

Quick & Easy Fatty Liver  
Mediterranean Diet Cookbook  
for Beginners:  
90 Days of Anti-Inflammatory Meals to Heal  
Your Liver, Boost Energy & Shed Pounds  
Miranda Flowers



## **The Mediterranean Fatty Liver Diet Cookbook: Restore Liver Health with Simple Anti-Inflammatory Recipes & Smart Eating Strategies**

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### Welcome to a Healthier, Happier You!

If you're holding this book, it means you're ready to take care of your liver—and that's a powerful first step.

Improving liver health doesn't mean depriving yourself or eating bland, boring meals. In fact, it's the opposite. With the right approach, your food can become a source of healing, joy, and energy. The Mediterranean way of eating is gentle, flavorful, and naturally supportive of your body.

This cookbook was created to guide and support you on your journey. Whether you're just starting out or looking for structure and inspiration, this book will help you make delicious, liver-friendly meals without stress or confusion.

Each recipe is designed to nourish your body, support your liver, and make healthy eating feel simple and satisfying—even on your busiest days.

So turn the page and take the next step toward a vibrant new chapter of your life. Healing starts here—one delicious bite at a time.

*Miranda Flowers*









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### **Introduction: Your Liver Needs a Vacation**

Meet your liver. Not the most talkative organ, but certainly one of the hardest working. It doesn't complain, doesn't ask for bonuses or time off, and never goes on strike—until it's pushed too far. When the food choices, stress, and lifestyle habits pile up, even this quiet hero starts waving red flags: overworked, overwhelmed, and drowning in fat. What it needs is a break. Urgently. And not to a beach in Turkey—but to your kitchen's wellness zone.

You might not even realize you have fatty liver disease—it's often quiet, painless, drama-free. But that doesn't make it harmless. The good news? Fatty liver is reversible. And no, you don't need to worship broccoli or live off lemon water and sadness to fix it.

### **Why Is Food the Real Medicine?**

The liver isn't a fan of pills. It craves simplicity: natural food, routine, calm, and care. Everything that's missing in our hectic modern lives.

When you eat on the go, late at night, drowning in sugar and fat—your liver suffers. But when you eat with joy and balance, it sings (possibly in Italian arias).

That's why this book isn't about restriction. It's about delicious, beautiful, and kind food. About the Mediterranean lifestyle—beloved not only in Greece, but by doctors across the globe.

### **How to Stop Freaking Out About the Word “Diet”?**

The word diet gives many people flashbacks: carrots, sparkling water, boredom, and guilt after one bite of chocolate. Forget all that.

We won't be counting calories like obsessed accountants. We'll be eating. Joyfully. Colorfully. Fully. With respect for ourselves—and our livers.

The Mediterranean diet is the kind of food you'll want to cook, eat, and share. And your liver will thank you—“merci,” “gracias,” and “shukran” in every language it knows.

### **Your Liver as an Office Worker**

Picture this: deep inside you, there's a diligent office worker—reliable, patient, and slightly exhausted. Her name is Susan. She processes coffee, burgers, stress, and late-night snacks without complaint. But she hasn't had a vacation in years. She's got metaphorical bags under her eyes and dreams of spa days and peace and quiet.

Your job? Give her that break.

This book is a travel voucher for your liver. To a place where there's no deep-fried fast food, but plenty of olive oil, nuts, fish, fresh veggies—and love.

Are you ready for this culinary journey?

Then tie on your apron. Let's begin.

### Part I

## Understanding Your Diagnosis — No Panic, Just a Plan

First of all: if you've been told you have fatty liver disease, it doesn't mean you've "ruined" anything in your life. This isn't a life sentence or a scarlet letter. Think of it more like a quiet memo from your liver:

**"Hey boss, things are getting a little overloaded down here... Mind slowing down?"**

Yes, your liver has been silent for a while. No complaints. No banging pots.

But now? The message is clear.

And that's a good thing. Because fatty liver disease is something you can reverse.

And this book will show you how.

### Fatty Liver Disease Isn't the End of the World

Fatty liver disease (aka non-alcoholic fatty liver disease, or NAFLD) means there's excess fat building up in your liver. It's surprisingly common—millions of people have it and don't even know.

But here's the best part: it's one of the few diagnoses that can be reversed. No magic pills. No starvation. No shame spirals.

All your liver really wants is care, routine, and the right kind of food.

### So, Where Does the Fat Come From?

Imagine your liver as a super-responsible office worker. Let's call her... Susan.

Susan handles it all: fatty foods, sugar, alcohol, medications, hormones, stress...

But if every day you hand her pizza, soda, breaking news, and midnight snacks, she ends up working overtime. She doesn't complain, she doesn't stop—but over time she gets exhausted.

And the fat begins to accumulate—as a direct result of her nonstop shifts.

Important: this can happen even if you're skinny on the outside.

Because your liver doesn't care what you look like in the mirror. She cares about what gets sent to her inbox.

### What Happens If You Ignore It?

If left untreated, fatty liver can lead to inflammation (called NASH), then fibrosis, and even cirrhosis.

But the moment you picked up this book, you were already on the path to change.

And honestly, that's everything.

Because your body knows how to heal—if you stop getting in its way and start helping instead.

### How Did You Know It Was Time for a Change?

Here's a quick checklist:

- Do you feel heavy and sluggish after meals?
- Bloodwork shows elevated liver enzymes?
- You struggle to get out of bed, and don't even have energy for Netflix?
- Someone told you "you have fat in your liver" and then just moved on?
- Or maybe you're simply thinking, "I want something different. I'm tired of fighting my body."

That's more than enough.

You don't need a crisis.

Just one honest thought: **"Enough. It's time for something new."**

### A Word from the Nutritionist Inside You

"You don't need to hate your body to start caring for it.

You can simply say: 'I'm tired. I want something kinder.'

And begin—with a bowl of soup."

If you've lived in extremes—crash diets, relapses, fasting, keto fads—this book is your exhale.

No more extremes.

No more guilt.

Just a path: steady, warm, and human.

The Truth: You're Not Broken — You're Ready

You are not broken.

You are not alone.

You are not too late.

You have recipes.

You have a plan.

And you have... **Susan.**

Now let's help her out.

No panic.

No shame.

Just a fork in hand—and respect for yourself.

## Part II

### Your New Path: A 3-Step Program for 90 Days

So—you've met Susan (your liver), heard her silent scream, took an honest look at your habits... and you didn't run away. That alone deserves applause.

Now it's time to take action. Not with obsession or urgency, but with calm consistency.

We offer you **three simple steps** to help restore your liver's health—and bring back your energy, lightness, and sense of control.

#### Step 1 — Detox: The Reset

Duration: 2 weeks

Goal: Give your liver a break and clear out what's clogging her system

##### What to cut—and why

- ✗ Sugar, soda, white bread
- ✗ Fried foods, fast food, processed meals
- ✗ Alcohol (yes, even "just a glass of wine")
- ✗ Artificial sweeteners, margarine, deli meats

Susan will be grateful in just 3 days. You won't be starving—you'll simply stop overwhelming her.



## MEDITERRANEAN FATTY LIVER DIET

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### What to add: Your liver's support team

- ✓ Vegetables (especially green, bitter, and cruciferous: broccoli, spinach, arugula)
- ✓ Extra virgin olive oil
- ✓ Clean water with lemon
- ✓ Herbal teas (milk thistle, mint, ginger)
- ✓ Light soups and stews

How to stay sane:

- Keep a water bottle nearby—your #1 detox friend
- Don't think "I'm on a diet"—think "I'm on a healing retreat"
- Use spices like turmeric, rosemary, thyme—they boost liver function

### Step 2 — Stabilization: Food Without the Backslides

Duration: 4 weeks

Goal: Build a sustainable eating rhythm so fat doesn't return and your body feels steady

#### What's this stage about?

Now it's no longer just about cleaning—it's about building.  
You're expanding your menu, learning to eat with joy and purpose.

#### What's on the menu?

- ✓ Whole grains (oats, quinoa, bulgur)
- ✓ Legumes (chickpeas, lentils, beans)
- ✓ Lean fish (salmon, tuna, cod)
- ✓ Unsweetened yogurt, kefir, fermented foods
- ✓ Nuts and seeds (almonds, walnuts, flaxseeds)

#### The formula for balanced plates:

- ½ plate — vegetables
- ¼ plate — protein (fish/legumes)
- ¼ plate — complex carbs

This isn't a diet—it's real food that works with you, not against.

And best of all? It's delicious. The Mediterranean lifestyle is joy, not punishment.

### Step 3 — Integration: Life After 90 Days

Duration: 6 weeks

Goal: Avoid slipping back and turn this new eating into your new lifestyle

#### How to make it last?

- Stick to the 80/20 rule: 80% healthy, 20% flexible
- Plan your meals—don't eat in chaos
- Have a "liver day" once a week—teas, soups, herbs
- Watch your sleep and stress—they matter too

**What if you slip up?**

Acknowledge. Learn. Return.

One candy bar isn't a crisis.

Just don't turn a detour into a getaway.

Susan forgives quickly—if you don't leave her too long.

**Life Hacks for the Busy, Forgetful & Tired**

- Cook in advance: veggie soups, sauces, hummus, roasted veggies—store in containers
- Freeze in batches: falafel, veggie patties, mini omelets
- Make a “liver kit” for work: nuts, a thermos of tea, a salad box
- Use phone reminders: “drink water”, “eat now”, “don't forget—you're doing great”

**Recap:**

- Step 1 — Cleanse and reset
- Step 2 — Stabilize and expand
- Step 3 — Lock it in and make it a way of life

You're not just “treating a disease”—you're building a new system of eating, rooted in joy, benefit, and respect for your body.

**PART III****Friendly Foods: What Your Kitchen Needs**

If your liver could do the grocery shopping, it would glide down the aisles and toss into the cart... exactly what you're about to discover.

In this section, we'll build your personal army of food allies. Without these products, it's tough to heal the liver and kickstart metabolic recovery. But with them? A lot becomes possible.

**1. Must-Have Grocery List**

This isn't a survival list — it's a list for joyful healing. These foods are the backbone of your 90-day program, and they just might become long-term kitchen staples.

**Vegetables:**

- Broccoli, cauliflower, Brussels sprouts
- Spinach, arugula, kale
- Tomatoes, cucumbers, bell peppers, eggplant
- Onion, garlic, celery

**Fruits:**

- Berries (blueberries, strawberries, raspberries)
- Citrus fruits (grapefruit, lemon, orange)
- Apples, pears, pomegranate

**Grains and Legumes:**

- Oats (steel-cut or rolled, not instant)
- Quinoa, bulgur, brown rice
- Lentils, chickpeas, beans



### **Protein Sources:**

- Lean fish: salmon, tuna, cod
- Seafood
- Eggs
- Plain unsweetened yogurt and kefir

### **Healthy Fats:**

- Extra virgin olive oil
- Avocado
- Almonds, walnuts, flax and chia seeds

### **Extras:**

- Herbal teas (milk thistle, mint, chamomile)
- Spices: turmeric, rosemary, oregano, cumin
- Homemade sugar-free lemonades
- Water. Just water. Susan loves water.

## **Part IV**

### **Recipes Light as a Breeze**

#### **Breakfasts for a Happy Liver**

If you think a healthy breakfast means bland oatmeal with water and a longing for a croissant...

Let me reassure you: Susan doesn't start her mornings like that.

The liver is an early riser. It wakes up before you reach the coffee machine and gets straight to work. If you respond to that effort with a sugary bun and a latte — it gets sad. If you send it into battle without food — it gets offended. But if you feed it a real, nourishing, and friendly breakfast — it blossoms.

#### **What Does Your Liver Need in the Morning?**

- A bit of healthy fats (avocado, nuts, olive oil)
- Some complex carbs (whole-grain bread, oats, quinoa)
- Protein to keep you full longer (eggs, yogurt, legumes)
- And of course, vegetables and greens — raw, sautéed, in an omelet, or on toast

Breakfast isn't about grabbing "whatever's quick."

It's the moment you activate not just your metabolism — but your attitude toward yourself.

By choosing your breakfast — you're choosing how your day will go.

#### **Susan's Personal Tip:**

"I love it when you slow down. When you toss a few spinach leaves into the pan, crack an egg, and drizzle some olive oil.

It doesn't take much time. But then I work all day — like brand new."

In this section, you'll find breakfasts that:

- cook quickly,
- look delicious,
- satisfy without overeating,
- and most importantly — help your liver start the day right.

Ready? Breakfast begins. And it's going to be delicious.

**Serves:**  
2 persons

**Cooking Time:**  
10 minutes

### Ingredients

2 eggs; Handful fresh spinach; 5-6 green olives (pitted, chopped); 1 tsp olive oil; Salt & pepper to taste

### Instructions

1. Whisk eggs with salt and pepper.
2. Saute spinach in olive oil (1-2 min).
3. Add eggs and olives.
4. Cook on low for 3-4 min.
5. Fold and serve with herbs.

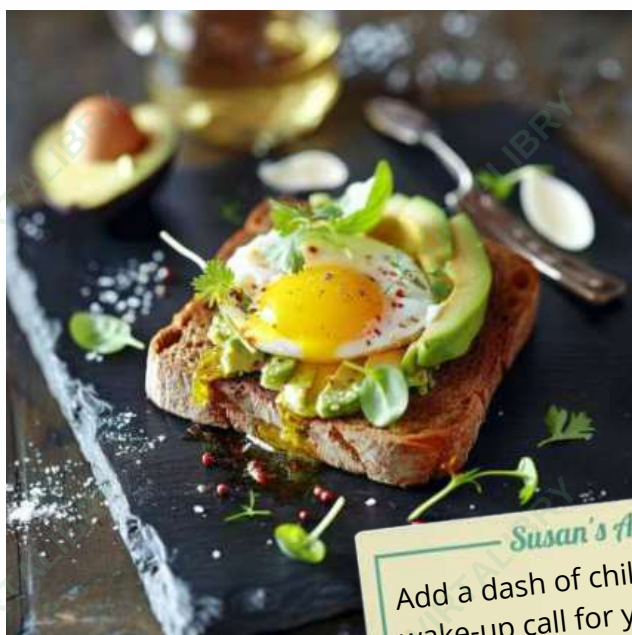
## Spinach and Olive Omelet



### Susan's Advice

Spinach is not a helper, but a detox hero. A squeeze of lemon makes it even better.

## Avocado Toast with Egg



**Serves:**  
1 persons

**Cooking Time:**  
10 minutes

### Ingredients

1 slice whole grain bread; 1/2 avocado; 1 egg (boiled or poached); Pinch chili flakes; Salt & pepper to taste

### Instructions

1. Prepare toasted bread.
2. Mash avocado with salt and pepper.
3. Spread on toast.
4. Top with egg and chili flakes.

### Susan's Advice

Add a dash of chili - a tiny wake-up call for your metabolism.

