

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 a splash of fresh lemon juice.	—	—	—	—
9:00 AM	Karma Ayurveda Cold Pressed Juice (Added Holy basil and Neem) Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.	Braniac Green Cold Pressed Juice Spinach, Cucumber, lemon, ginger, parsley.	Apple Cider Vinegar Shot with turmeric Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider	Pure Green Juice Spinach, Cucumber, Courgette, Lemon, Apple.	Turmeric root shot Turmeric Root, Ginger, Indian Gooseberries, Orange	Heavy Metal Detox Smoothie Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange, Creatine, Plant Protein, Ashwagandha, green banana flour and flax seeds.	Liver detox Shot Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger
9:30 AM	—	—	High protein Oatmeal porridge + Keto Shake - Vanilla Praline oats, almond milk, maple syrup, salt and water Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, vegan collagen peptides, vanilla extract, almond extract, Himalayan salt.	Celery Juice Celery and lemon.	Granola with Almond Mylk Whole grain organic oats, cocoa powder, vegan chocochips, almonds, pumpkin seeds, sunflower seeds, organic agave syrup, coconut oil and dates.	Citrus 3 cold pressed Juice Grapefruit, lemon and apple, Added Humantra Electrolytes, Mineral salts.	Braniac Cold Pressed Juice - Braniac - Slender Green Spinach, Cucumber, Parsley, Lemon, Apple, Celery.
11:00 AM	Bhakti Ayurveda Cold Pressed Juice (Added Triphala) Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.	Detox Tonic Lemonade Cold Pressed Juice Lemon, Blue Sprulina, Milk thistle, agave.	Aftermath Elixir with MILK THISTLE for Liver Detox Orange, ginger, basil oil, milk thistle, aloe, Added Humantra and Mineral salts.	Gluten Free bread with Chickpea Shakshuka Chickpeas, tomatoes, capsicum, nutritional yeast and tofu	Kombucha - Apple & Ginger Kombucha to aid in digestion and enhance good gut microbiome	Chill Pill - Vegan Probiotic Juice, Pineapple, lemon, chamomile, Ashwagandha, vanilla, coconut nectar, Vegan Probiotics.	Kombucha - Golden Life Kombucha to boost the intestinal health and aid in digestion.
1:00 PM	Dnyan Ayurveda Cold Pressed Juice (Added Turmeric Limestone) Lemon, Filtered water, Activated charcoal, Raw Organic honey.	Gravity Glow Cold Pressed Juice cucumber, apple, ginger, mint, and lemon juice	Beetroot and Pearl barley Risotto Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.	Quinoa and Pomegranate Salad Quinoa, Pomegranate, Red radish, Cashews, Chives Parsley, Coriander, Chickpeas, Mesculin. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper }	Chickpea Shakshuka Chickpeas, tomato capsicums, Miso paste, Tofu.	Sweet Potato Nacho soup Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.	Green Mung bean Stew Green Mung, Spinach, coconut milk, spices.

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
3:00 PM	Vatta Ayurveda Cold Pressed Juice (to balance the Vatta Dosha) Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.	Butternut Squash Orange Lemon Cold Pressed Juice Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.	Edamame beans.	Boss Tonic Vegan Probiotic Juice Vegan Probiotics, ginger, turmeric, lemon, coconut nectar.	Butternut Squash Carrot Juice Butternut, spinach, carrot, lemon, parsley.	Kombucha Tropical Kombucha made with Tropical ingredients and live scoby.	Cold Crusher Juice Carrots, Orange, lemon, ginger and apple.
5:00 PM	Kapha Ayurveda Cold Pressed Juice (to balance Kapha Dosha) Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.	Afterparty Cold Pressed Juice beet root, carrot, ginger, apple and lemon	—	—	—	—	—
6:00 PM	—	—	Romesco soup with chickpeas Red bell peppers, almonds, almond milk, ginger, tomatoes, vinegar, harissa, paprika, black pepper, salt, chickpeas.	Carrot Coriander Soup Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.	Vegan Panang Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choy, peas.	—	Soba Noodles Pomodoro Soba Noodles in Classic Pomodoro sauce topped with Cherry tomatoes.
7:00 PM	Green Cold Pressed Juice - Braniac - Slender Green Spinach, Cucumber, Parsley, Lemon, Apple, Celery.	Cold Crusher Cold Pressed Juice Carrots, Orange, lemon, ginger, parsley.	—	—	—	Harissa Tofu and Lentil Stew lentils, tofu, and spinach	—

Week 2 — Days 8 to 14

Time	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
9:00 AM	Karma Ayurveda Cold Pressed Juice (Added Holy basil and Neem) Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.	Braniac Green Cold Pressed Juice Spinach, Cucumber, lemon, ginger, parsley.	Turmeric root shot Turmeric Root, Ginger, Indian Gooseberries, Orange	Turmeric root shot Turmeric Root, Ginger, Indian Gooseberries, Orange	Hydrating Shot Cocunut Water, Turmeric Root, Cayenne, Ashwagandha, Orange Carrot, Holy Basil.	Braniac Green Cold Pressed Juice Spinach, Cucumber, lemon, ginger, parsley.	Celery Juice Celery and lemon.

