The liver is a vital organ that should not be overlooked. This liver-supporting meal plan features pescatarian recipes filled with liver-supporting foods such as veggies, beans, matcha, salmon and avocado.

BY **JESSE LANE LEE**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

=RIDAY



BREAKFAST

1 serving Matcha Latte (make 1/4 of recipe); 1 serving The Lumberjack (save leftovers)

LUNCH

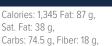


1 serving Shiitake Skillet Bake (save leftovers, freeze 2 servings)

DINNER



1 serving Mediterranean Baked Salmon & Vegetables (save leftovers)



TOTAL NUTRIENTS

Sugars: 14 g, Protein: 63 g, Sodium: 1,491 mg, Cholesterol: 441 mg



2 servings One-Pan Vegetable Frittata (save leftovers, freeze 2 servings)



1 serving Mediterranean Baked Salmon & Vegetables (leftovers); 1 serving Bagna Cauda Dip with Crudités (save leftovers)



1 serving Shiitake Skillet Bake (leftovers)

Calories: 1,522, Fat: 79 g, Sat. Fat: 28 g, Carbs: 76.5 g, Fiber: 18 g, Sugars: 21 g, Protein: 89 g, Sodium: 1,798 mg, Cholesterol: 1,007 mg



1 serving The Lumberjack (leftovers)



2 servings Baby Spinach and Tomato Salad with Grilled Prawns (save leftovers)



1 serving Mediterranean Baked Salmon & Vegetables (leftovers); 1 serving Bagna Cauda Dip with Crudités (leftovers)

Calories: 1,406, Fat: 61 g, Sat. Fat: 15 g, Carbs: 68 g, Fiber: 21 g, Sugars: 31 g, Protein: 91 g, Sodium: 1,717 mg Cholesterol: 646 mg



1 serving Matcha Latte (make 1/4 of recipe); 2 servings One-Pan Vegetable Frittata (leftovers)



1 serving Mediterranean Baked Salmon & Vegetables (leftovers)



1 serving Brussels Sprouts & Black Rice Salad (save leftovers)

Calories: 1,774, Fat: 88 g, Sat. Fat: 35 g, Carbs: 75 g, Fiber: 15 g, Sugars: 27 g, Protein: 77 g, Sodium: 1,735 mg, Cholesterol: 824 mg



1 serving The Lumberjack (make a second time; save leftovers)



2 servings Baby Spinach and Tomato Salad with Grilled Prawns (leftovers)



1 serving Bagna Cauda Dip with Crudités (leftovers); 1 serving Brussels Sprouts & Black Rice Salad (leftovers)

Calories: 1,390, Fat: 57 g, Sat. Fat: 12 g, Carbs: 104 g, Fiber: 27 g, Sugars: 38 g, Protein: 66 g, Sodium: 1,893 mg, Cholesterol: 574 mg



1 serving Matcha Latte (make 1/4 of recipe); 1 serving The Lumberjack (leftovers)



1 serving Shiitake Skillet Bake (thawed and heated); 1 serving Bagna Cauda Dip with Crudités (leftovers)



1 serving Brussels Sprouts & Black Rice Salad (leftovers)

Calories: 1,598, Fat: 86 g, Sat. Fat: 38 g, Carbs: 126.5 g, Fiber: 29 g, Sugars 21 g, Protein: 45 g, Sodium: 1,865 mg Cholesterol: 373 mg

SUNDAY



1 serving Matcha Latte (make 1/4 of recipe); 2 servings One-Pan Vegetable Frittata (thawed and heated)



1 serving Brussels Sprouts & Black Rice Salad (leftovers)



1 serving Shiitake Skillet Bake (thawed and heated)

Calories: 1,430, Fat: 89 g, Sat. Fat: 40 g, Carbs: 100.5 g, Fiber: 19 g, Sugars: 28 g, Protein: 59 g, Sodium: 1,817 mg, Cholesterol: 931 mg

GROCERY LIST

PROTEINS & DAIRY		VEGGIES & FRUITS		NUTS, SEEDS & OILS	
	4 4-6oz wild		4 pints cherry tomatoes		1 bottle extra-virgin
	salmon fillets		2 red peppers		olive oil
	1 lb prawns or shrimp		1 sweet potato		1 bottle avocado oil
	1 can anchovies		2 avocados		1 bottle toasted
	1 oz feta cheese		2 red onions		sesame oil
	4 oz mozzarella cheese		1 yellow onion		1 bag ground flaxseeds
	2 oz goat cheese		1 shallot	PA	NTRY STAPLES
	1 stick organic		2 heads garlic		1 bottle sea salt
	unsalted butter		1 bundle fresh parsley		1 bottle ground
	19 large eggs		1 bundle fresh thyme		black pepper
	1 13.5-oz BPA-free can		1 bundle fresh chives		1 bottle dried oregano
	full-fat coconut milk		1 bundle fresh basil		1 bottle onion powder
	1 15-oz can unsalted cannellini or great		2 bundles fresh rosemary		1 bottle red pepper flakes
	northern beans		1 bundle green onions		1 container
			1 lb Brussels sprouts		matcha powder
			10 oz baby spinach		1 container
			3 large zucchinis		vanilla powder
			1 small kabocha squash 1.5 lb shiitake mushrooms		1 bottle dijon mustard
					1 bottle coconut aminos
					1 bottle rice vinegar
			1 fresh ginger root		1 bottle balsamic vinegar
			1 container		1 container white miso
			Kalamata olives		1 bottle mirin
			1 pitted date		1 carton low sodium mushroom broth
		WH	IOLE GRAINS	П	1 bottle all-natural
			1 small bag black rice		hot sauce
			1 small bag brown rice		
			1 bag old-fashioned rolled oats		
			1 bag arrowroot starch		
			1 small loaf		

whole-grain bread