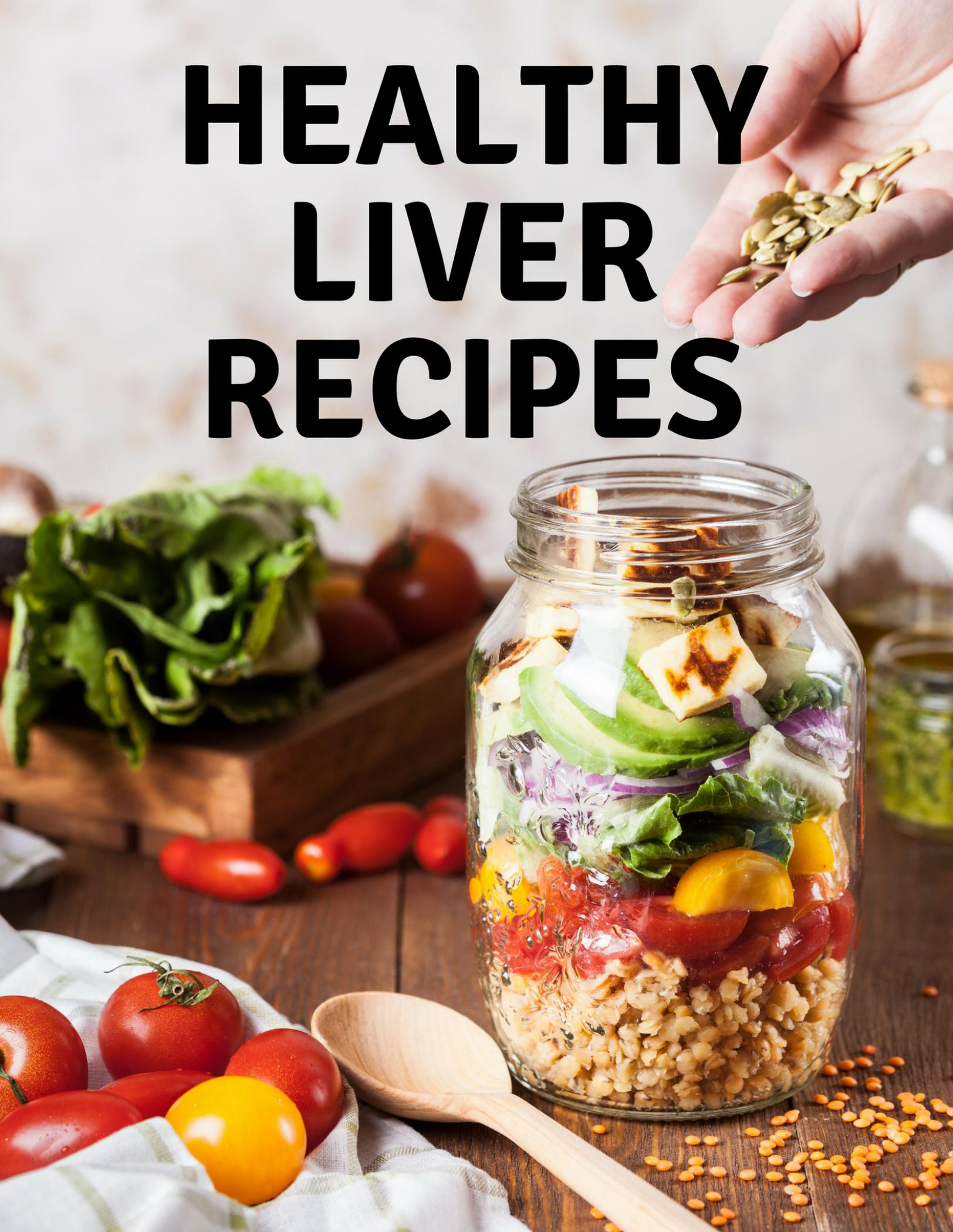


# HEALTHY LIVER RECIPES



# Healthy Liver Recipes

## 48 Liver-Friendly Meals

**Presented by the Healthy Liver Team**

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# Introduction

Aloha, and thank you for reading this ebook. These recipes are meant as a companion to our programs located at [FixYourFattyLiver.com](http://FixYourFattyLiver.com) and [ReverseYourFattyLiver.com](http://ReverseYourFattyLiver.com). If you are new to liver health, or were diagnosed with fatty liver, NAFLD, or NASH, please visit us there.

In this ebook, you will discover some of our favorite easy-to-follow recipes that can help you heal an unhealthy liver and restore vibrant health using the most *powerful* tool at your disposal, your diet!

When my doctor told me I had fatty liver, I used my diagnosis as motivation to make a shift in my habits around health, eating, and movement, and the results have been extraordinary...

- Lost 31 lbs
- Reduced inflammation
- Lowered cholesterol
- Lowered liver enzymes
- Healthier gallbladder
- Sleep better
- Improved digestion
- More energy and focus

One of the things that made the biggest impact was taking control over the buying and preparation of my meals. Of course, it's not always convenient to be your own cook, but if you have a chronic condition like fatty liver, diabetes, metabolic syndrome, or high-blood pressure, it's essential to know exactly what's going into your body.

Face it, nobody cares as much about your health as you do, and nobody has as much incentive to stay well. If you frequently eat out at fast food restaurants or casual dining establishments, or eat packaged and processed foods, you probably have no idea what you are actually consuming.

Chances are, it's making you sick.

But when you cook your own food, you control the environment, process, and ingredients. There's no way you are going to use unhealthy items, or add a bunch of unnecessary sugar, or chemical preservatives, or artificial junk. And when a recipe does call for an unhealthy ingredient, you can substitute for something different, or reduce the amount you use.

The biggest complaint people have about cooking is that shopping and prep take time. That's true, and you might need to shift your priorities a bit to make this work. For me, I took a chunk of my "screen-time" and devoted it to visiting farmer's markets and produce stands. I also learned some cooking basics, and figured out how to make meals ahead of time, and in bulk. Not only do I save a lot of money, but I'm much healthier than when I let others prepare my meals.

I hope this recipe book inspires you to start eating more healthy, and begin a new chapter in your life, without the pain and suffering of a liver condition. If you have any great liver-friendly recipes to contribute, or feedback on our products, please reach out to use at [support@fattyLiverProtocol.com](mailto:support@fattyLiverProtocol.com).