### Yogurt Parfait with Berries and Chia Seeds



*Susan's Advice*  
Chia keeps you full and focused - your liver loves the fiber.

**Serves:**  
2 persons

**Cooking Time:**  
5 minutes

#### Ingredients

1 cup plain Greek yogurt; 1/2 cup mixed berries; 1 tbsp chia seeds; 1 tsp honey (optional)  
A few mint leaves for garnish

#### Instructions

1. Layer yogurt, berries, and chia seeds in a glass.
2. Drizzle with honey if desired.
3. Serve immediately or chill for 10-15 minutes for a softer texture.

**Serves:**  
1 persons

**Cooking Time:**  
10 minutes

#### Ingredients

1/2 cup rolled oats; 1 cup coconut milk; 2 dried figs (chopped); 1 tbsp walnuts (chopped); Pinch cinnamon

#### Instructions

1. In a small saucepan, bring coconut milk to a gentle simmer.
2. Add rolled oats and cook over low heat, stirring occasionally, for 5-7 minutes until creamy.
3. Stir in chopped figs, walnuts, and a pinch of cinnamon.
4. Cook another 1-2 minutes until everything is warmed through.
5. Serve warm and enjoy.

*Susan's Advice*  
Figs add natural sweetness - no sugar needed.

### Coconut Oatmeal with Figs and Walnuts





**Serves:**  
1 persons

**Cooking Time:**  
10 minutes

### Ingredients

1 slice whole grain bread; 2 tbsp hummus; 1 small tomato (roasted or grilled); Fresh basil

### Instructions

1. Toast the bread slice until golden and crisp.
2. Spread the hummus evenly over the warm toast.
3. Top with roasted or grilled tomato slices.
4. Garnish with fresh basil and serve immediately.

#### *Susan's Advice*

Warm tomato brings out the umami - your taste buds win.

## Hummus Toast with Roasted Tomato



## Baked Eggplant with Tahini and Herbs



#### *Susan's Advice*

Eggplant is a sponge - let it soak in good oils only.

**Serves:**  
2 persons

**Cooking Time:**  
25 minutes

### Ingredients

1 small eggplant (sliced); 1 tbsp tahini; Fresh parsley; Lemon juice; Olive oil, salt

### Instructions

1. Preheat the oven to 400°F (200°C).
2. Arrange eggplant slices on a baking sheet, brush lightly with olive oil, and sprinkle with salt.
3. Bake for 20 minutes, until soft and golden.
4. Drizzle with tahini and a few drops of lemon juice.
5. Garnish with chopped parsley and serve warm or at room temperature.

### Chia Pudding with Kiwi and Almonds



#### Susan's Advice

Make it at night - your morning self will thank you.

**Serves:**  
1 persons

**Cooking Time:**  
5 minutes

#### Ingredients

3 tbsp chia seeds; 1 cup coconut milk; 1 kiwi (sliced); 1 tbsp almonds (chopped)

#### Instructions

1. In a jar or bowl, mix chia seeds with coconut milk. Stir well.
2. Cover and refrigerate overnight or for at least 4 hours until it thickens.
3. Before serving, top with sliced kiwi and chopped almonds.

**Serves:**  
1 persons

**Cooking Time:**  
10 minutes

#### Ingredients

1/2 cup cooked quinoa; 1/2 apple (diced); 1/2 tsp cinnamon; 1 tbsp raisins; 1 tsp flaxseed

#### Instructions

1. In a bowl, combine warm cooked quinoa with diced apple.
2. Sprinkle with cinnamon, raisins, and flaxseed.
3. Mix gently and serve warm or at room temperature.

#### Susan's Advice

Apples + cinnamon = classic comfort with fiber.

### Quinoa Bowl with Apple and Cinnamon



Quinoa Bowl and Cinnamon



**Serves:**  
1 persons

**Cooking Time:**  
10 minutes

### Ingredients

1 boiled egg; 2 tbsp hummus; Handful mixed greens; 6-8 olives; Whole grain cracker (optional)

### Instructions

1. Arrange the boiled egg, hummus, greens, and olives on a plate.
2. Add the cracker if desired.
3. Serve immediately as a refreshing and balanced meal or snack.

## Mediterranean Plate: Eggs, Olives, Greens & Hummus



### Susan's Advice

A full plate does not mean heavy, it means balanced.

## Yogurt Toast with Dates and Caraway



**Serves:**  
1 persons

**Cooking Time:**  
5 minutes

### Ingredients

1 slice whole grain bread; 2 tbsp plain Greek yogurt; 2 dates (sliced); Pinch caraway seeds

### Instructions

1. Toast the whole grain bread until golden and crisp.
2. Spread Greek yogurt evenly over the toast.
3. Top with sliced dates and a pinch of caraway seeds.
4. Serve immediately as a light, energizing breakfast or snack.

### Susan's Advice

Caraway adds gut love in every crunch.



### Warm Turkey and Bell Pepper Skillet



*Susan's Advice*  
Turkey + spice = energy  
without the crash.

**Serves:**  
1 persons

**Cooking Time:**  
20 minutes

#### Ingredients

1/2 cup ground turkey; 1/2 red bell pepper (sliced); 1 tsp olive oil; Garlic, cumin, salt

#### Instructions

- 1.Heat olive oil in a skillet over medium heat.
- 2.Add garlic and sauté for 1 minute until fragrant.
- 3.Add ground turkey, season with cumin and salt, and cook until no longer pink (about 5-7 minutes).
- 4.Add sliced bell pepper and cook for another 3-4 minutes, until tender-crisp.
- 5.Serve warm.

**Serves:**  
1 persons

**Cooking Time:**  
10 minutes

#### Ingredients

1/2 can tuna in olive oil; 1/2 tomato (diced); 1/4 cucumber; 5 olives (sliced); Lemon juice

#### Instructions

1. In a bowl, combine the tuna, tomato, cucumber, and olives.
2. Drizzle with fresh lemon juice.
3. Toss gently to mix.
4. Serve immediately, optionally with whole grain crackers or greens on the side.

### Mediterranean Tuna Bowl with Olives and Lemon Dressing



*Susan's Advice*  
Tuna adds a Mediterranean  
flair and energy to your  
morning.

**Serves:**  
1 persons

**Cooking Time:**  
10 minutes

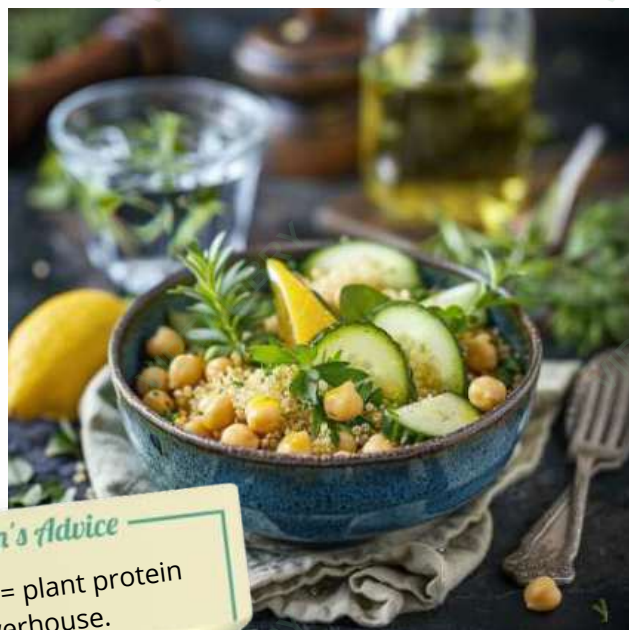
### Ingredients

1/2 cup cooked quinoa; 1/4 cup chickpeas;  
1/4 cucumber (diced); 1 tbsp olive oil; Lemon  
juice, herbs

### Instructions

1. In a bowl, combine the cooked quinoa, chickpeas, and diced cucumber.
2. Drizzle with olive oil and a splash of lemon juice.
3. Sprinkle with fresh herbs and season with salt and pepper if desired.
4. Toss gently and serve fresh as a nourishing and refreshing breakfast bowl.

## Breakfast Bowl with Quinoa, Chickpeas, and Cucumber



### Susan's Advice

Chickpeas = plant protein powerhouse.

## Green Smoothie with Lemon and Flaxseed



### Susan's Advice

A green smoothie that doesn't taste like lawn clippings!

**Serves:**  
1 persons

**Cooking Time:**  
5 minutes

### Ingredients

1/2 banana; 1 cup spinach; 1/2 cup coconut milk; 1 tbsp lemon juice; 1 tsp flaxseed

### Instructions

1. Add all ingredients to a blender: banana, spinach, coconut milk, lemon juice, and flaxseed.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy immediately for a refreshing, liver-friendly boost.

### Lunches Without the Food Coma

There are two types of lunch scenarios. In the first — you eat a plate of something greasy, salty, and piping hot... and twenty minutes later, you want to crawl under your desk and hit “skip day.”

In the second — you eat well, it's tasty and satisfying, but still light. And instead of a coma, you get clarity, energy, and maybe even the urge to do something.

Guess which one Susan picks?

### What Should Lunch Give You?

- Lasting satiety — without the heaviness
- Protein + fiber to avoid that cookie-and-coffee craving an hour later
- Warmth to soothe digestion
- Variety, so you don't get bored and fall off track

Lunch is the best time to bring in fish, legumes, cooked veggies, soups, and grains — they deliver the most benefit without pushing your calories too far by evening.

### What Awaits You in This Section:

- Hot meals with fish and legumes
- Vegetable bakes and sautés
- Complete servings with whole-grain sides
- A couple of cozy soups — light, but satisfying
- All with minimal cooking and maximum liver love

### Susan's Tip:

"Lunch is like the middle of a movie — it sets the tone for the rest.

Make it tasty, and the day's finale will be in your favor."

Let's get to the recipes. No “post-lunch shutdowns.” Just lightness, energy, and a liver that says “thank you.”



**Serves:**  
1 persons

**Cooking Time:**  
20 minutes

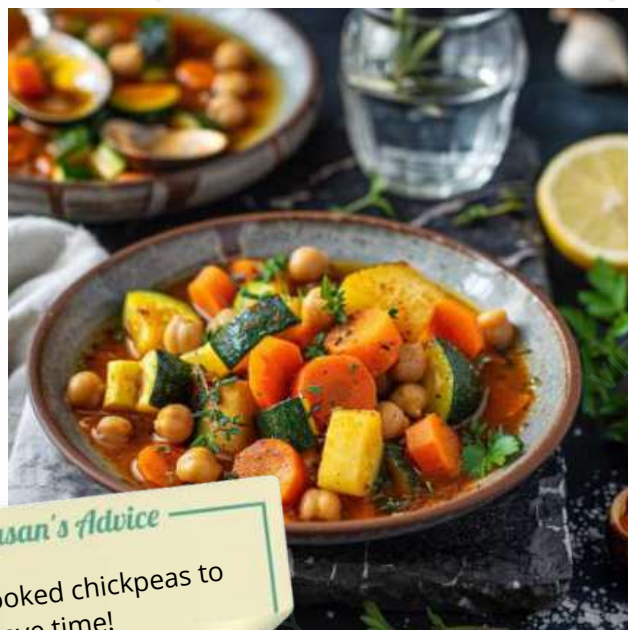
### Ingredients

1/2 cup cooked chickpeas, 1/2 zucchini (cubed), 1/2 bell pepper, 1/2 carrot, 1/4 onion, 1 tsp olive oil, pinch of cumin, paprika, turmeric, salt to taste

### Instructions

1. Heat olive oil in a skillet over medium heat.
2. Add chopped onion and cook until soft.
3. Add carrot, bell pepper, and zucchini. Sauté for 5–7 minutes.
4. Add chickpeas, cumin, paprika, turmeric, and salt. Mix well.
5. Add a splash of water if needed, cover, and simmer for another 10 minutes, until vegetables are tender.

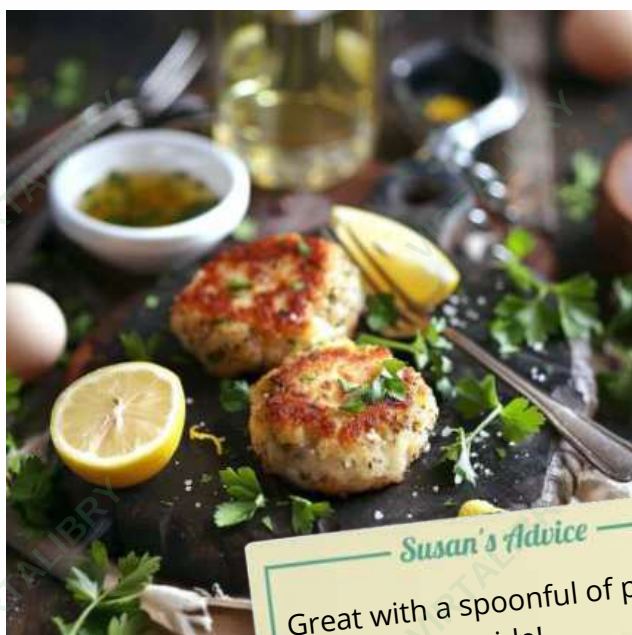
## Stewed Vegetables with Chickpeas and Spices



### Susan's Advice

Use pre-cooked chickpeas to save time!

## Fish Patties with Lemon and Herbs



### Susan's Advice

Great with a spoonful of plain yogurt on the side!

**Serves:**  
1 persons

**Cooking Time:**  
15 minutes

### Ingredients

3.5 oz white fish fillet (like cod), 1/2 egg, 1 tbsp oats, zest and juice of 1/4 lemon, 1 tbsp chopped parsley, salt, pepper, 1 tsp olive oil

### Instructions

1. Finely chop the fish or pulse it in a food processor until minced.
2. In a bowl, mix fish with egg, oats, lemon zest and juice, parsley, salt, and pepper.
3. Form 2–3 small patties.
4. Heat olive oil in a nonstick skillet over medium heat.
5. Cook patties for 4–6 minutes per side, until golden brown and cooked through.
6. Serve with a side of greens or steamed vegetables.

### Chicken Breast with Olives and Tomatoes



*Susan's Advice*  
Serve with a small green salad to keep it light.

**Serves:**  
1 persons

**Cooking Time:**  
20 minutes

#### Ingredients

1/2 chicken breast, 1/4 cup cherry tomatoes (halved), 1 tbsp sliced green olives, 1/2 garlic clove (minced), 1 tsp olive oil, salt, pepper, oregano

#### Instructions

1. Fry the garlic in olive oil.
2. Add the chicken, cook for 3-4 minutes on each side.
3. Add the tomatoes and olives, cook for another 5 minutes.

