

**Plant-Based Liver Support Meal Plan**

Created by Restored Identity LLC



# Plant-Based Liver Support Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Breakfast</b>	Coconut Yogurt Chia Pudding	Coconut Yogurt Chia Pudding	Tofu Scramble with Lentils & Spinach	Tofu Scramble with Lentils & Spinach	Raspberry Pecan Warm Chia Pudding	Raspberry Pecan Warm Chia Pudding	Raspberry Pecan Warm Chia Pudding
<b>Snack 1</b>	Bell Peppers with Hummus	Kiwi Yogurt Parfait	Hummus & Veggies Snack Box	Kiwi & Pecans	Edamame Hummus & Veggies	Edamame Hummus & Veggies	Bell Peppers with Hummus
	Green Tea						Green Tea
<b>Lunch</b>	Edamame & Barley Spinach Salad	Spiced Cauliflower Rice & Beans	Edamame & Barley Spinach Salad	Baked Tofu & Cabbage with Peanut Ginger Sauce	Citrus, Edamame & Kale Salad	Pesto Barley & Tofu Bowl	Slow Cooker Kidney Bean & Barley Chili
		Sautéed Spinach with Toasted Pecans					
<b>Snack 2</b>	Raspberry Vanilla Protein Yogurt Parfait	Hummus & Veggies Snack Box	Raspberry Vanilla Protein Yogurt Parfait	Edamame Hummus & Veggies	Grapefruit	Pecans & Blueberries	Kiwi Yogurt Parfait
					Green Tea		
<b>Dinner</b>	Spiced Cauliflower Rice & Beans	Edamame & Barley Spinach Salad	Baked Tofu & Cabbage with Peanut Ginger Sauce	Citrus, Edamame & Kale Salad	Pesto Barley & Tofu Bowl	Slow Cooker Kidney Bean & Barley Chili	Pesto Barley & Tofu Bowl
	Sautéed Spinach with Toasted Pecans						

# Plant-Based Liver Support Meal Plan

54 items

## Fruits

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- 1 2/3 cups Blueberries
- 2 Grapefruit
- 3 Kiwi
- 1/3 cup Lemon Juice
- 1 1/2 tsps Lime Juice
- 3 1/2 cups Raspberries

## Breakfast

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- 1 tbsp All Natural Peanut Butter
- 1/2 cup Almond Butter
- 1 cup Granola
- 3 cups Green Tea

## Seeds, Nuts & Spices

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- 1 Bay Leaf
- 1/2 tsp Black Pepper
- 1 cup Chia Seeds
- 1/4 tsp Chili Powder
- 1 1/2 tsps Cumin
- 2 1/4 tsps Garlic Powder
- 1/2 tsp Oregano
- 1 1/2 cups Pecans
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1 1/4 tsps Turmeric

## Frozen

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- 3 cups Cauliflower Rice
- 5 3/4 cups Frozen Edamame
- 1 cup Frozen Strawberries

## Vegetables

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- 8 cups Baby Spinach
- 4 1/2 cups Broccoli
- 1 Carrot
- 5 stalks Celery
- 2 Garlic
- 1 tsp Ginger
- 2 stalks Green Onion
- 4 1/2 cups Kale Leaves
- 3 tbsps Parsley
- 5 cups Purple Cabbage
- 1 1/2 cups Radishes
- 3 3/4 Red Bell Pepper
- 2/3 cup Red Onion
- 1/4 cup Shallot

## Boxed & Canned

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- 2 cups Diced Tomatoes
- 2 cups Lentils
- 2 1/4 cups Pearl Barley
- 2 cups Red Kidney Beans
- 1 1/2 cups Vegetable Broth, Low Sodium

## Baking

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- 1/3 cup Nutritional Yeast

## Bread, Fish, Meat & Cheese

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- 1 3/4 lbs Tofu

## Condiments & Oils

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- 1/2 cup Extra Virgin Olive Oil
- 1/3 cup Pesto
- 2 tbsps Tamari

## Cold

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- 1 1/2 cups Hummus
- 2 3/4 cups Unsweetened Almond Milk
- 5 cups Unsweetened Coconut Yogurt

## Other

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- 1/2 cup Vanilla Protein Powder
- 1/4 cup Water

# Coconut Yogurt Chia Pudding

5 ingredients · 30 minutes · 2 servings



## Directions

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1. In a medium-sized bowl, add the yogurt, chia seeds, almond milk, and strawberries and stir well to combine.
2. Place in the fridge for 25 to 30 minutes, until thickened.
3. Remove from the fridge and stir in the almond butter. Serve and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to about 1 cup of chia pudding.

### Nut-Free

Use tahini and coconut milk instead of almond butter and almond milk.

