



# Meals to Support the Liver

Your liver saves your life every day... literally. Crucial to your overall health, taking care of your liver with your diet is key for your well-being and ability to fight illness and disease. Try these meals that help support your liver.



CREATED BY LEAGUE MARKETPLACE

# Grocery List



48 ingredients

## FRUITS

- 2 Avocado
- 1 cup Blueberries
- 2 Grapefruit
- 2 Lemon
- 1 Lime

## BREAKFAST

- 2 tbsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1 cup Cashews
- 1 tsp Cinnamon
- 1 tsp Dried Basil
- 1/3 cup Hazelnuts
- 2 tbsps Hemp Seeds
- 1/2 cup Pine Nuts
- 1/2 cup Pumpkin Seeds
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper

## VEGETABLES

- 6 cups Baby Spinach
- 1/2 cup Basil Leaves
- 5 cups Broccoli
- 1 Carrot
- 3 stalks Celery
- 1 cup Cherry Tomatoes
- 2 tbsps Cilantro
- 4 cups Coleslaw Mix
- 4 cups Collard Greens
- 1 bulb Fennel
- 1 Garlic
- 2 stalks Green Onion
- 1 Jalapeno Pepper
- 1/4 cup Mint Leaves
- 3 cups Radicchio
- 2 tbsps Shallot
- 1 Sweet Onion

## BOXED & CANNED

- 2 cups Black Beans
- 2 cups Chickpeas
- 2 cups Green Lentils
- 1 cup Quinoa
- 1/4 cup Salsa

## BAKING

- 1 tsp Baking Powder
- 2 cups Oats
- 1 tsp Raw Honey
- 1/2 cup Unsweetened Shredded Coconut
- 1 tsp Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 2 Tilapia Fillet

## CONDIMENTS & OILS

- 1/2 cup Extra Virgin Olive Oil

## COLD

- 2 Egg
- 2 tbsps Grapefruit Juice
- 1/4 cup Unsweetened Almond Milk

## OTHER

- 8 cups Water



# Fennel, Radicchio & Grapefruit Salad



10 ingredients



25 minutes



4 servings

## DIRECTIONS

1. Add the sliced fennel, radicchio and shallot to a large salad bowl.
2. In a small bowl, combine the grapefruit juice, extra virgin olive oil, honey, and sea salt. Mix well.
3. Add the grapefruit slices, mint and hazelnuts to the salad bowl and drizzle with the dressing. Enjoy!

## NOTES

### No Radicchio

Use endive or romaine lettuce instead.

### No Grapefruit

Use navel orange instead.

### No Honey

Use maple syrup instead.

## INGREDIENTS

- 1 bulb** Fennel (cored and thinly sliced)
- 3 cups** Radicchio (thinly sliced)
- 2 tbsps** Shallot (thinly sliced)
- 2 tbsps** Grapefruit Juice
- 1/4 cup** Extra Virgin Olive Oil
- 1 tsp** Raw Honey
- 1/8 tsp** Sea Salt
- 2** Grapefruit (peeled and pulled apart into pieces)
- 1/4 cup** Mint Leaves (thinly sliced)
- 1/3 cup** Hazelnuts (toasted and chopped)

## NUTRITION

		Amount per serving	
<b>Calories</b>	269	<b>Cholesterol</b>	0mg
<b>Fat</b>	21g	<b>Sodium</b>	112mg
<b>Carbs</b>	21g	<b>Vitamin A</b>	1862IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	58mg
<b>Sugar</b>	14g	<b>Calcium</b>	69mg
<b>Protein</b>	4g	<b>Iron</b>	1mg



## Blueberry Oat Muffins



10 ingredients



40 minutes



12 servings

### DIRECTIONS

1. Preheat the oven to 375°F (190°C) and line a muffin pan with liners.
2. In a large mixing bowl combine the oats, shredded coconut, hemp seeds, cinnamon and baking powder. Mix together until evenly combined.
3. In a separate mixing bowl, whisk the eggs, almond milk, vanilla and maple syrup. Add the egg mixture to the dry ingredients and mix until combined. Fold in the blueberries.
3. Divide the batter between the muffin cups and bake for 25 to 30 minutes or until the muffins are golden brown around the edges. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

### NOTES

#### Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to one month.

