon juice

### Instructions:

1. Set the oven's temperature to 250°F / 120°C and cover a baking tray with parchment paper.
2. Thinly slice the pear using a sharp knife or mandolin (no thicker than ⅛ inch). Place slices in a bowl and toss gently with lemon juice and cinnamon.
3. Lay the slices out in a single, even layer on the baking tray, ensuring they don't touch or overlap.
4. Bake for 75–90 minutes, flipping once halfway through, until the chips are dry and slightly golden. Let cool completely — they will crisp up more as they cool.

### Nutritional Value (Per Serving):

Calories 85 kcal | Fat 0.3 g | Saturated Fat 0 g |  
Carbohydrates 22 g | Fiber 3.2 g | Sugar 15.8 g  
| Protein 0.6 g | Omega-3 0 g | Cholesterol 0 mg |  
Sodium 1 mg

### Liver Health Tip:

Pears provide gentle fiber and antioxidants that support digestion and liver cell protection without spiking blood sugar.

## BANANA-OAT COOKIES WITH WALNUTS (NO SUGAR, NO OIL)

These soft, naturally sweet cookies are made with just banana, oats, and walnuts — perfect for a quick snack that satisfies without overloading the liver.



Prep Time:  
10 min



Cook Time:  
20 min



Servings: 2

### Ingredients:

- 2.1 oz / 60 g ripe banana, mashed
- 1.8 oz / 50 g rolled oats
- 0.35 oz / 10 g chopped walnuts
- ½ tsp / 1 g ground cinnamon
- ¼ tsp / 0.5 g baking powder (optional)

### Instructions:

1. Set the oven's temperature to 350°F / 175°C and line a small baking tray with parchment paper.
2. In a mixing bowl, mash the banana until smooth. Stir in the oats, chopped walnuts, cinnamon, and baking powder (if using). Mix well to combine.
3. Allow the mixture to rest for 5 minutes so the oats absorb some moisture. Shape the dough into 4 small cookies and place them on the baking tray.
4. Bake for 18–20 minutes until lightly golden and firm on the outside. Let cool before serving.

### Nutritional Value (Per Serving):

Calories 175 kcal | Fat 6.4 g | Saturated Fat 0.5 g |  
Carbohydrates 25 g | Fiber 3.9 g | Sugar 6.2 g (natural) |  
Protein 3.4 g | Omega-3 0.3 g | Cholesterol 0 mg |  
Sodium 2 mg

### Liver Health Tip:

These cookies use only whole-food ingredients to deliver natural sweetness, fiber, and omega-3-rich walnuts for liver repair.

## BAKED QUINCE HALVES WITH DATE PASTE AND ROSE WATER

*This elegant fruit-based dessert features tender baked quince infused with delicate rose water and filled with a naturally sweet date purée. It's aromatic, comforting, and perfect for liver-friendly evenings.*



Prep Time:  
10 min



Cook Time:  
40 min



Servings: 2

### Ingredients:

For the baked quince:

- 6 oz / 170 g quince, peeled, halved, and cored
- 4 fl oz / 120 ml water
- ½ tsp / 2.5 ml rose water
- ½ tsp / 2.5 ml lemon juice

For the filling:

- 0.7 oz / 20 g soft pitted dates, soaked in warm water for 5 min
- 1 tbsp / 15 ml soaking water
- ¼ tsp / 0.5 g ground cinnamon (optional)

### Instructions:

1. Set the oven's temperature to 350°F / 175°C. Place quince halves cut-side up in a small baking dish. Pour in the water, lemon juice, and rose water. Cover tightly with foil.
2. Bake for 35–40 minutes, or until the quince is soft and lightly golden. Remove from oven and let cool slightly.
3. Meanwhile, blend the soaked dates with the soaking water and cinnamon (if using) into a thick, smooth paste.
4. Spoon the date paste into the center of each quince half. Serve warm or at room temperature with a drizzle of remaining baking liquid if desired.

### Nutritional Value (Per Serving):

Calories 140 kcal | Fat 0.3 g | Saturated Fat 0 g |  
Carbohydrates 36 g | Fiber 4.9 g | Sugar 29 g (natural) |  
Protein 0.7 g | Omega-3 0 g | Cholesterol 0 mg | Sodium  
3 mg

### Liver Health Tip:

Quince soothes digestion and adds gentle fiber, while dates and rose water create a naturally sweet, fragrant finish without refined sugar.

## CHILLED COCONUT-CHIA JELLY CUPS

This light and creamy snack combines the cooling texture of jelly with the nutritional power of chia seeds and coconut milk — perfect for gentle nourishment and liver support.