**Serves:**  
2 persons

**Cooking Time:**  
20 minutes

#### Ingredients

1/4 cup quinoa, 1/2 carrot (diced), 1/2 celery stalk, 1/4 zucchini, 1 cup vegetable broth, fresh basil, salt, pepper

#### Instructions

1. Slice the chicken breast into strips or cubes for faster cooking.
2. In a skillet, heat olive oil over medium heat.
3. Add garlic and sauté for 30 seconds until fragrant.
4. Add chicken and cook for 6–8 minutes, stirring occasionally, until browned.
5. Add cherry tomatoes, olives, salt, pepper, and oregano.
6. Cover and simmer for 5–7 minutes, until tomatoes soften and chicken is cooked through.

### Vegetable Quinoa Soup with Basil



*Susan's Advice*  
Perfect lunch for rainy days and tired livers!



**Serves:**  
1 persons

**Cooking Time:**  
15 minutes

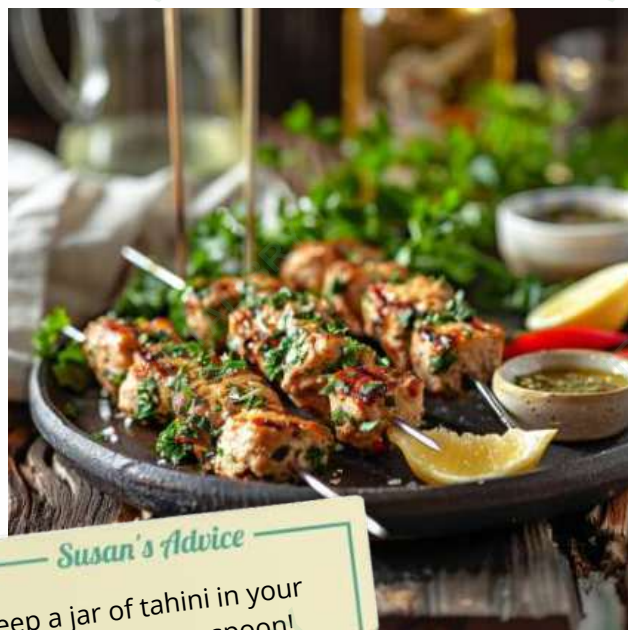
### Ingredients

3.5 oz ground turkey, 1 tbsp chopped parsley, 1 tsp cumin, pinch salt and pepper, 1 tsp olive oil; Sauce: 1 tbsp tahini, 1 tsp lemon juice, water to thin

### Instructions

1. Mix ground turkey with parsley, cumin, salt, and pepper.
2. Shape into small kebabs and cook in olive oil for 10–12 minutes, turning occasionally.
3. In a small bowl, whisk together tahini, lemon juice, and enough water to reach a smooth, creamy consistency.
4. Serve kebabs with tahini sauce on the side.

## Turkey Kebabs with Tahini Sauce



### Susan's Advice

Keep a jar of tahini in your fridge? magic in a spoon!

## Mediterranean Lentils with Tomatoes and Garlic



### Susan's Advice

Cook lentils in batches and store for the week.

**Serves:**  
1 persons

**Cooking Time:**  
15 minutes

### Ingredients

1/2 cup cooked brown lentils, 1/4 cup chopped tomatoes, 1 garlic clove, 1 tsp olive oil, pinch of thyme, salt, pepper

### Instructions

1. In a pan, heat olive oil and sauté garlic for 1 minute.
2. Add chopped tomatoes, thyme, salt, and pepper. Cook for 2–3 minutes.
3. Stir in the lentils and cook together for another 5–6 minutes until heated through and flavors combine.
4. Serve warm as a side or light main dish.



### Braised Beef with Olives and Provencal Herbs



*Susan's Advice*  
Small beef portions keep it liver-friendly!

**Serves:**  
1 persons

**Cooking Time:**  
25 minutes

#### Ingredients

2 oz lean beef (cubed), 1/4 cup broth, 1 tbsp green olives, pinch herbes de Provence, 1/4 onion, 1/2 carrot, salt, pepper

#### Instructions

1. In a small skillet, sear beef cubes until lightly browned. Remove and set aside.
2. In the same pan, sauté onion and carrot for 3–4 minutes.
3. Return beef to the pan, add broth, olives, herbes de Provence, salt, and pepper.
4. Cover and simmer on low for 15–20 minutes, until beef is tender and flavors are well combined.

**Serves:**  
2 persons

**Cooking Time:**  
10 minutes

#### Ingredients

1/2 cup cooked white beans, 1/4 roasted bell pepper (sliced), 1 tbsp red onion, 1 tsp olive oil, lemon juice, parsley

#### Instructions

1. In a small pan, heat olive oil and lightly sauté the red onion for 1–2 minutes.
2. Add white beans and roasted pepper, stirring gently until warmed through.
3. Drizzle with lemon juice and sprinkle with chopped parsley before serving.
4. Serve warm as a light main or side dish.

### Warm Bean Salad with Roasted Pepper



*Susan's Advice*  
This salad gets better the next day.

**Serves:**  
1 persons

**Cooking Time:**  
15 minutes

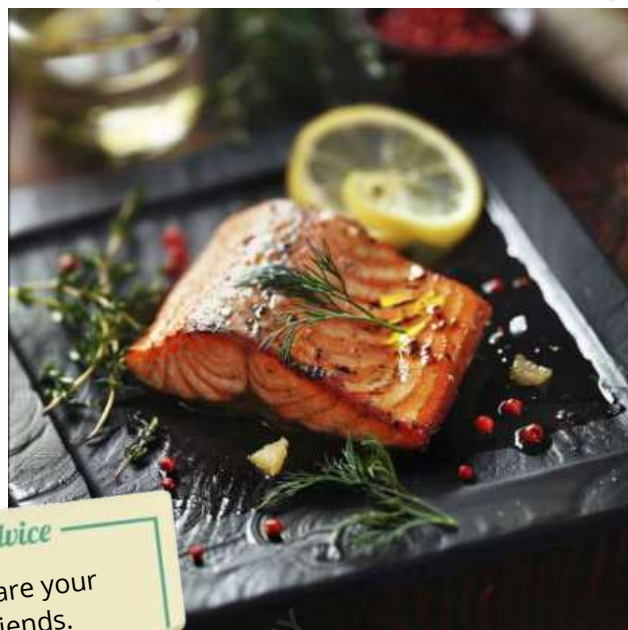
### Ingredients

3 oz salmon fillet, 1 tsp olive oil, lemon juice, dill, thyme, salt, pepper

### Instructions

1. Preheat grill or grill pan over medium heat.
2. Rub salmon with olive oil, lemon juice, herbs, salt, and pepper.
3. Grill the fillet for 4–5 minutes on each side, or until cooked through.
4. Serve hot with a wedge of lemon or a side of greens.

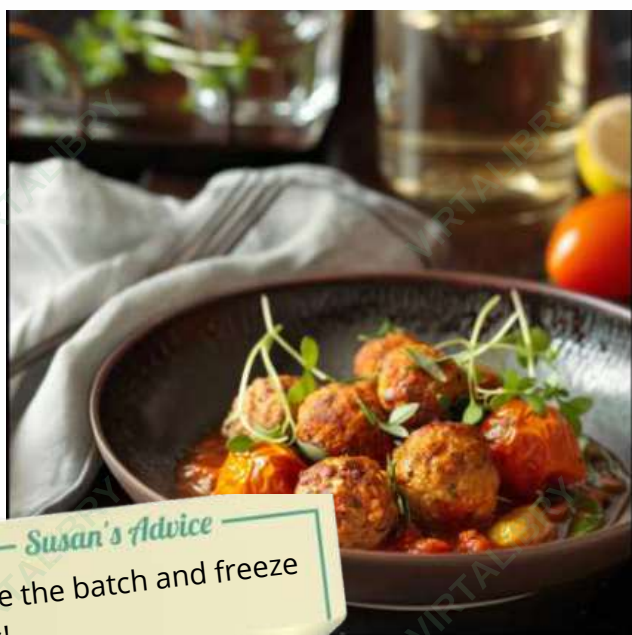
## Grilled Salmon with Herbs and Lemon



### Susan's Advice

Dill and lemon are your liver's best friends.

## Baked Chicken Meatballs with Tomatoes



### Susan's Advice

Double the batch and freeze extras!

**Serves:**  
1 persons

**Cooking Time:**  
20 minutes

### Ingredients

3.5 oz ground chicken, 1 tbsp oats, 1 tbsp chopped parsley, 1/2 egg, salt, pepper;  
Sauce: 1/4 cup tomato passata

### Instructions

1. Preheat the oven to 375°F (190°C).
2. In a bowl, mix chicken, oats, parsley, egg, salt, and pepper.
3. Shape into small meatballs and place on a baking sheet.
4. Spoon tomato passata over the meatballs.
5. Bake for 18–20 minutes or until cooked through.
6. Serve warm, optionally with greens or whole grain side.



### Mediterranean Buckwheat with Mushrooms and Greens



*Susan's Advice*  
Earthy and comforting. Add pine nuts if you like!

**Serves:**  
1 persons

**Cooking Time:**  
30 minutes

#### Ingredients

1/4 cup buckwheat, 1/4 cup sliced mushrooms, 1/2 cup chopped spinach, 1 tsp olive oil, salt, pepper

#### Instructions

1. Preheat the oven to 375°F (190°C).
2. In a bowl, mix chicken, oats, parsley, egg, salt, and pepper.
3. Shape into small meatballs and place on a baking sheet.
4. Spoon tomato passata over the meatballs.
5. Bake for 18–20 minutes or until cooked through.

**Serves:**  
1 persons

**Cooking Time:**  
20 minutes

#### Ingredients

1/4 cup bulgur, 1 cup tomato puree, 1/2 onion, 1 tbsp green olives, basil, 1 tsp olive oil, salt, pepper

#### Instructions

1. In a pot, heat olive oil and sauté the chopped onion until soft.
2. Add tomato puree and bring to a gentle simmer.
3. Stir in the bulgur and cook for about 10 minutes, until tender.
4. Add sliced olives, basil, salt, and pepper. Simmer 2–3 more minutes.
4. Serve warm, optionally garnished with extra basil.

### Tomato Soup with Olives and Bulgur



*Susan's Advice*  
Goes well with a slice of toasted whole grain bread.



**Serves:**  
1 persons

**Cooking Time:**  
25 minutes

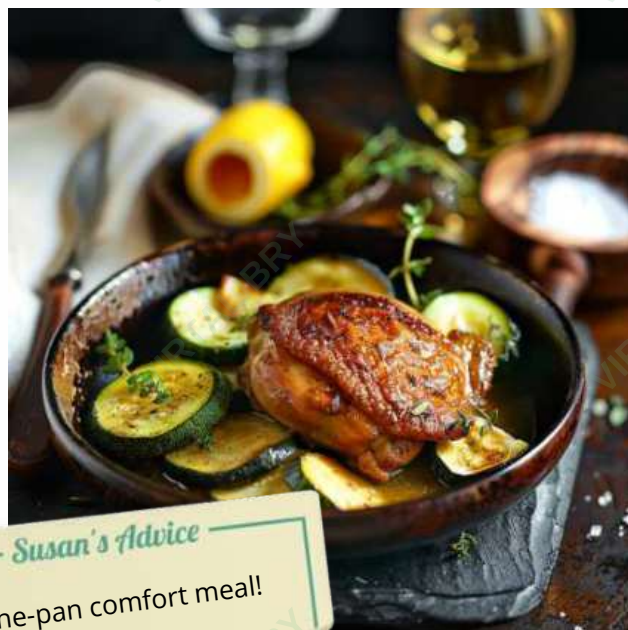
### Ingredients

1/2 chicken thigh (skinless), 1/4 zucchini (sliced), 1/4 onion, 1 tsp olive oil, thyme, salt, pepper

### Instructions

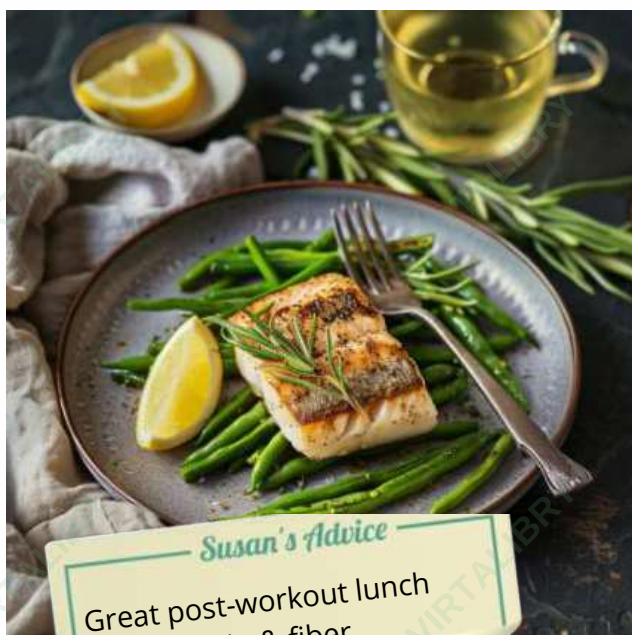
1. Heat olive oil in a skillet over medium heat.
2. Add the chicken thigh and brown it on both sides (3–4 min per side).
3. Add onion and zucchini, season with thyme, salt, and pepper.
4. Cover and simmer on low for 12–15 minutes, until chicken is tender.
5. Serve warm with your favorite greens or whole grain.

## Braised Chicken with Zucchini and Thyme



*Susan's Advice*  
Easy, one-pan comfort meal!

## White Fish with Cumin, Lemon, and Green Beans



*Susan's Advice*  
Great post-workout lunch with protein & fiber.

**Serves:**  
2 persons

**Cooking Time:**  
10 minutes

### Ingredients

3 oz white fish, 1/2 cup green beans, 1 tsp olive oil, 1/2 tsp cumin, lemon juice, salt, pepper

### Instructions

1. Steam or blanch green beans for 3–4 minutes until tender-crisp. Set aside.
2. Heat olive oil in a skillet over medium heat.
3. Season fish with cumin, salt, and pepper.
4. Cook fish 3–4 minutes per side until flaky and golden.
5. Add green beans to the pan, drizzle with lemon juice, and toss gently to warm through.
6. Serve immediately.

### Dinners That Don't Leave You in a Food Coma

There are dinners that make you lie on your side and stare at the ceiling. Some make you dream that you've turned into a burrito.

And then there are dinners that support you — not flatten you.

That's exactly what this section is about.

