



1-WEEK JUMP-START TO A HEALTHIER LIVER

Clean Eating

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

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 <p>1 serving Matcha Latte (make ¼ of recipe); 1 serving The Lumberjack (save leftovers)</p>	 <p>1 serving Shiitake Skillet Bake (save leftovers, freeze 2 servings)</p>	 <p>1 serving Mediterranean Baked Salmon & Vegetables (save leftovers)</p>	<p>Calories: 1,345 Fat: 87 g, Sat. Fat: 38 g, Carbs: 74.5 g, Fiber: 18 g, Sugars: 14 g, Protein: 63 g, Sodium: 1,491 mg, Cholesterol: 441 mg</p>
TUESDAY	 <p>2 servings One-Pan Vegetable Frittata (save leftovers, freeze 2 servings)</p>	 <p>1 serving Mediterranean Baked Salmon & Vegetables (leftovers); 1 serving Bagna Cauda Dip with Crudités (save leftovers)</p>	 <p>1 serving Shiitake Skillet Bake (leftovers)</p>	<p>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</p>
WEDNESDAY	 <p>1 serving The Lumberjack (leftovers)</p>	 <p>2 servings Baby Spinach and Tomato Salad with Grilled Prawns (save leftovers)</p>	 <p>1 serving Mediterranean Baked Salmon & Vegetables (leftovers); 1 serving Bagna Cauda Dip with Crudités (leftovers)</p>	<p>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</p>
THURSDAY	 <p>1 serving Matcha Latte (make ¼ of recipe); 2 servings One-Pan Vegetable Frittata (leftovers)</p>	 <p>1 serving Mediterranean Baked Salmon & Vegetables (leftovers)</p>	 <p>1 serving Brussels Sprouts & Black Rice Salad (save leftovers)</p>	<p>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</p>
FRIDAY	 <p>1 serving The Lumberjack (make a second time; save leftovers)</p>	 <p>2 servings Baby Spinach and Tomato Salad with Grilled Prawns (leftovers)</p>	 <p>1 serving Bagna Cauda Dip with Crudités (leftovers); 1 serving Brussels Sprouts & Black Rice Salad (leftovers)</p>	<p>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</p>
SATURDAY	 <p>1 serving Matcha Latte (make ¼ of recipe); 1 serving The Lumberjack (leftovers)</p>	 <p>1 serving Shiitake Skillet Bake (thawed and heated); 1 serving Bagna Cauda Dip with Crudités (leftovers)</p>	 <p>1 serving Brussels Sprouts & Black Rice Salad (leftovers)</p>	<p>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</p>
SUNDAY	 <p>1 serving Matcha Latte (make ¼ of recipe); 2 servings One-Pan Vegetable Frittata (thawed and heated)</p>	 <p>1 serving Brussels Sprouts & Black Rice Salad (leftovers)</p>	 <p>1 serving Shiitake Skillet Bake (thawed and heated)</p>	<p>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</p>

GROCERY LIST

PROTEINS & DAIRY

- ☐ 4 4-6oz wild salmon fillets
- ☐ 1 lb prawns or shrimp
- ☐ 1 can anchovies
- ☐ 1 oz feta cheese
- ☐ 4 oz mozzarella cheese
- ☐ 2 oz goat cheese
- ☐ 1 stick organic unsalted butter
- ☐ 19 large eggs
- ☐ 1 13.5-oz BPA-free can full-fat coconut milk
- ☐ 1 15-oz can unsalted cannellini or great northern beans

VEGGIES & FRUITS

- ☐ 4 pints cherry tomatoes
- ☐ 2 red peppers
- ☐ 1 sweet potato
- ☐ 2 avocados
- ☐ 2 red onions
- ☐ 1 yellow onion
- ☐ 1 shallot
- ☐ 2 heads garlic
- ☐ 1 bundle fresh parsley
- ☐ 1 bundle fresh thyme
- ☐ 1 bundle fresh chives
- ☐ 1 bundle fresh basil
- ☐ 2 bundles fresh rosemary
- ☐ 1 bundle green onions
- ☐ 1 lb Brussels sprouts
- ☐ 10 oz baby spinach
- ☐ 3 large zucchinis
- ☐ 1 small kabocha squash
- ☐ 1.5 lb shiitake mushrooms
- ☐ 1 fresh ginger root
- ☐ 1 container Kalamata olives
- ☐ 1 pitted date

WHOLE GRAINS

- ☐ 1 small bag black rice
- ☐ 1 small bag brown rice
- ☐ 1 bag old-fashioned rolled oats
- ☐ 1 bag arrowroot starch
- ☐ 1 small loaf whole-grain bread

NUTS, SEEDS & OILS

- ☐ 1 bottle extra-virgin olive oil
- ☐ 1 bottle avocado oil
- ☐ 1 bottle toasted sesame oil
- ☐ 1 bag ground flaxseeds

PANTRY STAPLES

- ☐ 1 bottle sea salt
- ☐ 1 bottle ground black pepper
- ☐ 1 bottle dried oregano
- ☐ 1 bottle onion powder
- ☐ 1 bottle red pepper flakes
- ☐ 1 container matcha powder
- ☐ 1 container vanilla powder
- ☐ 1 bottle dijon mustard
- ☐ 1 bottle coconut aminos
- ☐ 1 bottle rice vinegar
- ☐ 1 bottle balsamic vinegar
- ☐ 1 container white miso
- ☐ 1 bottle mirin
- ☐ 1 carton low sodium mushroom broth
- ☐ 1 bottle all-natural hot sauce