

FATTY LIVER DIET PLAN

WEEK 1

FROM: / / TO: / /

	BREAKFAST	SNACKS	LUNCH	DINNER
MON	Oatmeal with fresh berries and low-fat milk	Vegetable soup with whole-wheat bread and hummus	Low-fat yogurt with granola	Grilled chicken breast with steamed broccoli and brown rice
TUE	Scrambled eggs with spinach and whole-wheat toast	Turkey sandwich with lettuce, tomato, and avocado on whole-wheat bread	Carrot sticks with hummus	Baked salmon with roasted asparagus and quinoa
WED	Greek yogurt with fresh fruit and nuts	Lentil salad with cucumber, tomato, onion, parsley, and lemon dressing	Celery sticks with cream cheese	Vegetable stir-fry with tofu and brown rice noodles
THU	Whole-wheat pancakes with blueberries and maple syrup	Chicken noodle soup with crackers and cheese	Low-fat cottage cheese with pineapple chunks	Spaghetti with turkey meatballs and marinara sauce
FRI	Smoothie with low-fat milk, banana, strawberries, and oats	Bean burrito with salsa, cheese, lettuce, and sour cream on a whole-wheat tortilla	Popcorn with olive oil and sea salt	Roasted chicken with mashed potatoes and green beans
SAT	French toast with fresh raspberries and whipped cream	Vegetable lasagna with low-fat ricotta cheese and spinach	Dried apricots and dark chocolate	Beef stew with carrots, potatoes, celery, and herbs
SUN	Cereal with low-fat milk and sliced banana	Tomato soup with grilled cheese sandwich on whole-wheat bread	Rice cakes with almond butter and jam	Roasted pork loin with roasted sweet potatoes and Brussels sprouts

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FATTY LIVER DIET PLAN

WEEK 2

FROM: / / TO: / /

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Smoothie with spinach, banana, and almond milk	Quinoa salad with mixed greens and sesame seeds	Sliced apples with almond butter	Grilled chicken with steamed vegetables
TUE	Whole-wheat toast with avocado and lime juice	Kitchari (mung beans and rice) with steamed vegetables	Fresh carrot and beet juice	Baked salmon with brown rice
WED	Greek yogurt with honey and nuts	Chicken noodle soup with whole-wheat bread	Fresh fruit salad	Stir-fried tofu with mixed vegetables
THU	Scrambled eggs with spinach and tomatoes	Turkey wrap with avocado, lettuce, and tomato	Celery sticks with hummus	Roasted chicken with sweet potatoes
FRI	Oatmeal with cinnamon and almonds	Lentil soup with a side of mixed greens	Herbal tea with lemon	Grilled fish with quinoa and steamed broccoli
SAT	French toast with fresh berries and maple syrup	Vegetable stir-fry with tofu and brown rice	Carrot sticks with peanut butter	Beef stew with carrots, potatoes, and celery
SUN	Cereal with low-fat milk and sliced banana	Tomato soup with grilled cheese sandwich on whole-wheat bread	Popcorn with olive oil and sea salt	Baked chicken breast with roasted vegetables

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FATTY LIVER DIET PLAN

WEEK 3

FROM: / / TO: / /

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Greek yogurt with fresh fruit and nuts	Turkey sandwich with lettuce, tomato, and avocado on whole-wheat bread	Fresh fruit salad	Baked salmon with quinoa and roasted vegetables
TUE	Whole-wheat toast with avocado and lime juice	Chicken noodle soup with whole-wheat bread	Carrot sticks with hummus	Grilled chicken with steamed vegetables
WED	Oatmeal with fresh berries and low-fat milk	Vegetable soup with whole-wheat bread and hummus	Sliced apples with almond butter	Beef stew with carrots, potatoes, and celery
THU	Smoothie with spinach, banana, and almond milk	Lentil salad with cucumber, tomato, onion, parsley, and lemon dressing	Popcorn with olive oil and sea salt	Roasted chicken with sweet potatoes
FRI	French toast with fresh raspberries and whipped cream	Quinoa salad with mixed greens and sesame seeds	Dried apricots and dark chocolate	Baked fish with brown rice and steamed broccoli
SAT	Scrambled eggs with spinach and whole-wheat toast	Kitchari (mung beans and rice) with steamed vegetables	Low-fat yogurt with granola	Grilled tofu with mixed vegetables
SUN	Cereal with low-fat milk and sliced banana	Tomato soup with grilled cheese sandwich on whole-wheat bread	Rice cakes with almond butter and jam	Roasted pork loin with roasted vegetables

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