Susan (in case you forgot — that's your liver) can't stand heavy late-night food loads. She's been working all day, and now you throw her meat and pasta at 10 PM? Don't do that.

### What's a "Liver-Friendly Dinner"?

- Light, yet filling
- Low in salt and saturated fats
- No heaviness, no sleep disruptions
- Quick to prepare — because no one wants to cook for an hour at night

### In This Section, You'll Find:

- Roasted vegetables with herbs and olive oil
- Light protein meals with fish and eggs
- Oil-free stews and sautés — no stress involved
- One-pan dinners for busy evenings
- A couple of dinner bowls — because yes, you can (just not at 11:47 PM)

### Tip from Susan:

"At night, I need rest — not a stewed mess.

Give me warm food, a splash of olive oil, and some greens — and I won't hit you with heartburn at 3 AM."

These are real dinners for grown-ups — who respect their sleep, their liver, and their energy for tomorrow.

Shall we?

**Serves:**  
1 persons

**Cooking Time:**  
20 minutes

### Ingredients

3 oz trout fillet, 1/4 bulb fennel (sliced), 1 tsp olive oil, lemon slices, salt, pepper

### Instructions

1. Preheat oven to 375°F (190°C).
2. Place sliced fennel on a baking sheet lined with parchment paper.
3. Lay the trout fillet on top of the fennel. Drizzle with olive oil, season with salt and pepper, and top with lemon slices.
4. Bake for 12–15 minutes, or until the fish flakes easily with a fork.
5. Serve warm, garnished with extra fennel fronds if desired.

## Baked Trout with Fennel and Lemon



### Susan's Advice

Fennel gives a light licorice flavor ? great for digestion!

## Chicken Rolls with Spinach and Garlic



### Susan's Advice

Try with a spoon of mustard on the side for a kick!

**Serves:**  
1 persons

**Cooking Time:**  
25 minutes

### Ingredients

1/2 chicken breast (thin sliced), 1/2 cup spinach, 1 garlic clove (minced), 1 tsp olive oil, salt, pepper

### Instructions

1. Preheat oven to 375°F (190°C).
2. Sauté spinach and garlic in 1/2 tsp olive oil for 1–2 minutes until wilted.
3. Spread the spinach mixture over the chicken, roll it up, and secure with a toothpick.
4. Place rolls on a baking dish, drizzle with remaining oil, season with salt and pepper.
5. Bake for 12–15 minutes until cooked through.
6. Let rest briefly before serving.



### Vegetable Stew with Lentils and Basil



*Susan's Advice*  
Lentils love basil ? and your liver loves lentils!

**Serves:**  
1 persons

**Cooking Time:**  
20 minutes

#### Ingredients

1/2 cup cooked lentils, 1/2 zucchini, 1/4 carrot, 1/4 onion, 1 tsp olive oil, basil, salt, pepper

#### Instructions

- 1.Heat olive oil in a pan over medium heat.
- 2.Sauté onion, carrot, and zucchini for 5-7 minutes until soft.
- 3.Add cooked lentils, salt, pepper, and a splash of water if needed.
- 4.Simmer for 5 more minutes until flavors blend.
- 5.Stir in fresh basil before serving.

**Serves:**  
1 persons

**Cooking Time:**  
15 minutes

#### Ingredients

3 oz turkey breast, 1/4 cup mushrooms (sliced), 1/2 tsp rosemary, 1 tsp olive oil, salt, pepper

#### Instructions

- 1.Heat olive oil in a skillet over medium heat.
- 2.Season turkey with salt, pepper, and rosemary.
- 3.Cook the turkey steak for 4-5 minutes on each side, or until golden and cooked through.
- 4.Add mushrooms and sauté for another 3-4 minutes until soft.
- 5.Serve warm, topped with the sautéed mushrooms.

*Susan's Advice*  
Use fresh rosemary - it's worth it!

### Turkey Steak with Rosemary and Mushrooms



**Serves:**  
1 persons

**Cooking Time:**  
10 minutes

### Ingredients

1/2 cup cooked chickpeas, 1/4 beet (boiled and diced), 1 tbsp green olives, 1/4 cup tomato sauce, thyme, 1 tsp olive oil

### Instructions

1. Heat olive oil in a small saucepan over medium heat.
2. Add chickpeas, diced beet, and olives. Stir for 2–3 minutes.
3. Pour in tomato sauce, season with thyme, salt, and pepper.
4. Simmer for 6–7 minutes, until slightly thickened and heated through.
5. Serve warm as a hearty plant-based main or side dish.

## Greek Stew with Chickpeas, Beets and Olives



*Susan's Advice*  
Colorful food = antioxidant power.

## Zucchini Stuffed with Quinoa and Greens



*Susan's Advice*  
Make extra filling - it also works as a lunch bowl!

**Serves:**  
1 persons

**Cooking Time:**  
25 minutes

### Ingredients

1 zucchini (halved), 1/4 cup cooked quinoa, 1 tbsp chopped spinach, 1 tsp olive oil, garlic, salt

### Instructions

1. Preheat oven to 375°F (190°C).
2. In a skillet, heat olive oil and sauté garlic and spinach for 2–3 minutes.
3. Stir in quinoa and cook for another minute. Add salt to taste.
4. Fill zucchini halves with the quinoa mixture.
5. Place stuffed zucchini on a baking tray and bake for 15–18 minutes, until tender.
6. Serve warm.



### Tuna Salad with Beans and Green Beans



*Susan's Advice*  
This salad is perfect for taking on the go - it's perfect for busy evenings!

**Serves:**  
1 persons

**Cooking Time:**  
10 minutes

#### Ingredients

2 oz canned tuna, 1/4 cup cooked white beans, 1/4 cup steamed green beans, lemon juice, olive oil

#### Instructions

1. In a bowl, combine tuna, white beans, and green beans.
2. Drizzle with olive oil and lemon juice.
3. Toss gently to mix all ingredients.
4. Serve chilled or at room temperature.

**Serves:**  
1 persons

**Cooking Time:**  
30 minutes

#### Ingredients

2 oz lean beef, 1/4 cup tomato sauce, 1/2 cup cauliflower florets, garlic, herbes de Provence, olive oil

#### Instructions

1. Heat olive oil in a skillet over medium heat. Add beef and sear until browned.
2. Add garlic, herbes de Provence, and cauliflower. Sauté 2–3 minutes.
3. Pour in tomato sauce and a splash of water if needed.
4. Cover and simmer for 15–20 minutes, until beef is tender and cauliflower soft.
5. Season with salt and pepper. Serve warm.

### Braised Beef with Tomato Sauce and Cauliflower



*Susan's Advice*  
Cauliflower soaks up all the good flavor.



**Serves:**  
1 persons

**Cooking Time:**  
15 minutes

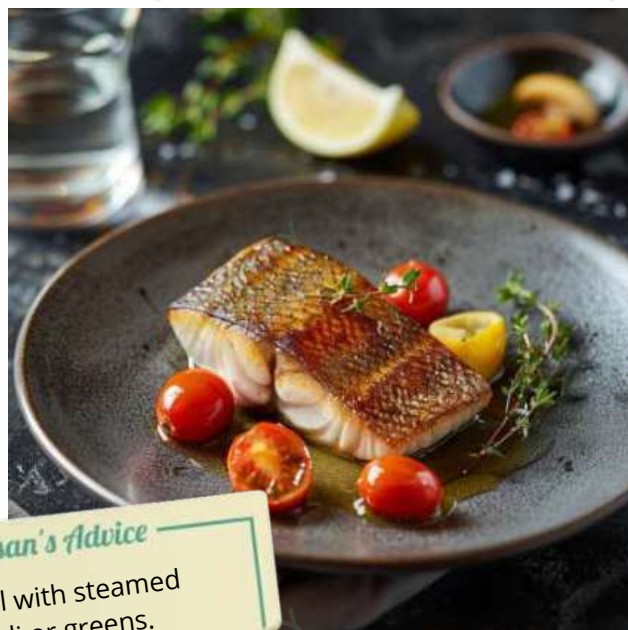
### Ingredients

3 oz sea bass fillet, 1/4 cup cherry tomatoes (halved), thyme, olive oil, lemon juice, salt

### Instructions

1. Preheat a non-stick skillet over medium heat and add olive oil.
2. Season sea bass with salt and thyme.
3. Place fish skin-side down and cook for 3–4 minutes.
4. Add cherry tomatoes to the skillet.
5. Flip fish and cook another 3–4 minutes until done.
6. Drizzle with lemon juice before serving.

## Sea Bass with Cherry Tomatoes and Thyme



### Susan's Advice

Pairs well with steamed broccoli or greens.

## Grilled Vegetables with Balsamic Glaze



**Serves:**  
1 persons

**Cooking Time:**  
10 minutes

### Ingredients

1/4 zucchini, 1/4 bell pepper, 1/4 red onion, olive oil, balsamic vinegar

### Instructions

1. Preheat a grill pan or skillet over medium heat.
2. Toss vegetables with olive oil.
3. Grill for 4–5 minutes on each side until tender and slightly charred.
4. Drizzle with balsamic vinegar before serving.

### Susan's Advice

Add sunflower seeds for crunch!

## Couscous Bowl with Sweet Potato and Hummus



*Susan's Advice*  
Great meatless dinner -  
satisfying and light.

**Serves:**  
1 persons

**Cooking Time:**  
15 minutes

### Ingredients

1/4 cup couscous, 1/4 cup baked sweet potato (cubed), 1 tbsp hummus, parsley, olive oil

### Instructions

1. Prepare couscous according to package instructions.
2. Place cooked couscous in a bowl, top with sweet potato cubes.
3. Add a dollop of hummus and sprinkle with parsley.
4. Drizzle with olive oil and serve warm or at room temperature.

## Lemon Chicken with Roasted Eggplant

**Serves:**  
1 persons

**Cooking Time:**  
25 minutes

### Ingredients

3 oz chicken thigh, 1/4 eggplant (cubed), lemon juice, olive oil, thyme, salt

### Instructions

1. Preheat oven to 375°F (190°C).
2. Toss eggplant cubes with olive oil, salt, and thyme. Spread on a baking tray and roast for 15–20 minutes, until golden and tender.
3. While the eggplant roasts, season the chicken with salt, thyme, and lemon juice.
4. Grill or pan-cook the chicken over medium heat for 5–6 minutes per side, until cooked through.
5. Serve chicken with roasted eggplant on the side.



*Susan's Advice*  
Eggplant soaks up the flavor-  
don't forget to add lemon!

Lemon Chicken with  
Roasted Eggplant



**Serves:**  
1 persons

**Cooking Time:**  
10 minutes

### Ingredients

2 egg whites, 1/4 cup broccoli (steamed),  
parsley, black pepper, olive oil spray

### Instructions

1. Lightly steam the broccoli until just tender.
2. In a bowl, whisk the egg whites with chopped parsley and black pepper.
3. Heat a non-stick pan over medium heat and lightly coat with olive oil spray.
4. Pour the egg mixture into the pan and cook for 1–2 minutes.
5. Add the broccoli on one side of the omelet, fold gently, and cook for another minute until set.
6. Serve warm.

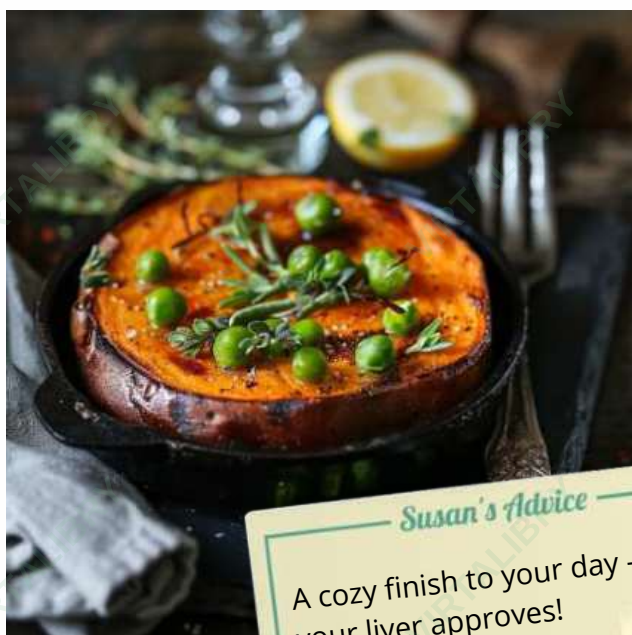
## Egg White Omelet with Broccoli and Herbs



### Susan's Advice

High protein, low fuss. Add avocado if desired.

## Baked Sweet Potato with Green Peas and Cumin



### Susan's Advice

A cozy finish to your day - your liver approves!

**Serves:**  
1 persons

**Cooking Time:**  
30 minutes

### Ingredients

1/2 small sweet potato, 1/4 cup green peas,  
1/2 tsp cumin, olive oil, salt

### Instructions

1. Preheat oven to 400°F (200°C).
2. Toss sweet potato with olive oil, cumin, and salt.
3. Bake on a lined tray for 20–25 minutes, until soft and golden.
4. In the last 5 minutes, add green peas to warm through.
5. Serve warm, optionally garnished with herbs.



## Salads: Simple, Fresh, and Liver-Friendly

Sometimes, the word “salad” sounds like a punishment:

“Here’s a bowl of hay, eat it and pretend to be happy.”

But a real salad? It’s not a punishment — it’s pleasure. Crunch, aroma, and lightness all in one bowl. Susan, by the way, loves salads.

Especially when they include leafy greens, fiber, a bit of protein — and no surprises like mayo.

### Why Are Salads Great?

- Quick to prepare
- Easy to pair with lunch or dinner
- Can be a main dish — not just a side
- A no-fuss way to get more veggies into your diet

### In This Section:

- Protein-packed salads: with tuna, chicken, or chickpeas
- Seasonal picks: with orange, avocado, cucumber
- Refreshing, zesty, and green
- Perfect with lunch or dinner — or as a fast, stand-alone meal

### Tip from Susan:

“A salad isn’t sadness on leaves.

It’s a sign you care — especially when you add a squeeze of lemon, a splash of olive oil, and a generous handful of greens.”

### Beet Salad with Orange and Arugula



*Susan's Advice*  
Beets and citrus fruits = the liver's best friends!

**Serves:**  
1 persons

**Cooking Time:**  
5 minutes

#### Ingredients

1/2 cup cooked beets (diced), 1/4 orange (sliced), 1/2 cup arugula, 1 tsp olive oil, lemon juice

#### Instructions

1. In a bowl, combine diced beets, orange slices, and arugula.
2. Drizzle with olive oil and lemon juice.
3. Toss gently and serve fresh.

### Greek Salad with Almond Feta



*Susan's Advice*  
Plant-based feta keeps things creamy and clean.

