The Livercare program is based on over 30 years of clinical research by Sandra Cabot MD.

In today’s toxic world, looking after your liver has never been more important - or easier.

Dr Cabot’s Liver Cleansing program helps you love your liver!

www.liverdoctor.com
**PANTRY ESSENTIALS**

- Apple cider vinegar
- Synd X Slimming Protein powder
- Potatoes
- Onions and garlic
- Tamari or soy sauce
- Beans, lentils and chickpeas
- Wholegrains and brown rice
- Oils - Cold pressed extra virgin olive, flaxseed, sesame, walnut, coconut or macadamia
- Tahini, nut butters eg peanut, almond, hazelnut, cashew or macadamia
- Ground turmeric, cumin, caraway and fennel seeds
- Super Greens — wheatgrass and barley grass
- Nori and dried seaweeds such as kombu, arame, dulse, wakame
- LSA (ground linseed, sunflower seed and almond)
- Raw nuts and seeds — almonds, walnuts, Brazil, cashews, hazelnuts, pine nuts, sunflower and pumpkin seeds
- Canned fish — salmon, sardines, mackerel, tuna, trout
- Teas - green tea, liquorice, peppermint, chamomile, dandelion, ginger tea and rooibos

**WHAT TO AVOID ON YOUR DETOX**

- Red meat and processed meat - such as beef, veal, lamb, pork, bacon, hot dogs, pepperoni, ham, canned meats and sausages
- Processed fats and oils - such as margarine, canola, peanut or vegetable oils, corn oil, palm oil
- Caffeine - such as coffee, tea (except green tea) and high energy beverages
- Processed Foods - contain many artificial preservatives and additives
- Insecticides, pesticides, solvents and other chemicals
- Diet Sodas and artificial sweeteners
- Fast food and soda products
- Deep fried foods
- Recreational drugs
- Smoking
- Alcohol

**SUPER QUICK SHOPPING LIST**

- Vegetables - lettuce, carrots, tomatoes, onions, potatoes
- Fruit - Berries, apples, grapes, plums, oranges, lemons and avocado
- Raw nuts and seeds - Raw almonds, raw cashews, pine nuts, sunflower seeds and pepitas
- Brown rice
- Canned salmon, tuna, sardines, mackerel and trout (for lunches on the run!)
- Fresh Seafood - Fish, lobster, crab, prawns and calamari
- Free range chicken
- Free range eggs
- Wholegrain bread - multigrain, wholemeal or linseed and sunflower
- Corn / Rice thins - For snacks and light lunches
- Cold pressed - extra virgin Olive oil
- Balsamic vinegar (for salad dressings)
- Garlic cloves (use in salad dressings and cooking) - pop a couple of cloves into the garden and grow your own!

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**DETOX SUPERFOODS**

*The foods listed below will give you an extra boost when detoxing - try to include some in your diet every day!*

- Globe artichokes, olives, parsley, onions, garlic, leeks, scallions, turmeric, ginger
- Broccoli, broccolini, Brussels sprouts, cauliflower, white and red cabbages, watercress
- Mustard greens, bok choy, choy sum, other Asian greens, cilantro, parsley
- Carrot, celery, asparagus, red radish, white daikon radish
- Bitter greens – chicory, endive, rocket, radicchio
- Seaweeds – nori, kombu, wakame, arame, dulse, kelp – great in soups, stews, casseroles and some in salads (eg arame)
- Fruits especially citrus, blueberries, strawberries, apples
- Super greens – wheatgrass, barley grass, spirulina, chlorella
- Herbal teas - liquorice, peppermint, chamomile, dandelion, ginger, rooibos, fennel, burdock, rosehip or calendula tea