#### Serving Size

One serving is equal to one muffin.

#### Additional Toppings

Top with shaved almonds or pecans.

#### No Blueberries

Use strawberries or raspberries instead.

### INGREDIENTS

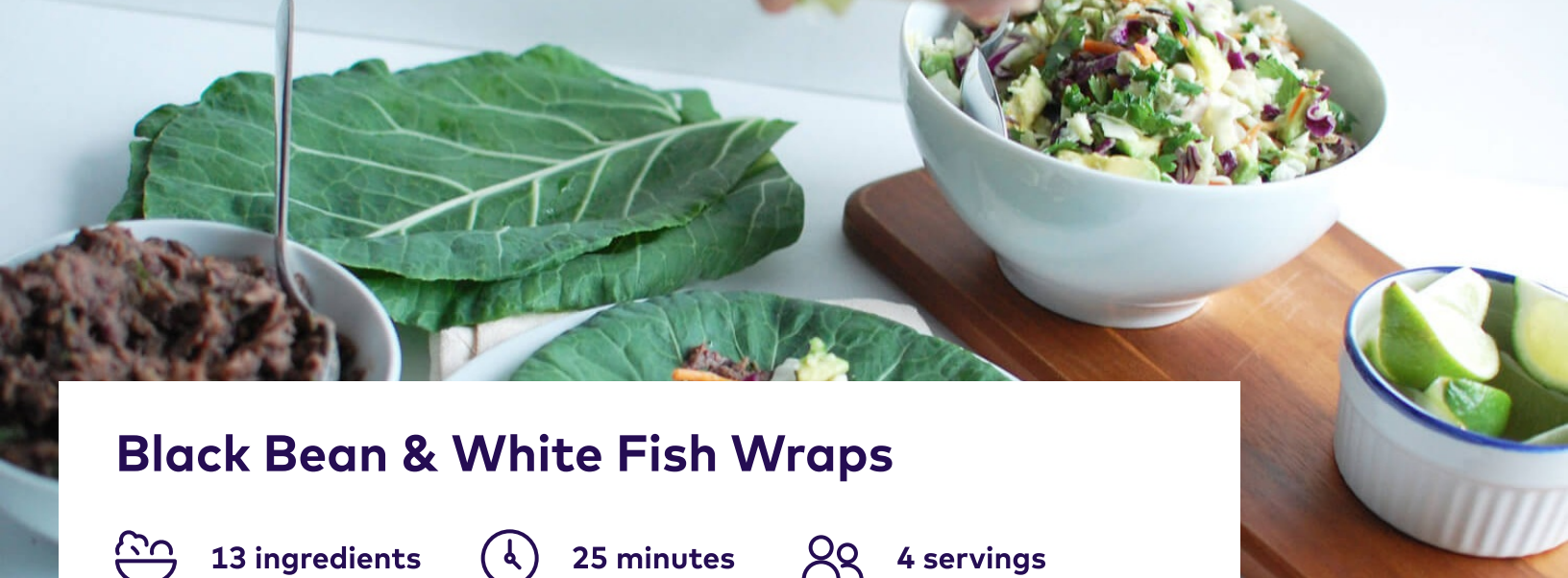
- 2 cups Oats (rolled)
- 1/2 cup Unsweetened Shredded Coconut
- 2 tbsps Hemp Seeds
- 1 tsp Cinnamon
- 1 tsp Baking Powder
- 2 Egg
- 1/4 cup Unsweetened Almond Milk
- 1 tsp Vanilla Extract
- 2 tbsps Maple Syrup
- 1 cup Blueberries (fresh or frozen)

### NUTRITION

#### Amount per serving

Calories	113	Cholesterol	31mg
Fat	5g	Sodium	58mg
Carbs	15g	Vitamin A	63IU
Fiber	2g	Vitamin C	1mg
Sugar	4g	Calcium	51mg
Protein	4g	Iron	1mg