**Serves:**  
1 persons

**Cooking Time:**  
5 minutes

#### Ingredients

1/4 cucumber, 1/4 cup cherry tomatoes, 1 tbsp almond feta, 1 tbsp olives, oregano, olive oil

#### Instructions

1. Combine cucumber, cherry tomatoes, almond feta, and olives in a bowl.
2. Sprinkle with oregano and drizzle with olive oil.
3. Toss gently and serve immediately.

**Serves:**  
1 persons

**Cooking Time:**  
5 minutes

### Ingredients

1/4 cucumber, 1/4 avocado (sliced),  
parsley, dill, lemon juice, olive oil

### Instructions

1. In a bowl, combine cucumber and avocado slices.
2. Add chopped parsley and dill.
3. Drizzle with lemon juice and olive oil.
4. Toss gently and serve fresh.

## Cucumber, Avocado and Herb Salad with Lemon Dressing



*Susan's Advice*  
Avocado is fatty? in a good way!

## Warm Cauliflower Salad with Hummus



*Susan's Advice*  
Warm salads = comfort without guilt.

**Serves:**  
1 persons

**Cooking Time:**  
15 minutes

### Ingredients

1/2 cup roasted cauliflower, 1 tbsp hummus, parsley, cumin, lemon juice

### Instructions

1. Roast cauliflower at 400°F (200°C) for 15 minutes or until golden.
2. Place warm cauliflower in a bowl.
3. Add hummus, sprinkle with cumin, and drizzle with lemon juice.
4. Top with chopped parsley and serve warm.



### Chickpea Salad with Tomatoes, Red Onion and Parsley



*Susan's Advice*  
Chickpeas are mini protein bombs.

**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

#### Ingredients

1/2 cup cooked chickpeas, 1/4 cup chopped tomato, 1 tbsp red onion, parsley, olive oil

#### Instructions

1. In a bowl, combine chickpeas, tomato, red onion, and parsley.
2. Drizzle with olive oil and toss gently.
3. Serve immediately or chill for later.

**Serves:**  
1 persons

**Cooking Time:**  
5 minutes

#### Ingredients

2 oz tuna, 1/4 cup green beans (steamed), 1/2 boiled egg, olive oil, lemon juice

#### Instructions

1. Arrange steamed green beans, tuna, and sliced egg on a plate.
2. Drizzle with olive oil and lemon juice.
3. Serve warm or chilled.

### Tuna Salad with Green Beans and Egg



*Susan's Advice*  
The perfect post-workout plate.

**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

### Ingredients

1/4 cup cooked quinoa, 1/4 cup roasted pepper, 1/4 cup spinach, lemon juice, olive oil

### Instructions

1. In a bowl, combine cooked quinoa, roasted pepper, and spinach.
2. Drizzle with lemon juice and olive oil.
3. Toss gently and serve fresh.

#### Susan's Advice

Red peppers give you a vitamin C boost!

## Quinoa Salad with Roasted Pepper and Spinach



## Roasted Eggplant Salad with Tahini and Pomegranate



#### Susan's Advice

Pomegranate = antioxidants party.

**Serves:**  
1 persons

**Cooking Time:**  
20 minutes

### Ingredients

1/4 cup roasted eggplant, 1 tsp tahini, pomegranate seeds, parsley, lemon juice

### Instructions

1. Roast the eggplant until soft and golden (about 20 minutes at 400°F / 200°C).
2. Let it cool slightly, then combine with tahini, lemon juice, and chopped parsley.
3. Sprinkle with pomegranate seeds before serving.
4. Serve warm or at room temperature

### Lentil Salad with Carrot and Fresh Herbs



*Susan's Advice*  
Mint adds freshness without calories.

**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

#### Ingredients

1/2 cup cooked lentils, 1/4 grated carrot, mint, parsley, lemon juice, olive oil

#### Instructions

1. In a bowl, combine the lentils, grated carrot, chopped mint, and parsley.
2. Drizzle with olive oil and lemon juice.
3. Toss gently and serve.

**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

#### Ingredients

1/4 cup cooked bulgur, 1 tbsp chopped mint, parsley, 1/4 tomato, lemon juice, olive oil

#### Instructions

1. In a small bowl, combine the cooked bulgur, diced tomato, mint, and parsley.
2. Drizzle with lemon juice and olive oil.
3. Mix gently and serve fresh.

### Tabbouleh with Bulgur, Mint and Lemon



*Susan's Advice*  
The classic that never fails.



**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

### Ingredients

1/4 cup cherry tomatoes, 1/4 cucumber, 1 tsp capers, dill, olive oil

### Instructions

1. In a small bowl, combine cherry tomatoes, cucumber, and capers.
2. Add chopped dill and drizzle with olive oil.
3. Toss gently and serve immediately.

#### *Susan's Advice*

Capers = small but mighty flavor!

## Cherry Tomato, Cucumber and Capers Salad



## Beet Salad with Walnuts and Balsamic Glaze



#### *Susan's Advice*

Crunch and sweetness in every bite.

**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

### Ingredients

1/2 cup beets, 1 tbsp chopped walnuts, balsamic glaze, arugula

### Instructions

1. Place arugula on a plate or in a bowl.
2. Top with beets and chopped walnuts.
3. Drizzle with balsamic glaze and serve.

### Sweet Potato Salad with Red Beans and Cilantro



#### Susan's Advice

Sweet potatoes are a love letter to the liver.

**Serves:**  
1 persons

**Cooking Time:**  
15 minutes

#### Ingredients

1/4 cup baked sweet potato, 1/4 cup red beans, chopped cilantro, olive oil, cumin

#### Instructions

1. Combine baked sweet potato and red beans in a bowl.
2. Add olive oil, cumin, and chopped cilantro.
3. Toss gently and serve warm or chilled.

### Cabbage Slaw with Carrot, Apple and Cumin



#### Susan's Advice

Simple, crunchy, and clean!

**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

#### Ingredients

1/4 cup shredded cabbage, 1/4 grated carrot, 1 tbsp apple (shredded), cumin, lemon juice

#### Instructions

1. In a small bowl, combine shredded cabbage, carrot, and apple.
2. Sprinkle with cumin and drizzle with lemon juice.
3. Toss well and serve immediately.

## Snacks & Drinks: Yes, You Can Snack Smart!

Oh, the trouble snacks have caused...

When you're not really hungry — but still want something.

And that “something” ends up being a cookie, a sandwich on the go, or a candy bar — because “there was nothing else around.”

Susan isn't thrilled, of course.

But we're not here to scold.

We're here to learn how to snack smart — and sip things that support, not sabotage.

### What Makes a “Liver-Approved” Snack?

- It doesn't trick the body (no sugar disguised as “health”)
- It includes fiber, healthy fat, or protein
- It's practical — easy to grab or prep in 5 minutes
- It complements your meals instead of ruining your appetite

### Inside This Section:

- Nut mixes that actually nourish
- Homemade spreads: hummus, baba ghanoush
- Detox-friendly chia snacks
- Smoothies without hidden sugars
- Herbal teas and drinks your liver loves

### Tip from Susan:

"In between tasks, I don't need a shock.

I need support.

Even a few almonds and a sip of milk thistle tea are better than ‘nothing but coffee.’"



### Carrot Sticks with Hummus



*Susan's Advice*  
Crunch + protein = happy liver!

**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

#### Ingredients

1/2 cup carrot sticks, 2 tbsp hummus

#### Instructions

1. Arrange the carrot sticks on a small plate.
2. Serve with a side of hummus for dipping.
3. Enjoy as a light, satisfying snack.

**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

#### Ingredients

2 lettuce leaves, 1/4 avocado (sliced), fresh herbs

#### Instructions

1. Wash and dry the lettuce leaves.
2. Slice the avocado into thin pieces.
3. Place avocado slices and fresh herbs on each lettuce leaf.
4. Gently roll the leaves into wraps.
5. Serve immediately as a light snack or appetizer.

### Veggie Rolls with Avocado and Fresh Herbs



*Susan's Advice*  
Finger food that's actually good for you.

**Serves:**  
1 persons

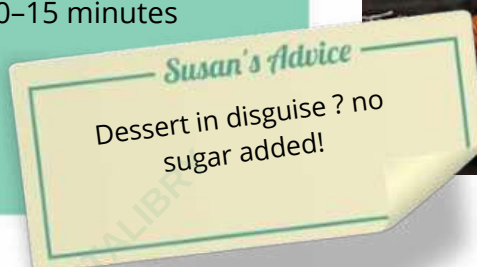
**Cooking Time:**  
0 minutes

### Ingredients

1/4 cup almonds, 2 dates, 1 tsp cocoa powder

### Instructions

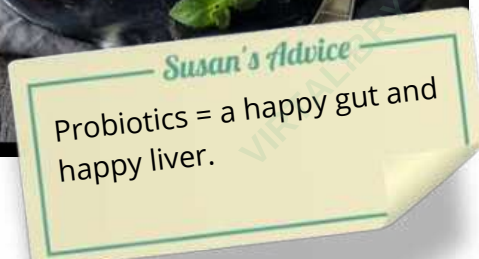
1. Add almonds to a food processor and pulse until finely chopped.
2. Add dates and cocoa powder. Blend until the mixture sticks together.
3. Roll into small bite-sized balls using your hands.
4. Chill in the fridge for 10–15 minutes before serving.



## Almond-Date Energy Bites with Cocoa



## Plant-Based Yogurt or Kefir with Berries



**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

### Ingredients

1/2 cup unsweetened yogurt or kefir, 1/4 cup mixed berries

### Instructions

1. Spoon the yogurt or kefir into a small bowl.
2. Top with fresh or thawed mixed berries.
3. Serve immediately as a refreshing snack or light breakfast.

## Apple Slices with Tahini



*Susan's Advice*  
Simple, sweet, and full of fiber.

**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

### Ingredients

1/2 apple (sliced), 1 tsp tahini

### Instructions

1. Wash and slice the apple.
2. Arrange the slices on a plate.
3. Drizzle tahini over the top or serve it as a dip on the side.
4. Enjoy immediately.

**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

### Ingredients

1 slice crispbread, 2 tbsp guacamole

### Instructions

1. Spread the guacamole evenly over the crispbread.
2. Serve immediately as a quick, satisfying snack.

## Whole Grain Crispbread with Guacamole



*Susan's Advice*  
Fiber and good fats - a dream team.



**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

### Ingredients

1/2 cucumber, mint leaves, 1 cup water, ice

### Instructions

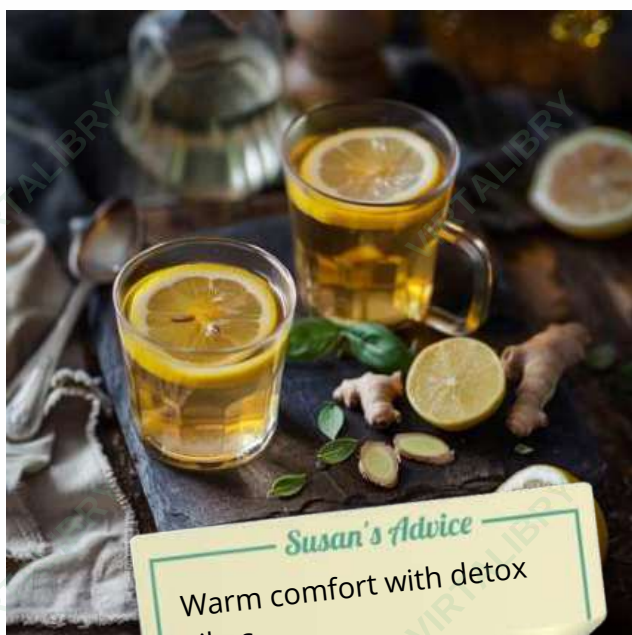
1. Slice the cucumber thinly.
2. In a glass or pitcher, combine cucumber slices, fresh mint leaves, and water.
3. Add ice cubes and stir well.
4. Let it sit for 5–10 minutes for flavors to infuse.
5. Enjoy chilled.

*Susan's Advice*  
Hydration can be delicious too.

## Refreshing Cucumber Mint Drink



## Warm Lemon Ginger Tea



*Susan's Advice*  
Warm comfort with detox vibes.

**Serves:**  
1 persons

**Cooking Time:**  
7 minutes

### Ingredients

1 cup water, 2 lemon slices, 1 small piece fresh ginger

### Instructions

1. Bring the water to a gentle boil in a small pot.
2. Add the lemon slices and ginger.
3. Simmer for 5–7 minutes to infuse the flavors.
4. Strain into a cup and serve warm.

### Strawberry Basil Infused Water



*Susan's Advice*  
Fancy spa water without the bill.

**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

#### Ingredients

2 strawberries (sliced), 2 basil leaves, 1 cup water

#### Instructions

1. Place sliced strawberries and basil leaves into a glass or jar.
2. Pour in the water and stir gently.
3. Let it infuse in the refrigerator for at least 15–30 minutes before drinking.

**Serves:**  
2 persons

**Cooking Time:**  
10 minutes

#### Ingredients

1/4 cucumber, 1/2 cup spinach, juice of 1/2 lime, 1/2 cup water

#### Instructions

1. Add cucumber, spinach, lime juice, and water to a blender.
2. Blend until smooth.
3. Serve immediately, chilled or over ice if desired.

### Green Smoothie with Cucumber, Spinach, and Lime



*Susan's Advice*  
Greens to go? keep that liver lean!

## Desserts — for Joy and for Your Liver

When people hear “healthy eating,” they often imagine a life without sweetness.

A dull, strict, and endlessly grey life.

But Susan isn't a monster.

She's totally fine with dessert — as long as it's made with care, intention, and not a bucket of sugar.

A good dessert isn't just about taste — it's emotional support.

It eases anxiety, prevents breakdowns, and simply... makes the day better.

### What Desserts Are Allowed?

- Based on fruits, nuts, or yogurt
- Light baking with no refined flour or sugar
- Natural sweetness — dates, bananas, a touch of honey
- Chia puddings, mousses, chilled creams — light and lovely
- And yes — a little chocolate. That's allowed too.

