

Liver Purification Days 1-21

Day 1

Breakfast – Shake with favorite fruit
Example: Chocolate almond milk, ½ banana
3 strawberries

Snack – Raw veggies (as much as you want)

Lunch – Organic red pepper and tomato soup
Toss green and spinach salad with vinegar
dressing. Try Annie's organic

Snack – 20 grapes

Dinner – Shake, grilled veggies (mushrooms,
tomato, zucchini, squash, sweet potato,
peppers and onions.) Green Tea

Snack – 1 apple (diced) Fry or microwave till
soft. Use plain or vanilla cream Stevia with
dash of cinnamon. (Just like apple pie)

Day 3

Breakfast – Shake with fruit

Snack – Raw veggies

Lunch – Organic (Annie's) minestrone
Toss salad with vinegar dressing, green tea

Snack – Shake

Dinner – Grilled veggies, brown rice
½ cup pepper and tomato soup, sauté vegetables
Add soup and pour over rice
Green tea or Diet Rite

Snack – Fruit and shake

Day 5

Breakfast – Shake with fruit. Green tea

Snack – Sunflower seeds

Lunch – Salad with all veggies. Organic soup

Snack – Veggie shake

Day 2

Breakfast – Shake with favorite fruit

Snack – Favorite veggies

Lunch – All veggie salad with vinegar
dressing (1 orange or ½ grapefruit)
green tea

Snack – Berries and shake

Dinner – Organic squash soup or tomato.
Salad – vinegar dressing

Snack – Mixed fruit shake

Day 4

Breakfast – Shake with fruit. Green tea

Snack – 20 grapes, shake

Lunch – Organic soup, apple

Snack – Sunflower seeds

Dinner – Sweet potato, Large garden salad

Snack – Shake and fruit

Day 6

Breakfast – Shake with fruit. Green tea

Snack – Berry Mix

Lunch - Left over spaghetti squash. Salad

Snack – Shake and orange

Day 5 continued

Dinner – Spaghetti squash (cut in ½ , de-seed)
Place in water. Microwave until soft. Peel squash
out of skin – cover with spaghetti sauce.
Tossed salad with vinegar dressing.

Snack – Shake with fruit

Day 7

Breakfast – Shake with fruit

Snack – Veggies

Lunch – Any organic soup. Greens and
tomato salad. Green tea or Diet Rite

Snack – Sunflower seeds and shake

Dinner – Any organic soup. Large salad.
Green tea or Diet Rite.

Snack - 1 apple (diced). Fry or microwave until
soft. Use plain or vanilla cream stevia with dash
of cinnamon.

Day 9

Breakfast – Shake with fruit

Snack – 20 grapes

Lunch – Canned tuna and raw veggies

Snack – Asparagus fries – Asparagus, however
much you like. 1 Tbl. olive oil per pound of
asparagus, Celtic sea salt.

Cut off woody end of asparagus. Line a pan with
foil and preheat broiler. Lay out asparagus
in a line on the lined pan and sprinkle with olive
oil first and then sea salt. Broil for 7-9 minutes,
very close to the broiler coil, then turn the
asparagus over and broil for another 3-5
minutes.

Day 6 continued

Dinner - Vegetable broth soup – grill
vegetables, make brown rice. Add these to
vegetable broth. Or cook vegetables in
broth pour over brown rice. (makes soup)

Snack – Shake with fruit

Day 8

Breakfast - Shake with fruit. Green tea

Snack – 20 grapes

Lunch – Chicken breast. Toss green &
spinach salad with vinegar dressing

Snack – Veggies

Dinner – Shake, grilled veggies
(mushrooms, tomato, zucchini, squash,
sweet potato, peppers and onions) Green tea

Snack – 1 apple (diced). Fry or microwave
until soft. Use plain or vanilla cream stevia
with dash of cinnamon,.

Day 10

Breakfast – Shake with fruit and hard boiled
Egg

Snack – Veggies

Lunch – Grilled salmon from night before,
toss salad with greens, spinach and vinegar
dressing.

Snack – 20 grapes

Dinner – Grilled salmon, 1 medium sweet potato with nutmeg, cinnamon, 1Tbl butter and sea salt. (Grill enough salmon to have for lunch on day 10.)