# Black Bean & White Fish Wraps



13 ingredients



25 minutes



4 servings

## DIRECTIONS

1. Preheat oven to 425°F (218°C). Line a baking sheet with parchment paper. Add tilapia fillets and season with sea salt and pepper. Bake in oven for 10 to 15 minutes or just until the fish flakes with a fork.
2. In a food processor, combine black beans, salsa, and green onions. Blend until smooth. Transfer to a bowl and set aside.
3. Remove the fish from the oven. Transfer to a mixing bowl and use a fork to break into pieces. Stir in half the lemon juice. Add the avocado, jalapeno, coleslaw mix, cilantro, olive oil and remaining lemon juice. Toss well.
4. Heat the bean mixture in the microwave for 30 to 60 seconds or until warmed through.
5. To assemble wraps, spread each collard green wrap with the bean mixture and add the fish and vegetable mix over top. Squeeze a lime wedge over top and wrap. Enjoy!

## NOTES

### No Coleslaw Mix

Use shredded cabbage instead.

### More Carbs

Use gluten-free tortillas instead.

### Not a Wrap Fan

Chop up the collard greens and turn it into a salad.

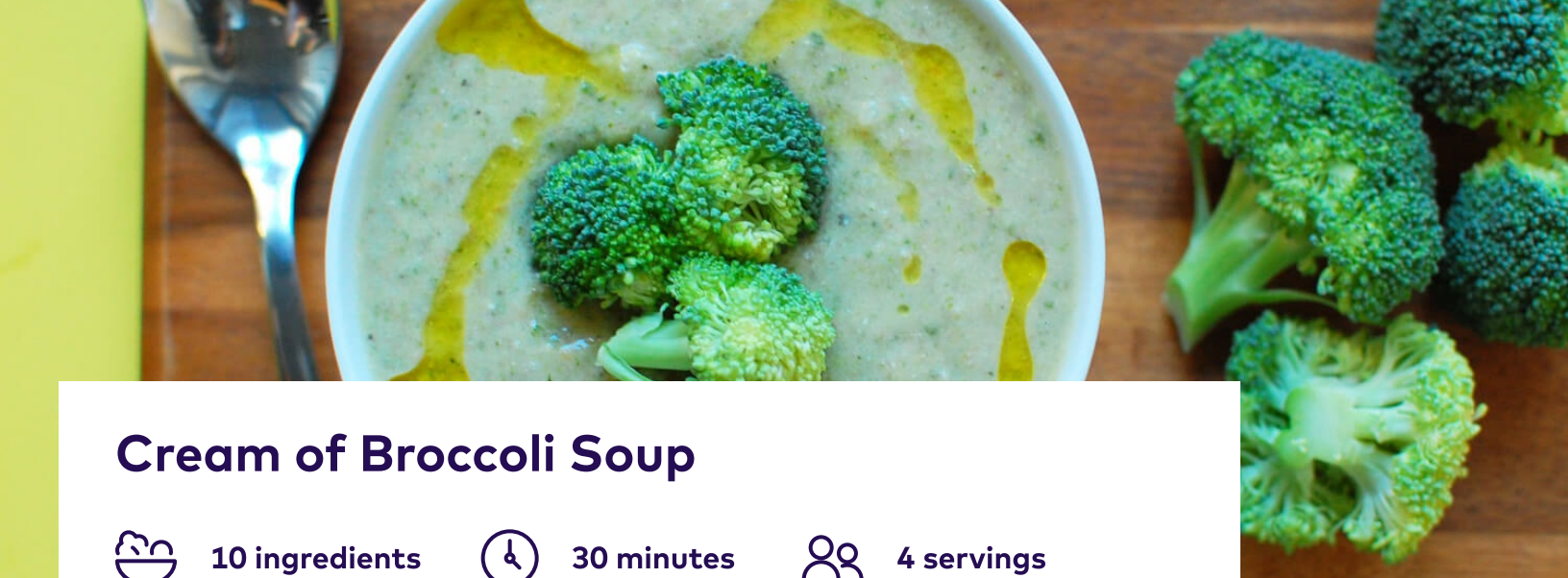
## INGREDIENTS

- 2 Tilapia Fillet (drained and rinsed)
- Sea Salt & Black Pepper (to taste)
- 2 cups Black Beans (cooked, drained and rinsed)
- 1/4 cup Salsa
- 2 stalks Green Onion (diced)
- 1 Lemon (juiced and divided)
- 2 Avocado (peeled and chopped)
- 1 Jalapeno Pepper (de-seeded and chopped)
- 4 cups Coleslaw Mix
- 2 tbsps Cilantro (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 4 cups Collard Greens (washed and stems chopped off)
- 1 Lime (cut into wedges)

## NUTRITION

### Amount per serving

<b>Calories</b>	409	<b>Cholesterol</b>	29mg
<b>Fat</b>	20g	<b>Sodium</b>	191mg
<b>Carbs</b>	40g	<b>Vitamin A</b>	5351IU
<b>Fiber</b>	18g	<b>Vitamin C</b>	72mg
<b>Sugar</b>	6g	<b>Calcium</b>	176mg
<b>Protein</b>	24g	<b>Iron</b>	3mg



# Cream of Broccoli Soup



10 ingredients



30 minutes



4 servings

## DIRECTIONS

1. Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
2. In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
3. Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to approximately 3 to 3.5 cups of soup, depending on how much liquid simmers off.