Thanks,

Jonathan Mizel  
Publisher

# Great Meal Ideas

There are a number of meals and meal variations I rely on when I'm actively trying to heal my liver:

**Breakfast:**

-Oats and Grains  
-Fruit Bowls  
-Smoothies  
-Veggie Juices

**Lunch:**

-Salads  
-Wraps  
-Soups, Stews, and Chili  
-Veggie Bowls

**Dinner:**

-Salads  
-Stirfrys  
-Roasted Veggies  
-Veggie Burgers

There are many ways to expand this list, and dozens of options and combinations so you don't get bored. When you add some snacks in there, and mix up the ingredients, you'll find it will take you while to get through this list!

## Breakfast

- **Oats** - Organic oatmeal or steel cut oats are an excellent way to start your day. Avoid the instant stuff, and instead, cook it yourself. Throw some fruit in there, with nuts, flax, nut milk, cinnamon, and a small spoonful of honey or maple syrup for a satisfying, healthy, and complete breakfast that will last for hours without making you crash.
- **Fruit Bowls** - I love oatmeal, but I also love to make a plain fruit bowl with apples, bananas, papaya, grapes, and some walnuts or flax. Feel free to experiment based on what's available. I don't do much dairy anymore (and I don't recommend it while you are healing), but if you must, stick with an organic unsweetened yogurt and just use a few tablespoons.
- **Smoothies and green drinks** - Probably the easiest morning food you can make is a smoothie because you just throw a bunch of fruit and nut milk into a blender, and voilà you have a happy healthy meal that fortifies your body, supports your liver, and is easy to digest. There are some great smoothie recipes included, including my favorites.
- **Veggie Juices** - I'm talking about freshly made juices that are mostly green vegetables (60% or more), and that you either buy from a juice bar, or make yourself. Because most of the fiber is removed in the juicing process, limit these to a few times a week unless you are specifically doing a juice cleanse.

## Lunch

- **Salads** - I like to get a few heads of kale and lettuce on my weekly shopping trip, and then every few days, chop them up and put them in the refrigerator so they're ready for a salad. This can be eaten whenever you like. Throw some nuts, roasted veggies, even a piece of fruit like a chopped peach in there if you like.
- **Wraps** - Another substantial lunch idea is to have a wrap. Pick up some sprouted tortillas from the health food store, and fill them with hummus, raw and roasted veggies (peppers, spinach, zucchini, cucumber, etc.), and enjoy.
- **Soups, Stews, and Chili** - At least once a week, usually on Sunday, I like to make a big batch of veggie chili, a stew, or vegetable soup. That way I have something available to eat throughout the week, or whenever I want a healthy snack. You can add beans, rice, and nearly unlimited vegetables to soups and stews to create fulfilling, balanced meals that will support your liver and help you maintain a healthy weight.

## Dinner

- **Dinner Salads** - I make my dinner salads a little heavier (and more savory) than I do for lunch, including roasted veggies, sautéed tofu, nuts, or grains. I love barley, farro, and quinoa, which adds even more fiber and makes the salad quite filling.
- **Stirfrys** - One of my favorite go-to meals, especially for dinner, is to throw a mess of veggies into a pan with a little bit of salt, garlic, ginger, and olive oil and make a stir-fry. You can put this in a bowl over rice, quinoa, or other whole-grain and make a complete meal filled with fiber, nutrients, and protein. Add some beans and hot sauce to give it a Mexican flavor, or some curry powder for a taste of India.
- **Roasted Veggies** - An alternative to a stir-fry is to roast the veggies in the oven for 20 - 30 minutes, which gives them a richer flavor, especially broccoli and brussels sprouts. Roasted cauliflower actually tastes meaty, and is very satisfying. Serve over rice or quinoa.

- **Veggie burgers** - Another great meal idea is to make a veggie burger, which you can cook in a pan, or even on the grill. I add tomatoes, lettuce, and a pickle for flavor. When I'm feeling the need for cheese, I'll even stick a slice of nut-cheese on there.

## Snacks

- **Flatbread** - You can take a sprouted tortilla, and use it as the base for flatbread with pesto, veggies, nut-cheese, and other tasty items. Or you can make your own crust from whole grain flour so you know there's no junk in there, even slice a sweet potato thin, toast it, and use as a cracker.
- **Veggie sticks** - One of my favorite easy snacks is to cut up some carrot and celery sticks, and put them in a bowl in the fridge. That way whenever I open the refrigerator door to see what's inside, it's easy enough to just grab a handful of veggies and some hummus dip or almond butter.
- **A piece of fruit or vegetable** - One of my favorite fruits is an apple, which is full of liver-loving pectin, filling, sweet, and satisfying. I like to rotate my fruits based on what's in season, which can mean grapes, stone fruit, kiwi, or anything else that's interesting in the produce aisle or the farmers market.

OK, let's get to the recipes!

# Breakfast Recipes

## Morning Porridge

I love porridge because it can be made dozens of ways, with different grains, and lots of taste variations. I usually use organic rolled oats or steels-cut oats since they tend to have a cleansing effect on the liver, but you can use quinoa, farro, even barley.

Whole grains like these are packed with healthy dietary fiber that can help to clean out your digestive system. Even more important, they break down slowly, stabilizing your blood-sugar levels, and giving you energy for many hours.

### Ingredients

- 1/2 cup rolled oats
- 1 cup of water
- 3/4 cup of soy or nut milk (almond, hemp, coconut)
- 1 teaspoon of real maple syrup or honey (optional)

### Instructions

This is so simple to make, just boil the water and stir in the oats. Lower temp to simmer for 3 - 5 minutes, stirring occasionally. Serve with the nut milk and if you want a sweetener, add some honey or syrup. I usually add a flavor booster too, which makes it more interesting if you are having porridge 3 - 4 times a week. Some of my favorite boosters are listed below, feel free to mix and match (the coffee and cacao combo is delicious).

### Flavor Boosters

- 1 cup of fruit (berries, apples, grapes, citrus, banana, papaya)
- 1/2 cup nuts (almonds, pecans, walnuts)
- 1/2 cup dried fruits (apricots, apples, raisins)
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/4 cup brewed coffee
- 1 tbsp cacao powder

## Grain-Free Apple Pecan Muesli

Most muesli recipes include grains, but we are going to skip them in this recipe, though you can add some oats if you want. Pecans, Chia seeds, a bit of lime juice, and a cinnamon/clove combo give this a unique and wholesome flavor.

Personalize by adding your favorite liver-friendly spices, herbs and possibly a little honey as a sweetener. You can also use this as a flavor booster for your porridge.