Prep Time:  
10 min



Cook Time: 0 min  
Chill Time: 2 hours



Servings: 2

### Ingredients:

For the jelly:

- 6.8 fl oz / 200 ml light unsweetened coconut milk
- 1 tbsp / 10 g whole chia seeds
- ½ tsp / 2.5 ml vanilla extract (optional)
- ½ tsp / 2.5 ml lemon juice
- Pinch of ground cinnamon (optional)

For topping (optional):

- 0.35 oz / 10 g chopped fresh fruit (e.g., kiwi or pear)

### Instructions:

1. Using a medium bowl, stir together the coconut milk, chia seeds, vanilla extract, lemon juice, and cinnamon. Stir well to ensure the seeds don't clump.
2. Let the mixture sit for 10 minutes at room temperature, then stir again to evenly distribute the chia.
3. Transfer to two small cups or bowls, cover, and place in the fridge for at least 2 hours or overnight until thickened.
4. Before serving, top with finely chopped fresh fruit if desired. Serve chilled with a spoon.

### Nutritional Value (Per Serving):

Calories 160 kcal | Fat 11.2 g | Saturated Fat 7.8 g |  
Carbohydrates 8 g | Fiber 5.6 g | Sugar 1.2 g | Protein  
3.2 g | Omega-3 2.3 g | Cholesterol 0 mg | Sodium 9 mg

### Liver Health Tip:

Coconut milk and chia offer healthy fats and fiber that stabilize blood sugar and reduce inflammation — two key factors in fatty liver recovery.

## SILKEN TOFU-VANILLA CREAM WITH BAKED PLUM SWIRL

This light and creamy plant-based dessert blends silken tofu and vanilla with a gently baked plum purée for a naturally sweet, protein-rich treat that's easy on the liver.



Prep Time:  
10 min



Cook Time: 15 min  
Chill Time: 30 min



Servings: 2

### Ingredients:

For the cream:

- 4.2 oz / 120 g silken tofu
- ½ tsp / 2.5 ml natural vanilla extract
- 1 tsp / 5 ml lemon juice
- ½ tsp / 2 g date paste (optional)

For the plum swirl:

- 3.2 oz / 90 g ripe plums, pitted and chopped
- 1 tsp / 5 ml water
- ¼ tsp / 0.5 g ground cinnamon

### Instructions:

1. Set the oven's temperature to 350°F / 175°C. Place chopped plums in a small baking dish with water and cinnamon. Cover with foil and bake for 15 minutes until soft and juicy. Let cool slightly.
2. In a blender, combine silken tofu, vanilla, lemon juice, and date paste (if using). Blend until very smooth and creamy.
3. Spoon the tofu cream into two small serving glasses or bowls. Add small dollops of the baked plum and gently swirl with a toothpick or spoon to create a marbled effect.
4. Refrigerate for at least 30 minutes before serving chilled.

### Nutritional Value (Per Serving):

Calories 110 kcal | Fat 4.5 g | Saturated Fat 0.7 g | Carbohydrates 11 g | Fiber 1.6 g | Sugar 7.2 g | Protein 6.2 g | Omega-3 0 g | Cholesterol 0 mg | Sodium 4 mg

### Liver Health Tip:

Silken tofu is a light plant protein, while plums offer antioxidants and natural sweetness without overloading the liver.

## CHILLED CARROT-COCONUT MOUSSE WITH ORANGE ZEST

*This airy mousse blends softly cooked carrots with coconut milk and a hint of orange zest. A naturally sweet, refreshing dessert that feels indulgent while supporting liver health.*



Prep Time:  
15 min



Cook Time: 15 min  
Chill Time: 60 min



Servings: 2

### Ingredients:

- 3.5 oz / 100 g carrot, peeled and chopped
- 4 fl oz / 120 ml light unsweetened coconut milk
- ½ tsp / 1 g finely grated orange zest
- ½ tsp / 2.5 ml lemon juice
- ½ tsp / 2 g date paste or soft blended date (optional)
- ½ tsp / 1 g agar-agar powder or gelatin alternative (optional, for firmer set)

### Instructions:

1. Steam the chopped carrot until very soft, about 10–12 minutes. Let it cool slightly, then blend with coconut milk, orange zest, lemon juice, and date paste until silky smooth.
2. If using agar-agar, dissolve it in a tablespoon of hot water and stir it into the carrot mixture. Blend again to combine.
3. Pour the mixture into two small serving glasses or bowls. Flatten the tops and refrigerate for at least 1 hour until chilled and partially set.
4. Serve cold, optionally garnished with a small pinch of extra zest or a mint leaf.

### Nutritional Value (Per Serving):

Calories 125 kcal | Fat 8.2 g | Saturated Fat 6.1 g | Carbohydrates 10 g | Fiber 2.3 g | Sugar 4.7 g | Protein 1.5 g | Omega-3 0 g | Cholesterol 0 mg | Sodium 8 mg

### Liver Health Tip:

Carrots and citrus provide liver-supportive antioxidants and beta-carotene, while coconut milk adds satisfying healthy fats without burdening digestion.