Time	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
9:30 AM	—	—	Gluten Free Bread with Tofu Shakshuka + Liver Cleanse After party cold pressed juice. - After Party tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules pinch sea salt Beet, Carrot, Lemon, Ginger, Apple.	Butternut Squash and Carrot Juice Butternuts, carrots, beetroot, lemon, spinach, kale, ginger, lemon and apple.	Dynamo Green Cold Pressed Juice Kale, Spinach, lemon, ginger, apple.	—	After Party Cold Pressed Juice Beetroots, carrots, lemon, ginger, apple.
11:00 AM	Bhakti Ayurveda Cold Pressed Juice (Added Triphala) Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.	Detox Tonic Lemonade Cold Pressed Juice Lemon, Blue Sprulina, Milk thistle, agave.	Detox Tonic Lemonade Lemon, Blue Spirulina, MILK THISTLE, agave.	Oat meal Porridge with Keto Shake + Keto Shake - Cinnamon Chai Oats, almond milk, maple syrup, salt and water. Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, vegan collagen peptides, vanilla extract, Himalayan salt, cinnamon, nutmeg, cardamom.	Gluten Free bread with Tofu Shakshuka tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt	Detox Tonic Lemonade Cold Pressed Juice Lemon, Blue Sprulina, Milk thistle, agave.	Butternut Carrot Juice Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple.
1:00 PM	Dnyan Ayurveda Cold Pressed Juice (Added Turmeric Limestone) Lemon, Filtered water, Activated charcoal, Raw Organic honey.	Gravity Glow Cold Pressed Juice cucumber, apple, ginger, mint, and lemon juice	Raw Cucumber and Watercress Soup Cucumber, olive oil, almond milk, dill leaves, salt and pepper.	Tofu and Veggie Noodles Rice Noodles, Edamame, Bokchoy, Soy sauce. carrots, Fennel seeds, Mushrooms.	—	Gravity Glow Cold Pressed Juice cucumber, apple, ginger, mint, and lemon juice	Beetroot & Pearl Barley Risotto Beetroot, Pearl Barley, Lemon, Chives, Sunflower Seeds, Stock, Celery
3:00 PM	Vatta Ayurveda Cold PressedJuice (to balance the Vatta Dosha) Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.	Butternut Squash Orange Lemon Cold Pressed Juice Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.	Beet a licious Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha	Butternut Squash, Orange, lemon juice Butternut Squash, Orange, lemon, spinach, parsley.	Miso Bowl Soba noodles, miso paste, broccoli, baby spinach, radish, chili garlic sauce.	Butternut Squash Orange Lemon Cold Pressed Juice Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.	Edamame beans with Kombucha - Golden Life Kombucha to boost the intestinal health and aid in digestion.
5:00 PM	Kapha Ayurveda Cold Pressed Juice (to balance Kapha Dosha) Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.	Afterparty Cold Pressed Juice beet root, carrot, ginger, apple and lemon	—	—	Broad beans with Mermaid lemonade Probiotic Juice with Vegan probiotics Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic Added Humantra Electrolytes, Mineral salts.	Afterparty Cold Pressed Juice beet root, carrot, ginger, apple and lemon	—

Time	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
6:00 PM	—	—	—	West African Peanut Stew peanuts, cilantro, sweet potatoes, vegetable broth, lemon, quinoa, salt and pepper.	—	—	Red Kidney Bean Kidney beans, onions, tomatoes, coconut milk, ginger, spice mix.
7:00 PM	Green Cold Pressed Juice - Braniac - Slender Green Spinach, Cucumber, Parsley, Lemon, Apple, Celery.	Cold Crusher Cold Pressed Juice Carrots, Orange, lemon, ginger, parsley.	Vegan Panang Curry Panang Curry paste, coconut milk, tomatoes, red pepper, ginger, lemon grass, coriander seeds, lime, Quinoa, butternut squash, chickpeas, pakchoi, peas, fresh coriander.	—	Spinach and Tofu Curry Spinach, Onions, Tomatoes, ground pepper, Tofu, ginger, coriander, coconut milk, almond milk.	Cold Crusher Cold Pressed Juice Carrots, Orange, lemon, ginger, parsley.	—

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