### Ingredients

- 1 unpeeled green or Fuji apple, coarsely grated
- 1 tsp lime juice
- 1 tbsp chia seeds
- 2 tbsp chopped pecans
- 2 tbsp flaked almonds
- 2 tbsp unsweetened shredded coconut
- 1 tbsp hemp seeds
- A pinch of cinnamon and clove powders
- 1/2 cup nut or coconut milk of your choice

### Instructions

Mix all of the above ingredients until they are well blended and place in an airtight container and refrigerate overnight. Top with your favorite garnishes, spices and fruits, and enjoy a filling breakfast in the morning.

## Pecan Cinnamon Ginger Breakfast Cereal

Cinnamon is a powerful antioxidant and anti-inflammatory, even in small quantities. The pecans in this recipe help you feel full, while the dates, sunflower seeds, hemp seeds and ginger provide plenty of nutrients and minerals your liver (and your entire body) need to function properly.

By the way, this recipe is simple and fast. Many of us are hard-pressed to find extra time in the morning. If this is the case with you, make this healthy breakfast cereal ahead of time.

### Ingredients

- 1 cup pecan halves, toasted
- 1/3 cup unsalted sunflower seeds, toasted
- 1 cup unsweetened coconut flakes
- 4 dried dates, finely diced
- 2 tbsp hemp seeds
- 1/4 tsp dried ginger
- 1/4 tsp dried cinnamon

### Instructions

Combine, mix and store all ingredients in a glass jar. Serve as an alternative to processed cereal dried, or with a nut-based milk. Make enough to keep on hand so you can enjoy a quick and healthy breakfast when time is limited in the morning.

## Cinnamon Banana Apple Bake

If you love apples, cinnamon, banana, and almonds, this recipe is great for breakfast or a mid-morning snack. Of course, feel free to play with the ingredients to create a version that works for you.

### Ingredients

- 4 medium apples, cored and cut into thin slices
- 2 tbsp coconut or avocado oil
- 2 tbsp cinnamon
- 1/2 tsp ground cloves
- 1 cup well mashed banana
- 1/4 cup flaked almonds
- 3 tbsp unsweetened orange juice

### Instructions

Preheat your oven to 350°. Mix all the ingredients aside from the almonds and apples. Arrange half of your sliced apples on the bottom of a small, greased casserole dish, pour the banana mixture on top, and cover with the remaining apple slices. Add the flaked almonds as a topping, and bake for roughly 30 minutes, or until your apples have reached the consistency you prefer.

## Cooked Breakfast Apples

Nutmeg and cinnamon are powerful antioxidants, and a great way to start your day, especially when added to apples. This warm and spicy creation fills you up and can also heal your digestive tract, promoting gastrointestinal health.

### Ingredients

- 4 apples, core removed and chopped
- 1 tsp or more of ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp or more of ground ginger
- 1 tsp honey or maple syrup (optional)
- 1/4 cup water

### Instructions

Add all ingredients to a large pot and bring to a simmer on your stove. You can then cover and cook them on the stovetop, or stick them in the oven at 350° for 25 - 30 minutes, until they are cooked to your liking. Add extra water while you are cooking if the mix begins to dry out, and top with your favorite nuts or diced fruits.

## Seed and Nut Granola

Another highly versatile recipe. You can add and remove ingredients to create your favorite combo. While it definitely makes a filling morning meal, breakfast is not the only

time of day your hunger and health can benefit from this simple and satisfying granola. I stick some on a bag and take it when I go out and do errands.

### Ingredients

- 2 cups unsweetened coconut chips
- 1/2 cup chopped almonds
- 1/2 cup chopped pecans
- 2 tbsp chia seeds
- 1/4 cup sunflower seeds
- 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1/4 cup honey
- 1/4 cup coconut oil
- 1/2 cup of oats (optional)

### Instructions

While you are preheating your oven to 350°F, melt your honey and coconut oil together. Take all the remaining ingredients and mix together in a large bowl. Stir this mixture as you slowly pour in your honey and coconut oil. Spread the resulting mix over a greased cooking tray and bake for 15 to 20 minutes. Remove when lightly browned, and serve with your favorite coconut or nut-based milk, or enjoy dry.

## Eggless, Grain-Free Morning Muffins

Did you know you can substitute apples or bananas for eggs in most simple baking recipes? Here we are going to use mashed banana (or applesauce) as an egg replacement. As a rule, 1/4 cup of mashed banana or applesauce replaces 1 egg, though you may have to tweak for your taste buds and baking projects.

### Ingredients

- 1 1/2 cups unsweetened, natural applesauce or mashed banana

- 1/4 red onion, finely diced
- 1 handful parsley, finely chopped
- 1/2 red pepper (capsicum), finely diced
- 1 tbsp pesto
- 3 or 4 ounces of blueberries, avocado, pear or another fruit or berry

### Instructions

Preheat your oven to 350°F. While the oven is heating up, whisk up some pesto (see recipe in Snacks) and mashed bananas or applesauce. Add remaining ingredients to your egg replacement mix, stirring well. Pour this delicious mixture into greased or lined muffin tins and cook for 20 to 25 minutes, or until the top of the muffins are golden brown. Cut in half and spread on pesto for a tasty treat.

## Ginger Energy Balls

This healthy morning food can also be used for a snack during the day. Free of both gluten and dairy products, this energy booster makes the perfect companion to a morning cup of coffee.

### Ingredients

- 2 tbsp finely grated fresh ginger
- 1 cup soft Medjool dates, pitted
- 1/4 cup raw pecan halves
- 1/2 cup unsweetened shredded coconut

### Instructions

Place all ingredients in your blender or food processor, and pulse or blend until you reach a smooth consistency. Form the mixture into balls or cut into squares or cubes and store in your refrigerator. You may need to experiment with this recipe, adding a little water if the resulting product is too dry. Alternately, you may add a little almond meal if your mixture is too wet.

# Lunch and Dinner Recipes

## Simple Salad

An easy way to get a diverse amount of liver-healing foods into your body is to make a salad 3 - 4 times a week. Purchase an extra large salad bowl, one that you would use to serve your entire family. Slice, dice, chop, shave and grate your favorite raw or cooked vegetables, and store the container in your fridge without dressing the salad. Make one of these large salads in the morning, and you can munch on it all day long. Use extra-virgin olive oil and red-wine vinegar or lemon juice, or the simple salad dressing recipe below.

