

Liver Detox Eating Plan



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Liver Detox Shopping List

Fruits & Veggies

- Alfalfa sprouts
- Artichokes
- Asparagus
- Avocado
- Bamboo shoots
- Beans
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cilantro
- Collard Greens
- Cucumbers
- Dill
- Eggplant
- Escarole
- Garlic
- Ginger root
- Kale
- Leeks
- Lettuce
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Peas
- Peppers (all)
- Pickles (w/out sugar)
- Radishes
- Salsa (w/out sugar)
- Sauerkraut
- Seaweed
- Spinach
- Squash
- String beans
- Sugar snap peas
- Swiss chard
- Tomatoes
- Turnip greens
- Turnips
- Water Chestnuts
- Zucchini
- *Apples
- *Apricots
- *Berries (all)
- *Cherries (tart red)
- *Grapefruit
- *Grapes (red & purple)
- *Kiwis
- *Lemons/limes
- *Melons
- *Nectarines
- *Oranges
- *Peaches
- *Persimmons
- *Pineapples (very small amount)
- *Plums
- *Tomatoes

Note: eat only 1/3 cup of fruit for every cup of vegetables; all should be organic

****Paradise Proteins & Greens or other plant based protein with at least 15 grams of protein/serving*

Milk, Juices & Beverages

- Canned coconut milk
- Apple Cider Vinegar
- Unsweetened Organic Cranberry Juice
- Coconut water
- Spring Water
- Lemon Juice
- Kombucha
- Kevita

Nuts & Seeds (1/4 cup max per day)

- Almonds
 - Cashews
 - Hazelnuts
 - Hummus
 - Pecans
 - Pine nuts
 - Pistachios
 - Pumpkin seeds
 - Sesame seeds
 - Sunflower seeds
 - Walnuts
- Note: should be sprouted or germinated

Fats/Oils

- Coconut
- Flaxseed
- Macadamia
- Extra Virgin Olive
- Grapeseed
- Avocado

Spices/Herbs

- Caraway seeds
- Cayenne
- Cinnamon
- Dill
- Mint
- Nutmeg
- Oregano
- Paprika
- Parsley
- Ground Pepper
- Sea Salt
- Stevia
- Turmeric
- Vanilla

Starches/Fiber

- Sweet potato (3x's week)
- Chia seeds
- Flax seeds
- Beans
- Lentils

NO:

- Corn
- Gluten/Wheat
- Sugar
- Dairy Products
- Processed Foods
- Soy
- Meat

Sample Eating Menu

(Liver Detox Eating Plan)

Morning Meal (sunrise meal) 30 -60 minutes upon rising

Breakfast Smoothie approximately 1 hour after sunrise meal

Blend the following:

1-2 scoop of protein powder (Clearvite, Paradise Protein & Greens, PGX Satisfast Vegan Protein)

6-8 ounces of coconut milk

4 ounces of coconut water

1-3 cups of organic greens like kale or spinach

1 celery stalk

¼ cup of organic berries

1 tablespoon of olive oil or coconut oil

dash of sea salt

½ to 1 cup of ice cubes

Other goodies to add-vanilla, cinnamon, stevia, unsweetened coconut flakes, cocoa powder

Lunch Meal

Prepare a large salad and a hearty veggie soup with beans and veggies. Add oil and vinegar to your salad with sprouted seeds or avocado.

Dinner Meal

Prepare a healthy salad, raw soup or cooked bean/lentil soup. A sweet potato drizzled with coconut oil and cinnamon. (sweet potatoes-no more than 3 a week)

Snacks

Fried eggplant in coconut oil

Steamed broccoli with coconut oil/olive oil and dash of sea salt

Celery with raw nut butter

Slightly cooked cauliflower with turmeric

Mushrooms sautéed in coconut oil, olive oil

Apples dipped in nut butter

Pickles & olives

Cut vegetables dipped in guacamole or salsa

Cabbage cooked with garlic, onion and sea salt

Cucumber with lemon and sea salt

Spaghetti squash with tomato sauce

Fermented vegetables & fruit (sauerkraut, kimchi, curtido, beet kvass, coconut kefir, kombucha)

Beverages & Other Super foods

Bone Broth Soup

Cranberry Cocktail (6-8 ounces water mixed with 2 ounces organic unsweetened cranberry juice, 1-2

Tbsp apple cider vinegar, sweetened with stevia if desired)

Water infused with lemon, cucumbers & dash sea salt

Organic Caffeine-free Tea