### More Flavor

Add a pinch of cinnamon or vanilla.

### Likes it Sweeter

Add a drizzle of honey or maple syrup.

### No Coconut Yogurt

Use regular yogurt or Greek yogurt.

## Ingredients

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- 1 cup** Unsweetened Coconut Yogurt
- 1/3 cup** Chia Seeds
- 1/2 cup** Unsweetened Almond Milk
- 1 cup** Frozen Strawberries
- 3 tbsps** Almond Butter

# Tofu Scramble with Lentils & Spinach

10 ingredients · 15 minutes · 2 servings



## Directions

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1. Heat the oil in a skillet over medium heat. Add the onion and garlic and sauté for one minute.
2. Add the tofu, nutritional yeast, turmeric, and cumin to the skillet. Season with salt and pepper. Cook for five minutes, stirring occasionally.
3. Add the lentils and spinach to the skillet. Cook for another three to four minutes or until the spinach wilts. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately to two cups.

### More Flavor

Add mushrooms or fresh herbs to the dish. Serve on a slice of sourdough bread.

## Ingredients

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- 1 1/2 **tsps** Extra Virgin Olive Oil
- 2 **stalks** Green Onion (chopped)
- 2 **Garlic** (clove, minced)
- 14 **ozs** Tofu (crumbled)
- 1 **tbsp** Nutritional Yeast
- 1 **tsp** Turmeric
- 1/2 **tsp** Cumin
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Lentils (cooked)
- 2 **cups** Baby Spinach (chopped)

# Raspberry Pecan Warm Chia Pudding

5 ingredients · 10 minutes · 3 servings



## Directions

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1. Whisk together the chia seeds and almond milk in a small pot over medium-low heat. Stir until heated through and the mixture has thickened up, about five minutes.
2. Remove from heat and add to a bowl. Top with raspberries, pecans, and almond butter. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately one cup.

### No Heat

Mix the chia seeds and almond milk together and let it sit in the fridge for at least 15 to 20 minutes to thicken before adding toppings.

### More Flavor

Add a dash of cinnamon.

## Ingredients

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- 1/2 cup Chia Seeds
- 2 1/4 cups Unsweetened Almond Milk
- 1 1/2 cups Raspberries
- 3 tbsps Pecans
- 3 tbsps Almond Butter

# Bell Peppers with Hummus

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Divide the red bell pepper slices and hummus onto plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Sprinkle paprika over the hummus.

### No Red Bell Pepper

Use cucumber slices, celery, carrots, or rice cakes instead.

## Ingredients

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- 1 Red Bell Pepper (medium, sliced)
- 1/4 cup Hummus

# Green Tea

1 ingredient · 5 minutes · 1 serving



## Directions

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1. Pour tea into a mug and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days. Enjoy over ice as iced tea.

### Like It Sweet

Add sweetener of choice to taste.

## Ingredients

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**1 cup** Green Tea (brewed)



# Kiwi Yogurt Parfait

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Layer the yogurt, granola, and kiwi in a jar. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Nuts, shredded coconut, hemp seeds, or chia seeds.

## Ingredients

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**1/2 cup** Unsweetened Coconut Yogurt

**1/2 cup** Granola

**1** Kiwi (peeled, diced)

# Hummus & Veggies Snack Box

4 ingredients · 5 minutes · 1 serving



## Directions

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1. Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

## Notes

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### Storage

Refrigerate in an airtight container up to 3 days.

### No Hummus

Use guacamole or a ready-made dip instead.

## Ingredients

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1/2 Red Bell Pepper (sliced)

2 stalks Celery (cut into small stalks)

1/3 cup Blueberries

1/4 cup Hummus

# Kiwi & Pecans

2 ingredients · 2 minutes · 1 serving



## Directions

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1. Place the kiwi and nuts on a plate and enjoy!

## Notes

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### No Pecans

Use another nut or seed instead.

### No Kiwi

Use another fruit instead.

## Ingredients

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1 Kiwi (sliced or chopped)

1/4 cup Pecans (whole or chopped)

# Edamame & Barley Spinach Salad

9 ingredients · 35 minutes · 3 servings



## Directions

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1. Cook the barley according to the package directions.
2. In a large bowl, mix the onions in 2/3 of the lemon juice and set aside.
3. Once cooked, add the barley to the bowl of onions and set aside to cool to room temperature.
4. Once the barley has cooled, add the remaining ingredients and stir to coat. Divide evenly between plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Cook the barley in broth instead of water.

### Additional Toppings

Basil, green onions, chives, seeds and/or other roasted nuts.

### Gluten-Free

Use brown rice or quinoa instead of barley.