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**REFRIGERATOR BASICS**

- Cruciferous vegetables - cauliflower, broccoli, broccolini, Brussels sprouts, red and green cabbage
- Dark, leafy greens – spinach, silverbeet, watercress, mustard greens, pak choi, choy sum, bok choy and other Asian greens
- Bitter greens – chicory, endive, rocket, radicchio
- Plain (unsweetened) acidophilus or biodynamic yogurt
- Beets, carrots, celery, fennel, globe artichokes, asparagus, sugar snap peas, snow peas
- Sprouted beans – alfalfa, mung bean sprouts, sunflower sprouts, snow pea sprouts
- Fresh fish - salmon, sardines, mackerel, tuna or white fish
- Lemons, limes, oranges and mandarins
- Sweet potato and pumpkin, corn, capsicum, tomatoes, eggplant, red radish, daikon radish
- Turmeric and ginger
- Cheeses - ricotta, fetta, plain cottage only (sheep, goat or cow)
- Berries, watermelon, pineapple, papaya, pear and apples
- Leeks and scallions
- Lean proteins – lean free-range chicken (preferably organic) hard and soft tofu, tempeh
- Hummus and babaganoush dips
- Black and green olives
- Dijon and seeded mustards
- Eggs – free range
- Parsley, cilantro
- Avocados

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**HAZARD**

If you’re slimming, use mainly vegetable juices as they contain less calories than fruit juices.

**RAW JUICING**

*Make and drink your juice fresh each day or, if you don’t have time to do it daily, juice once a week and freeze in glass jars.*

Try to choose produce that is fresh, unblemished and in season.

Wash all produce well and remove any bruised, blemished or mouldy parts.

Include stems and leaves of the vegetables in the juice, as they are high in vitamins and minerals.

If you’re slimming, use mainly vegetable juices as they contain less calories than fruit juices.

**SALAD DRESSINGS**

**Hummus**

14oz chickpeas, drained & rinsed (canned or cooked)
3 tbsp tahini
1 clove garlic, crushed (more if desired)
2 lemons, juiced

*Mix all together in a blender.*

**Dressing 1**

1 tbsp honey
2 tsp grany mustard
2-3 tbsp cold pressed olive oil (optional)
2 lemons, juiced

*Mix all together in a jar.*

**Dressing 2**

½ cup balsamic vinegar or lemon juice
½ cup cold pressed olive oil
1 tbsp tamari or soy sauce
1 tsp mixed herbs

*Put all ingredients into a jar, shake until well mixed. Store in refrigerator.*

**Dressing 3**

½ cup cold pressed sesame oil
1 tbsp fresh garlic, crushed
½ cup lemon juice
½ tsp cumin, dried

*Put all ingredients into a jar, shake until well mixed. Store in refrigerator.*

**Dressing 4**

½ cup natural soy yogurt
½ cup lemon or orange juice
1 tbsp mint, chopped

*Mix only as required.*

**TIPS ON EATING OUT WHILE LIVER CLEANSING**

**CHINESE, THAI AND VIETNAMESE**

Try soups, coconut dishes, salads, fresh rice paper rolls, rice or bean noodle dishes, hotpots and stir-fries such as the classic Vietnamese Pho and Pad Thai. Green papaya salad and Asian seafood salads are also good choices.

**ITALIAN**

Avoid pizza and creamy pastas. Try lentil dishes, polenta, vegetables, fish & seafood risottos, soups and salads such as roasted bell peppers and tomatoes. Salad dressings are allowed providing they are sugar free.

**FRENCH**

Try to avoid the white bread, pastries, quiches and creamy soups and sauces that have been thickened with flour. Avoid rich desserts.

**JAPANESE**

Try sushi and sashimi, rice noodle dishes and buckwheat noodle ramen soups. Some restaurants are now offering brown rice sushi rolls. Try those with fresh tuna, salmon, avocado or cucumber. A good lunch is brown rice sushi roll with a cup of miso soup. Avoid deep fried dishes, tempura and don buti (breadcrumb coated meats).

**MIDDLE EASTERN**

Avoid couscous, pita or Lebanese bread. Ask for a falafel salad plate with hummus and babaganoush dips on the side.

