## 30-Day Liver Healthy Meal Plan



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Breakfast: Greek	Breakfast: <u>Acai Bowl</u>	Breakfast: <u>Huevos</u>	Breakfast: Chia Seed	Breakfast: Breakfast	Breakfast: Crustless
	<u>Yogurt Parfait</u>		Rancheros	Pudding with Coconut	Couscous with Fruit	<u>Quiche with</u>
		Lunch: <u>Taco Tuesday</u>		<u>Milk, Fresh Fruit, and</u>		<u>Cauliflower</u>
	Lunch: <u>Black Bean</u>	<u>Salad</u>	Lunch: <u>Quinoa &amp; Black</u>	<u>Almonds</u>	Lunch: <u>Tomato &amp;</u>	
	<u>with Corn Quesadilla</u>		<u>Bean Salad</u>		Cucumber Salad	Lunch:
		Dinner: Tomato and		Lunch: <u>Veggie Wrap</u>		Sprouted Lentil Soup
	Dinner: <u>Skillet Turkey</u>	<u>Zucchini Casserole</u>	Dinner: Sprouted Lenti	-		
	Meatballs and Lemon	<u>with Onions</u>	<u>Kibbeh</u>	Dinner: <u>Stuffed</u>	Dinner: Mexican Style	Dinner: Brown Rice
	<u>Brown Rice</u>			Poblano Peppers	<u>Spaghetti Squash</u>	and Salmon Bowl
		Snack: Carrot Sticks	Snack: <u>Fresh Berries</u>			
	Snack: Apple Slices	<u>with Hummus</u>		Snack: Mixed Nuts	Snack: Pear with	Snack: Yogurt with
	with Almond Butter				Cottage Cheese	Honey and Nuts
7	8	9	10	11	12	13
Breakfast: Whole Grain	Breakfast:	Breakfast: Breakfast	Breakfast: French	Breakfast: Liver Loving	Breakfast: Oatmeal	Breakfast: Breakfast
<u>Toast with Avocado,</u>	<u>Southwestern</u>	Smoothie Bowl	<u>Toast with Cinnamon</u>	Omelet	with Fruit	Wrap
Poached Eggs, and	Breakfast Casserole					
<u>Tajín Seasoning</u>		Lunch: <u>Chipper</u>	Lunch: Spinach and	Lunch: Spinach and	Lunch: <u>Arepas with</u>	Lunch: Lemon Garlic
	Lunch: Mediterranean	<u>Chicken Salad</u>	Mushroom Frittata	Feta Stuffed Chicken	<u>Veggies</u>	<u>Pasta</u>
Lunch: <u>Spinach &amp;</u>	<u>Farro</u>			<u>Breast</u>		
<u>Chickpea Salad</u>		Dinner: <u>Baked Lemon</u>	Dinner: <u>Tilapia with</u>		Dinner: <u>Spicy Shrimp</u>	Dinner: Mediterranean
	Dinner: <u>Black Bean</u>	<u>Herb Chicken</u>	<u>Asparagus</u>	Dinner: Sweet Potato	with Cauliflower Rice	Baked Cod with
Dinner: <u>Turkey &amp;</u>	<u>Soup</u>			and Black Bean Tacos		<u>Vegetables</u>
<u>Vegetable Stir-Fry</u>		Snack: Frozen Grapes	Snack: <u>Hard-Boiled</u>		Snack: Roasted	
	Snack: <u>Edamame</u>		Eggs	Snack: <u>Roasted</u>	<u>Chickpeas</u>	Snack: Apple and
Snack: <u>Celery Sticks</u>				Pumpkin Seeds		Brussels Sprouts
<u>with Peanut Butter</u>						<u>Delight</u>