## MILLET-BANANA CREAM WITH CRUSHED HAZELNUTS

This smooth and cooling dessert blends soft-cooked millet with ripe banana into a naturally sweet cream, topped with a hint of crushed hazelnuts for texture and flavor depth.



Prep Time:  
10 min



Cook Time: 20 min  
Chill Time: 30 min



Servings: 2

### Ingredients:

For the cream:

- 1.8 oz / 50 g dry millet, rinsed
- 6 fl oz / 180 ml water
- 2.1 oz / 60 g ripe banana, mashed
- ½ tsp / 2.5 ml lemon juice
- ¼ tsp / 0.5 g ground cinnamon (optional)

For topping:

- 0.2 oz / 5 g crushed hazelnuts (optional)

### Instructions:

1. Rinse millet thoroughly and place in a small saucepan with water. Bring to a boil, then reduce heat and simmer covered for 15–20 minutes until soft and water is fully absorbed. Let cool for 5 minutes.
2. In a blender or food processor, combine the cooked millet, mashed banana, lemon juice, and cinnamon (if using). Blend until completely smooth and creamy.
3. Spoon the cream into two small serving glasses or bowls. Sprinkle a few crushed hazelnuts on top for garnish.
4. Refrigerate for 30 minutes before serving chilled.

### Nutritional Value (Per Serving):

Calories 150 kcal | Fat 3.2 g | Saturated Fat 0.4 g |  
Carbohydrates 27 g | Fiber 2.8 g | Sugar 6.3 g | Protein  
3.5 g | Omega-3 0 g | Cholesterol 0 mg | Sodium 2 mg

### Liver Health Tip:

Millet and banana provide gentle complex carbs and potassium, while hazelnuts in moderation add healthy fats to support liver membrane repair.

## NO-BAKE OAT & FRUIT ENERGY BALLS

These naturally sweet, chewy energy balls are made from oats, dried fruit, and nuts — without any added sugar or baking. A perfect grab-and-go snack with fiber and healthy fats to support liver metabolism.



Prep Time:  
15 min



Cook Time:  
0 min



Servings: 2

### Ingredients:

- 1.4 oz / 40 g rolled oats
- 0.7 oz / 20 g soft dried figs or dates, chopped
- 0.7 oz / 20 g ground almonds
- 1.1 oz / 30 g ripe banana, mashed
- ½ tsp / 1 g ground cinnamon
- ½ tsp / 2.5 ml lemon juice
- 1 tsp / 5 g ground flaxseed (optional)

### Instructions:

1. Using a mixing bowl, combine the oats, ground almonds, cinnamon, and ground flaxseed. Stir well to evenly distribute the dry ingredients.
2. In a separate small bowl, mash the banana and mix it with chopped figs or dates and lemon juice until sticky.
3. Pour the wet mixture into the dry ingredients and mix thoroughly with a spoon or your hands until a thick dough forms. Let it sit for 5 minutes to firm up.
4. Shape the mixture into 6 small balls using slightly damp hands. Store in the refrigerator for at least 20 minutes before serving. Keep refrigerated and consume within 2 days.

### Nutritional Value (Per Serving):

Calories 190 kcal | Fat 6.2 g | Saturated Fat 0.5 g |  
Carbohydrates 27 g | Fiber 4.8 g | Sugar 10.1 g (natural) |  
Protein 4.1 g | Omega-3 0.6 g | Cholesterol 0 mg |  
Sodium 4 mg

### Liver Health Tip:

These bites provide natural energy and fiber to support liver detox and reduce sugar cravings without spiking insulin.

## DANDELION ROOT & MINT DETOX BREW

*This earthy herbal tea blends roasted dandelion root with fresh mint for a mildly bitter yet refreshing infusion that supports liver detox and digestion.*



Prep Time:  
5 min



Cook Time: 10 min  
Steep Time: 5 min



Servings: 2

### Ingredients:

- 0.14 oz / 4 g dried roasted dandelion root
- 0.07 oz / 2 g fresh mint leaves (≈ 6–8 leaves)
- 1 thin slice lemon (optional)
- 12 fl oz / 360 ml filtered water

### Instructions:

1. Bring the water to a boil in a small saucepan. Add the dandelion root and simmer gently for 8–10 minutes to extract its bitterness and benefits.
2. Remove from the heat and add the mint leaves and lemon slice. Cover and steep for another 5 minutes.
3. Strain into two mugs and serve warm. You can reheat gently later or drink cooled.

### Nutritional Value (Per Serving):

Calories 3 kcal | Fat 0 g | Saturated Fat 0 g |  
Carbohydrates 0.6 g | Fiber 0 g | Sugar 0 g |  
Protein 0.1 g | Omega-3 0 g | Cholesterol 0 mg | Sodium  
2 mg

### Liver Health Tip:

Dandelion root gently stimulates bile production and liver detoxification, while mint adds soothing effects for the stomach and gallbladder.

