



HEALTHY LIVER DIET/LIFESTYLE

Goal: Be plant-based for at least 90% of the time.

This lifestyle consists of increasing vegetables, fruits, and legumes in your diet to increase antioxidants and lower insulin spikes. This diet is similar to a **Mediterranean diet**. This list is a guide to provide options; however, you are **not** limited to these foods only.

- Limit red meat 1-3 times a month, eggs 3-4 eggs a week, and chicken 2-3 times a week.
- This diet can be modified to be gluten-free and dairy-free.
- **If you are eating meat**, limit the amount to 4 oz total for that day unless you have been advised otherwise.
- Incorporate exercise, as tolerated, 3-5 times per week. Walking counts.
- ALL these dietary and exercise recommendations are meant to be a **lifestyle change**, not a temporary change.
- **Avoid NSAIDs** (ibuprofen, Aleve, Motrin, diclofenac, naproxen), if feasible.
- **Tylenol OK** but <2,000 mg/day.

General Recommendations

1. **Vitamin D3: 2,000** units a day (unless otherwise instructed by your doctor)
2. **Probiotics:** Florastor or any brand (>8 bacterial strains). These are **healthy** bacteria.
3. **Prebiotics:** Fiber. Good for the probiotics. Any brand such as Benefiber.
4. Take probiotics and prebiotics for 2-3 months as you change your diet. Continue if desired.
5. Eat in a **10 hour period** and try to eat early (by 6 or 7 pm as this is healthier for you)
 - a. 3 meals (2 normal, 1 small)
 - b. **NO** snacks or sugar containing drinks between meals. Unless you must snack for a medical reason.

Intermittent Fasting (if recommended by your doctor)

- Eat dinner ~6:00pm. Then eat at noon the following day.
- Hydrate well.
- Tea (black or green) and plain, black coffee (no milk and no sugar) is okay.
- Begin ~2 times per week. If desired, you can do more.

If you would like to eat rice, please use white or brown basmati rice.

Use a pressure cooker (Instapot) to cook beans, quinoa, oatmeal, meats, etc. (in theory, better)

Vegetables

Cruciferous Vegetables

Broccoli
Brussel sprouts
Cauliflower
Bok choy
Napa cabbage
Chinese cabbage
Swiss chard
Arugula
Watercress
Collard greens
Kohlrabi
Kale
Green & red cabbage
Radicchio
Raw sauerkraut
Kimchi

Other Vegetables

Nopales (cactus)
Celery
Onions
Leeks
Chives
Scallions
Chicory
Carrots (raw)
Carrot greens
Artichokes
Beets (raw)
Radishes
Daikon radish
Sunchoke
Hearts of palm
Cilantro
Okra
Asparagus
Garlic
Mushrooms

Leafy Greens

Romaine lettuce
Red & green leaf lettuce
Mesclun (baby greens)
Butter lettuce
Fennel
Spinach
Endive
Dandelion greens
Mizuna
Escarole
Mustard greens
Parsley
Basil
Mint

Legumes

Peas
Sugar snap peas
Green beans
Other legumes
Chickpeas (including hummus)
Edamame
Pea protein
All beans, including sprouts
All lentils

Fruits

Avocados
Blueberries
Blackberries
Raspberries
Strawberries
Cherries
Goji berries
Crispy pears (Anjou, Bosc, Cornice)
Pomegranates
Kiwis
Apples
Citrus (no juices)
Nectarines
Peaches
Plums
Apricots
Figs
Dates
Cucumbers
Zucchini
Pumpkins
Squashes (any kind)
Melons (any kind)
Eggplant
Tomatoes
Bell peppers
Chili peppers

Foodles (Pasta)

Cappello's pastas
Pasta Slim
Shiraataki noodles
Kelp noodles
Miracle noodles
Kanten pasta
Miracle rice
Korean sweet potato noodles
Banza chickpea pastas
Chickpea, lentil, and other legume pastas are okay

Oils

Algae oil (Thrive culinary brand)
Olive oil
Coconut oil
Macadamia oil
MCT oil
Avocado oil
Perilla oil
Walnut oil
Red palm oil
Rice bran oil
Sesame oil
Flavored cod liver oil

Vinegars

All (without added sugar)

Herbs & Seasonings

All **except** chili pepper flakes
Miso

Olives

All

Sweeteners

Stevia (SweetLeaf is good)
Just Like Sugar (chicory root)
Inulin
Yacon
Monk fruit
Luo han guo (Nutresse brand)
Eryitrol (Swerve is good. Also contains oligosaccharides)
Xylitol
Pure maple syrup (limited)
Honey (limited)