## Ingredients

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**3/4 cup** Pearl Barley (uncooked, rinsed and drained)

**1/3 cup** Red Onion (finely chopped)

**3 3/4 tbsps** Lemon Juice (divided)

**3/4** Red Bell Pepper (medium, diced)

**3/4 cup** Frozen Edamame (thawed)

**2 1/4 tbsps** Extra Virgin Olive Oil

**3 tbsps** Parsley (chopped)

**3/4 tsp** Garlic Powder

**3 cups** Baby Spinach

# Raspberry Vanilla Protein Yogurt Parfait

4 ingredients · 5 minutes · 1 serving



## Directions

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1. In a bowl combine the coconut yogurt and protein powder. Mix until smooth.
2. In a jar, add half of the yogurt mixture, then half of the raspberries. Repeat with the remaining yogurt mixture and raspberries. Top with almond butter. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately 1 1/2 cups.

### More Flavor

Add maple syrup or honey.

### No Almond Butter

Use other nut butter of choice.

## Ingredients

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**1 1/2 cups** Unsweetened Coconut Yogurt

**1/4 cup** Vanilla Protein Powder

**1 cup** Raspberries

**1 tbsp** Almond Butter

# Edamame Hummus & Veggies

7 ingredients · 5 minutes · 3 servings



## Directions

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1. In a food processor, add the edamame, hummus, and water. Blend until a creamy consistency forms. Add more water if necessary.
2. Transfer the edamame hummus to a serving bowl. Top with oil, sesame seeds, and extra edamame, if using. Serve with broccoli and radishes. Enjoy!

## Notes

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### Leftovers

Refrigerate the edamame hummus in an airtight container for up to four days.

### Serving Size

One serving is equal to approximately 2/3 cup edamame hummus and one cup veggies.

### More Flavor

Add fresh herbs like mint or dill.

### Make it Spicy

Add chili flakes or cayenne powder.

## Ingredients

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**2 cups** Frozen Edamame (thawed, plus extra for garnish)

**1/2 cup** Hummus

**3 tbsps** Water

**1 tbsp** Extra Virgin Olive Oil (optional, for garnish)

**1 tsp** Sesame Seeds (optional, for garnish)

**1 1/2 cups** Broccoli (cut into small florets)

**1 1/2 cups** Radishes (quartered)

# Grapefruit

1 ingredient · 5 minutes · 1 serving



## Directions

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1. Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

## Notes

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### Cut the flavour

Sprinkle with a pinch of sea salt.

## Ingredients

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1 Grapefruit

# Pecans & Blueberries

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Serve the blueberries with pecans and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Sprinkle some cinnamon on top.

## Ingredients

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1 cup Blueberries

1/4 cup Pecans



# Spiced Cauliflower Rice & Beans

10 ingredients · 15 minutes · 2 servings



## Directions

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1. Preheat the oil in a large pan over medium heat. Add the shallots and cabbage. Cook stirring regularly for three to five minutes or until the shallot has softened.
2. Add the cauliflower rice, cumin, turmeric, garlic powder, and oregano. Season with salt and pepper. Cook for three minutes then add the kidney beans and cook for three more minutes or until warmed through.
3. Divide evenly between plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately 1 1/2 cups.

### Additional Toppings

Chopped cilantro and green onions.

## Ingredients

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- 1 **tbsp** Extra Virgin Olive Oil
- 1/4 **cup** Shallot (chopped)
- 1 **cup** Purple Cabbage (thinly sliced)
- 2 **cups** Cauliflower Rice
- 1 **tsp** Cumin
- 1/4 **tsp** Turmeric
- 1/2 **tsp** Garlic Powder
- 1/2 **tsp** Oregano
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Red Kidney Beans (cooked)

# Sautéed Spinach with Toasted Pecans

6 ingredients · 10 minutes · 2 servings



## Directions

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1. Heat a skillet over medium heat and add the olive oil. Add the spinach and cook for five minutes or until it is soft.
2. Add the nutritional yeast, pecans, sea salt and black pepper. Sauté for 5 minutes or until the pecans begin to toast. Serve between plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Nut-Free

Use sunflower seeds or pumpkin seeds instead of pecans.

### More Flavor

Add minced garlic or garlic powder.

### Additional Toppings

Top with hemp seeds or flaxseeds.

### No Spinach

Use arugula, Swiss chard, or collard greens instead.

### No Nutritional Yeast

Use parmesan cheese or a dairy-free cheese.