14	15	16	17	18	19	20
Breakfast: <u>Greek</u>	Breakfast: Acai Bowl	Breakfast: <u>Huevos</u>	Breakfast: Chia Seed	Breakfast: Breakfast	Breakfast: Whole Grain	Breakfast: Crustless
<u>Yogurt Parfait</u>		Rancheros	Pudding with Coconut	Couscous with Fruit		Quiche with
	Lunch: <u>Avocado and</u>		Milk, Fresh Fruit, and			<u>Cauliflower</u>
Lunch: Crispy Apple	<u>Veggie Sandwich</u>	Lunch: <u>Black Bean</u>	<u>Almonds</u>	Lunch: Quinoa & Black		
and Spinach Salad		with Corn Quesadilla		Bean Salad		Lunch: Arepas with
	Dinner: Brown Rice		Lunch: Taco Tuesday			<u>Veggies</u>
Dinner: <u>Lime Infused</u>	and Salmon Bowl	Dinner: <u>Skillet Turkey</u>	<u>Salad</u>	Dinner: Sprouted Lentil		
Tuna Salad Lettuce		Meatballs and Lemon	D'an Tanata and	<u>Kibbeh</u>		Dinner: <u>Stuffed</u>
<u>Wrap</u>	Snack: Cucumber	Brown Rice	Dinner: Tomato and		Dinner: <u>Mexican Style</u>	Poblano Peppers
Creak: Corress Colod	Slices with Lemon	Creeks Apple Cliese	Zucchini Casserole	Snack: Yogurt with	<u>Spaghetti Squash</u>	Creak: Calary Otiaka
Snack: <u>Caprese Salad</u>	<u>Juice</u>	Snack: <u>Apple Slices</u> with Almond Butter	with Onions	Honey and Nuts		Snack: <u>Celery Sticks</u> with Peanut Butter
<u>on a Stick</u>		WITT AIMOND DUTTEL	Snack: Mixed Nuts		Snack: <u>Edamame</u>	with Pednut Dutter
21	22	23		25	26	27
Breakfast: Greek		Breakfast: French				
Yogurt Parfait		Toast with Cinnamon	Breakfast: <u>Oatmeal</u> with Fruit	Smoothie Bowl	Breakfast: Liver Loving Omelet	Southwestern
<u>roguit Parlait</u>	<u>Wrap</u>	TOAST WITH CITINATION		SITIOUTITE DOWL	Omelet	Breakfast Casserole
Lunch: Avocado and	Lunch: Sprouted Lentil	Lunch: Veggie Wran	Lunch: Spinach and	Lunch: Spinach &	Lunch: Chipper	DIEdKIdSt Casseiole
Veggie Sandwich	Soup	Lunch. <u>Veggie Wiap</u>	Mushroom Frittata	Chickpea Salad	Chicken Salad	Lunch: Mediterranean
veggie oanawien		Dinner: <u>Black Bean</u>	Mushroommittutu			Farro
Dinner: Spicy Shrimp	Dinner: Hamburger	Soup	Dinner: <u>Tilapia with</u>	Dinner: Turkey &	Dinner: Baked Lemon	
with Cauliflower Rice	with Side Salad		Asparagus	Vegetable Stir-Fry		Dinner: Brown Rice
		Snack: Hard-Boiled				and Salmon Bowl
Snack: Cucumber	Snack: Caprese Salad	Eggs	Snack: Apple and	Snack: Frozen Grapes	Snack: Roasted	
Slices with Lemon	on a Stick		Brussels Sprouts		Chickpeas	Snack: Roasted
Juice			Delight			Pumpkin Seeds
28	29	30				
Breakfast: Acai Bowl	Breakfast: Crustless	Breakfast: <u>Huevos</u>				
	Quiche with	Rancheros				
Lunch: Lemon Garlic	Cauliflower					
Pasta		Lunch: Crispy Apple				
	Lunch: <u>Veggie Wrap</u>	and Spinach Salad				
Dinner: Mediterranean						
Baked Cod with	Dinner: Grilled Chicken					
<u>Vegetables</u>		Tuna Salad Lettuce				
	<u>Veggies</u>	<u>Wrap</u>				
Snack: Fresh Berries						
	Snack: Yogurt with	Snack: Mixed Nuts				
	Honey and Nuts					

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