## CINNAMON-LICORICE ROOT INFUSION WITH CLOVE

This warming herbal tea combines sweet licorice root, cinnamon, and clove to gently support liver function, reduce inflammation, and satisfy sweet cravings without sugar.



Prep Time:  
5 min



Cook Time: 5 min  
Steep Time: 10 min



Servings: 2

### Ingredients:

- 0.1 oz / 3 g dried licorice root
- 0.07 oz / 2 g cinnamon
- 3–4 whole cloves
- 12 fl oz / 360 ml filtered water

### Instructions:

1. Bring the water to a gentle boil in a small pot. Add the licorice root, cinnamon stick, and cloves.
2. Cover and reduce heat to a simmer. Steep over low heat for 10 minutes.
3. Strain the infusion into cups and serve warm. Optionally, let it cool and serve at room temperature for a smoother taste.

### Nutritional Value (Per Serving):

Calories 4 kcal | Fat 0 g | Saturated Fat 0 g |  
Carbohydrates 0.8 g | Fiber 0 g | Sugar 0 g |  
Protein 0 g | Omega-3 0 g | Cholesterol 0 mg |  
Sodium 1 mg

### Liver Health Tip:

Licorice root and cinnamon have proven anti-inflammatory and antioxidant properties that help protect liver cells and balance metabolism.

## TURMERIC-LEMONGRASS WARM TONIC WITH GINGER

This aromatic tonic blends anti-inflammatory turmeric with fresh lemongrass and ginger, offering a warming and cleansing drink that supports liver detox and digestion.



Prep Time:  
5 min



Cook Time: 10 min  
Steep Time: 5 min



Servings: 2

### Ingredients:

- 0.2 oz / 5 g fresh ginger, sliced
- 0.2 oz / 5 g fresh lemongrass, crushed
- ¼ tsp / 0.5 g ground turmeric or 1 thin slice fresh turmeric
- ⅛ tsp / 0.2 g black pepper (to enhance turmeric absorption)
- 12 fl oz / 360 ml filtered water
- ½ tsp / 2.5 ml lemon juice (optional)

### Instructions:

1. In a small pot, combine water, ginger, lemongrass, turmeric, and black pepper. Bring to a gentle boil, then reduce heat and simmer for 8–10 minutes.
2. Turn off the heat, cover, and let steep for another 5 minutes.
3. Strain into cups. Add lemon juice if desired. Serve warm and sip slowly.

### Nutritional Value (Per Serving):

Calories 5 kcal | Fat 0 g | Saturated Fat 0 g |  
Carbohydrates 1 g | Fiber 0.1 g | Sugar 0 g |  
Protein 0.1 g | Omega-3 0 g | Cholesterol 0 mg | Sodium  
2 mg

### Liver Health Tip:

Turmeric and ginger reduce liver inflammation and improve bile flow, while lemongrass gently supports detox pathways.

## NETTLE–LEMON ZEST TEA WITH FRESH DILL

*This vibrant tea blends detoxifying nettle with bright lemon zest and the subtle herbal notes of fresh dill. It's a refreshing way to support liver and kidney function.*



Prep Time:  
5 min



Cook Time: 0 min  
Steep Time: 10 min



Servings: 2

### Ingredients:

- 0.07 oz / 2 g dried nettle leaves (or 1 small handful fresh)
- ¼ tsp / 0.5 g finely grated lemon zest
- 1 tsp / 1 g chopped fresh dill
- 12 fl oz / 360 ml filtered hot water

### Instructions:

1. Place nettle leaves, lemon zest, and fresh dill in a teapot or heatproof jar. Pour hot (not boiling) water over the herbs.
2. Cover and steep for 10 minutes to allow full infusion.
3. Strain into mugs and serve warm. For a light citrus twist, a few drops of lemon juice may be added just before serving.

### Nutritional Value (Per Serving):

Calories 3 kcal | Fat 0 g | Saturated Fat 0 g |  
Carbohydrates 0.5 g | Fiber 0 g | Sugar 0 g |  
Protein 0.2 g | Omega-3 0 g | Cholesterol 0 mg | Sodium  
1 mg

### Liver Health Tip:

Nettle supports natural detoxification, while dill and lemon zest aid bile secretion and gently refresh the digestive system.

## THYME–LINDEN BLOSSOM DIGESTIVE TEA

This gentle floral tea combines thyme and linden blossoms for a calming effect on the digestive tract and liver. Its soothing, mildly sweet aroma makes it ideal after meals or before bed.



Prep Time:  
5 min



Cook Time: 0 min  
Steep Time: 10 min



Servings: 2

### Ingredients:

- 0.07 oz / 2 g dried thyme (or a few fresh sprigs)
- 0.07 oz / 2 g dried linden blossoms
- 0.1 oz / 3 g piece lemon peel
- 12 fl oz / 360 ml hot water

### Instructions:

1. In a teapot or infuser, combine thyme, linden blossoms, and lemon peel, then pour hot water that's not boiling over them.
2. Cover and let steep for 10 minutes, allowing the flavors to blend and the essential oils to release.
3. Strain into mugs and serve warm. Best enjoyed slowly in a calm setting.