### Ingredients

- Lettuce (romaine, red, or other)
- Greens (arugula, kale, chard, mustard greens)
- Peppers (red, green yellow)
- Carrots
- Cucumber
- Celery
- Zucchini
- Tomato
- Broccoli
- Beets
- Mushrooms
- Green beans
- Legumes (red or black beans, lentils, white beans)
- Nuts (walnuts, almonds, sunflower or pumpkin seeds)
- Fruit (apples, peaches, pomegranate)

## Simple Dijon Salad Dressing

This is my standard salad dressing, light, easy, and tasty.

### Ingredients

- 2 tablespoons of extra virgin olive or walnut oil
- 2 tablespoon of apple cider or red wine vinegar
- 1 tablespoon of dijon mustard
- Juice from 1/2 lemon
- Salt and pepper to taste

### Instructions

Add to small container, shake vigorously, pour on salad when ready to eat.

## Simple Stirfry

Another easy way to get your vegetables is with a stir-fry, which is both easy and healthy. I like to pour mine over brown rice, or even better, quinoa for a high-protein and filling meal. Add any veggies you have in your fridge since this is a great way to use up extra food before it goes bad.

### Ingredients

- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, chopped
- 1 finger (2") of turmeric, chopped
- 1 finger (2") of ginger, chopped
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1 small zucchini, chopped
- 1 cup broccoli, chopped
- 1 cup carrots, chopped
- 1/2 cup green or yellow string beans, chopped
- 1/2 cup red or golden beets, diced
- 1/2 cup shiitake mushrooms, chopped
- 1/2 cup kale or chard, chopped

### Instructions

Stirfry in a large pan or wok, serve over brown rice or quinoa.

## Veggie Chili

This is a very flexible recipe, you can use what you want, or delete ingredients you don't. Like the stirfry, this is a great way to utilize veggies before they go bad.

### Ingredients

- 2 tablespoons extra virgin olive oil
- 1/3 onion, rough chopped
- 2 bay leaves
- 1 tablespoon ground cumin
- 2 tablespoons dried oregano
- 1 tablespoon salt
- 3 cloves garlic, chopped
- 1 jalapeño pepper, seeded and chopped
- 3 tablespoons chili powder
- 1 tablespoon ground black pepper
- 3 stalks celery, chopped
- 1 medium zucchini, chopped
- 2 green or red bell peppers, chopped
- 2 small cans chopped green chiles
- 3 cans (28-ounce) whole peeled tomatoes, drained and chopped
- 1 can kidney beans, drained
- 1 can garbanzo beans, drained
- 1 can black beans, drained

### Instructions

Add oil, onion, and spices to pan and cook until onions are translucent. Then add all other ingredients to a large pot, and simmer on stove for 60 - 90 minutes as everything cooks together. You can also make this in a slow-cooker or crock pot. Serve in a bowl, or over brown rice.

## Gourmet Spanish Gazpacho

This is an incredibly easy, super healthy cold soup you can make, and then stick in the fridge to enjoy for a few days. You can peel your tomatoes and roast the red pepper first, or just throw them in the blender, and voila, you have a delicious, gourmet soup that's healthy, raw, and full of life.

### Ingredients

- 2 lbs of red or yellow tomatoes
- 1 large peeled cucumber
- 1 medium red pepper (seeded)

- 3 - 5 garlic cloves
- 1/4 cup of extra virgin olive oil
- Salt and pepper to taste.

### Instructions

Mix in a blender, food processor, or Vita-mix and refrigerate. Lasts 3 - 5 days.

## Moroccan Lentil Stew

I love lentils since they are full of protein, fiber, and phytonutrients. They also have a meaty texture that is satisfying. This recipe includes some spices that add a richness to the dish, but if you are sensitive, feel free to adjust accordingly or remove. Lentils may be easier for some people to digest than other beans, and are quite inexpensive. This serves 6 - 8 people, is good for lunch or dinner, and costs less than \$10.

### Ingredients

- 2 cups red lentils
- 5 cups water or vegetable stock
- 1 cup diced carrots
- 1 cup diced pepper (seeded)
- 1 cup diced onion
- 1 cup diced celery
- 1 can diced tomatoes
- 3 garlic cloves
- 2 tbsp p extra virgin olive oil
- 1 tsp ground turmeric (or 1" piece finely chopped)
- 1 tsp ground ginger (or 1" piece finely chopped)
- 2 tsp ground cumin seed
- 2 tsp ground coriander seed
- Salt and pepper to taste.

### Instructions

Soak the lentils for 24 - 48 hours, longer is better. When ready to cook, add to water or stock in a large pot and bring to a boil. Cover and set burner to low. In a separate pan, add spices, oil, carrots, pepper, onion, and celery, and cook until onion is translucent (about 5 minutes). When lentils are soft, mix everything together and cook for an additional 15 - 20 minutes.

## Apple Avocado Salad

This is a quick and simple salad that provides a wide variety of minerals and nutrients that support liver health. The arugula has liver healing properties, and the tomatoes have lycopene, which aids in heart health. These natural ingredients also deliver a multitude of health properties beyond improving liver function.

### Ingredients

- 1 large handful arugula leaves
- 1/2 cup cherry tomatoes, sliced in half
- 1/2 Lebanese cucumber, sliced
- 1/2 medium avocado, diced
- 2 tbsp hemp seeds
- 1/2 Fuji apple
- 1 tbsp fresh lemon or lime juice
- 2 tbsp olive oil

### Instructions

Chop, dice and slice your ingredients however you like, then combine them in a large bowl. Toss, and drizzle with fresh lime or lemon juice, followed by olive oil.

## Wraps

Wraps are quick and easy meals for lunch or dinner, but traditional wraps often include unhealthy flour and other less than ideal ingredients. If you replace flour-based wraps with sprouted grain tortillas, or even better, large lettuce leaves and leafy greens, you can make your wraps as healthy as you like. There really are no "rules" to follow.

These are great for lunch or dinner, especially if you have kids. Everyone gets to design their own liver friendly wrap or burrito, using the healthy toppings you make available, and even eat with their hands!

### Ingredients

- Sprouted grain tortillas
- Red or green leaf, butter, romaine lettuce, or collard green leaves
- Pesto
- Hummus
- Salsa
- Cooked brown rice, wild rice or quinoa
- Your favorite raw or cooked vegetables, fruits, berries, seeds and nuts
- Your favorite beans and legumes

### Instructions

Cook your favorite vegetables or use them raw. Mix and match any of the above healthy food items and wrap them in tortillas or greens. Add healthy seeds, nuts, spices, or herbs to create a quick and simple meal.