**INDIAN**

Avoid naan, chapattis and high fat, deep fried dishes. Try vegetable, lentil, tofu dishes, or coconut dishes that are spiced with turmeric, curry or chilli.

**CAFES**

Ask for a Caesar salad without the croutons, Nicoise salad with tuna, chickpea or lentil salads, prawn salads or fresh seafood salads. Omelettes, quiches, scrambled eggs with grilled vegetables are good choices.

Choose a sorbet or gelato icecream and avoid soft serve icecream.

Fresh fruit salad and yogurt is a good dessert.

**EXERCISE**

We suggest you try to exercise daily. Walking is the best way to start, especially if you have not been able to exercise recently. Using a treadmill is an excellent way to walk if you have joint problems, are afraid of neighbourhood dogs, hate unpredictable weather or rough footpaths. Walking on rough surfaces can aggravate joint problems in the lower back, hips or legs and rough surfaces are avoided by using a treadmill.

If you are very overweight and/or have severe joint problems the best form of exercise is water based as the weight of your body is partially or totally supported by the water.

You can do different exercises in the water such as swimming, walking in the pool, aqua-aerobics etc. An exercise bike is also good if you are overweight. You can create your own gym and watch TV or listen to the radio or favourite music whilst using your personal gym.

**GET WALKING!**

- Gentle stretches both before and after walking will help your flexibility and will lessen the chance that you could pull any muscles.
- Ensure you have good supportive walking shoes and a bottle of water to take with you. Posture is very important so walk upright and support your body.
- 20-30 mins of walking will work wonders on your whole body. It is very important to remember to exercise to your own capacity - you may be slow at first and only manage 20 mins however, after a surprisingly short number of days you will feel that you can walk for the full 30 mins at an increased pace.
- Every 10 mins or so add in a short burst of speed which you should try and maintain for 2-3 mins.
SOUPS

Liver Cleansing and Liver Healing Soup
8 cups water
2-3 tbsp of cold pressed olive oil
2 potatoes, chopped
3 tomatoes, chopped
2 carrots, chopped
2 beets, chopped
1 bunch sliced bok choy
1 large red onion chopped
1 inch ginger, finely chopped and peeled
1 clove garlic minced (optional)
2 cups mushrooms, sliced
2 stalks of celery, chopped (incl. the tops)
2-3 fresh artichoke hearts (if in season)
1/4 cup arame or wakame seaweed, chopped
1 cup cooked beans or lentils

Add small amounts of celery seed, turmeric, pepper and miso (or tamari) to taste

In a large saucepan add the oil and bring to a moderate - high heat. Add the celery (plus tops), ginger, turmeric, tomato, potato, carrots, beets, onions, celery seed and garlic and some pepper. Stir continuously so the vegetables do not stick to the bottom. When the vegetables begin to brown carefully add the water. Bring the toil then reduce the heat to a simmer. Add the seaweed, mushrooms, artichoke hearts, lentils/beans and stir. Simmer for about 2 1/2 hours. Add the bok choy 15 mins before you serve. Stir in the miso/tamari to taste.

Serves 4

Lentil Soup
1/2 cup red lentils & 1 cup brown lentils
2 tsp soy sauce
1 heaped tbsp dried basil or handfull finely chopped fresh
1 tsp dried oregano
1 tsp dried thyme
1/2 tsp chili powder (optional)
1 spring fresh rosemary, finely chopped
1 handful fresh parsley
2 tbsp cold-pressed virgin olive oil
1 large leek, chopped and well washed
2 medium brown onions, finely chopped
2 sticks celery with leaves, finely chopped
2 tomatoes, finely chopped
2 carrots, chopped
2 cups broccoli, chopped
6 cups pure water
1 cup V8 juice
1/2 vegetable stock cube
2 bay leaves, sea salt, ground black pepper

Add oil to pan, on low heat, gently fry the lentils for 2 mins, add onion, garlic, & tomatoes and heat for 3 mins, add all herbs (except for 1/2 parsley) and cook 2 mins while stirring. Add all the liquids and stock cube, add bay leaves, gently simmer for 10 mins with lid on. Add the leek, carrot, celery – cook low heat for 1 hour, stirring the pot occasionally, add broccoli for the last 20 mins of cooking. Garnish with parsley and grated parmesan to serve.