### In This Section:

- Yogurt & fruit bowls
- Baked apples with nuts
- Oat banana muffins
- Nut-date “caramel” bites
- Desserts you can enjoy on a regular evening or at a celebration

### Tip from Susan:

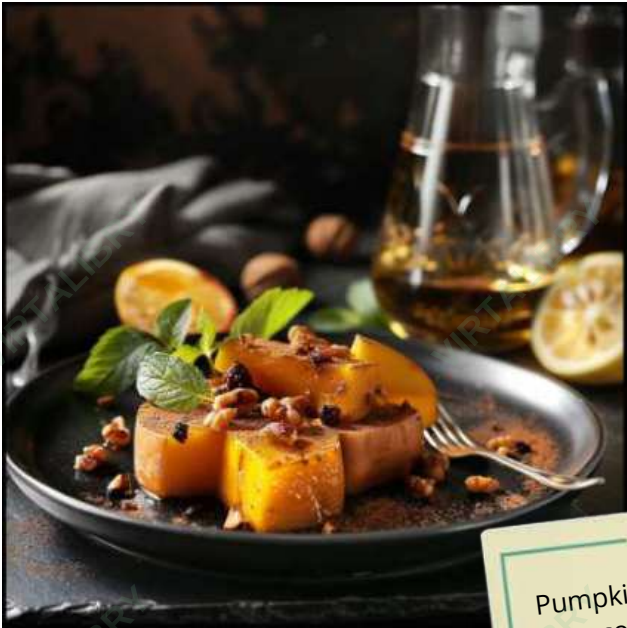
"I don't mind a sweet treat.

Just don't turn me into a sugar landfill.

Give me a date, a drizzle of honey, and a little respect —  
and I'll give you everything I've got."



### Baked Pumpkin with Cinnamon and Nuts



**Serves:**  
1 persons

**Cooking Time:**  
25 minutes

#### Ingredients

1/2 cup pumpkin (cubed), 1 tsp cinnamon, 1 tbsp chopped walnuts

#### Instructions

- 1.Preheat oven to 375°F (190°C).
- 2.Place cubed pumpkin on a baking tray lined with parchment paper.
- 3.Sprinkle with cinnamon and mix to coat evenly.
- 4.Bake for 20-25 minutes until tender.
- 5.Top with chopped walnuts before serving.

#### *Susan's Advice*

Pumpkin is liver-friendly and cozy like a fall hug.

### Baked Apple with Raisins and Honey



**Serves:**  
1 persons

**Cooking Time:**  
25 minutes

#### Ingredients

1 medium apple, 1 tbsp raisins, 1 tsp honey

#### Instructions

- 1.Preheat oven to 375°F (190°C).
- 2.Core the apple and place it in a small baking dish.
- 3.Fill the center with raisins and drizzle with honey.
- 4.Bake for 20-25 minutes until soft and fragrant.
- 5.Let cool slightly before serving.

#### *Susan's Advice*

Classic comfort with a modern liver-loving twist.

**Serves:**  
1 persons

**Cooking Time:**  
4 hrs

### Ingredients

1/2 cup coconut milk, 2 tbsp chia seeds, 1/4 cup berries

### Instructions

1. In a jar or bowl, mix chia seeds with coconut milk.
2. Stir well and let sit for 5 minutes, then stir again to prevent clumping.
3. Cover and refrigerate for at least 4 hours or overnight.
4. Top with berries before serving.

## Chia Pudding with Coconut Milk and Berries



*Susan's Advice*  
Omega-3s and fiber? Your liver says thank you!

## Mango Banana Smoothie Bowl



*Susan's Advice*  
Breakfast or dessert? Choose for yourself!

**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

### Ingredients

1/2 banana, 1/4 cup mango, 1/4 cup coconut yogurt

### Instructions

1. In a blender, combine banana, mango, and coconut yogurt.
2. Blend until smooth and creamy.
3. Pour into a bowl and, if desired, top with fresh fruit, seeds, or shredded coconut.
4. Serve immediately.

### Stuffed Dates with Almond Butter



*Susan's Advice*  
Natural sweets, improved.

**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

#### Ingredients

2 Medjool dates, 1 tsp almond butter

#### Instructions

1. Carefully slice the dates lengthwise and remove the pits (if not pitted).
2. Fill the center of each date with about 1/2 tsp almond butter.
3. Serve immediately or chill for a firmer texture.

**Serves:**  
1 persons

**Chill Time:**  
1–2 hours

#### Ingredients

1/2 cup pomegranate juice, 1 tsp gelatin, fresh mint

#### Instructions

1. Warm the pomegranate juice in a small saucepan over low heat — do not boil.
2. Stir in the gelatin until fully dissolved.
3. Pour the mixture into a small bowl or mold.
4. Refrigerate for 1–2 hours until set.
5. Garnish with fresh mint before serving.

### Pomegranate Mint Gelée



*Susan's Advice*  
Dessert that jiggles with antioxidants.



**Serves:**  
1 persons

**Cooking Time:**  
25 minutes

### Ingredients

1/2 pear, 1 tbsp chopped walnuts, dash of vanilla

### Instructions

1. Preheat oven to 375°F (190°C).
2. Place pear half in a small baking dish.
3. Drizzle with vanilla extract and top with chopped walnuts.
4. Bake for 20–25 minutes until tender.
5. Serve warm.

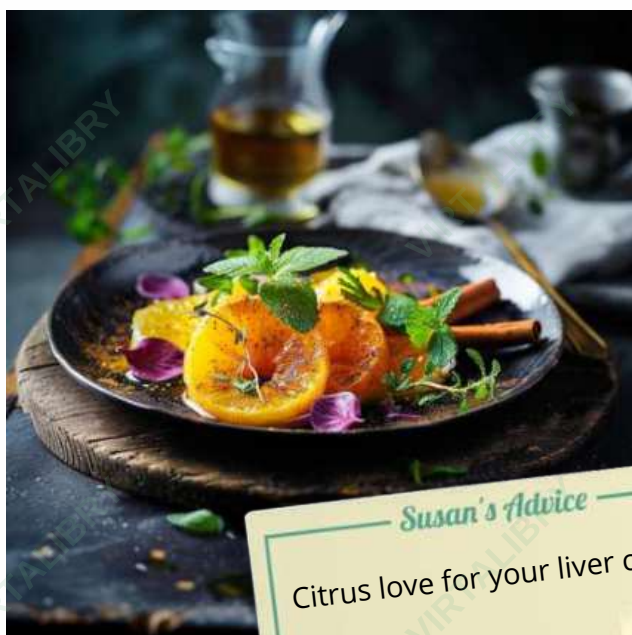
#### *Susan's Advice*

Soft, sweet, and a great fiber source.

## Baked Pear with Walnuts and Vanilla



## Orange Salad with Cinnamon and Mint



#### *Susan's Advice*

Citrus love for your liver cells.

**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

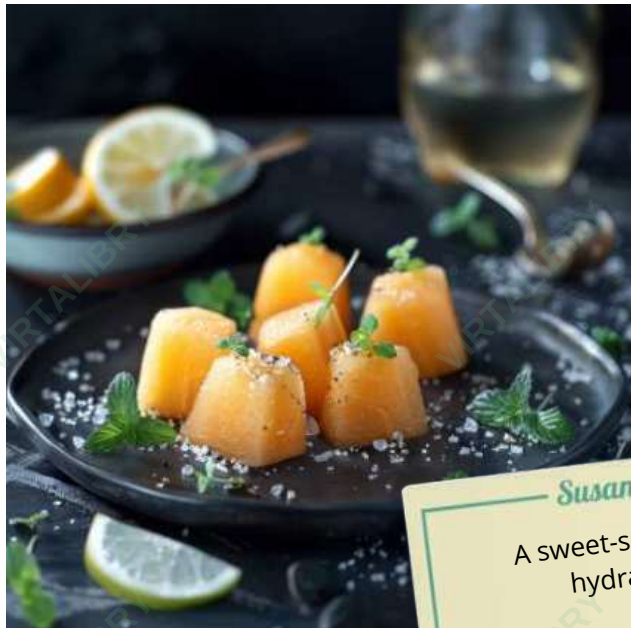
### Ingredients

1 orange (sliced), pinch of cinnamon, fresh mint

### Instructions

1. Arrange orange slices on a plate.
2. Lightly sprinkle with cinnamon.
3. Garnish with fresh mint leaves.
4. Serve immediately or chill before serving.

### Melon Bites with Lime and Sea Salt



*Susan's Advice*  
A sweet-salty hit of hydration!

**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

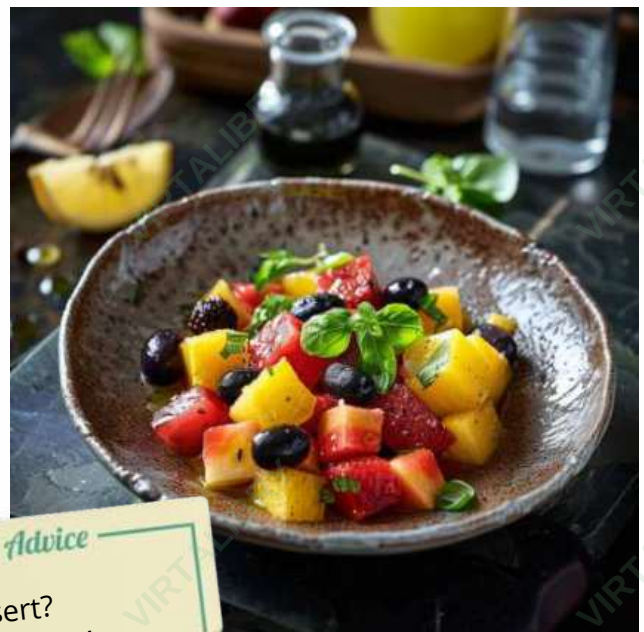
#### Ingredients

1/2 cup cantaloupe or honeydew, juice of  
1/4 lime, pinch of sea salt

#### Instructions

1. Place melon cubes in a small bowl.
2. Drizzle with fresh lime juice.
3. Sprinkle a pinch of sea salt on top.
4. Serve chilled as a refreshing snack or light dessert.

### Fruit Salad with Olive Oil and Basil



*Susan's Advice*  
Olive oil in dessert?  
Mediterranean magic!

**Serves:**  
1 persons

**Cooking Time:**  
0 minutes

#### Ingredients

1/2 cup mixed fruits, 1/2 tsp olive oil, 1 basil  
leaf (chopped)

#### Instructions

1. Add the mixed fruits to a small bowl.
2. Drizzle with olive oil.
3. Sprinkle with chopped basil and gently toss.
4. Serve immediately for a fresh and fragrant treat.

**Serves:**  
2 persons

**Cooking Time:**  
15 minutes

### Ingredients

1 ripe banana, 1/4 cup oats, 1 tbsp raisins

### Instructions

1. Preheat oven to 350°F (175°C).
2. In a bowl, mash the banana and mix in oats and raisins.
3. Drop spoonfuls of the mixture onto a lined baking sheet.
4. Flatten slightly and bake for 12–15 minutes, until golden.
5. Let cool before serving.

*Susan's Advice*  
Cookies that love your liver back.

## Banana Oat Cookies with Raisins



## Almond Lemon Mini Muffins (Flourless)



*Susan's Advice*  
Lemon zest makes everything feel lighter.

**Serves:**  
2 persons

**Cooking Time:**  
15 minutes

### Ingredients

1/4 cup almond flour, 1 egg, 1 tbsp lemon juice, pinch of baking soda

### Instructions

1. Preheat oven to 350°F (175°C).
2. In a small bowl, whisk the egg, then stir in lemon juice.
3. Add almond flour and baking soda, mix until smooth.
4. Pour the batter into mini muffin molds.
5. Bake for 12–15 minutes, until golden and set.
6. Let cool before serving.



### Part V

#### The 90-Day Meal Plan

##### How to Use the 90-Day Meal Plan Without Losing Your Mind

Congratulations — you've already done a tremendous job!

You've learned about your diagnosis, met Susan (our inner nutritionist), figured out how to choose the right foods without panic, and maybe even started enjoying broccoli.

Now it's time to move on to the next step: a 90-day nutrition program that won't just "fix" your liver — it'll help you build a new way of eating without unnecessary stress.

This isn't a military regimen. It's more like a roadmap — you decide when to stop for fruit and when to ride the green wave a little longer.

The golden rule? Flexibility, with respect for your body.

##### How the Plan Works:

- It's broken into three 30-day phases: Detox, Stabilization, and Maintenance.
- Each phase includes 4 weeks of menus, giving you 12 full weeks of nourishing variety.
- Every menu includes 4 meals a day: breakfast, lunch, dinner, and a light snack or drink.
- The meals are simple, tasty, and liver-friendly — with no obsessive calorie counting.
- You can mix, match, adapt, and return to your favorite weeks — it's your plan, not a test.

##### A Word from Susan:

"Imagine your liver as your overworked boss.

She's not asking to quit — just for a sane schedule and decent snacks at lunch.

This plan is like a well-planned vacation.

Give your liver some good old TLC — tender liver care."

Ready?

Let's start with Phase One: Detox, or as I like to call it:

"No excuses. Just love and stewed vegetables."

#### Step 1 — Detox: The Reset

If your liver had a voice, she'd probably whisper:

**"Sweetheart, may I please lie down quietly... without sugar, fried food, or stress?"**

This first phase isn't punishment.

It's not a crash diet or a sad combo of dry toast and water.

This is care — the kind that gives your liver the conditions it needs to finally exhale and begin to heal.

### What happens during this phase?

Your liver isn't just a filter.

It's your **multi-functional metabolic command center**.

When it's overworked (and let's face it — for most of us, it is), your whole body struggles to keep up.

Detox isn't about trendy smoothies or magic pills.

It's about **relieving the burden** so your body can rebalance.

### What to remove (and why)

For the next 30 days, we're giving your liver a well-earned vacation.

That means cutting out the things that overwhelm it:

- ✗ Processed foods
- ✗ Fried items and trans fats
- ✗ Sugar and sweets
- ✗ Red meat (temporarily, just for this phase)
- ✗ Alcohol
- ✗ Milk and cream (keep only fermented dairy if tolerated)

Susan whispers:

"Yes, you can have coffee. One. In the morning. No syrups, no sugar. Yay!"

### What to add: your new best friends

Now the good stuff — foods that truly support your liver:

- ✓ Vegetables — especially green, red, and orange ones
- ✓ Legumes — in moderation
- ✓ Whole grains — oats, brown rice, quinoa
- ✓ Fruits — with no sugar on top
- ✓ Fish — both fatty (hello, omega-3!) and lean
- ✓ Olive oil, nuts (in moderation), avocado
- ✓ Fermented foods — plain Greek yogurt, kimchi, sauerkraut

### The First Days: What to Expect

You might feel:

- A bit tired
- Craving "comfort snacks"
- Irritated (even at broccoli)

That's **normal** — it means your body is **recalibrating**.

### Tip from Susan:

"You don't have to be a hero. Just make a pot of veggie soup, step away from the fridge, and remind yourself:

"I'm caring for myself. I'm not on a diet — I'm on a reset."

MEDITERRANEAN FATTY LIVER DIET

What’s Next?

In the next step, we’ll welcome back more textures, flavors, and freedom.  
But for now — gentle steps, rooted in love and nourishment.