## Black Bean Burgers

When you are in the healing phase of your liver journey, I recommend you eliminate meat from your diet. Not only does it contain a lot of saturated fat, but most meat is contaminated with things that can harm your liver: Pesticides, herbicides, hormones, antibiotics, and other toxins. That doesn't mean you will never be able to eat meat again, just that you should take a break until your liver function is high again.

One way to do this without giving up on the taste, texture and flavor is to make these black bean veggie burgers. They are a filling, tasty, and quite good for you, these beef burger alternatives are simple to make, requiring just 6 basic ingredients. (Makes 4 patties)

### Ingredients

- 15 ounces black beans, drained and rinsed

- 2 tbsp organic sugar-free ketchup (or 2 tbsp puréed tomatoes)
- 1 tbsp mustard
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/3 cup oatmeal
- Portabella caps (optional)
- Olive oil (optional)

### Instructions

Preheat your oven to 400°F. Line a cookie sheet or cooking pan with parchment paper or coat with a little olive or coconut oil. In a large bowl, mash the black beans. Stir in the rest of the ingredients while mixing until well combined, saving the oats for last. Shape into 4 thin patties. Bake for 6 to 8 minutes, flip over, baking for an additional 4 to 6 minutes. Top with some homemade salsa or sugar-free ketchup. Serve on a bun, or for a non-gluten option, the baked Portabella caps (below).

## Portobello Cap Buns

### Ingredients

- 2 medium to large portobello mushroom caps per serving
- 1tsp olive oil

### Instructions

Preheat your oven to 450°F. On a baking sheet lined with aluminum foil, layer large portobello mushroom caps gill side up. Roast for 10 to 12 minutes, experimenting with the cooking time to get the crispiness you prefer. Brush with olive oil, add your black bean burger and favorite burger toppings, and enjoy.

## Rice and Veggie Filled Roasted Tomatoes

You can make this recipe with a brown rice, wild rice or quinoa, adding your favorite diced veggies, beans, spices and herbs. When you roast tomatoes, you dramatically increase the important phytonutrient lycopene. Lycopene is a powerful antioxidant that promotes overall glandular health, and it supports the liver.

### Ingredients

- 6 large, well-ripened tomatoes, sliced in half
- 2 cloves garlic, crushed (optional)
- 2 tbsp balsamic vinegar, apple cider vinegar or red wine vinegar
- 3 tablespoons olive oil
- 2 cups cooked quinoa, brown rice or wild rice (optional)
- Diced veggies, beans, sprouts, spices and herbs (optional)

### Instructions

Preheat oven to 325°F. On a parchment or aluminum foil lined cookie tray, place the 6 tomato halves, cut side up. Sprinkle crushed garlic on top of the tomatoes and drizzle with oil and vinegar, cooking for 30 to 40 minutes. You can scoop out the "meat" from the inside of the tomatoes and use it to make a healthy tomato sauce or salsa, or eat the tomatoes as is. If you scoop out the tomatoes, you can add any combination of quinoa, wild rice, brown rice, veggies, beans and other ingredients for a more filling meal.

## Zucchini Spaghetti with Tomato Sauce

The easiest way to make zucchini spaghetti is to use a spiralizer like this one from Amazon. Spiralizers are inexpensive and versatile, and can turn bland, boring looking vegetables into visual treats that make food more appealing to you and your kids. These "noodles" don't contain any flour or eggs found in many traditional noodles, which aren't the best things for healing your liver. They replace them with high levels of nutrients and minerals, as well as a ton of fiber.

### Ingredients

- 1 to 3 long, slender zucchinis (depending on how many people you are serving)
- Sea salt and pepper
- 1/2 cup water
- (2) 28 oz. cans peeled plum tomatoes (San Marzano tomatoes are my favorite)
- 2 tbsp olive oil
- 4 cloves fresh garlic, minced
- 1/2 white onion (don't chop)
- 2 tbsp tomato paste
- A handful of fresh basil

### Instructions

Heat olive oil and garlic over medium low heat. In a bowl, purée both 28-ounce cans of peeled tomatoes. When the garlic becomes fragrant, add the puréed tomatoes. Place the half onion in the pot without chopping or slicing. Add the basil and tomato paste, stir, reduce heat to low, and simmer for about 25 minutes. While that's cooking, spiralize or thinly slice the zucchini noodles. Heat a little olive oil in a skillet on medium and cook the zucchini noodles for 60 seconds. Then add 1/4 cup of water per zucchini and cook until soft, about 3 - 4 minutes. Drain your "zoodles," season with pepper and salt, and dress with the tomato sauce. You can even add a bit of brewers yeast if you want a cheesy flavor.

## Veggie Stirfry Quinoa Pasta Pesto

Organic quinoa pasta is available at many grocery stores. If you can't find it at your local grocer or health food store, you can always pick it up online at Amazon or Whole Foods. You can make your own pesto sauce (refer to the Basil Walnut Spinach Pesto recipe in the Sides, Snacks, Desserts section), or purchase at most grocery stores.

### Ingredients

- Your favorite vegetables, diced and sliced
- Organic quinoa pasta

- Pesto sauce (If you don't make your own, purchase only organic, natural pesto sauce with no harmful additives)
- Olive oil or coconut oil
- Minced garlic (optional)
- Sea salt and pepper (optional)

### Instructions

Prepare quinoa pasta according to package instructions. While pasta is cooking, add a little olive or coconut oil to a large skillet. Let oil warm, and then add your favorite vegetables, stirring frequently. When you get your vegetables to the consistency you are looking for, drain them and cover to keep warm. Drain pasta. Add pasta to a serving bowl and dress with pesto sauce. Add salt and pepper to taste, as well as minced garlic. Add stir-fried vegetables on top of your pesto sauce, and enjoy.

## Pecan Pumpkin Casserole

This casserole serves as the basis for lunch or dinner, and can also be eaten as a dessert. It is as healthy and nutritious as it is delicious. Try some warm with your favorite fruits or berries puréed and chilled as a topping.

### Casserole Ingredients

- 2 cups mashed roast pumpkin
- 3 cups mashed roast sweet potato
- 1/2 cup organic applesauce or mashed banana
- 2 tbsp coconut oil
- 1 tbsp maple syrup

### Topping Ingredients

- 1 cup chopped pecans
- 1 tbsp melted coconut oil
- 1 tsp pumpkin pie spice

### **Instructions**

Mix all casserole ingredients well and add to an oiled casserole dish. Mix and stir toppings and sprinkle over the casserole mix. Bake for 30 to 35 minutes in a preheated 350°F oven, or until the top of the casserole is a light golden brown. Serve hot.