### Nutritional Value (Per Serving):

Calories 2 kcal | Fat 0 g | Saturated Fat 0 g |  
Carbohydrates 0.4 g | Fiber 0 g | Sugar 0 g | Protein 0 g |  
Omega-3 0 g | Cholesterol 0 mg | Sodium 1 mg

### Liver Health Tip:

Linden blossoms gently calm the nervous system and reduce stress-related liver strain, while thyme aids bile flow and gut balance.

## LEMON BALM & FENNEL LIVER SOOTHING TEA

This calming herbal tea combines lemon balm and fennel for a gentle digestive and liver-soothing effect. Lightly aromatic, it's perfect for sipping after meals or as an evening ritual.



Prep Time:  
10 min



Cook Time: 5 min  
Steep Time: 10 min



Servings: 2

### Ingredients:

- 0.07 oz / 2 g dried lemon balm leaves (or a small handful fresh)
- 0.07 oz / 2 g dried fennel seeds
- 0.2 oz / 5 g slice fresh ginger
- 12 fl oz / 360 ml filtered water
- ½ tsp / 2.5 ml lemon juice (optional)

### Instructions:

1. Bring the water to a gentle boil in a small pot. Add the lemon balm, fennel seeds, and sliced ginger. Take off the heat, cover, and let it steep for 10 minutes.
2. Strain the tea into two cups. Add lemon juice if desired for a refreshing acidity and extra liver support.
3. Serve warm. This tea can also be cooled and stored in the fridge for up to 24 hours.

### Nutritional Value (Per Serving):

Calories 2 kcal | Fat 0 g | Saturated Fat 0 g |  
Carbohydrates 0.4 g | Fiber 0 g | Sugar 0 g | Protein 0 g |  
Omega-3 0 g | Cholesterol 0 mg | Sodium 1 mg

### Liver Health Tip:

Lemon balm calms inflammation and supports bile flow, while fennel aids digestion and reduces liver burden after meals.

## CUCUMBER–BASIL COLD INFUSION WITH LIME ZEST

*This crisp and revitalizing drink combines hydrating cucumber with fragrant basil and lime zest. It's a perfect cooling infusion that gently supports liver and digestive function.*



Prep Time:  
5 min



Infusion Time:  
30 min



Servings: 2

### Ingredients:

- 1.8 oz / 50 g fresh cucumber, thinly sliced
- 4–6 fresh basil leaves
- ¼ tsp / 0.5 g finely grated lime zest
- 10 fl oz / 300 ml cold filtered water
- 1 tsp / 5 ml lime juice (optional)

### Instructions:

1. Place sliced cucumber, basil leaves, and lime zest in a glass jug or jar. Add cold filtered water and stir gently.
2. Cover and refrigerate for at least 30 minutes to allow the flavors to infuse. For a stronger taste, infuse up to 2 hours.
3. Strain into serving glasses. Incorporate a few drops of lime juice for extra brightness, if desired.
4. Serve cold, optionally garnished with a basil leaf or cucumber ribbon.

### Nutritional Value (Per Serving):

Calories 4 kcal | Fat 0 g | Saturated Fat 0 g |  
Carbohydrates 0.9 g | Fiber 0.1 g | Sugar 0.4 g | Protein  
0.1 g | Omega-3 0 g | Cholesterol 0 mg | Sodium 2 mg

### Liver Health Tip:

Cucumber hydrates and cools the liver, basil supports natural detox, and lime enhances bile release and digestive comfort.

## APPLE SKIN & CINNAMON ICED TEA WITH BAY LEAF

This subtly sweet, spice-kissed iced tea uses apple peels, warming cinnamon, and aromatic bay leaf for a gentle, liver-supportive infusion with a nostalgic flavor twist.



Prep Time:  
5 min



Cook Time: 10 min  
Chill Time: 30 min



Servings: 2

### Ingredients:

- 0.5 oz / 15 g fresh apple peels (from 1 apple)
- 0.07 oz / 2 g cinnamon stick
- 1 dried bay leaf
- 10 fl oz / 300 ml filtered water
- ½ tsp / 2.5 ml lemon juice (optional)

### Instructions:

1. Place apple peels, cinnamon stick, and bay leaf in a small saucepan. Pour in water and heat until it reaches a gentle boil.
2. Reduce heat and simmer for 8–10 minutes to allow the flavors to infuse. Remove from heat and let steep covered for 5 more minutes.
3. Strain the liquid, let it cool to room temperature, then refrigerate for at least 30 minutes.
4. Serve over ice, with an extra apple slice or cinnamon stick if desired.