Serves 4

Roast Tomato Soup
4 to 6 cups very ripe tomatoes, chopped
1 large onion
2 cloves garlic
1/2 bunch fresh basil, washed
2 large potatoes, washed and chopped
3 tbsp cold pressed olive oil
2 cups vegetable stock or 2 cups water and 1 vegetable stock cube
Sea salt and black pepper

Place all ingredients in a baking pan, bake in a hot oven until tender. Put all the ingredients in a saucepan and puree. Heat and serve sprinkled with parmesan. Serves 4

Traditional Chicken Soup
To make the stock:
1 free-range chicken (with skin removed) or skinless thighs (with bones) and breasts
1 cup celery tops
2 bay leaves
1/2 cup parsley sprigs
1 large onion, roughly chopped
2 garlic cloves

Simmer chicken slowly for 90 mins under cover, with the bay leaves, onion, celery tops, parsley, and garlic cloves in approx. 3 1/4 pints of water. Strain the liquid into a soup pot. Keep the chicken and the stock in the refrigerator overnight.

To make the soup:
2 large onions, diced
2 carrots, finely chopped
1/2 bunch fresh cilantro
1 large sweet potato
3 carrots
1 leek
2 cloves garlic
1 small parsnip, finely chopped
2 cups V8 vegetable juice (optional)
1 small turnip, finely chopped
2 bay leaves
Sea salt to taste
Freshly ground black pepper

Place the onions, basil, cilantro, and parsley in a blender or food processor and blend until fine. Cut off all chicken meat into cubes. Keep the stock and the chicken in the refrigerator overnight.

Serves 4

QUICK, EASY SNACKS

Healthy in-between meal snacks may include:

- Yogurt - biodynamic plain acidophilus yogurt is best; ensure there is no sugar or artificial sweeteners added. You may eat 1/2-1 cup depending upon your hunger. Can be eaten by itself, with one piece of fresh fruit or with 1 tablespoon of Synd-X Slimming High Protein Powder stirred in.
- Sardines, salmon, crab meat or tuna – one small can mixed with the juice of 1/2 a fresh lemon or 1 tbsp of mayonannaise and fresh chopped herbs; 2 Ryvita biscuits, 2 Corn Thins or 2 Rice Thins can be added.
- Cheese – one piece approx. 1/2 x 1/2 inches weighing 1oz. Choose fetta, ricotta or plain cottage. You can have sticks of celery, bell pepper or carrot, or 10 olives, or 4 sun-dried tomatoes.
- Raw fruit – one to two pieces of fruit by itself or with 10 raw nuts or a piece of fetta cheese.
- A protein smoothie made from Synd-X Slimming Protein Powder.
- One handful (maximum) of raw nuts and seeds of any variety by themselves, or with 1 piece of fresh fruit or 2 pieces of dried fruit; raw nuts are best and you can add salt if desired.
- Raw vegetables - good examples are carrot, cucumber, zucchini, or celery sticks, or broccoli florets dipped into tahini, hummus or avocado dip or bean dip.
- One bowl of our healthy soup (see recipes on this page).
- A raw vegetable juice.
- One low carb, high protein snack bar (1.6 - 1.75oz).