Snack - Fruit Shake

Day 11

Breakfast – Fruit shake and hard boiled egg

Snack – 20 grapes and raw veggies

Lunch – Turkey and organic soup

Snack – Veggie shake

Dinner – Baked chicken (fix enough for lunch on day 12 and 13) and grilled veggies (mushrooms, tomato, zucchini, squash peppers and onions)
Green tea

Snack – fruit shake

Day 13

Breakfast – Shake

Snack – Raw veggies

Lunch – Chicken and organic soup

Snack – Sesame seeds

Dinner – Veggies shake and hard boiled egg

Snack – ½ cup of popcorn fixed in olive oil or the microwave

Day 15

Breakfast - Fruit shake

Snack – 20 grapes

Dinner - Shake, grilled veggies (mushrooms, tomato, zucchini, squash, peppers and onions.) Green tea

Snack - ½ cup popcorn. Fixed in olive oil or in the microwave.

Day 12

Breakfast – Fruit shake

Snack – Berries and shake

Lunch – Chicken and salad with veggies/vinegar dressing

Snack – Sesame seeds

Dinner – Baked sweet potato with nutmeg, cinnamon, 1Tbl butter and sea salt. Green tea

Snack – veggie shake

Day14

Breakfast – Shake and hard boiled egg

Snack – Berrie mix

Lunch – Canned salmon and salad with greens and spinach with vinegar dressing

Snack – Shake

Dinner – Grilled whitefish (grill enough for lunch day 15) and grilled veggies (mushrooms, tomato, zucchini, peppers and onions) Green tea

Snack – Sesame seeds

Day 16

Breakfast - Fruit shake and hard boiled egg

Snake – Raw veggies

Lunch – grilled whitefish and salad with all your favorite veggies

Snack – Veggie shake

Dinner – Dijon Grilled Chicken – 2tbsp olive oil, 3 tbsp dijon mustard, 2 tsp fresh lime juice, 1 tsp teriyaki sauce, 1 garlic clove, minced pinch of ground red pepper, 4 3 oz , boneless, skinless chicken breasts

In a medium bowl, whisk together the lime juice, teriyaki sauce, garlic and pepper. Dip the chicken breasts into the mixture, one at a time, coating both sides. Grill chicken over medium heat, turning once, until juices run clear.

Serve with tossed salad spinach and greens, vinegar dressing

Snack – ½ cup of popcorn cooked in olive oil or microwave.

Day 17

Breakfast – Fruit Shake and hard boiled egg

Snack – Raw veggies

Lunch – Turkey from day 16 and tossed salad with spinach and greens and vinegar dressing

Snack – Sesame seeds

Dinner – Grilled salmon and Sautéed Asparagus – 1-1/2 lbs. of asparagus, 1 Tbsp olive oil, 3 crushed garlic cloves, 1Tbsp lemon juice, ¼ tsp sea salt. Trim woody ends. Cut into 3 inch pieces. Heat olive oil in large skillet over medium heat, add crushed garlic, sauté 30 sec. Add asparagus and sauté 5-6 minutes or until crisp/tender. Remove from heat and Add lemon juice ,sea salt and stir well.

Snack – Shake

Lunch – Chicken from night before and salad with favorite veggies and vinegar dressing.

Snack – Fruit shake

Dinner – Turkey breast seasoned with spices and butter cooked in the crockpot.

Steam sweet potato add nutmeg, cinnamon, 1 Tbsp butter and ginger

Snack – Sesame seeds

Day 18

Fruit Shake

Snack – 20 Grapes

Lunch – Turkey from day 16 and organic soup

Snack – Shake

Dinner – Grilled cod and grilled vegetables (see day 14)

Snack - ½ cup of popcorn cooked in olive oil or microwave.

Day 19

Breakfast – Veggie Shake

Snack – Berry Mix

Lunch – Canned Tuna and raw veggies

Snack – Sesame seeds

Dinner – Chicken and spaghetti squash

Snack – Shake

Day 21

Breakfast – Shake and hard boiled egg

Snack – Apple

Lunch – Leftover salmon and organic soup

Snack – Veggie shake

Dinner – Turkey and Sauteed Asparagus
(see day 17)

Snack – Raw veggies

Day 20

Fruit Shake and hard boiled egg

Snack – Apple

Lunch – Chicken breast and left over spaghetti squash

Snack – 20 grapes

Dinner – Herb Salmon – 6oz salmon filets, fresh lemon juice, sea salt, pepper, Dijon mustard, olive oil, fresh dill, fresh basil
Heat broiler with rack 4 inches from the heat
Rinse salmon, pat dry. Place salmon on broiler pan drizzle 2 Tbsp lemon juice on top. Season with salt and pepper. Broil about 8-9 minutes. Remove skin. Mix together mustard, remaining lemon juice, oil, dill and basil. Pour over salmon and serve.
Tossed salad with spinach and greens and vinegar dressing.

Snack – Shake