



5-day Liver Support Meal Plan

MONDAY

- Breakfast Mixed berry oatmeal with banana
- Lunch Roasted chickpea edamame salad with an orange
- Dinner Tofu and vegetable stir fry

TUESDAY

- Breakfast Scrambled eggs on toast with vegetables
- Lunch Roast vegetable and tofu sandwich with a mandarin
- Dinner Mushroom and tomato pasta

WEDNESDAY

- Breakfast Berry smoothie
- Lunch Mushroom and tomato pasta
- Dinner Lentil curry and brown rice

THURSDAY

- Breakfast Yogurt, granola, and mixed berries
- Lunch Roast vegetable salad with an orange
- Dinner vegetable and tofu casserole with rice

FRIDAY

- Breakfast Cheese and tomato toast and a banana
- Lunch Roast chickpea and edamame salad with strawberries
- Dinner Lentil burger with roasted potatoes

