

# 14-Day Fatty Liver Healing Meal Plan

Plant-Based | Gut Healing | Liver Detox | Anti-inflammatory

## Week 1 — Days 1 to 7

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Wake Up	—	Lukewarm water with fresh lemon juice	Lukewarm water with fresh lemon juice	—	—	—	—
9:00 AM	<b>Liver Detox Shot</b> Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger	<b>Turmeric Root Shot</b> Turmeric Root, Ginger, Indian Gooseberries, Orange	<b>Apple Cider Vinegar Shot with Turmeric</b>	<b>Pure Green Juice</b> Spinach, Cucumber, Courgette, Lemon, Apple	<b>Turmeric Root Shot</b> Turmeric Root, Ginger, Indian Gooseberries, Orange	<b>Heavy Metal Detox Smoothie</b> Bananas, Blueberries, Parsley, Barley Powder, Atlantic Dulse, Orange Juice	<b>Liver Detox Shot</b> Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger
9:30 AM	<b>Spinach &amp; Ginger Cold Pressed Juice</b> Spinach, Cucumber, Lemon, Ginger, Apple	<b>Chai Infused Quinoa Porridge + Keto Shake (Chocolate Mocha)</b> Quinoa, Almond Milk, Masala Chai   Coconut Milk, Pea Protein, MCT Oil, Cacao, Decaf Espresso	<b>High Protein Oatmeal Porridge + Keto Shake (Vanilla Praline)</b> Oats, Almond Milk, Maple Syrup   Coconut Milk, Pea Protein, MCT Oil, Vanilla, Almond Extract	<b>Celery Juice</b> Celery and Lemon	<b>Granola with Almond Mylk</b> Whole Grain Oats, Cocoa Powder, Vegan Chocochips, Almonds, Pumpkin Seeds, Sunflower Seeds, Agave, Dates	<b>Citrus 3 Cold Pressed Juice</b> Grapefruit, Lemon, Apple + Humantra Electrolytes & Mineral Salts	<b>Brainiac Cold Pressed Juice</b>
11:00 AM	<b>Gluten Free Bread with Tofu Shakshuka</b>	<b>Mermaid Lemonade</b> Blue Spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Humantra Electrolytes	<b>After Math Elixir with Milk Thistle</b> Orange, Ginger, Basil Oil, Milk Thistle, Aloe, Humantra & Mineral Salts	<b>Gluten Free Bread with Chickpea Shakshuka</b>	<b>Kombucha</b>	<b>Chill Pill Vegan Probiotic Juice</b> Pineapple, Lemon, Chamomile, Ashwagandha, Vanilla, Coconut Nectar, Vegan Probiotics	<b>Kombucha</b>
1:00 PM	<b>Supercharged Satay</b> Hard Tofu, Black Rice, Edamame, Peanut Butter, Tahini, Sesame Seeds, Coconut	<b>Quinoa Roasted Veggie Salad</b> Quinoa, Black Rice, Red Capsicum, Sweet Potato, Parsley, Edamame, Kale, Tempeh Dressing	<b>Beetroot &amp; Pearl Barley Risotto</b> Beetroot, Pearl Barley, Lemon, Chives, Sunflower Seeds, Stock, Celery	<b>Quinoa &amp; Pomegranate Salad</b> Quinoa, Pomegranate, Red Radish, Cashews, Chives, Parsley, Coriander, Chickpeas, Lemon Olive Oil Dressing	<b>Chickpea Shakshuka</b> Chickpeas, Tomatoes, Capsicums, Miso Paste, Tofu	<b>Sweet Potato Nacho Soup</b> Sweet Potatoes, Red Capsicums, Cloves, Cayenne, Oregano, Tomato Paste, Parsley, Lemon	<b>Green Mung Bean Stew</b> Green Mung, Spinach, Coconut Milk, Spices
3:00 PM	<b>Kombucha</b>	<b>After Math Juice with Milk Thistle + Humantra &amp; Mineral Salts</b>	<b>Edamame Beans</b>	<b>Boss Tonic Vegan Probiotic Juice</b> Vegan Probiotics, Ginger, Turmeric, Lemon, Coconut Nectar	<b>Butternut Squash Carrot Juice</b> Butternut, Spinach, Carrot, Lemon, Parsley	<b>Kombucha</b>	<b>Cold Crusher Juice</b> Carrots, Orange, Lemon, Ginger, Apple
6:00 PM	<b>Soothing Gut Healing Soup</b> Red Lentils, Sweet Potato, Spinach, Carrot, Bell Pepper, Cashews, Onions, Ginger	<b>Healing Turmeric Soup</b> Zucchini, Onions, Carrots, Lentils, Turmeric, Coconut Milk, Barley, Cumin, Pepper	<b>Romesco Soup with Chickpeas</b> Red Bell Peppers, Almonds, Almond Milk, Ginger, Tomatoes, Vinegar, Harissa, Paprika, Chickpeas	<b>Carrot Coriander Soup</b> Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt	<b>Vegan Panang</b> Panang Curry Sauce, Mixed Quinoa, Butternut Squash, Chickpeas, Pak Choi, Peas	—	<b>Soba Noodles Pomodoro</b> High Protein Soba Noodles in Tangy Pomodoro Sauce

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7:00 PM	—	—	—	—	—	<b>Harissa Tofu &amp; Lentil Stew</b> Tofu, Lentils, Spinach in Harissa Paste	—