# Smoothie and Juice Recipes

## Smoothies

The beauty of smoothies is they are extremely versatile. You can make them with almost any fruit or vegetable, fresh or frozen. If you have a powerful blender, just toss everything in, turn it on, and in about a minute, you have a beautiful meal that is both healthy and delicious.

Below are some of my favorite smoothie recipes. Feel free to alter these to your own liking, you can add protein powder, sweeteners like honey or stevia, spices like cinnamon, and even supplements like B Max or Magnesium.

Each recipe makes approximately two 12 oz smoothies. Feel free to adjust or increase amounts based on serving sizes or if you prefer one ingredient over another. If you don't finish, just put in the fridge for later.

### Morning Glory Smoothie

This is my favorite go-to morning drink, chock full of vitamins, minerals, and protein. I usually make it for breakfast, lunch, or a mid-meal snack.

- 1/2 banana
- 1/2 papaya, seeded and peeled
- 1 cup of fresh or frozen berries (strawberries, blueberries, or blackberries)
- 1/2 cup greens (kale, spinach, collard greens)\*
- 1/2 cup water
- 1 tablespoon ground flaxseed
- 1/2 thumb sized portion of ginger root

Blend on high for 60 - 90 seconds. \*You can replace the greens with a quality green-drink extract like Organifi. Serves 2.

### Beautiful Berry Blast Smoothie

Power packed with lots of vitamin C, rich in antioxidants for inflammation relief and healthy skin. This one gives you a natural burst of energy and is great in the morning as well. Serves 2.

- 1 cup strawberries

- 1 cup blueberries, pitted cherries, or raspberries
- 1/2 green apple
- 1/2 cup greens (kale, spinach, collard greens)
- 1/2 cup water
- 1 tablespoon fresh lemon juice
- 1 tablespoon ground flaxseed
- 1 thumb sized portion of turmeric

Blend on high for 60 - 90 seconds. \*You can replace the greens with a quality green-drink extract like Organifi. Serves 2.

### **Protein Power Punch Smoothie**

Great for before or after you do your daily movement, this also makes a nice dessert treat or afternoon snack. Feel free to add some unsweetened chocolate powder for extra flavor.

- 1 banana
- 1 cup unsweetened almond or soy milk
- 1/2 tablespoon honey or maple syrup
- 1/2 cup greens (kale, spinach, collard greens)
- 2 tablespoons vegetable protein powder (like Vega)
- 1 tablespoon ground flaxseed
- 2 ice cubes

Blend on high for 60 - 90 seconds. \*You can replace the greens with a quality green-drink extract like Organifi. Serves 2.

### **Banana Ginger Smoothie**

Great for a snack or anytime you are having digestive issues. Soothes stomach trouble using fresh ginger, nut milk, and cinnamon.

- 1 large banana
- 10 oz almond or soy milk
- 1/2 tablespoon honey or maple syrup
- 1/2 teaspoon of cinnamon
- 2 ice cubes
- 1 thumb sized portion of ginger root

Blend on high for 60 - 90 seconds. Serve immediately.

## Turmeric Tonic Smoothie

The curcumin in turmeric is a powerful healing spice. It has been used in Eastern cultures for literally thousands of years because of its amazing healing properties. As far as your liver is concerned, turmeric delivers inflammation fighting and antioxidant properties that can help the healing process.

### Ingredients

- 1 small red apple
- 1 orange
- 1 cup coconut water
- 1/4 cup almond milk
- 1 1/2 scoops vanilla protein powder, preferably plant-based
- 1 tsp turmeric
- 1 tsp cinnamon
- 1 cup ice

Blend on high for 60 - 90 seconds. Serve immediately.

## Berry Vanilla Smoothie

This tangy smoothie is antioxidant-rich, and great way to get your Vitamin C.

- 1 cup strawberries
- 1 cup blueberries, blackberries, or raspberries
- 1/2 cup spinach
- 1 cup vanilla unsweetened almond or soy milk
- 1/2 cup pineapple
- 1 tablespoon vanilla protein powder

Blend on high for 60 - 90 seconds. \*You can replace the spinach with a quality green-drink extract like Organifi. Serves 2.

## Fresh Juices

When we talk about juicing, we mean drinking **fresh-pressed or squeezed, mostly vegetable juice**. I recommend veggies like celery, kale, carrots, cucumbers, and beets which have a rapid absorption of minerals and nutrients into your body. You can add fruits, but keep the ratio at 3 to 1 (in other words, 75% veggies)

If you have never juiced before, there's a movie called Fat, Sick, and Nearly Dead you can watch for free. It's a great introduction to the topic. Many towns have fresh juice bars these days, so feel free to let someone else do the hard work (and clean up too). Of course, that can get expensive, and if you want to save some money,

I recommend you get a juicer. I got my first one at a garage sale for \$10 and it literally changed my life. You really don't have to spend a bunch of money. I highly recommend picking up a copy of The Juicing Bible by Pat Crocker. It explains how to choose a juicing machine, how to use it for maximum efficiency, and contains hundreds of juicing recipes listed by the health condition you are trying to treat.

And remember, you can juice any vegetables or fruits you like! There are no rules in juicing. As long as you are getting the foods on the shopping list into your body, it doesn't matter how you mix and match them when you prepare fresh juice.

Here are a few of my favorite juicing recipes...

### Morning Sunshine

I try to drink one of these at least once a week. and daily when I'm cleansing.

- 1 green apple
- 5 stalks of celery, leaves removed
- 1/2 cucumber
- 5 or 6 kale leaves
- 1/2 lemon, peeled
- 1 thumb sized portion of ginger root
- 1 thumb sized portion of turmeric root
- 1/2 cup cilantro

## Liver Lover's Tonic

This is for anytime you want to support your liver and encourage liver healing.

- 2 cups purple cabbage
- 6 stalks of celery, leaves removed
- 1/2 green apple
- 1/2 cup of dandelion greens
- 3" - 4" of burdock root
- 1 thumb sized portion of turmeric root
- 1/2 cup cilantro

## Purple and Orange

This is primarily made from root vegetables, which help you relax and ground you emotionally. It should be consumed towards the end of the day.

- 2 large red beets
- 6 carrots
- 2 cloves of garlic
- 1 thumb sized portion of ginger root
- 3" - 4" of burdock root

## Green Machine

This supports proper digestion and healthy, regular bowel movements. I usually drink this during the liquid part of the cleanse since it has a tendency to "clean you out."