## INGREDIENTS

- 1 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 3 stalks Celery (chopped)
- 5 cups Broccoli (chopped, incl. stalks)
- 6 cups Water
- 1 tsp Dried Basil
- 1 tsp Sea Salt
- 1 cup Cashews
- 2 cups Green Lentils (cooked, drained and rinsed)
- 2 cups Baby Spinach (packed)

## NUTRITION

### Amount per serving

Calories	392	Cholesterol	0mg
Fat	17g	Sodium	695mg
Carbs	48g	Vitamin A	4808IU
Fiber	14g	Vitamin C	113mg
Sugar	11g	Calcium	176mg
Protein	19g	Iron	7mg



# Warm Spinach Pesto & Chickpea Salad



12 ingredients



20 minutes



5 servings

## DIRECTIONS

1. Place quinoa and water in a saucepan over high heat. Bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 - 15 minutes or until all water is absorbed. Remove lid and fluff with fork. Set aside.
2. To create the pesto, combine pine nuts, basil, 3/4 of the spinach, olive oil, garlic, half of the lemon juice, sea salt and pepper together in a food processor or Vitamix. Pulse well until a smooth consistency forms.
3. Place the chickpeas in a skillet or frying pan over medium heat and stir in the pesto and saute until heated through (about 3 - 5 minutes).
4. Mix salad dressing by combining the remaining lemon juice with a splash of extra virgin olive oil. Stir well. In a large bowl, combine quinoa, remaining baby spinach, pumpkin seeds and cherry tomatoes. Season with a pinch of sea salt and pepper. Add desired amount of dressing and toss well.
5. Place a large scoop of the salad mix onto a plate and top with a spoonful of the warm chickpea and pesto mix. Enjoy!

## INGREDIENTS

- 1 cup Quinoa (cooked)
- 2 cups Water
- 1/2 cup Pine Nuts
- 1/2 cup Basil Leaves
- 4 cups Baby Spinach (divided)
- 1/4 cup Extra Virgin Olive Oil (plus some extra for the dressing\_
- 1 Garlic (clove, minced)
- 1 Lemon (juiced and divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 cups Pumpkin Seeds
- 1 cup Cherry Tomatoes (halved)
- 2 cups Chickpeas (cooked, drained and rinsed)

## NUTRITION

		Amount per serving	
Calories	494	Cholesterol	0mg
Fat	29g	Sodium	32mg
Carbs	47g	Vitamin A	2749IU
Fiber	10g	Vitamin C	16mg
Sugar	5g	Calcium	104mg
Protein	16g	Iron	7mg