## Ingredients

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**1 1/2 tsps** Extra Virgin Olive Oil

**3 cups** Baby Spinach

**1/4 cup** Nutritional Yeast

**1/4 cup** Pecans

**1/2 tsp** Sea Salt

**1/2 tsp** Black Pepper

# Baked Tofu & Cabbage with Peanut Ginger Sauce

9 ingredients · 40 minutes · 2 servings



## Directions

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1. Add the tofu and edamame to a mixing bowl with 3/4 of the tamari and toss to coat. Let the tofu marinate while preheating the oven.
2. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
3. Arrange the cabbage on one side of the baking sheet and the marinated tofu and edamame on the other. Bake for 30 minutes stirring halfway through.
4. Meanwhile, in a small mixing bowl combine the peanut butter, ginger, lime juice, and the remaining tamari. Stir in the water to thin the sauce.
5. To serve, divide the cauliflower rice between plates. Top with the baked cabbage and tofu and drizzle with the sauce. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Nut-Free

Use sunflower seed butter instead of peanut butter.

### More Flavor

Add garlic, honey, sesame oil, or red pepper flakes to the sauce.

### No Tamari

Use coconut aminos instead.

### More Carbs

Serve with rice or quinoa instead of cauliflower rice.

## Ingredients

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- 6 1/8 ozs Tofu (extra firm, cubed)
- 1 cup Frozen Edamame
- 2 tbsps Tamari (divided)
- 4 cups Purple Cabbage (cut into 1-inch strips)
- 1 tbsp All Natural Peanut Butter
- 1 tsp Ginger (fresh, grated)
- 1 1/2 tsps Lime Juice
- 1 1/2 tbsps Water
- 1 cup Cauliflower Rice

# Citrus, Edamame & Kale Salad

8 ingredients · 15 minutes · 2 servings



## Directions

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1. Bring a pot of water to a boil. Add the edamame and cook for five minutes. Drain, rinse under cold water, and set aside.
2. Add the kale to a large bowl and massage until broken down. Add the carrot, edamame, grapefruit, and pecans. Mix to combine. Add the lemon juice and oil, toss, and season with salt and pepper. Toss once more until well coated. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add fresh parsley or cilantro.

## Ingredients

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- 2 cups** Frozen Edamame
- 4 cups** Kale Leaves (finely chopped)
- 1** Carrot (large, grated)
- 1** Grapefruit (peeled, seeded, chopped)
- 1/2 cup** Pecans
- 1 tbsp** Lemon Juice
- 1 tbsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

# Pesto Barley & Tofu Bowl

6 ingredients · 35 minutes · 3 servings



## Directions

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1. Cook the barley according to package directions until soft but chewy, approximately 25 to 30 minutes. Drain any excess liquid from the pot and fluff the barley with a fork.
2. Meanwhile, heat half of the oil in a pan. Brown the tofu pieces for three to five minutes per side until golden brown. Transfer to a plate, season with salt and pepper to taste and set aside.
3. Add the remaining oil to the same pan then add the chopped broccoli. Cook for eight to 10 minutes or until the broccoli is fork-tender.
4. Add the cooked barley and tofu to the pan with the broccoli and stir in the pesto. Cook for one to two minutes or until the tofu pieces are warmed through. Season with salt and pepper to taste. Divide between bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately equal to 1 1/2 cups.

### Gluten-Free

Use brown rice instead of barley.

### More Flavor

Add fresh garlic, lemon juice, red pepper flakes, nutritional yeast, or parmesan cheese. Add more pesto to taste.

### No Broccoli

Use cauliflower, bell pepper, or zucchini instead.

### No Tofu

Use beans or lentils instead.

## Ingredients

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- 1 1/8 cups Pearl Barley (dry, rinsed well)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 9 1/4 ozs Tofu (extra firm, pressed then cut into 1/2-inch cubes)
- Sea Salt & Black Pepper (to taste)
- 3 cups Broccoli (finely chopped)
- 1/3 cup Pesto

# Slow Cooker Kidney Bean & Barley Chili

10 ingredients · 4 hours 10 minutes · 2 servings



## Directions

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1. Place all the ingredients in the slow cooker and stir the mixture. Cover and cook for four hours on high or six hours on low.
2. Divide evenly between bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days. Freeze individual portions for up to three months.

### Serving Size

One serving is equal to approximately two cups.

### More Flavor

Add carrots, red onions, mixed beans.

### Additional Toppings

Fresh parsley, chives, basil and/or cilantro.

## Ingredients

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- 1/3 cup** Pearl Barley (uncooked, rinsed and drained)
- 1/4 cup** Red Onion (medium, finely chopped)
- 1 stalk** Celery (chopped)
- 1 tsp** Garlic Powder
- 1/4 tsp** Chili Powder
- 1** Bay Leaf
- 1 cup** Red Kidney Beans (cooked)
- 1/2 cup** Kale Leaves (stems removed and leaves chopped)
- 2 cups** Diced Tomatoes (from the can, with the juices)
- 1 1/2 cups** Vegetable Broth, Low Sodium