- 
- 1/2 bunch of spinach, with stalks
- 6 stalks of celery, leaves removed
- 1/2 bunch of watercress, with stalks
- 1" - 2" of aloe vera
- 4 leaves Swiss chard
- 1/2 green apple

## Kidney and Liver Reset

This cleansing juice supports both kidney and liver health and is full of powerful antioxidants.

### Ingredients

- 2 stalks celery
- 1 large handful parsley
- 1 large handful cilantro
- 1 orange, peeled
- 1 cucumber
- 6 lettuce leaves

## Beet and Berry Juice

This liver-cleansing beet and berry juice can also be enjoyed as a smoothie

- 1 medium beet, peeled
- 1/4 cup fresh or frozen blueberries
- 1 carrot
- 4 leaves red cabbage

# Sides, Snacks and Desserts

## Golden Milk

This is a delicious beverage that has the power to reduce joint pain and inflammation over your entire body. It's turmeric and black pepper with a heated nut milk (like coconut or almond). Many health-food stores have pre-packaged golden milk mixes, but it's easy enough to create your own. If you take blood-thinning medications, consult your physician before taking curcumin or turmeric as a daily supplement since there can be unintended interactions.

### Ingredients

- 1 tbsp of freshly ground or 1/2 tablespoon dried turmeric
- 1/2 tbsp of freshly ground black pepper
- 2 cups fresh filtered water
- 2 cups coconut or almond milk

### Instructions

Mix turmeric, pepper, and water in a pan. Bring to a boil, cover and let sit for 15 minutes. Strain and mix liquid with coconut or almond milk. You can make a large batch and refrigerate. Lasts about a week.

## Avocado Toast

This is my healthy take on avocado toast, minus the bread. It's a delicious snack, or you can double it and turn it into a meal or side dish.

### Ingredients

- 1 medium avocado
- 1/2 lemon or lime, juiced
- Salt and pepper to taste
- 1 tsp. of sesame seeds (optional)
- Sprouted grain tortillas, rice crackers, or cracker alternative (below)

### Instructions

Smash ingredients in a bowl, scoop and spread on tortilla or cracker.

## No-Grain, No-Flour Toast and Cracker Alternative

This recipe is a fun and healthy bread or cracker alternative you can use for just about anything, including the avocado spread above. With just 4 ingredients and minimal instructions, this alternative may surprise you with its delicious taste. The following recipe serves 2, and you can always multiply the quantities below so you have plenty on hand. A toaster oven with a glass door is recommended so you can watch the cooking process, and keep your sweet potato cracker from burning.

### Ingredients

- 1 medium sweet potato (try to find the thickest and longest sweet potatoes you can)
- 1 avocado, sliced
- Olive, coconut, hemp or avocado oil
- Salt and cracked pepper

### Instructions

You really need nothing more than a sweet potato to make this alternative to traditional toast. Cut the sweet potato into 1/2-inch slices, lengthwise. In a toaster oven, cook until golden brown. If you use a conventional vertical toaster, experiment with your heat setting for just the right level. Cook until crispy, or whatever consistency you desire. Drizzle your sweet potato toast with oil, add avocado slices and sprinkle with pepper and salt to taste.

## Authentic Italian Pesto Recipe

Pesto makes an excellent dipping sauce, pairs well with pasta, and can be used as a condiment. This pesto recipe works with whole-grain recipes and stout vegetables like broccoli, cauliflower, carrots and celery.

### Ingredients

- 2 cups fresh basil leaves
- 1/2 cup pine nuts

- 1 or 2 cloves garlic, roughly chopped (to taste)
- 1/2 cup extra-virgin olive oil
- 1 tbsp fresh lemon juice
- Salt to taste

### Instructions

In a food processor or food chopper, combine your nuts, garlic and basil and work until you have a course consistency. Leave this mixture in your chopper or processor, and slowly drizzle olive oil while mixing. Pulse/chop once again while adding lemon and sea salt. Alternate between pulsing and manually stirring until you get the right consistency.

## Basil Walnut Spinach Pesto

Here's another take, but with walnuts and spinach this time.

### Ingredients

- 2 cups fresh basil leaves
- 1/2 cup raw walnuts
- 1 or 2 cloves garlic, to taste
- 1/2 cup baby spinach leaves
- 1/2 cup extra-virgin olive oil
- 1 tbsp fresh lime juice
- Salt to teste

### Instructions

In a food processor or food chopper, combine your nuts, garlic and basil and work until you have a course consistency. Leave this mixture in your chopper or processor, and slowly drizzle olive oil while mixing. Pulse/chop once again while adding lemon and sea salt. Alternate between pulsing and manually stirring until you get the right consistency.

## Liver-Loving Applesauce

The secret to this simple and healthy dish is roasting the apples before making the applesauce. The cinnamon, cloves and lemon juice accentuate the apples perfectly, and you can add stevia or raw, unfiltered honey to get the desired level of sweetness if you desire.

### Ingredients

- 3 lbs of apples of your choice, peeled and sliced
- 1/4 cup water
- 1 tsp fresh lemon juice
- Honey or stevia, to taste (optional)
- 2 tbsp coconut oil
- 2 tbsp cinnamon
- 1/2 tsp ground cloves

### Instructions

Preheat your oven to 425°F, and layer a large baking dish with the apples. Mix all remaining ingredients and pour over apples. Bake for 40 minutes or until the apples are soft. How long you have to bake depends on how thick or thin you slice your apples. Remove from oven, let cool for 15 minutes, and blend in a food processor or blender until you reach a smooth consistency. Store in a glass, airtight container in your refrigerator.

## No-Dairy Chocolate Mint Chip Ice Cream

The next time you have an ice cream craving, try this simple, quick, cold and refreshing (as well as healthy) substitute. Consider making a few batches and freezing so you can have access to this frozen ice cream alternative whenever you need a healthy snack.

### Ingredients

- 2 overripe, frozen bananas, peeled and cut into chunks

- Pinch of salt
- 1/8 tsp pure peppermint extract, or more as desired
- Pinch spirulina or natural food coloring (optional)
- 1/2 cup unsweetened coconut cream or macadamia nuts (optional)
- 2 to 3 tbsp unsweetened dark chocolate or cacao nibs
- Pinch of stevia to taste (optional)

### Instructions

Add the frozen bananas, peppermint extract, salt and any optional ingredients to your blender, and mix until smooth. Remove from the blender. Stir in chocolate chips and enjoy your frosty treat immediately, or freeze for later. Mix in a handful of your favorite nuts and berries, or any other liver-friendly ingredients to personalize this recipe and store in the freezer.