### Nutritional Value (Per Serving):

Calories 5 kcal | Fat 0 g | Saturated Fat 0 g |  
Carbohydrates 1.1 g | Fiber 0 g | Sugar 0.5 g |  
Protein 0 g | Omega-3 0 g | Cholesterol 0 mg | Sodium  
1 mg

### Liver Health Tip:

Apple skins offer antioxidant quercetin, while cinnamon and bay leaf support metabolic and anti-inflammatory processes beneficial to liver health.

## STEWED PEACH-LEMON PEEL TISANE

This naturally sweet tisane combines soft stewed peach and fragrant lemon peel, creating a refreshing, liver-supportive drink that's perfect served chilled or at room temperature.



Prep Time:  
5 min



Cook Time: 10 min  
Chill Time: 20 min



Servings: 2

### Ingredients:

- 2.8 oz / 80 g ripe peach, peeled and chopped
- 1 strip lemon peel
- 8.5 fl oz / 250 ml filtered water
- ½ tsp / 2.5 ml lemon juice (optional)

### Instructions:

1. Place the chopped peach and lemon peel in a small saucepan with filtered water. Bring to a gentle simmer over low heat and cook for 8–10 minutes until the peach softens and flavors combine.
2. Remove from the heat and let it cool slightly. Strain the liquid into a jar or bottle and gently press the peach to release more flavor.
3. Add lemon juice if desired for brightness. Refrigerate for at least 20 minutes before serving.
4. Serve chilled with a thin peach slice or mint leaf if desired.

### Nutritional Value (Per Serving):

Calories 16 kcal | Fat 0 g | Saturated Fat 0 g | Carbohydrates 4 g | Fiber 0.4 g | Sugar 3.4 g | Protein 0.2 g | Omega-3 0 g | Cholesterol 0 mg | Sodium 1 mg

#### Liver Health Tip:

Peach and lemon offer gentle hydration and antioxidants to ease liver stress and support bile flow, especially when consumed between meals.

## CARROT–GINGER–CITRUS HERBAL COOLER

*This vibrant, lightly sweet drink blends boiled carrot with fresh ginger and citrus for a cooling, vitamin-rich tonic that supports digestion and natural liver detox.*



Prep Time:  
5 min



Cook Time: 10 min  
Chill Time: 30 min



Servings: 2

### Ingredients:

- 2.1 oz / 60 g carrot, peeled and chopped
- 0.2 oz / 5 g fresh ginger, sliced
- 0.05 oz / 1.5 g orange peel
- ½ tsp / 2.5 ml lemon juice
- 10 fl oz / 300 ml filtered water

### Instructions:

1. Place chopped carrot, ginger slices, and orange peel in a small pot with filtered water. Heat to boiling point, then gently simmer for 10 minutes until the carrot is tender and flavors are well combined.
2. Strain the liquid through a fine sieve, pressing gently to extract flavor. Let cool to room temperature, then add lemon juice and refrigerate for at least 30 minutes.
3. Serve chilled, optionally with a twist of orange peel or mint leaf on top.

### Nutritional Value (Per Serving):

Calories 12 kcal | Fat 0 g | Saturated Fat 0 g | Carbohydrates 2.8 g | Fiber 0.3 g | Sugar 1.6 g | Protein 0.2 g | Omega-3 0 g | Cholesterol 0 mg | Sodium 3 mg

#### Liver Health Tip:

Carrots and citrus deliver antioxidants and vitamin C, while ginger gently stimulates digestion and reduces inflammation affecting the liver.

# 30-DAY MEAL PLAN AND SHOPPING LIST

This 30-day meal plan is designed to help you feel energized, nourished, and supported — no matter how busy life gets. Based on clean, plant-focused principles, each day offers meals that are gentle on the liver, naturally anti-inflammatory, and easy to digest.

You'll enjoy balanced recipes for breakfast, lunch, and dinner — along with optional snacks and drinks — all built around liver-friendly ingredients like leafy greens, root vegetables, low-glycemic fruits, whole grains, and healing herbs. Every dish is made to deliver real nourishment with minimal preparation, usually in 30 minutes or less.

The plan is not only about what to eat, but also how to eat with intention: calmly, consistently, and in harmony with your body's natural rhythm. It supports liver function, stabilizes energy, and helps reduce the burden of processed, fatty, or overly complex meals. There are no gimmicks — just real food that works with your body, not against it.

Whether you're managing a full schedule, cooking for a household, or simply trying to feel better day by day, this plan offers you structure with room to breathe. It brings variety without overwhelm, and simplicity without sacrificing flavor or nutrition.

From creamy vegetable soups to nourishing grain bowls and refreshing herbal drinks, each recipe is crafted to help you restore balance, reduce liver stress, and feel more in control of your health — one meal at a time.

Before beginning, be sure to consult your healthcare provider, especially if you're taking medications or managing a medical condition. This plan is meant to guide and support — not replace — professional medical care.

