

# Liver Cleansing Detox Eating Plan & Shopping List



Dr. Linda Marquez Goodine

[www.DrLindaMarquez.com](http://www.DrLindaMarquez.com)

# Liver Detox Shopping List

## Fruits & Veggies

- Alfalfa sprouts
- Artichokes
- Asparagus
- Avocado
- Bamboo shoots
- Beans
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cilantro
- Collard Greens
- Cucumbers
- Dill
- Eggplant
- Escarole
- Garlic
- Ginger root
- Kale
- Leeks
- Lettuce
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Peas
- Peppers (all)
- Pickles (w/out sugar)
- Radishes
- Salsa (w/out sugar)
- Sauerkraut
- Seaweed
- Spinach
- Squash
- String beans
- Sugar snap peas
- Swiss chard
- Tomatoes
- Turnip greens
- Turnips
- Water Chestnuts
- Zucchini
- \*Apples
- \*Apricots
- \*Berries (all)
- \*Cherries (tart red)
- \*Grapefruit
- \*Grapes (red & purple)
- \*Kiwis
- \*Lemons/limes
- \*Melons
- \*Nectarines
- \*Oranges
- \*Peaches
- \*Persimmons
- \*Pineapples (very small amount)
- \*Plums
- \*Tomatoes

*Note: eat only 1/3 cup of fruit for every cup of vegetables; all should be organic*

*\*\*\*Paradise Proteins & Greens or other plant based protein with at least 15 grams of protein/serving*

## Milk, Juices & Beverages

- Canned coconut milk
- Apple Cider Vinegar
- Unsweetened Organic Cranberry Juice
- Coconut water
- Spring Water
- Lemon Juice
- Kombucha
- Kevita

## Nuts & Seeds (1/4 cup max per day)

- Almonds
  - Cashews
  - Hazelnuts
  - Hummus
  - Pecans
  - Pine nuts
  - Pistachios
  - Pumpkin seeds
  - Sesame seeds
  - Sunflower seeds
  - Walnuts
- Note: should be sprouted or germinated

## Fats/Oils

- Coconut
- Flaxseed
- Macadamia
- Extra Virgin Olive
- Grapeseed
- Avocado

## Spices/Herbs

- Caraway seeds
- Cayenne
- Cinnamon
- Dill
- Mint
- Nutmeg
- Oregano
- Paprika
- Parsley
- Ground Pepper
- Sea Salt
- Stevia
- Turmeric
- Vanilla

## Starches/Fiber

- Tuber vegetables, artichoke, yam, sweet potato, taro, jicama, cassava (3-4x's week)
- Chia seeds
- Flax seeds
- Beans
- Lentils

## NO:

- Corn
- Gluten/Wheat
- Sugar
- Dairy Products
- Processed Foods
- Soy
- Meat



# Sample Eating Menu (Liver Detox Eating Plan)

## ***Morning Meal (sunrise meal) 30 -60 minutes upon rising***

Breakfast Smoothie approximately 1 hour after sunrise meal

Blend the following:

1-2 scoop of protein powder (Clearvite, Paradise Protein & Greens, PGX Satisfast Vegan Protein)

6-8 ounces of coconut milk

4 ounces of coconut water

1-3 cups of organic greens like kale or spinach

1 celery stalk

¼ cup of organic berries

1 tablespoon of olive oil or coconut oil

dash of sea salt

½ to 1 cup of ice cubes

*Other goodies to add-vanilla, cinnamon, stevia, unsweetened coconut flakes, cocoa powder*

## ***Lunch Meal***

Prepare a large salad and a hearty veggie soup with beans and veggies.

Add oil and vinegar to your salad with sprouted seeds or avocado.

## ***Dinner Meal***

Prepare a healthy salad, raw soup or cooked bean/lentil soup. A sweet potato drizzled with coconut oil and cinnamon (sweet potatoes-no more than 3x's a week).

## ***Snacks***

Fried eggplant in coconut oil  
Steamed broccoli with coconut oil/olive oil and dash of sea salt  
Celery with raw nut butter  
Slightly cooked cauliflower with turmeric  
Mushrooms sautéed in coconut oil, olive oil  
Apples dipped in nut butter  
Pickles & olives  
Cut vegetables dipped in guacamole or salsa  
Cabbage cooked with garlic, onion and sea salt  
Cucumber with lemon and sea salt  
Spaghetti squash with tomato sauce  
Fermented vegetables & fruit (sauerkraut, kimchi, curtido, beet kvass, coconut kefir, kombucha)

## ***Beverages & Other Super foods***

Bone Broth Soup  
Cranberry Cocktail (6-8 ounces water mixed with 2 ounces organic unsweetened cranberry juice, 1-2 Tbsp apple cider vinegar, juice of ½ lemon, sweetened with stevia if desired)

# Food Examples for the Liver Detox Eating Plan



Organic Black Beans



Garlic Paste



Great Lakes Gelatin



Apple Cider Vinegar



Cranberry Juice



Just Like Sugar



Kal Stevia



Coconut Sugar



Coconut Milk



Paradise Protein & Greens



Organic Sauerkraut





Coconut Wraps



Kombucha Tea



Shirataki Yam Noodles



Sprouted Seeds