SYND-X SLIMMING PROTEIN POWDER

- Extremely high in protein
- Extremely low in carbohydrates
- Contains extra taurine and glutamine for liver health
- Contains chromium for blood sugar control
- Sweetened with stevia and sugar free
- Mixes well with organic cow’s or goat’s milk, coconut milk or rice milk
- Suitable for diabetics

LUNCHES & DINNERS

Chilli and Lime Fish
Serves 4
2 tbsp cold pressed olive oil
1 tbsp ginger, grated
1 tsp fish sauce
2 tsp rice syrup or brown sugar
1/2 tsp lime juice
2 tbsp sweet chilli sauce
2 cloves garlic crushed
4 snapper fillets washed (or fish of your choice)
1 cup cilantro leaves
2 cloves garlic
1 large onion
1 large sweet potato
1 brown onion
2 sprigs fresh rosemary, chopped finely
2 bay leaves
2 tbsp cold pressed olive oil
Sea salt & black pepper
1 tsp thyme
1 tsp mixed spice
1 tbsp tamari or soy sauce

Combine chillie sauce, lime juice, oil, sweeteners, ginger, garlic and fish sauce. Add all but 2 tbsp of mixture to a wok and bring to the boil. Add bok choy, cover and cook. Stir until leaves are bright green and stalks feel tender (around 2 minutes). Remove from heat and keep warm. Brush the fish fillets with the leftover lime juice mixture. Grill for 2 to 3 mins on each side. Serve fish sprinkled with cilantro leaves on a bed of rice. Place bok choy on the side of the rice.

Serves 4-6

Delicious Roast Vegetables
Serves 4
2 parsnips
1 leek
3 carrots
1 large turnip
1 large sweet potato
1 brown onion
2 sprigs fresh rosemary, chopped finely
2 bay leaves
2 tbsp cold pressed olive oil
Sea salt & black pepper
1 tsp thyme
1 tsp mixed spice
2 tbsp tamari or soy sauce

Cut all vegetables into thick strips like large potato wedges, except onion and leek. Slice onion into medium slices and leek into large pieces. In a large baking dish put oil and tamari and roll vegetables into this mixture, coating well. Add all the spices. Bake in a moderate oven for 30 mins in covered pan. Remove from oven, stir & place back in oven, uncovered for 20 to 30 mins to brown.

Serves 4
**Moroccan Chickpea Veggie Curry**

- 1 large carrot
- 1 medium sweet potato
- 14 oz can chickpeas
- 1 tbsp extra virgin olive oil
- 1 garlic clove, crushed
- 1 onion, chopped
- 2 tsp Moroccan spice blend
- 14 oz can chopped tomatoes
- 1 tbsp tomato paste
- 1 cup vegetable stock
- 3½ oz green beans, trimmed

Peel carrot and sweet potato and cut into 2cm chunks. Drain and rinse chickpeas. Heat olive oil in a saucepan over medium heat. Add the garlic and cook for 1 min before adding the onion. Sauté for 5 mins or until tender. Add the spice blend, carrot, sweet potato and mix well. Add the tomatoes, paste and stock. Bring to the boil, reduce heat and cook covered for 15 mins. Add chickpeas and green beans and cook a further 5-10 mins or until the vegetables are tender.

**Chicken and Cashew Stir Fry**

- 2 tbsp olive or coconut oil
- 1 tsp sesame oil
- 17½ oz free-range chicken breasts, sliced
- 2 garlic cloves, crushed
- 1 inch piece ginger, peeled, finely grated
- 4 scallions, cut diagonally into lengths
- 1 red chilli, finely chopped
- 3½ oz snow peas, trimmed
- 3½ oz baby corn, cut into lengths
- 1 bunch broccoli, cut into flowerets
- 2 tbsp tamari or soy sauce
- ¼ cup roasted cashews

Heat a wok over high heat until hot. Add ½ tbsp oil. When hot, add half the chicken. Stir-fry for 2-3 mins or until browned. Transfer to a bowl. Repeat with ½ tbsp oil and remaining chicken strips. Add last tbsp oil and sesame oil to wok. Add garlic, ginger, scallions and chilli. Stir-fry for 30 secs. Add vegetables and 2 tbsp water. Stir-fry for 2-3 mins or until broccoli is bright green. Return chicken to wok with tamari. Stir-fry for 1 min or until combined. Stir through cashews.

