

THE CLEAN LIVER PROTOCOL

3-Day Reset · Fatty Liver Cleanse

Flush Liver Fat Naturally · 1400–1600 Calories/Day · High Protein · High Fibre

Protein 63g per day	Fat 36g per day	Carbs 39g per day	Frequency 1–2 times a year
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DAY 1

- 9:00 AM** **Liver Detox Shot**
Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger
- 9:30 AM** **Spinach and Ginger Cold Pressed Juice**
Spinach, Cucumber, Lemon, Ginger and Apple
- 11:00 AM** **Gluten Free Bread with Tofu Shakshuka**
- 1:00 PM** **Super Charged Satay**
Hard Tofu, Black Rice, Edamame, Peanut Butter, Tahini, Sesame Seeds, Coconuts
- 3:00 PM** **Kombucha**
- 6:00 PM** **Soothing Gut Healing Soup**
Red Lentils, Sweet Potato, Spinach, Carrot, Bell Pepper, Cashews, Onions, Ginger

DAY 2

■ *When you wake up: Lukewarm water with a splash of fresh lemon juice.*

- 9:00 AM** **Turmeric Root Shot**
Turmeric Root, Ginger, Indian Gooseberries, Orange
- 9:30 AM** **Chai Infused Quinoa Porridge with Keto Shake**
Delicious Quinoa cooked with Almond Milk and a tinge of Masala Chai
- 11:00 AM** **Mermaid Lemonade**
Blue Spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra Electrolytes, Mineral Salts
- 1:00 PM** **Quinoa Roasted Veggie Salad**
Quinoa, Black Rice, Red Capsicum, Sweet Potato, Parsley, Edamame, Kale, Tempeh Dressing: Cashews, Shallot, Vinegar, Mustard, Agave, Salt, Water, Pepper
- 3:00 PM** **Apple with After Math Juice**
With Milk Thistle for Liver Cleansing, Added Humantra and Mineral Salts

6:00 PM

Healing Turmeric Soup

Zucchini, Onions, Carrots, Lentils, Turmeric Root, Coconut Milk, Barley, Ground Cumin, Ground Turmeric, Pepper

DAY 3

■ *When you wake up: Lukewarm water with a splash of fresh lemon juice.*

9:00 AM

Apple Cider Vinegar Shot with Turmeric

9:30 AM

High Protein Oatmeal Porridge with Keto Shake

Oats, Almond Milk, Maple Syrup, Salt and Water

11:00 AM

After Math Elixir with Milk Thistle for Liver Detox

Orange, Ginger, Basil Oil, Milk Thistle, Aloe, Added Humantra and Mineral Salts

1:00 PM

Beetroot and Pearl Barley Risotto

Beetroot, Pearl Barley, Lemon, Chives, Sunflower Seeds, Stock, Celery

3:00 PM

Edamame Beans

6:00 PM

Romesco Soup with Chickpeas

Red Bell Peppers, Almonds, Almond Milk, Ginger, Tomatoes, Vinegar, Harissa, Paprika, Black Pepper, Salt, Chickpeas

If deliveries are delayed please eat something plant based.

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