

24 HOUR LIVER DETOX

The liver is the primary filter of our body, responsible for breaking down substances that could harm or poison us which is why the liver is extremely important to our well-being. Good health is impossible without proper function of the liver and an unhealthy liver is very likely the cause of most serious health problems

MORNING

ON RISING	Drink a tall glass of pure water to flush your digestive tract
BREAKFAST	Juice: ½ orange, ¼ lemon, 1 apple, 3 carrots, 1 beetroot, 1 clove of garlic, 1 tbs of olive oil, a 1" piece of ginger and 1 glass of spring water
DRINK	Warm water with 1 tsp of grated ginger, 3 cloves, ½ tsp cinnamon
SNACK	2 carrots and ¼ cucumber

AFTERNOON

DRINK	2 cups of Dandelion Root tea
LUNCH	Liver Detox Salad and tall glass of spring water
DRINK	Warm water with juice from ¼ lemon
SNACK	Whole Grapefruit

EVENING

SNACK	Handful of almonds
DRINK	2 cups of Dandelion Root tea
DINNER	Baked sweet potato, steamed spinach & asparagus with pan fried calves liver (use olive oil, chopped garlic, turmeric, ground black pepper and pinch pink Himalayan salt)
SNACK	1 Banana



Liver Detox Salad

Delicious salad packed with nutrients that will stimulate, flush and protect your liver

INGREDIENTS

- 1 small steamed broccoli head, cut in small florets
- 1 fennel bulb thinly sliced
- 1 beetroot chopped
- 1 avocado, peeled and sliced
- 1 bunch watercress, rinsed
- 1 tbsp chopped walnuts
- 1 tbsp chia seeds
- ½ lemon, juice only
- 1 tbsp extra virgin olive oil
- ½ tsp Pink Himalayan salt

INSTRUCTIONS

- Add the vegetables in a large bowl and toss to mix
- Add the olive oil, lemon juice, and salt in a small bowl and whisk
- Pour the dressing over the salad, add chia seeds and almonds
- Set aside for 5-10 minutes for the flavors to combine then serve