

Week 1: for 5 – 7days NO NUTS, DAIRY, or EGGS

Morning /Regimen :

- Oil pull for 20 minutes; take 1 Tablespoon of oil (raw organic coconut, sesame , olive or castor oil) – swoosh it around in your mouth like mouth wash –DO NOT SWALLOW ANY ! – after 20 minutes spit out and rinse mouth out thoroughly with warm water or water with a little baking soda then brush your teeth well. Drop a bit of liquid soap down your drain to prevent clogs.
- Then take 1 Tablespoon of Olive Oil and chase it with 1 Tablespoon of Juice from a Fresh Squeezed Lemon (let 30 minutes pass before consuming your breakfast)
 - Choose any Cold Pressed Olive Oil from California - California Olive Ranch is a great quality oil with wide distribution and fair pricing

Breakfast:

- Eat your Breakfast based on the “What My Plate Should Look Like” template
- Eat 1 ORGANIC Granny Smith Apple (be sure to eat the seeds out of your apples)
- Drink your Spiced Tea

Snack:

Granny Smith Apple and any other acceptable food item you would like that fits into the “What My Plate Should look like” model.

- If you have a taste for sweet, Oatmeal with cinnamon, raisins and a little honey or syrup is great !
- If you crave savory - roasted Brussels’ Sprouts is great sprinkled with sea salt fresh black pepper and drizzled with raw cold pressed olive oil.

Liver Gallbladder Detox

Lunch:

- Eat your Lunch based on the “What My Plate Should Look Like” template
- Eat 1 ORGANIC Granny Smith Apple (be sure to eat the seeds out of your apples)
- Drink your Spiced Tea

Snack:

Granny Smith Apple and any other acceptable food item you would like that fits into the “What My Plate Should look like” model.

- If you have a taste for sweet, Oatmeal with cinnamon, raisins and a little honey or syrup is great !
- If you crave savory - roasted Brussels’ Sprouts is great sprinkled with sea salt fresh black pepper and drizzled with raw cold pressed olive oil.

Dinner:

- Eat your Lunch based on the “What My Plate Should Look Like” template
- Eat 1 ORGANIC Granny Smith Apple (be sure to eat the seeds out of your apples)
- Drink your Spiced Tea

Snack :

Granny Smith Apple and any other acceptable food item you would like that fits into the “What My Plate Should look like” model.

- If you have a taste for sweet, Oatmeal with cinnamon, raisins and a little honey or syrup is great !
- If you crave savory - roasted Brussels’ Sprouts is great sprinkled with sea salt fresh black pepper and drizzled with raw cold pressed olive oil.

Some Liver Supportive Recipes

RADISH SLAW

This could also be good without the cabbage.

- 2-3 black Spanish radishes, scrubbed and grated
- 3 cups finely shredded cabbage
- 1 cup coarsely grated carrots, any color
- 1/2 cup thinly sliced green or red onion
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon sugar
- 2 tablespoons olive oil
- 2 tablespoons finely chopped fresh parsley, cilantro, or mint leaves

In a bowl toss together the radishes, the cabbage, the carrots, the onion, the lemon juice, the sugar, the oil, the herb, and salt and pepper to taste.

Sweet Sour Black Radish Salad

This is a recipe that was inspired by Elizabeth Schneider in her book *Vegetables from Amaranth to Zucchini*

- 2 T olive oil or butter, divided use
- 2 small/medium black spanish radishes, cut into 1/4 inch dice
- 2 leeks, trimmed and thinly sliced
- 1/4 cup rice wine or white wine vinegar
- 1/4 cup water
- about 2 teaspoons honey

Cook in 1 T of oil or butter over medium heat the leeks and radishes for about 3 minutes, until softened and beginning to brown. Add vinegar and water and cook, stirring often, until radishes are soft but still a little firm, about 5 more minutes. Add honey to taste. Season with salt and pepper.

Liver Gallbladder Detox

Korean Radish Salad

3 medium black Spanish radishes
2 teaspoons Salt
2 teaspoons Red pepper (or less to taste)
2 teaspoons Sugar
1 1/2 tablespoons rice Vinegar
2 tablespoons Minced scallion
1 teaspoon minced garlic

Peel radish and cut into match stick pieces about 2 inches long. Sprinkle with salt and let stand for 10 minutes. Rinse to remove excess salt and drain well. Wrap radish in several thicknesses of cheesecloth and squeeze out as much liquid as possible.

In bowl, combine radish with red pepper, sugar, vinegar, scallion and garlic, mixing well. Serve at once or refrigerate to blend flavors. Serves 8 as side dish.

From - <http://www.mariquita.com/recipes/black%20spanish%20radish.htm>; obtained 1/7/15

ARTICHOKES

Reference - <http://www.foodnetwork.com/recipes/tyler-florence/steamed-whole-artichokes-recipe.html>

Directions

Put the parsley, garlic, bay leaves, lemons, wine, oil and broth in a large pot and bring to a simmer. Season the liquid with salt and pepper. In the meantime prepare the artichokes.

Wash artichokes under cold water. Using a heavy stainless steel knife, cut off the stems close to the base. Pull off the lower petals that are small and tough. Cut off the top inch of the artichoke and rub with half a lemon to preserve the green color.

Alternatively, you may put the artichokes in acidulated water. If you wish, trim the thorny tips of the petals with kitchen shears. Place the artichokes in the steaming liquid, bottom up. Cover and simmer for about 30 minutes. The artichokes are done when a knife is inserted into the base and there is no resistance. To eat, pull off a leaf and scrape the meat off the tender end with your front teeth.

Dip the ends of the leaves in lemon juice and melted butter if desired.