Dark Chocolate

72% or greater (1 oz. per day)

Ice Cream

Coconut-milk dairy-free frozen desserts (So-Delicious blue label only has 1 gram of sugar)
LaLoo's goat milk ice cream
Nada Moo (coconut milk based)

Nuts & Seeds

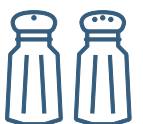
Limit to ½ cup per day
Macadamia nuts
Walnuts
Pistachios
Pecans
Coconut (not coconut water)
Hazelnuts
Chestnuts
Brazil nuts (in limited amounts)
Pine nuts (in limited amounts)
Flaxseeds
Hemp seeds
Hemp protein powder
Psyllium
Pumpkin
Sunflower
Chia
Peanuts
Cashews

Energy Bars

Quest bars: Lemon cream pie, banana nut, strawberry cheesecake, cinnamon roll, and double chocolate chunk
B-Up bars (sometimes found as Yup bars): Chocolate mint, chocolate chip cookie dough, and sugar cookie only
Human Food Bar (humanfoodbar.com)
Adapt bar: Coconut and chocolate (adaptyourlife.com)
Fast Bar (fastbar.com)

Flours

Coconut
Almond
Hazelnut
Sesame (and seeds)
Chestnut
Cassava
Green banana
Sweet potato
Tiger nut
Grape seed
Arrowroot
Chickpea
Birch Benders pancake/waffle mix



Starches & Carbs

Sourdough bread (1 slice) 2-3 times per week or less
Whole grain bread 1-2 slices per week or less
Siete brand tortillas (cassava, coconut, or almond)
Ivory teff flour tortillas
Bread and bagels made by Barely Bread
Julian Bakery Paleo Wraps (made with coconut flour) and Paleo Coconut Flakes Cereal

In Moderation

Green plantains
Green bananas
Baobab fruit
Cassava (tropical)
Sweet potatoes or yams
Rutabaga
Parsnips
Yucca
Celery root (celeriac)
Glucomannan (konjac root)
Persimmon
Jicama
Taro root
Turnips
Tiger nuts
Green mango
Millet
Sorghum
Green papaya

Dairy Products*

1 oz. cheese or 4 oz. yogurt per day
Real parmesan (Parmigiano-Reggiano)
French/Italian butter
Buffalo butter (at Trader Joe's)
Ghee
Goat yogurt (plain)
Goat milk creamer
Goat cheese
Goat/Sheep kefir
Sheep cheese or yogurt (plain)
Coconut yogurt
French/Italian cheese
Switzerland cheese
Buffalo mozzarella (Italy)
Whey protein powder
Casein A-2 milk (as creamer only)
Organic heavy cream
Organic sour cream
Organic cream cheese
A2 cow's milk (limit or avoid)

Fish**

Any wild caught. 4 oz. or less.
Whitefish
Freshwater bass
Alaskan halibut
Canned tuna
Alaskan salmon
Hawaiian fish
Shrimp
Crab
Lobster
Scallops
Calamari/squid
Clams
Oysters
Mussels
Sardines
Anchovies

Pastured Poultry**

Not free-range. 4 oz. or less. 1 to 2 times per week.
Chicken
Turkey
Ostrich
Pastured or omega-3 eggs
Duck
Goose
Pheasant
Grouse
Dove
Quail

Red Meat**

Grass-fed and grass-finished. 4 oz or less. 1 to 2 times per month.
Bison
Wild game
Venison
Boar
Elk
Pork (humanely raised)
Lamb
Beef
Prosciutto

Plant-Based Proteins

Quorn: Chik'n Tenders, Grounds, Chik'n Cutlets, Turk'y Roast, Bacon-Style slices
Hemp tofu
Hilary's Root veggie burgers
Tempeh (grain-free only)
Soy/soy protein
Textured vegetable protein (TVP)

The "NO" List

Corn (limited)
Refined grains
Fruit juices
Sugary drinks
Processed meats
Cold cuts
Bacon
Butter
Refined starchy foods
Pasta
Rice
Potatoes
Potato chips
Milk
Bread
Tortillas
Pastry
Flour
Crackers
Cookies
Cereal
Sugar
Agave
Sweet One or Sunett (Acesulfame K)
Splenda (Sucralose)
NutraSweet (Aspartame)
Sweet'n'Low (Saccharin)
Diet drinks
Maltodextrin
Processed foods
Fast food
High fructose corn syrup (foods and drinks)

Alcohol

Abstain from alcohol unless your doctor has discussed safe amounts with you.

Red wine (6 oz or less per day)
Spirits (1 oz or less per day)