Over the next 30 days, you'll learn that healing your liver doesn't require complicated steps or restrictive rules. With just a bit of time each day, you can build sustainable habits, fuel your body wisely, and take powerful steps toward lasting wellness.

Inside, you'll find a QR code that gives you instant access to a complete 30-day meal plan and ready-made shopping lists. Just download them to your phone, and you'll always have a convenient guide for the store. This isn't just a book—it's your personal assistant on the path to a healthy liver.



# CONCLUSION

As you reach the end of this cookbook, I want to take a moment to acknowledge the important step you've taken toward better liver health. Changing how we eat and care for ourselves is never easy, but it is one of the most powerful ways to support healing and long-term wellness.

Throughout this book, you have discovered the impact that nourishing, balanced meals can have on your fatty liver condition. You've learned which foods to embrace, which to avoid, and how to create satisfying dishes that fuel your body without compromising taste.

In the pages that follow, I invite you to reflect on your journey so far and to find encouragement for the path ahead. This conclusion is designed to help you solidify the knowledge gained, stay motivated, and feel confident in making lasting changes that will benefit your liver — and your life — for years to come.

## ***Taking Action: Small Steps for Big Change***

Beginning a journey toward better liver health can sometimes feel overwhelming. When faced with a lot of information and changes to make, it's easy to feel stuck or unsure where to start. The most important thing to remember is that change doesn't happen all at once — it starts with a single step.

Take a moment to acknowledge your courage in deciding to improve your health. Then, focus on what you can do today, right now. Maybe it's trying one new recipe from this book or swapping out a processed snack for a fresh, wholesome option. Even small changes like adding an extra serving of vegetables to your meals or drinking more water contribute to your liver's healing process.

Celebrate these small wins as the foundation of a bigger transformation. Each step forward builds momentum and confidence. By starting gently and gradually, you create a sustainable path toward lasting health improvements rather than overwhelming yourself with drastic changes.

Remember, every journey begins with a first step — and by choosing to take it, you're already moving in the right direction.

## ***Building Lasting Healthy Habits***

Healthy changes become truly effective when they turn into habits — automatic, effortless parts of your daily routine. Building these habits requires intentional effort, patience, and consistent practice. Here are some practical steps to help you establish and maintain lasting healthy habits that support your liver:

- **Plan Your Meals Weekly:** Dedicate time each week to select recipes, create a shopping list, and prepare a flexible meal plan. This reduces last-minute decisions and encourages balanced eating.
- **Prep Ingredients in Advance:** Wash, chop, or cook staple ingredients like vegetables, grains, or proteins ahead of time. Store them in clear containers to make meal assembly quick and easy.
- **Keep Healthy Snacks Accessible:** Stock your kitchen with liver-friendly snacks such as fresh fruit, unsalted nuts (in moderation), or homemade energy bites. Having these on hand reduces the temptation for processed foods.
- **Set Reminders to Stay Hydrated:** Use phone alarms or apps to prompt you to drink water regularly throughout the day — hydration is essential for liver function.
- **Create a Support System:** Share your goals with family or friends. Cooking together or discussing your progress can boost motivation and accountability.
- **Use Visual Cues and Tools:** Place sticky notes or habit trackers in visible spots to remind yourself of your healthy routines, such as “Drink a glass of water” or “Add vegetables to lunch.”
- **Be Kind to Yourself:** Expect that setbacks will happen. Instead of dwelling on mistakes, focus on returning to your habits with a positive mindset.

By incorporating these strategies, you'll gradually turn healthy choices into natural behaviors that support your liver and overall health every day.

## ***Integrating the Diet into Everyday Life***

Adopting a liver-friendly diet can feel challenging when faced with busy schedules, social events, or travel. However, with a few practical strategies, you can make healthy eating a natural and flexible part of your everyday life — without stress or restriction.

And the best part? **This book is designed for everyone**, no matter your dietary background, medical history, or preferences. Whether you're managing **diabetes, low blood pressure, high cholesterol**, following a **vegetarian or gluten-free diet**, or simply aiming to eat better, the recipes are built to be adaptable, nourishing, and inclusive.

Here's how to make the most of this flexible approach:

- **Batch Cook and Freeze Meals**

Prepare larger portions of your favorite recipes and freeze individual servings. This ensures you always have nourishing meals ready, especially on hectic days or when cooking feels overwhelming.

- **Customize Recipes to Fit Your Needs**

Every recipe in this book is flexible. You can modify ingredients to fit your personal health goals, taste preferences, or dietary restrictions — and still keep the dish liver-friendly.

For example:

- Swap banana or cornmeal for oats or pumpkin if managing diabetes
- Replace fish or eggs with tofu, tempeh, or legumes for a plant-based diet
- Add potassium-rich foods like beets or sweet potatoes if you have low blood pressure
- Use egg whites or plant proteins instead of yolks or fatty fish for high cholesterol
- Choose gluten-free grains like millet, quinoa, or buckwheat if you're gluten-sensitive

You can also omit ingredients like garlic, nuts, or seeds if you have sensitivities — this won't compromise the core benefits of the dish.

