

30-Day Liver Healthy Meal Plan



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

14	15	16	17	18	19	20
Breakfast: Greek Yogurt Parfait Lunch: Crispy Apple and Spinach Salad Dinner: Lime Infused Tuna Salad Lettuce Wrap Snack: Caprese Salad on a Stick	Breakfast: Acai Bowl Lunch: Avocado and Veggie Sandwich Dinner: Brown Rice and Salmon Bowl Snack: Cucumber Slices with Lemon Juice	Breakfast: Huevos Rancheros Lunch: Black Bean with Corn Quesadilla Dinner: Skillet Turkey Meatballs and Lemon Brown Rice Snack: Apple Slices with Almond Butter	Breakfast: Chia Seed Pudding with Coconut Milk, Fresh Fruit, and Almonds Lunch: Taco Tuesday Salad Dinner: Tomato and Zucchini Casserole with Onions Snack: Mixed Nuts	Breakfast: Breakfast Couscous with Fruit Lunch: Quinoa & Black Bean Salad Dinner: Sprouted Lentil Kibbeh Snack: Yogurt with Honey and Nuts	Breakfast: Whole Grain Toast with Avocado, Poached Eggs, and Tajin Seasoning Lunch: Tomato & Cucumber Salad Dinner: Mexican Style Spaghetti Squash Snack: Edamame	Breakfast: Crustless Quiche with Cauliflower Lunch: Arepas with Veggies Dinner: Stuffed Poblano Peppers Snack: Celery Sticks with Peanut Butter
21	22	23	24	25	26	27
Breakfast: Greek Yogurt Parfait Lunch: Avocado and Veggie Sandwich Dinner: Spicy Shrimp with Cauliflower Rice Snack: Cucumber Slices with Lemon Juice	Breakfast: Breakfast Wrap Lunch: Sprouted Lentil Soup Dinner: Hamburger with Side Salad Snack: Caprese Salad on a Stick	Breakfast: French Toast with Cinnamon Lunch: Veggie Wrap Dinner: Black Bean Soup Snack: Hard-Boiled Eggs	Breakfast: Oatmeal with Fruit Lunch: Spinach and Mushroom Frittata Dinner: Tilapia with Asparagus Snack: Apple and Brussels Sprouts Delight	Breakfast: Breakfast Smoothie Bowl Lunch: Spinach & Chickpea Salad Dinner: Turkey & Vegetable Stir-Fry Snack: Frozen Grapes	Breakfast: Liver Loving Omelet Lunch: Chipper Chicken Salad Dinner: Baked Lemon Herb Chicken Snack: Roasted Chickpeas	Breakfast: Southwestern Breakfast Casserole Lunch: Mediterranean Farro Dinner: Brown Rice and Salmon Bowl Snack: Roasted Pumpkin Seeds
28	29	30				
Breakfast: Acai Bowl Lunch: Lemon Garlic Pasta Dinner: Mediterranean Baked Cod with Vegetables Snack: Fresh Berries	Breakfast: Crustless Quiche with Cauliflower Lunch: Veggie Wrap Dinner: Grilled Chicken with Salsa Verde and Veggies Snack: Yogurt with Honey and Nuts	Breakfast: Huevos Rancheros Lunch: Crispy Apple and Spinach Salad Dinner: Lime Infused Tuna Salad Lettuce Wrap Snack: Mixed Nuts				