

## Menus Weeks 1-3 After Liver Purification

### Day 1

Breakfast – 1 hard boiled egg, ½ grapefruit or orange, 1 piece Ezekiel bread, Green tea

Snack – 20 grapes

Lunch – Turkey Apple Wrap – 1 low carb whole grain flat wrap, 3 tbsp apple butter  
2 slices of turkey breast, 1/3 thin sliced apple  
1 thin provolone cheese slice,  
½ cup shredded lettuce

Snack – Apple or banana or fresh veggies

Dinner – Turkey Meatloaf – 1 lb ground turkey  
1 lb turkey sausage, ½ jar mild salsa. Bake at 425 for 40 minutes serve with steamed broccoli and cauliflower and tossed salad with vinaigrette

Snack – apple or ½ cup low fat cottage cheese

### Day 2

Breakfast – Omelet – 3 eggs, mushrooms, onions, peppers sprinkle with parmesan cheese

Snack – celery with fat free peanut butter and low fat cottage cheese, Green tea

Lunch – Grilled Chicken with 2 tbsp salsa on it and tossed salad with vinaigrette

Snack – Apple or banana or fresh veggies

Dinner – Organic Red Pepper & Tomato soup and tossed salad with vegetables and vinaigrette dressing

Snack – Low fat, Low carb yogurt

### Day 3

Breakfast – Fruit Smoothie – 1 cup favorite fruit  
1 cup water, ½ cup low fat yogurt, 2 tbsp Whey  
protein (stevia to sweeten)

Snack – Raw veggies

Lunch – Chicken or tuna in water salad  
1 can tuna or chicken, minced onion,  
2-3 tbsp relish add low fat mayo. Serve  
on top of tossed greens or tomato slices  
½ orange

Snack – 20 grapes or raw veggies

Dinner – Grilled favorite veggies. Add raw  
shrimp, 2 dashes lemon pepper. Cook until  
veggies are done. Add 1 cup Red Pepper..  
soup ( May serve over ½ cup brown rice)

Snack – Apple

### Day 4

Breakfast– 2 eggs, 1 slice wheat toast, 1  
peach

Snack – Apple or banana or ½ low fat  
cottage cheese

Lunch – Turkey burger ( no bread)  
½ sweet potato, dab of butter  
Green salad vinaigrette dressing

Snack – Raw veggies

Dinner – BBQ Chicken – 2 Cup water,  
½ cup vinegar, 6 garlic cloves crushed,  
½ tsp pepper, 2lb whole chicken quartered  
Place in ziplock bag and refrigerate for 2 hrs  
sauce – 1/3 cup ketchup, 1tbsp brown sugar,  
1 tbsp grated onion, 2 tsp cider vinegar,  
1 tsp Worcestershire sauce, 1 tsp Dijon  
mustard. In saucepan bring ingredients to  
boil, reduce heat, simmer low for 5 min.  
Drain chicken, grill 10 min each side over  
med. Heat. Brush both sides with BBQ  
sauce. Grill 10 more min. Serve with  
grilled veggies (mushrooms, squash,  
zucchini, broccoli) sprinkle with lemon  
pepper.

Snack – 1 cup berries

### **Day 5**

Breakfast – Fruit cup, 1 small piece of turkey sausage, green tea

Snack – 1 cup berries or ½ low fat cottage cheese

Lunch – Turkey Sandwich/wrap – Turkey, all favorite veggies, low fat mayo on low carb wrap or whole wheat bread. ½ cup low fat cottage cheese, and 1 apple or peach

Snack – veggies with low fat sour cream mixed With a little red pepper.. soup for dip.

Dinner – Pizza – Sun dried tomato wrap  
2 tbsp low carb spaghetti sauce, salsa  
All your favorite veggies, ½ cup low fat cheese  
Mix spaghetti sauce and salsa, spread on top of wrap, add veggies, bake at 425 add cheese. Green salad

Snack – 1 cup berries

### **Day 7**

Breakfast – Fruit Roll-up – 1 mutli-grain low fat/low carb wrap, 2 tbsp apple butter, 1 small apple thinly sliced, strawberries, banana, add 2 tbsp of vanilla yogurt if desired. Wrap and eat. Green Tea

Snack – Fresh veggies (see dip recipe day 5)

Lunch – Sliced tomato, canned chicken with parmesan & mozzarella cheese – slice tomatoes add ½ cup canned chicken, 2 tbsp parmesan and ¼ cup mozzarella. Bake at 400 for 10-15 min.