Detox Phase – Week 1 Meal Plan

|     | Breakfast                                       | Lunch                                               | Dinner                                      |
|-----|-------------------------------------------------|-----------------------------------------------------|---------------------------------------------|
| Mon | Avocado Toast with Egg                          | Tuna Salad with Beans and Green Beans               | Warm Turkey and Bell Pepper Skillet         |
| Tue | Green Smoothie with Lemon and Flaxseed          | Beet Salad with Orange and Arugula                  | Baked Trout with Fennel and Lemon           |
| Wed | Yogurt Toast with Dates and Caraway             | Couscous Bowl with Sweet Potato and Hummus          | Baked Apple with Raisins and Honey          |
| Thu | Hummus Toast with Roasted Tomato                | Greek Salad with Almond Feta                        | Stewed Vegetables with Chickpeas and Spices |
| Fri | Coconut Oatmeal with Figs and Walnuts           | Roasted Eggplant Salad with Tahini and Pomegranate  | Vegetable Stew with Lentils and Basil       |
| Sat | Green Smoothie with Cucumber, Spinach, and Lime | Chickpea Salad with Tomatoes, Red Onion and Parsley | Baked Pear with Walnuts and Vanilla         |
| Sun | Mango Banana Smoothie Bowl                      | Warm Cauliflower Salad with Hummus                  | Greek Stew with Chickpeas, Beets and Olives |

Tip from Susan:

"Drink more water than you're used to—not because you have to, but because your liver is basically on vacation now, and it deserves plenty of clean hydration and zero caffeine drama."



Detox Phase – Week 2 Meal Plan

|     | Breakfast                                       | Lunch                                                  | Dinner                                       |
|-----|-------------------------------------------------|--------------------------------------------------------|----------------------------------------------|
| Mon | Avocado Toast with Egg                          | Fruit Salad with Olive Oil and Basil                   | Baked Pumpkin with Cinnamon and Nuts         |
| Tue | Green Smoothie with Cucumber, Spinach, and Lime | Sweet Potato Salad with Red Beans and Cilantro         | Baked Eggplant with Tahini and Herbs         |
| Wed | Coconut Oatmeal with Figs and Walnuts           | Beet Salad with Walnuts and Balsamic Glaze             | Baked Sweet Potato with Green Peas and Cumin |
| Thu | Yogurt Toast with Dates and Caraway             | Quinoa Salad with Roasted Pepper and Spinach           | Baked Chicken Meatballs with Tomatoes        |
| Fri | Hummus Toast with Roasted Tomato                | Tuna Salad with Green Beans and Egg                    | Baked Sweet Potato with Green Peas and Cumin |
| Sat | Mango Banana Smoothie Bowl                      | Mediterranean Tuna Bowl with Olives and Lemon Dressing | Baked Apple with Raisins and Honey           |
| Sun | Green Smoothie with Lemon and Flaxseed          | Vegetable Quinoa Soup with Basil                       | Baked Eggplant with Tahini and Herbs         |

Tip from Susan:

"In week two, the key is not to overdo it. You've already started the journey, now it's all about keeping steady, one step at a time. Don't try to be a hero—just show up for yourself."

## Detox Phase – Week 3 Meal Plan

|     | Breakfast                                                      | Lunch                                                        | Dinner                                             |
|-----|----------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------|
| Mon | Insert Meal Part 1<br>Insert Meal Part 2<br>Insert Meal Part 3 | Cucumber, Avocado<br>and Herb Salad with<br>Lemon Dressing   | Zucchini Stuffed<br>with Quinoa and<br>Greens      |
| Tue | Egg White Omelet<br>with Broccoli and<br>Herbs                 | Greek Salad with<br>Almond Feta                              | Baked Sweet Potato<br>with Green Peas and<br>Cumin |
| Wed | Green Smoothie<br>with Cucumber,<br>Spinach, and Lime          | Couscous Bowl with<br>Sweet Potato and<br>Hummus             | Baked Chicken<br>Meatballs with<br>Tomatoes        |
| Thu | Mediterranean<br>Plate: Eggs, Olives,<br>Greens & Hummus       | Orange Salad with<br>Cinnamon and Mint                       | Baked Eggplant with<br>Tahini and Herbs            |
| Fri | Avocado Toast with<br>Egg                                      | Warm Cauliflower<br>Salad with Hummus                        | Stewed Vegetables<br>with Chickpeas and<br>Spices  |
| Sat | Tuna Salad with<br>Green Beans and<br>Egg                      | Mediterranean Tuna<br>Bowl with Olives<br>and Lemon Dressing | Vegetable Stew with<br>Lentils and Basil           |
| Sun | Green Smoothie<br>with Lemon and<br>Flaxseed                   | Sweet Potato Salad<br>with Red Beans and<br>Cilantro         | Baked Pear with<br>Walnuts and Vanilla             |

### Week 3 - Your New Normal

"If you've made it to Week 3 — you're already a winner. Listen to your body: food is not punishment, it's care. Let your kitchen be a power zone, not a stress zone."

### Detox Phase – Week 4 Meal Plan

|     | Breakfast                                          | Lunch                                                | Dinner                                       |
|-----|----------------------------------------------------|------------------------------------------------------|----------------------------------------------|
| Mon | Baked Eggplant with Tahini and Herbs               | Warm Bean Salad with Roasted Pepper                  | Vegetable Stew with Lentils and Basil        |
| Tue | Mango Banana Smoothie Bowl                         | Cucumber, Avocado and Herb Salad with Lemon Dressing | Warm Turkey and Bell Pepper Skillet          |
| Wed | Coconut Oatmeal with Figs and Walnuts              | Beet Salad with Orange and Arugula                   | Baked Sweet Potato with Green Peas and Cumin |
| Thu | Green Smoothie with Cucumber, Spinach, and Lime    | Tuna Salad with Beans and Green Beans                | Baked Pumpkin with Cinnamon and Nuts         |
| Fri | Avocado Toast with Egg                             | Breakfast Bowl with Quinoa, Chickpeas, and Cucumber  | Baked Chicken Meatballs with Tomatoes        |
| Sat | Veggie Rolls with Avocado and Fresh Herbs          | Vegetable Quinoa Soup with Basil                     | Greek Stew with Chickpeas, Beets and Olives  |
| Sun | Roasted Eggplant Salad with Tahini and Pomegranate | Cherry Tomato, Cucumber and Capers Salad             | Braised Chicken with Zucchini and Thyme      |

#### Week 4 - Coming Out of the Fog

"You've made it through 4 weeks — this isn't luck, it's your new system. Detox is like a deep clean: uncomfortable at first, but suddenly the air feels fresher. Can you feel it?"



### Step 2 — Stabilization: Nourishing Without Backsliding

Congratulations — you’ve completed the Detox phase!

If my liver could hug you, she definitely would.

Now we move into a more stable mode of eating, where the goal isn’t just to “do no harm,” but to actually nourish your body in a way that’s balanced, beneficial, and (yes!) delicious.

No backslides. No sacrifices. No broccoli cults.

#### What Changes?

You’ve already cut out a lot — and maybe, for the first time in a while, you woke up not feeling like a bloated donut.

Now it’s time to reintroduce a few foods — wisely:

- ✓ Lean meats — turkey, chicken, a little beef
- ✓ Eggs (if they didn’t cause issues during detox)
- ✓ More legumes and whole grains
- ✓ Low-glycemic fruits
- ✓ Natural herbs and spices for flavor
- ✓ Fermented dairy (unsweetened)
- ✓ Healthy desserts made with clean ingredients

#### The Golden Rule: Balance

Stabilization isn’t about saying: “I can eat whatever I want now.”

It’s about learning how to balance between “I crave this” and “My liver will thank me later.”

If before, food felt like a choice between “tasty” and “healthy” — now we’re building a bridge between the two.

Yes, such meals exist — you’ll find them in this book. (Thank you, Susan!)

#### Gut Health: Your Inner Ecosystem

Now we turn our focus to the gut, because a healthy liver needs a healthy microbiome.

Let’s add:

- Dietary fiber — from vegetables, seeds, and bran
- Fermented foods — kefir, yogurt, sauerkraut
- Prebiotics — garlic, onions, asparagus, banana
- Warm water in the morning — both your liver and gut will love you for it

#### Tip from Susan:

“When that craving hits, pause and ask: is it you or your rebel gut bacteria talking?

Then drink a glass of water. And eat a slice of avocado.

Happiness doesn’t live in a cupcake.”

### Stabilization Phase – Week 1 Meal Plan

|     | Breakfast                                          | Lunch                                               | Dinner                                      |
|-----|----------------------------------------------------|-----------------------------------------------------|---------------------------------------------|
| Mon | Mediterranean Plate: Eggs, Olives, Greens & Hummus | Sweet Potato Salad with Red Beans and Cilantro      | Baked Pumpkin with Cinnamon and Nuts        |
| Tue | Veggie Rolls with Avocado and Fresh Herbs          | Fruit Salad with Olive Oil and Basil                | Baked Pear with Walnuts and Vanilla         |
| Wed | Egg White Omelet with Broccoli and Herbs           | Tuna Salad with Beans and Green Beans               | Vegetable Stew with Lentils and Basil       |
| Thu | Green Smoothie with Cucumber, Spinach, and Lime    | Breakfast Bowl with Quinoa, Chickpeas, and Cucumber | Warm Turkey and Bell Pepper Skillet         |
| Fri | Baked Eggplant with Tahini and Herbs               | Beet Salad with Orange and Arugula                  | Baked Eggplant with Tahini and Herbs        |
| Sat | Lemon Chicken with Roasted Eggplant                | Tomato Soup with Olives and Bulgur                  | Stewed Vegetables with Chickpeas and Spices |
| Sun | Green Smoothie with Lemon and Flaxseed             | Roasted Eggplant Salad with Tahini and Pomegranate  | Zucchini Stuffed with Quinoa and Greens     |

### Week 5 - Stabilization

"Now that detox is behind you, don't swing to the other extreme. Eating isn't a pendulum — better a slow, steady boat than a rollercoaster."

Stabilization Phase - Week 2 Meal Plan

|     | Breakfast                                          | Lunch                                    | Dinner                                       |
|-----|----------------------------------------------------|------------------------------------------|----------------------------------------------|
| Mon | Coconut Oatmeal with Figs and Walnuts              | Beet Salad with Orange and Arugula       | Braised Chicken with Zucchini and Thyme      |
| Tue | Roasted Eggplant Salad with Tahini and Pomegranate | Lentil Salad with Carrot and Fresh Herbs | Zucchini Stuffed with Quinoa and Greens      |
| Wed | Tuna Salad with Green Beans and Egg                | Orange Salad with Cinnamon and Mint      | Baked Sweet Potato with Green Peas and Cumin |
| Thu | Green Smoothie with Cucumber, Spinach, and Lime    | Greek Salad with Almond Feta             | Baked Eggplant with Tahini and Herbs         |
| Fri | Mango Banana Smoothie Bowl                         | Warm Bean Salad with Roasted Pepper      | Baked Pumpkin with Cinnamon and Nuts         |
| Sat | Green Smoothie with Lemon and Flaxseed             | Tuna Salad with Beans and Green Beans    | Warm Turkey and Bell Pepper Skillet          |
| Sun | Avocado Toast with Egg                             | Tuna Salad with Green Beans and Egg      | Vegetable Stew with Lentils and Basil        |

Week 6 - Calm and Taste

"You're starting to hear your body now. Sometimes it whispers 'olive oil,' not 'burger.' Listen closely. That's not a strict coach talking — it's your inner friend."



### Stabilization Phase - Week 3 Meal Plan

|     | Breakfast                                          | Lunch                                               | Dinner                                       |
|-----|----------------------------------------------------|-----------------------------------------------------|----------------------------------------------|
| Mon | Coconut Oatmeal with Figs and Walnuts              | Sweet Potato Salad with Red Beans and Cilantro      | Vegetable Stew with Lentils and Basil        |
| Tue | Mango Banana Smoothie Bowl                         | Mango Banana Smoothie Bowl                          | Stewed Vegetables with Chickpeas and Spices  |
| Wed | Veggie Rolls with Avocado and Fresh Herbs          | Quinoa Bowl with Apple and Cinnamon                 | Baked Chicken Meatballs with Tomatoes        |
| Thu | Tuna Salad with Green Beans and Egg                | Beet Salad with Walnuts and Balsamic Glaze          | Zucchini Stuffed with Quinoa and Greens      |
| Fri | Baked Eggplant with Tahini and Herbs               | Tomato Soup with Olives and Bulgur                  | Baked Sweet Potato with Green Peas and Cumin |
| Sat | Egg White Omelet with Broccoli and Herbs           | Chickpea Salad with Tomatoes, Red Onion and Parsley | Braised Chicken with Zucchini and Thyme      |
| Sun | Roasted Eggplant Salad with Tahini and Pomegranate | Tuna Salad with Green Beans and Egg                 | Baked Pear with Walnuts and Vanilla          |

### Week 7 - Closer to Habit

"By now, you know tasty doesn't have to mean unhealthy. Think about it — you're eating not just for your body, but for energy, sleep, and mood. It's all connected — and you're in control!"

### Stabilization Phase - Week 4 Meal Plan

|     | Breakfast                                          | Lunch                                                  | Dinner                                       |
|-----|----------------------------------------------------|--------------------------------------------------------|----------------------------------------------|
| Mon | Roasted Eggplant Salad with Tahini and Pomegranate | Breakfast Bowl with Quinoa, Chickpeas, and Cucumber    | Baked Sweet Potato with Green Peas and Cumin |
| Tue | Tuna Salad with Green Beans and Egg                | Tuna Salad with Green Beans and Egg                    | Baked Pear with Walnuts and Vanilla          |
| Wed | Avocado Toast with Egg                             | Mediterranean Tuna Bowl with Olives and Lemon Dressing | Zucchini Stuffed with Quinoa and Greens      |
| Thu | Egg White Omelet with Broccoli and Herbs           | Orange Salad with Cinnamon and Mint                    | Baked Eggplant with Tahini and Herbs         |
| Fri | Baked Eggplant with Tahini and Herbs               | Fruit Salad with Olive Oil and Basil                   | Baked Pumpkin with Cinnamon and Nuts         |
| Sat | Veggie Rolls with Avocado and Fresh Herbs          | Cucumber, Avocado and Herb Salad with Lemon Dressing   | Baked Apple with Raisins and Honey           |
| Sun | Green Smoothie with Cucumber, Spinach, and Lime    | Beet Salad with Walnuts and Balsamic Glaze             | Vegetable Stew with Lentils and Basil        |

### Week 8 - You're Almost There

"Stability isn't boring — it's your body saying 'thank you' every single day. You're not just forming a habit — you're building a new foundation. And trust me, it's solid."