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**Fish with Citralon Sauce**

- 1 bunch cilantro, washed and chopped
- 2 garlic cloves, crushed
- 1 small onion, chopped
- 1 tsp ground cumin
- ½ tsp paprika
- 1 tbsp lemon juice
- 1 tbsp coconut oil
- olive oil spray
- 4 snapﬁllet

Preheat oven to 350°F. Place cilantro into a food processor with garlic, onion, cumin, paprika, lemon juice and olive oil. Process by pulsing until a rough paste is formed. Spray an ovenproof dish with olive oil spray. Place fish in the dish and cover with the cilantro paste. Cover with foil and cook for 15-20 mins or until fish is cooked.

**Spinach Salad**

- 1 bunch small leaf spinach
- 4 tbsp sesame seeds

For the dressing, combine all the ingredients into a small bowl and mix well. Combine all remaining ingredients into a large salad bowl. Drizzle with dressing and toss to coat the vegetables. Add the tofu and toss gently. Sprinkle with sesame seeds before serving.

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**Aubergine with Red Lentils and Yogurt and Herb Sauce**

- 2 aubergines
- Olive oil spray
- 1 cup red lentils
- 1 tbsp coconut or olive oil
- 1 garlic clove, crushed
- 1 tsp each ginger and lemongrass, finely chopped
- 1 red chilli, deseeded and finely chopped
- 2 cups water
- Juice of 1 lemon
- ½ cup fresh cilantro

Yogurt & Herb Sauce

- 1 cup Jala yogurt
- ½ bunch fresh mint leaves
- 1 tbsp fresh parsley, chopped
- 1 garlic clove, crushed

Cut aubergines into ⅛” thick rounds. Sprinkle with salt, leave for 15 mins. Wash in water to remove salt and pat dry. Spray with olive oil spray, grill until golden brown and cooked through. Cover, set aside and keep warm. Rinse and drain the lentils in a sieve. Heat oil in a heavy based pan, add garlic, ginger, lemongrass and chilli. Sauté for 5 mins, add lentils and cook for 1 min. Add water, bring to the boil before lowering the heat. Cover, cook for 15-20 mins or until tender, stirring occasionally. Add lemon juice, cilantro and season. To make sauce, mix all ingredients and season. Place aubergine slices onto serving plates. Add spoonfuls of lentils and drizzle with the yogurt and herb sauce.
CREATE YOUR OWN LIVER CLEANSING MENU PLANNER!

Simply choose from the healthy liver meal ideas and recipe choices on this leaflet and at www.liverdoctor.com/recipes and create your own menu planner.

We know it’s often difficult to stick to a diet when you are required to eat meals that others have chosen for you - especially if you just don’t like some of what has been suggested. With that in mind, the Liver Cleansing Menu Planner has been designed so you can create a diet plan you will be happy to stick to.

*Go ahead and plan your own success!*

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<th>MONDAY</th>
<th>TUESDAY</th>
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**GOOD HEALTH TIP**

Eat biodynamic acidophilus yogurt as a way to naturally boost good gut bugs! Great for breakfast and delicious for lunch - it can also be used as a snack

**Check out our example and see how easy it is to create your own menu planner!**

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<tr>
<td>Biodynamic unflavored acidophilus yogurt with 1-2 pieces of fresh fruit &amp; cup of herbal tea</td>
<td>Avocado halves with tomato &amp; glass of fresh water</td>
<td>Fish with Cilantro Sauce, vegetables &amp; salad</td>
<td>Small handful of raw nuts &amp; seeds</td>
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Use the chart below to record your daily progress. Mark each box - it has been found that what gets measured, gets managed!

### How do you feel?

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### WELLBEING SCORE

- **1** Highly Recommended
- **2** Recommended
- **3** Optional
- **4** Not Recommended

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To help you get your liver back in shape, we have provided a diet plan and recipes. Whether you undertake a two, four, six or eight week Liver Cleansing program, we are sure you will notice a positive difference to your overall health and vitality.