Snack – Hard boiled egg and green tea

Dinner – Salmon cakes – 1 can salmon, 2 eggs  
2 tbsp parmesan cheese, pattie them, sprinkle with Italian bread crumbs. Bake at 425 for 20 min or until brown & crispy. Serve with sweet potato fries (Baked, 16 fries are 100 cal) Green tea

### **Day 6**

Breakfast – 2 eggs , low fat low cal yogurt green tea

Snack – low fat low cal yogurt

Lunch – lean 4oz steak (filet) grilled  
grilled or steamed zucchini, squash, green beans, mushrooms, carrots. Tossed salad with vinaigrette

Snack – Banana or hard boiled egg

Dinner – Grilled Shrimp BBQ ( use chicken recipe day 4). Place on skewers with sauce and grill until brown. Skewer baby tomatoes onion, mushrooms, zucchini, squash and lightly brush with sauce if desired and grill.

Snack – 3 cups air popped popcorn

### **Day 8**

Breakfast – 1 hard boiled egg, ½ grapefruit or orange, 1 piece Ezekiel bread, Green tea

Snack - Snack – celery with fat free peanut butter, and low fat cottage cheese, Green tea

Lunch - Turkey Apple Wrap (see Day 1)

Snack - 20 grapes

Dinner – Oriental or Taco Lettuce Wraps  
100g grnd turkey, 2 celery stalks minced fine, 1 clove garlic, minced, a bit of onion, minced, ginger, minced  
Saute together...you will not need liquid as celery will release when cooking. Spice it up any way you like and wrap up in lettuce. To make as taco use chili powder,

cayenne pepper and cumin instead of ginger

Snack – 3 cups air popped popcorn

Snack – apple

**Day 9**

Breakfast – Fruit Smoothie – 1 cup favorite fruit  
1 cup water, ½ cup low fat yogurt, 2 tbsp Whey  
protein (stevia to sweeten)

**Day 10**

Breakfast– 2 eggs, 1 slice wheat toast, 1  
peach

Snack – Raw veggies

Snack – Apple or banana or ½ low fat  
cottage cheese

Lunch – Chicken or tuna in water salad  
1 can tuna or chicken, minced onion,  
2-3 tbsp relish add low fat mayo. Serve  
on top of tossed greens or tomato slices  
½ orange

Lunch – Turkey burger ( no bread)  
½ sweet potato, dab of butter  
Green salad vinaigrette dressing

Snack – 20 grapes or raw veggies

Snack – Raw veggies

Dinner – Grilled favorite veggies. (see Day 3)

Dinner – BBQ Chicken – (see Day 4)

Snack – Apple

Snack – 1 cup berries

**Day 11**

Breakfast – Fruit cup, 1 small piece of  
turkey sausage, green tea

**Day 12**

Breakfast – 2 eggs , low fat low cal yogurt  
green tea

Snack – 1 cup berries or ½ low fat cottage cheese

Snack – low fat low cal yogurt

Lunch – Turkey Sandwich/wrap – Turkey, all favorite veggies, low fat mayo on low carb wrap or whole wheat bread. ½ cup low fat cottage cheese, and 1 apple or peach

Snack – veggies with low fat sour cream mixed With a little red pepper.. soup for dip.

Dinner - Beef Chili – 2 servings  
½ lb ground turkey or beef, 1 15oz can organic Tomatoes, ½ onion, 1/8-1/4 tsp chili powder, 1 cup water.  
Puree ½ tomatoes, sauté meat and onions until done, add all tomatoes, add chili powder, add water, simmer at least 15 minutes.

Snack – apple or ½ cup low fat cottage cheese

### **Day 13**

Breakfast – Fruit cup, 1 small piece of turkey sausage, green tea

Snack – 1 cup berries or ½ low fat cottage cheese

Lunch – Turkey Sandwich/wrap – Turkey, all favorite veggies, low fat mayo on low carb wrap or whole wheat bread. ½ cup low fat cottage cheese, and 1 apple or peach

Snack – veggies with low fat sour cream mixed With a little red pepper.. soup for dip.

Dinner – Pizza – (see Day 5)

Snack – 20 grapes or raw veggies

### **Day 15**

Breakfast – Fruit Roll-up – 1 mutli-grain low fat/low carb wrap, 2 tbsp apple butter, 1 small apple thinly sliced, strawberries, banana, add 2 tbsp of vanilla yogurt if desired. Wrap and eat. Green Tea

Snack – Fresh veggies (see dip recipe day 5)

Lunch – lean 4oz steak (filet) grilled grilled or steamed zucchini, squash, green beans, mushrooms, carrots. Tossed salad with vinaigrette

Snack – Banana or hard boiled egg

Dinner – Tuna Salad – 2 servings  
1 6oz can light tuna in water, 2 tbsp cottage cheese, 2 boiled egg whites, mustard to taste, 2-3 tbsp dill pickle minced, 1 tbsp dill pickle juice.  
Serve on large romaine lettuce leaf with diced tomatoes on top.