### Step 3 — Maintenance: Life After the 90 Days

You made it.

Almost at the finish line.

But this isn't a marathon where you collapse at the end and eat everything in sight.

It's more like a wellness vacation — and now you're back home as a different person.

You just don't want to return to the "office" filled with sugar and fast food.

#### What Happens in This Phase?

By now, you've already:

- ✓ Reduced the burden on your liver
- ✓ Established regular, mindful eating
- ✓ Improved digestion
- ✓ Felt what it's like to wake up with lightness

Now the goal is simple: don't lose this progress.

Or even better — make it your new lifestyle (without turning it into a religion).

#### How to Maintain Results?

Here's what helps:

- Planning — weekly menus, grocery lists
- Flexibility — food shouldn't feel like a prison
- Listening to your body — if it doesn't want it, don't force it
- The 80/20 Rule — 80% health, 20% real life (yes, a square of dark chocolate is fine!)

#### Susan whispers:

"Maintenance isn't 'eat clean or die.'

It's 'I've learned to choose myself.'"

#### What If You Slip?

No big drama.

Just one rule:

You took a detour — don't keep going. Just return. Calmly. Kindly. Without guilt.

Have a detox-style day, eat some soup, drink water, take a walk.

Done.

You didn't fail — you just turned off the path and gently got back on track.

#### Mini Goals for This Stage:

- Maintain a healthy weight — without diet obsession
- Keep movement in your life — walking, swimming, Pilates (Susan approves!)
- Explore new recipes — food should still bring joy
- Remember: food is care, not punishment

Yes, this is the end of the 90-day program,

but not the end of your story.

This is the beginning of a new chapter —

where your liver no longer groans,

but smiles with gratitude for every choice you make.



## MEDITERRANEAN FATTY LIVER DIET

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### Maintenance Phase - Week 1 Meal Plan

|     | Breakfast                                          | Lunch                                                  | Dinner                                      |
|-----|----------------------------------------------------|--------------------------------------------------------|---------------------------------------------|
| Mon | Green Smoothie with Lemon and Flaxseed             | Sweet Potato Salad with Red Beans and Cilantro         | Braised Chicken with Zucchini and Thyme     |
| Tue | Mango Banana Smoothie Bowl                         | Lentil Salad with Carrot and Fresh Herbs               | Zucchini Stuffed with Quinoa and Greens     |
| Wed | Veggie Rolls with Avocado and Fresh Herbs          | Mediterranean Tuna Bowl with Olives and Lemon Dressing | Baked Chicken Meatballs with Tomatoes       |
| Thu | Roasted Eggplant Salad with Tahini and Pomegranate | Cucumber, Avocado and Herb Salad with Lemon Dressing   | Baked Apple with Raisins and Honey          |
| Fri | Tuna Salad with Green Beans and Egg                | Warm Cauliflower Salad with Hummus                     | Baked Trout with Fennel and Lemon           |
| Sat | Avocado Toast with Egg                             | Quinoa Salad with Roasted Pepper and Spinach           | Stewed Vegetables with Chickpeas and Spices |
| Sun | Egg White Omelet with Broccoli and Herbs           | Tomato Soup with Olives and Bulgur                     | Baked Pumpkin with Cinnamon and Nuts        |

### Week 9 - It's not a "diet" anymore, it's your lifestyle

"Maintenance doesn't mean 'back to pizza.' It's when you realize: this tastes good, feels right, and you don't want your old habits back. Time to enjoy your new normal."

Maintenance Phase - Week 2 Meal Plan

|     | Breakfast                                          | Lunch                                                | Dinner                                      |
|-----|----------------------------------------------------|------------------------------------------------------|---------------------------------------------|
| Mon | Mediterranean Plate: Eggs, Olives, Greens & Hummus | Warm Bean Salad with Roasted Pepper                  | Zucchini Stuffed with Quinoa and Greens     |
| Tue | Green Smoothie with Cucumber, Spinach, and Lime    | Mango Banana Smoothie Bowl                           | Stewed Vegetables with Chickpeas and Spices |
| Wed | Coconut Oatmeal with Figs and Walnuts              | Cucumber, Avocado and Herb Salad with Lemon Dressing | Baked Eggplant with Tahini and Herbs        |
| Thu | Green Smoothie with Lemon and Flaxseed             | Fruit Salad with Olive Oil and Basil                 | Greek Stew with Chickpeas, Beets and Olives |
| Fri | Egg White Omelet with Broccoli and Herbs           | Tomato Soup with Olives and Bulgur                   | Warm Turkey and Bell Pepper Skillet         |
| Sat | Baked Eggplant with Tahini and Herbs               | Vegetable Quinoa Soup with Basil                     | Baked Pumpkin with Cinnamon and Nuts        |
| Sun | Mango Banana Smoothie Bowl                         | Greek Salad with Almond Feta                         | Baked Apple with Raisins and Honey          |

Week 10 - When Things Get Easier

"Remember Week 1? Everything felt new and tricky. Now? You wake up already knowing what to eat, how to cook, how to feel. That's what progress looks like."

Maintenance Phase - Week 3 Meal Plan

|     | Breakfast                                          | Lunch                                                  | Dinner                                       |
|-----|----------------------------------------------------|--------------------------------------------------------|----------------------------------------------|
| Mon | Roasted Eggplant Salad with Tahini and Pomegranate | Roasted Eggplant Salad with Tahini and Pomegranate     | Baked Pear with Walnuts and Vanilla          |
| Tue | Avocado Toast with Egg                             | Fruit Salad with Olive Oil and Basil                   | Vegetable Stew with Lentils and Basil        |
| Wed | Egg White Omelet with Broccoli and Herbs           | Mango Banana Smoothie Bowl                             | Baked Sweet Potato with Green Peas and Cumin |
| Thu | Green Smoothie with Cucumber, Spinach, and Lime    | Couscous Bowl with Sweet Potato and Hummus             | Warm Turkey and Bell Pepper Skillet          |
| Fri | Veggie Rolls with Avocado and Fresh Herbs          | Warm Bean Salad with Roasted Pepper                    | Braised Chicken with Zucchini and Thyme      |
| Sat | Tuna Salad with Green Beans and Egg                | Mediterranean Tuna Bowl with Olives and Lemon Dressing | Greek Stew with Chickpeas, Beets and Olives  |
| Sun | Lemon Chicken with Roasted Eggplant                | Chickpea Salad with Tomatoes, Red Onion and Parsley    | Baked Pumpkin with Cinnamon and Nuts         |

Week 11 - You Are More Than Just a "Diet"

"You're no longer just following a plan — you're shaping it. Everything you do now is self-care, not restriction. You're the one in charge."



## Maintenance Phase – Week 4 Meal Plan

|     | Breakfast                                          | Lunch                                               | Dinner                                       |
|-----|----------------------------------------------------|-----------------------------------------------------|----------------------------------------------|
| Mon | Mango Banana Smoothie Bowl                         | Beet Salad with Walnuts and Balsamic Glaze          | Stewed Vegetables with Chickpeas and Spices  |
| Tue | Roasted Eggplant Salad with Tahini and Pomegranate | Breakfast Bowl with Quinoa, Chickpeas, and Cucumber | Baked Chicken Meatballs with Tomatoes        |
| Wed | Lemon Chicken with Roasted Eggplant                | Quinoa Salad with Roasted Pepper and Spinach        | Baked Sweet Potato with Green Peas and Cumin |
| Thu | Mediterranean Plate: Eggs, Olives, Greens & Hummus | Cherry Tomato, Cucumber and Capers Salad            | Warm Turkey and Bell Pepper Skillet          |
| Fri | Baked Eggplant with Tahini and Herbs               | Sweet Potato Salad with Red Beans and Cilantro      | Zucchini Stuffed with Quinoa and Greens      |
| Sat | Avocado Toast with Egg                             | Orange Salad with Cinnamon and Mint                 | Baked Pumpkin with Cinnamon and Nuts         |
| Sun | Green Smoothie with Cucumber, Spinach, and Lime    | Tomato Soup with Olives and Bulgur                  | Baked Trout with Fennel and Lemon            |

## Week 12 - This is just the beginning

"You've completed 90 days. But here's the secret: the real journey starts now. You didn't 'go back to life' — you created a new one. And it tastes amazing!"

### What happens in the body in 90 days

#### Stage 1: Detox (Days 1-30)

##### Day 1-3

"Wow, stress!"

- Body begins to eliminate excess water
- Mild fatigue or irritability may occur

##### Day 4-10

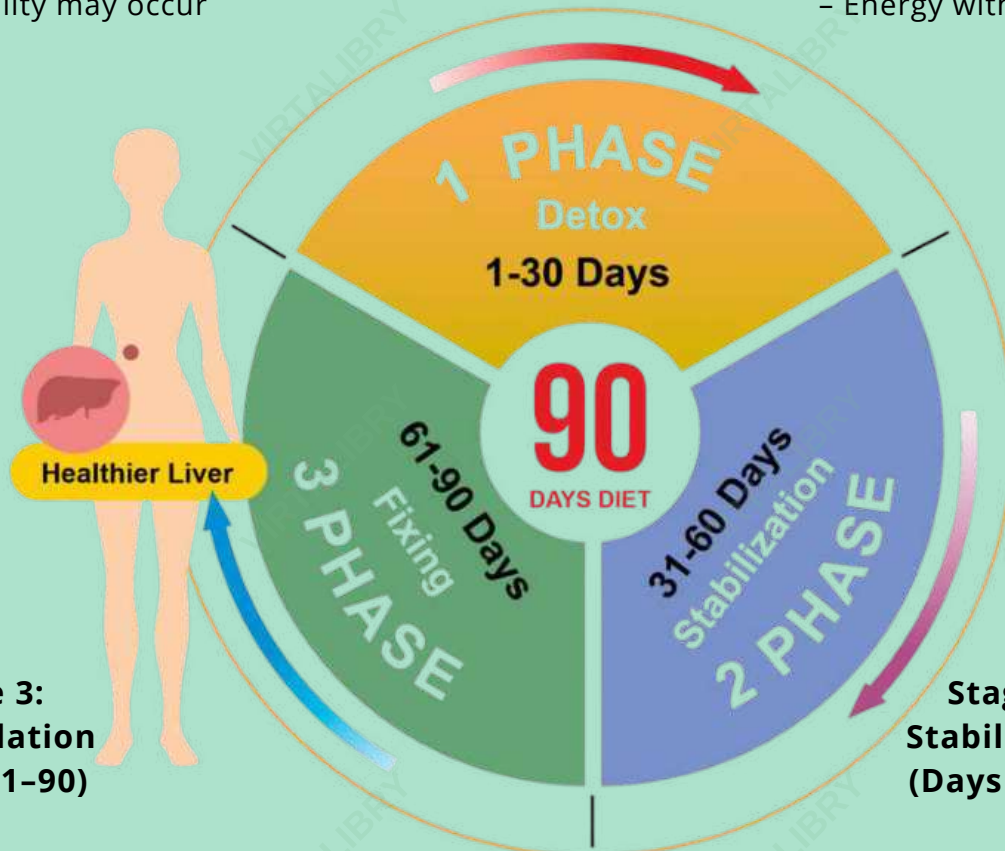
"Liver finally exhales"

- Bloating decreases
- Sugar cravings go away

##### Day 11-30

"The body starts to work differently"

- Gentle weight loss
- Improved sleep
- Energy without coffee



#### Stage 3: Consolidation (Days 61-90)

##### Day 61-75

"You've got a rhythm"

- Habit of healthy food choices
- Confidence
- Weight stabilizes

##### Day 76-90

"A new version of yourself"

- Sustainable energy levels
- No "breakdowns"
- You are your own chief nutritionist

#### Stage 2: Stabilization (Days 31-60)

##### Day 31-45

"You are no longer in a fight with yourself"

- Digestion improves
- Emotions stabilize
- Confidence appears

##### Day 46-60

"Microbiota applauds standing up"

- Strengthens immunity
- Even mood
- Cleaner skin and eyes

**"These 90 days are not a test, but a learning experience. Now your body knows what it means to take care of it." — Susan**

## Susan's Life Hacks

### How to Stay on Track: Tips for Busy, Tired, and Just Plain Human People

If you've ever thought that healthy living is only for food bloggers who live on tropical islands and eat avocado toast for breakfast — Susan is here to tell you otherwise. These are her favorite tricks that work even during the busiest week:

#### **The “1-Hour-a-Week” Rule**

Plan 3–4 meals in advance.

Yes, it's not romantic — but come Wednesday, you won't be crying over an empty fridge and ordering pizza.

#### **Walk Instead of Coffee**

No energy?

Instead of a third coffee — take a 10-minute walk.

It will reset your liver better than a latte.

#### **The “Blind” Grocery List**

Save a template of your go-to healthy food list on your phone.

Throw it in the cart, leave the store — guilt-free.

#### **The 5-Minute System**

No time at all?

Ask yourself: “Can I spare 5 minutes to care for myself?”

Usually, yes.

For example, grab some veggies instead of snacks.

#### **Freeze the Good Mood**

Made a soup? Freeze a portion.

Boom — you've created your own “healthy fast food” for tough days.

#### **Food for Your Brain**

Listen to a health podcast while cooking.

Win-win: you nourish your body and your brain.

(It's an organ too, remember?)

#### **Susan Says:**

“Health isn't about perfect plates.

It's about small, consistent wins.

And you've already started collecting them — even if you left the broccoli at home.”



### **Conclusion: This Is Not the End — Just Your Liver Saying Thanks!**

Congratulations, friend.

If you're reading this, it means you've made it — a full 90-day journey.

And it wasn't just three months without sugar and with cabbage for dinner — it was a journey back to yourself.

To a version of you where taking care of your body isn't punishment, but an act of self-love.

Your liver may not know how to speak, but if it could, it would say:

"Thank you. I can finally breathe easier. I'm back on duty — without overwhelm and panic."

You didn't just change your food —

You changed your habits, your mindset, your relationship with yourself.

And that's already a win.

### **How to Celebrate (Without an 800-Calorie Cake)**

1. Treat yourself to something else: a massage, new clothes, a long walk — anything that brings joy.
2. Share your success: Tell your friends, your family, or someone just starting out — you're an inspiration now.
3. Make a "contract with yourself" for the next month. It can be as simple as:
4. "I continue to choose myself."

### **A Few Final Reminders**

- Fatty liver is reversible — but it likes consistency.
- Food isn't your enemy — it's your ally. Don't chase perfection, seek balance.
- Slips are not the end. They're just a pause. Come back — without guilt.
- You now know how to live well and enjoy it. This is your new normal.

**"You're not on a diet. You're in care." — Susan**