

Free 7-Day Liver Detox Plan

Simple, natural, and free — no supplements or juice fasts required

Every Morning — Start With This Detox Drink

Drink on an empty stomach. Wait 30 minutes before eating. **Don't skip this!**

Ingredient	Amount
Warm water	8 oz
Fresh lemon juice	2 tbsp
Raw apple cider vinegar	1 tbsp
Raw honey	1 tsp
Ground turmeric	1/4 tsp
Ground ginger	1/4 tsp
Cayenne pepper	Pinch

Cut These Out All Week

■ Alcohol	■ Fried & processed foods
■ Refined sugar	■ Dairy
■ Red meat	■ Excess caffeine

Day 1 — Reset & Prepare

Ease in and get your body ready.

Breakfast	Oatmeal with fresh berries and a drizzle of honey
Lunch	Large salad with spinach, roasted beets, avocado, chickpeas, olive oil & lemon dressing
Snack	Small handful of walnuts and fresh fruit
Dinner	Baked salmon with steamed broccoli and brown rice
Before Bed	Cup of dandelion root tea

■ Drink at least 64 oz of water throughout the day.

Day 2 — Flush & Hydrate

Focus on hydration and greens today.

Breakfast	Green smoothie — spinach, banana, lemon juice, ginger, and water
Lunch	Lentil soup with garlic, turmeric, and a side of leafy greens
Snack	Carrots and hummus
Afternoon	Swap coffee for green tea
Dinner	Stir-fry with kale, garlic, mushrooms, and olive oil over brown rice
Before Bed	Warm ginger tea

■ Drink at least 64 oz of water throughout the day.

Day 3 — Push Through

Day 3 is often the toughest — stick with it!

Breakfast	Scrambled eggs with sauteed spinach and garlic
Lunch	Arugula salad with roasted beets, walnuts, avocado, and lemon vinaigrette
Snack	Apple slices with almond butter
Afternoon	Green tea
Dinner	Grilled chicken with roasted asparagus and sweet potato
Before Bed	Dandelion root tea

■ Drink at least 64 oz of water throughout the day.

Day 4 — Turn the Corner

Most people start feeling better today!

Breakfast	Smoothie bowl with banana, blueberries, spinach, and flaxseeds
Lunch	Grilled salmon salad with mixed greens, cucumber, avocado, and olive oil dressing
Snack	Walnuts and an orange
Afternoon	Green tea
Dinner	Vegetable and lentil soup with turmeric, garlic, and ginger
Before Bed	Warm ginger tea

■ Drink at least 64 oz of water throughout the day.

Day 5 — Feel the Difference

More energy, less bloating — you're doing great!

Breakfast	Oatmeal with sliced banana, cinnamon, and walnuts
Lunch	Grain bowl with quinoa, roasted beets, kale, chickpeas, and tahini dressing
Snack	Fresh fruit salad
Afternoon	Green tea
Dinner	Baked cod or salmon with roasted Brussels sprouts and sweet potato
Before Bed	Dandelion root tea

■ Drink at least 64 oz of water throughout the day.

Day 6 — Stay Strong

Almost there — don't give up now!

Breakfast	Green smoothie with kale, pineapple, cucumber, lemon, and ginger
Lunch	Avocado toast on whole grain bread with a side salad
Snack	Carrots, celery, and hummus

Afternoon	Green tea
Dinner	Stir-fry with broccoli, snap peas, garlic, and tofu or chicken over brown rice
Before Bed	Warm ginger tea

■ Drink at least 64 oz of water throughout the day.

Day 7 — Finish Strong

Last day — celebrate how far you've come!

Breakfast	Eggs with sauteed greens, garlic, and avocado
Lunch	Large detox salad — spinach, arugula, beets, walnuts, avocado, lemon dressing
Snack	Walnuts and fresh berries
Afternoon	Green tea
Dinner	Baked salmon with roasted vegetables and quinoa
Before Bed	Dandelion root tea to finish the week strong

■ Drink at least 64 oz of water throughout the day.

After the Cleanse

Try keeping the morning detox drink as part of your daily routine, limiting alcohol and processed foods, and loading your plate with greens as often as you can. Even doing this cleanse once a season can make a big difference in how you feel long-term.

* Always consult your doctor before starting any cleanse, especially if you have existing health conditions.