**Healthy Liver Meal Ideas**

**Very Important!** First thing on rising drink two large glasses of purified water with the juice of a fresh lemon, lime or grapefruit to cleanse the liver. If you have time, extra benefit would be gained by having a raw vegetable juice made with carrot, celery and parsley or any other recipe from the “Raw Juices Can Save Your Life” book. Remember – you can make the juice in bulk and freeze it immediately. It will last for months in the freezer.

**LUNCH AND DINNER**

Choose any one of the delicious recipe ideas in this brochure

**NOTE**
- Must have a vegetable salad (dressing from cold pressed oil, lemon juice, lime juice or apple cider vinegar) and/or any cooked vegetables (incl. green vegetables & starchy vegetables such as potato, pumpkin, carrot, parsnip etc)

**LUNCH IDEAS**

- Salad with tin of tuna or salmon
- Grilled chicken breast (leftovers from dinner) with salad, sliced avocado and dressing of choice
- Wholegrain (or gluten free) sandwich with sliced boiled eggs or curried eggs
- Corn thins with avocado, chopped tomato, red onion, garlic and olive oil
- Salad with fetta cheese, cherry tomatoes and olives and fresh green herbs (e.g. cilantro, basil, parsley etc.)
- Nori rolls with chicken and avocado
- Salad sandwich on sunflower and linseed or gluten free bread
- Grilled fish and salad

**BREAKFAST**

Choose any one of the following -

- Biodynamic unflavored acidophilus yogurt with 1 to 2 pieces of fresh fruit; if desired use a pinch of stevia powder to sweeten
- High protein unprocessed home made muesli
- No Grain Low Carb High Protein Muesli (see recipe below)
- 2 to 4 eggs - Poached, hard boiled, scrambled, easy over with a little cold pressed oil, or as a vegetable omelette. Never fry eggs
- Protein powder smoothie (Synd-X protein powder is ideal)
- Fresh fruit salad with handful raw nuts and seeds – sprinkle the fruit with 1 tbsp of Synd-X protein powder and 1 dollop of yogurt
- If you are not hungry you can just have a raw vegetable juice with raw nuts and seeds

**NOTE**
- You must have some RAW vegetables and/or fruit with every breakfast - good choices are apples, pears, kiwi fruit, oranges, canteloupe, honeydew melon, watermelon, paw paw, pineapple (not canned), persimmons, grapefruit, stone fruits and berries of all types are the most slimming of all fruits (plums, blueberries, strawberries etc)

**No Grain Low Carb High Protein Breakfast Cereal**

Equal parts of –
- Whey protein powder or Synd-X slimming powder
- Psyllium husks
- Linseeds (flaxseeds)
- Pumpkin seeds
- Sunflower seeds
- Almonds

Grind linseeds, pumpkin seeds, sunflower seeds and almonds in a food processor.
Best milks - organic cow’s or goat’s milk, coconut milk, rice milk

**Fried Rice with Egg and Vegetables**

1 tbsp Chilli Sauce
1 tsp Sugar - raw, brown
⅛ cup fresh Basil
10 sprigs fresh Cilantro
1 clove fresh Garlic, minced
4 Scallions, chopped
2 tbsp cold pressed Olive Oil
½ cup Chinese cabbage, shredded
½ cup Broccoli, finely chopped
½ Red Bell Pepper, sliced into long fine strips
4 cup Rice - brown cold, pre cooked
1 cup Peas
2 Eggs, free range beaten
½ cup Mung Bean sprouts
1 stick Celery
3 tbsp Tamari or Soy Sauce

Lightly steam the peas, then red bell pepper, broccoli, and cabbage for no longer than 5 mins. In the oil, sauté the scallions, then add garlic, cilantro, basil, tamari or soy sauce, chilli sauce, and sugar and sauté for 3 mins. Add the precooked rice and beaten eggs and stir in. Lastly, add the bean sprouts and celery, stirring constantly until warmed through.

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