Snack – Low fat, Low carb yogurt

### **Day 14**

Breakfast – 2 eggs , low fat low cal yogurt green tea

Snack – low fat low cal yogurt

Lunch – lean 4oz steak (filet) grilled grilled or steamed zucchini, squash, green beans, mushrooms, carrots. Tossed salad with vinaigrette

Snack – Banana or hard boiled egg

Dinner – Grilled Shrimp BBQ ( use chicken recipe from Day 4)

Snack – Raw veggies

### **Day 16**

Breakfast – 1 hard boiled egg, ½ grapefruit or orange, 1 piece Ezekiel bread, Green tea

Snack - Snack – celery with fat free peanut butter, and low fat cottage cheese, Green tea

Lunch – Sliced tomato, canned chicken with parmesan & mozzarella cheese – slice tomatoes add ½ cup canned chicken, 2 tbsp parmesan and ¼ cup mozzarella. Bake at 400 for 10-15 min.

Snack – Hard boiled egg and green tea

Dinner – Tuna Fish Cakes – 6 oz can tuna, Dash hot sauce, 1 tbsp lemon juice, 2 tbsp Dry onion, 1 tbsp Worcestershire sauce, 1 tbsp milk, little water if needed. Mix all ingredients and make into patties. Sprinkle top and bottom with paprika. Bake at 400 for 15 minutes. Turn after 7 minutes. Serve with salad and steamed broccoli and cauliflower.

Snack – apple or ½ cup low fat cottage cheese

### **Day 17**

Breakfast – 1 hard boiled egg, ½ grapefruit or orange, 1 piece Ezekiel bread, Green tea

Snack – 20 grapes

Lunch – Turkey Apple Wrap – 1 low carb whole grain flat wrap, 3 tbsp apple butter 2 slices of turkey breast, 1/3 thin sliced apple 1 thin provolone cheese slice, ½ cup shredded lettuce

Snack – Apple or banana or fresh veggies

Dinner – Turkey Meatloaf – 1 lb ground turkey 1 lb turkey sausage, ½ jar mild salsa. Bake at 425 for 40 minutes serve with steamed broccoli and cauliflower and tossed salad with vinaigrette

### **Day 19**

Breakfast – Fruit Smoothie – 1 cup favorite fruit 1 1 cup water, ½ cup low fat yogurt, 2 tbsp Whey protein (stevia to sweeten)

Lunch - Turkey Apple Wrap (see Day 1)

Snack - 20 grapes

Dinner – Spicy Lemon Cod – 100 g cod, ¼ cup chicken stock, if more is needed so cod does not stick add more Saute cod in stock until cod is opaque. Add: ¼ - ½ cup more chicken stock, 1 tbsp fresh lemon juice, ¼ tsp cayenne pepper, salt and pepper to taste, then heat & serve with bit of lemon zest over the fish. Serve with baked sweet potato

Snack – Low fat, Low carb yogurt

### **Day 18**

Breakfast – Omelette – 3 eggs, mushrooms, onions, peppers sprinkle with parmesan cheese

Snack – celery with fat free peanut butter and low fat cottage cheese, Green tea

Lunch – Grilled Chicken with 2 tbsp salsa on it and tossed salad with vinaigrette

Snack – Apple or banana or fresh veggies

Dinner – Organic Red Pepper & Tomato soup and tossed salad with vegetables and vinaigrette dressing

### **Day 20**

Breakfast– 2 eggs, 1 slice whole wheat toast, peach

Snack – Raw veggies

Lunch – Chicken or tuna in water salad  
1 can tuna or chicken, minced onion,  
2-3 tbsp relish add low fat mayo. Serve  
on top of tossed greens or tomato slices  
½ orange

Snack – 20 grapes or raw veggies

Dinner – Grilled favorite veggies. (see Day 3)

Snack – Apple

### **Day 21**

Breakfast – 1 hard boiled egg, ½ grapefruit  
or orange, 1 piece Ezekiel bread, Green tea

Snack - Snack – celery with fat free peanut  
butter, and low fat cottage cheese, Green tea

Lunch - Turkey Apple Wrap (see Day 1)

Snack - 20 grapes

Dinner - Beef Chili – 2 servings

½ lb ground turkey or beef, 1 15oz can organic  
Tomatoes, ½ onion, 1/8-1/4 tsp chili powder,  
1 cup water.

Puree ½ tomatoes, sauté meat and onions until  
done, add all tomatoes, add chili powder, add  
water, simmer at least 15 minutes.

Snack – apple or ½ cup low fat cottage cheese

Snack – Apple or banana or ½ low fat  
cottage cheese

Lunch – Turkey burger ( no bread)  
½ sweet potato, dab of butter  
Green salad vinaigrette dressing

Snack – Raw veggies

Dinner – BBQ Chicken – (see Day 4)

Snack – 1 cup berries