- **Pack Your Own Meals and Snacks**

When heading to work, school, or social events, bring homemade dishes or snacks from this cookbook. This helps you avoid fast food and keeps you aligned with your health goals — without feeling deprived.

- **Practice Mindful Eating**

Slow down during meals, savor each bite, and pay attention to your body's hunger and fullness cues. This supports better digestion, helps balance blood sugar, and prevents overeating.

- **Be Flexible with Meal Timing**

You don't need to follow strict schedules. Eat when you're hungry, rest when you need it. Consistency matters more than rigidity — and tuning into your body's signals leads to long-term success.

By applying these strategies — and knowing that the recipes in this book can be tailored to **any lifestyle or health need** — you'll find it much easier to maintain liver-supportive habits. Flexibility, enjoyment, and self-awareness are the keys to making this way of eating sustainable, empowering, and truly yours.

## ***Finding Balance: Nourishment and Enjoyment***

Healing your liver is not about strict restrictions or giving up the pleasure of eating. True success comes from finding a balance between nourishing your body and enjoying your meals. When food feels pleasurable and satisfying, it's easier to sustain healthy habits over the long term.

Aim to include a variety of flavors, textures, and colors in your meals. Experiment with herbs, spices, and gentle cooking methods to enhance taste without adding unhealthy fats or excess sodium. Allow yourself occasional treats that fit within your dietary guidelines — this kindness towards yourself supports both your physical health and emotional well-being.

Listening to your body's signals of hunger and fullness helps prevent overeating and promotes mindful eating. When you enjoy your food and eat with awareness, digestion improves, and your relationship with food becomes more positive. Balancing nourishment and enjoyment creates a sustainable lifestyle where caring for your liver is integrated with pleasure and satisfaction.

## **Next Steps and Additional Support**

Your journey toward better liver health is ongoing, and having a clear plan and support system will help you maintain progress and thrive long-term. Here are some practical next steps to keep your momentum going:

- **Create and Customize Your Meal Plans:** Use the recipes and ideas you've learned to build weekly meal plans that fit your tastes and lifestyle. Adjust portions and ingredients to keep meals enjoyable and nourishing.
- **Keep a Food and Symptom Journal:** Track what you eat, how you feel, and any symptoms that arise. This helps you and your healthcare providers understand what works best for your body.
- **Consult Healthcare Professionals:** Stay connected with your doctor, dietitian, or nutritionist for regular check-ups and personalized advice tailored to your unique needs.
- **Build a Support Network:** Share your goals with friends or family who can encourage you. Consider joining support groups or online communities focused on liver health for motivation and shared experiences.
- **Set Realistic Goals:** Define small, achievable targets like increasing vegetable intake or trying a new recipe weekly. Celebrate your milestones to stay motivated.
- **Incorporate Physical Activity:** Alongside your diet, engage in appropriate exercise as recommended by your healthcare provider to support liver function and overall well-being.
- **Continue Learning:** Stay informed about liver health and nutrition through trusted sources, workshops, or experts to empower yourself further.

By following these steps and utilizing available resources, you'll strengthen your commitment to a healthy lifestyle that supports your liver and enhances your quality of life.

Choosing to prioritize your liver health is a powerful and courageous decision. The path ahead may have challenges, but every positive choice you make moves you closer to greater well-being and vitality.

Remember that change is a process, not a destination. There may be setbacks, but they don't define your journey. Instead, see them as opportunities to learn and grow stronger. Celebrate your progress, no matter how small it seems, and maintain faith in your ability to create lasting change.

**You are not alone** — many have walked this path and found success through persistence and self-care. Keep your goals in mind, be patient with yourself, and continue taking steps forward. Your commitment to healing will reward you with improved health and a better quality of life.

I want to sincerely thank you for choosing this book as your companion on the journey toward better liver health. Your commitment to learning and caring for yourself is truly inspiring.

This guide was created with the hope of providing clear, practical support to help you make positive changes and feel empowered along the way. Knowing that it has been part of your path brings me great joy.

Remember that the most important relationship you have is with yourself. By prioritizing your well-being and embracing the changes you've made, you are investing in a healthier, happier future.

Thank you again for trusting this guide — may it continue to support and encourage you as you move forward.

# THANKS FOR THE JOURNEY!

## **Congratulations! You've completed your 28-day journey with**

But this isn't the end — it's the beginning of a new, more conscious lifestyle where you choose to take care of yourself at every meal. Following a structured meal plan is already a meaningful step toward stabilizing your blood sugar and improving your overall health. If you're looking for more flexibility or variety, explore additional companion catalogs and plan extensions related to this book. These may include alternative meals, adaptive plans, or focused themes to support your ongoing journey. All such resources are published on Iris Kennedy's official Amazon author page.

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— Iris Kennedy