## No-Sugar Berry Sherbert

Here's a fruit version, this time as a tasty sherbet. You can often times find frozen fruit and berry mixes at Costco or Sam's Club for less than the cost of fresh. Feel free to substitute with anything available at your local market that's in season

### Ingredients

- 2 overripe, frozen bananas, peeled and cut into chunks
- 1 cup blueberries
- 1 cup strawberries
- 1/2 cup raspberries
- 1/2 green apple

### Instructions

Add the frozen bananas, berries, and any optional ingredients to your blender, and mix until smooth. Remove from the blender and enjoy, or freeze for later.

## Quinoa Apple Crumble

Traditional apple crumble recipes generally fall outside the lines of fatty liver acceptance. They usually aggravate a fatty liver rather than helping it heal. This Quinoa Apple Crumble tastes amazing, and if you decide to add a healthy sweetener like honey, coconut sugar or stevia, you will satisfy even the sweetest cravings. Figure on about an hour start to finish, including prep and cooking time.

### Ingredients

- 4 large apples, peeled, cored and diced
- 2 cups cooked quinoa
- 1 cup almond flour
- 1/2 cup chopped cashews, walnuts, or pecans
- 1/3 cup ground almonds
- 2 tbsp cinnamon
- Extra virgin olive oil
- Stevia, coconut sugar or honey, sweetened to taste (optional)

### Instructions

Get started by preheating your oven to 350°F, and coating a 9" x 13" baking dish with extra virgin olive oil. Mix all ingredients, except apples, to make your crumble topping. Add the diced apples to the baking dish, and spread your mixed ingredients over the top. Bake for 30 minutes or until you see your crumble topping is light brown in color.

## Coconut Cashew Balls

Cashews provide protein, copper, manganese, magnesium, phosphorus, zinc and other much-needed vitamins, minerals and antioxidants. The double dose of coconut in this recipe provides healthy fats that fill you up in a good way.

The lime juice adds a little kick, and if you want to sweeten up this recipe, experiment with stevia or raw, unfiltered honey. With or without some type of sweetener, these

coconut cashew balls are filling, delicious, and a healthy snack you can make beforehand for quick and easy craving crushing.

### Ingredients

- 2 cups raw cashews
- 1 cup unsweetened shredded coconut
- 2 tbsp coconut oil
- 1/4 cup fresh lime juice
- Stevia or raw, unfiltered honey (optional)

### Instructions

Use a food processor or food chopper to grind the cashews to a fine consistency. Add the remaining ingredients to this cashew meal, and process or chop until smooth. Shape your resulting mix into balls and store immediately in an airtight container in your refrigerator. You may want to experiment with the amount of lime juice you use, depending on how moist your coconut and nuts are.

## Roasted Nuts

The cumin and paprika in this recipe give plain almonds or macadamia nuts a nice flavor kick. Salt is optional, and you can replace the macadamia nut oil with coconut oil or extra-virgin olive oil as you see fit. Experiment by adding your favorite spices and herbs from your fatty liver shopping list.

### Ingredients

- 2 cups raw, unsalted almonds or macadamia nuts
- 1/2 tsp smoked paprika
- 1 tsp ground cumin
- 1/2 tsp salt
- 1 tbsp macadamia nut oil

### Instructions

Preheat oven to 355°F. Place macadamia nuts in a single layer on a baking tray, roasting for 8 to 10 minutes. You are looking to get a light golden color. Mix all remaining ingredients well, adding the warm macadamia nuts and stirring until all nuts are covered with the oil/spice mix. Roast coated nuts for an additional 5 minutes,

## Sweet Potato Garlic Mash

Sweet potatoes love your liver, and promote overall health. Sweet potatoes (and their cousins, yams) are rich in beta carotene, one of nature's inflammation fighting nutrients. This recipe combines naturally filling and health boosting sweet potatoes with heart healthy garlic and onions for a mashed sweet potato dish that can curb your between-meal cravings, and also perform admirably as a side dish.

### Ingredients

- 3 lbs sweet potatoes, peeled and steamed roasted until tender
- 1 tbsp extra virgin olive oil
- 1/2 yellow onion, finely diced
- 2 garlic cloves, minced
- 2 tsps dried oregano
- 1/3 cup coconut or almond milk
- Salt and pepper, to taste

### Instructions

Peel and steam or roast potatoes until they reach a tender, soft consistency. Mix and sauté the garlic and onions in olive oil for 7 to 10 minutes, while the potatoes are cooking. Mash sweet potatoes until you get the consistency you desire. Combine the rest of the ingredients with your garlic and onions, and mix into the sweet potato mash while stirring. Serve warm.

## Blueberry Chocolate Cubes

You can form this recipe into balls, cubes or any other shape you desire. Blueberries are considered one of the most perfect superfoods on the planet, and they are liver-friendly while also promoting overall health and wellness. Between the Medjool dates, blueberries and natural dark chocolate, you get cancer fighting, heart healthy, liver-loving antioxidants that fight disease and dangerous free radicals. Oh yeah, and this recipe tastes great too!

### Ingredients

- 1 cup raw pecans
- 3/4 cup pitted Medjool dates
- 1/2 cup dried blueberries
- 3.5 ounces 85% cocoa (or higher percentage) dark chocolate, chopped into small pieces
- 1/4 cup raw hazelnuts

### Instructions

Break out your food processor or food chopper, and grind the pecans and hazelnuts down to a fine consistency. Add the rest of the ingredients, mixing only until all ingredients are evenly distributed. Cut into cubes or roll into balls and store in a glass, airtight container in your refrigerator.

## Healthy Baked Sweet Potato Fries

Because of their high levels of dietary fiber and vitamin C, along with cleansing agents and nutrients that boost the immune system, sweet potatoes are not unfriendly to the liver like white potatoes are. These baked sweet potato fries mean you don't have to be Jonesing for French fries while you nurse your liver back to health.

### Ingredients

- 2 large sweet potatoes, peeled, cut into 1x3 inch wedges

- 3 tbsp coconut or olive oil
- 1/2 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 1/4 tsp paprika

### **Instructions**

Preheat your oven to 425°F, positioning your cooking rack about 1/3 of the way from the top of the oven. Pat your sweet potato wedges dry with napkins, and then combine them and the oil in a large bowl. Toss to make sure all sweet potato fries are coated with oil. Sprinkle on your pepper, salt and paprika. Arrange sweet potato fries on a single layer on an oiled baking sheet, leaving a little room in between wedges. Cook for 18 to 25 minutes, turning and flipping occasionally. Let cool for a few minutes before serving.