## Week 2 — Days 8 to 14

Time	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
9:00 AM	<b>Beetroot &amp; Lemon Shot</b> Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger	<b>Turmeric Root Shot</b> Turmeric Root, Ginger, Indian Gooseberries, Orange	<b>Turmeric Root Shot</b> Turmeric Root, Ginger, Indian Gooseberries, Orange	<b>Turmeric Root Shot</b> Turmeric Root, Ginger, Indian Gooseberries, Orange	<b>Hydrating Shot</b> Coconut Water, Turmeric Root, Cayenne, Ashwagandha, Orange Carrot, Holy Basil	<b>Beetroot Lemon Shot</b> Beetroot, Apple, Lemon	<b>Celery Juice</b> Fresh Celery (on empty stomach for powerful liver cleanse)
9:30 AM	<b>Brainiac Cold Pressed Juice</b> Spinach, Cucumbers, Lemon, Ginger, Apple	<b>Karma Ayurveda Cold Pressed Juice</b> Pineapple, Lemon, Berries, Spinach, Kale, Triphala	<b>Gluten Free Bread with Tofu Shakshuka + Liver Cleanse After Party Juice</b>	<b>Butternut Squash &amp; Carrot Juice</b> Butternuts, Carrots, Beetroot, Lemon, Spinach, Kale, Ginger, Apple	<b>Dynamo Green Cold Pressed Juice</b> Kale, Spinach, Lemon, Ginger, Apple	<b>Gluten Free Bread with Chickpea Shakshuka</b>	<b>After Party Cold Pressed Juice</b> Beetroots, Carrots, Lemon, Ginger, Apple
11:00 AM	<b>Kombucha</b>	<b>Boss Tonic</b> Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic	<b>Detox Tonic Lemonade</b> Lemon, Blue Spirulina, Milk Thistle, Agave	<b>Oatmeal Porridge with Keto Shake</b>	<b>Gluten Free Bread with Tofu Shakshuka</b>	<b>Kombucha</b>	<b>Butternut Carrot Cold Pressed Juice</b>
1:00 PM	<b>Hearty Quinoa Gut Cleanse Soup</b> Onions, Carrots, Ginger, Celery, Cumin, Red Lentils, Quinoa	<b>Black Lentil Puy Stew</b> Black Lentils in Tangy Tomato Sauce	<b>Raw Cucumber &amp; Watercress Soup</b> Cucumber, Olive Oil, Almond Milk, Dill Leaves, Salt & Pepper	<b>Tofu &amp; Veggie Noodles</b> Rice Noodles, Edamame, Bok Choy, Soy Sauce, Carrots, Fennel Seeds, Mushrooms	—	<b>Cauliflower &amp; Turmeric Soup</b> Cauliflower, Cloves, Turmeric, Cumin, Red Lentils, Vegetable Broth, Almond Milk	<b>Beetroot &amp; Pearl Barley Risotto</b> Beetroot, Pearl Barley, Lemon, Chives, Sunflower Seeds, Stock, Celery
3:00 PM	<b>Young Love Berry Juice</b> Pineapple, Berries, Filtered Water, Chia Seeds	<b>Orange Turmeric Juice</b> Orange, Apple, Lemon, Turmeric, Agave	<b>Beetalicious Cold Pressed Juice</b> Ginger, Beets, Grapefruit, Apples, Cucumbers, Lemons, Oranges	<b>Butternut Squash, Orange &amp; Lemon Juice</b> Butternut Squash, Orange, Lemon, Spinach, Parsley	<b>Miso Bowl</b> Soba Noodles, Miso Paste, Baby Spinach, Radish, Chili Garlic Sauce	<b>Strawberry Basil Lemonade</b> Basil, Lemonade, Tangy Strawberries	<b>Edamame Beans with Kombucha</b>
5:00 PM	—	—	—	—	<b>Broad Beans + Mermaid Lemonade Probiotic Juice</b> With Humantra Electrolytes & Mineral Salts	—	—

Time	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
6:00 PM	<b>Creamy Thai Carrot Soup with Basil</b> Carrots, Yellow Onions, Peanut Butter, Cilantro, Agave, Chili Garlic Sauce	<b>Tempeh Rendang</b> Rendang Sauce, Coconut Milk, Lemongrass, Red Chilli, Coriander, Butternut Squash, Tempeh, Broccoli	—	<b>West African Peanut Stew</b> Peanuts, Cilantro, Sweet Potatoes, Vegetable Broth, Lemon, Quinoa	—	<b>Tofu &amp; Cauliflower Rice</b> Tofu, Cauliflower Rice, Ginger, Soy Sauce, Salt & Pepper	<b>Red Kidney Bean Stew</b> Kidney Beans, Onions, Tomatoes, Coconut Milk, Ginger, Spice Mix
7:00 PM	—	—	<b>Vegan Panang Curry</b> Panang Curry Paste, Coconut Milk, Tomatoes, Red Pepper, Ginger, Lemongrass, Quinoa, Butternut Squash, Chickpeas, Pak Choi	—	<b>Spinach &amp; Tofu Curry</b> Spinach, Onions, Tomatoes, Tofu, Ginger, Coriander, Coconut Milk, Almond Milk	—	—

*Inspired by Medical Medium — Liver Rescue by Anthony William | Always consult your healthcare provider before starting any detox programme.*