



Liver Shrinking Diet Shopping List



Vegetables

- Leafy greens (spinach, kale, lettuce)
- Broccoli
- Cauliflower
- Asparagus
- Bell peppers
- Cucumbers
- Zucchini
- Brussels sprouts
- Green beans
- Mushrooms
- Tomatoes

Protein

- Chicken breast (skinless)
- Turkey breast
- Lean cuts of beef
- Fish (salmon, tuna, cod)
- Eggs
- Greek yogurt
- Tofu

Whole Grains

- Quinoa
- Brown rice
- Oats
- Whole wheat bread
- Whole wheat pasta

Healthy Fat

- Avocado
- Olive oil
- Flaxseeds
- Chia seeds
- Nuts (almonds, walnuts, cashews)

Dairy

- Skim milk
- Cottage cheese (low-fat)
- Mozzarella

Beverages

- Water
- Herbal tea

Fruit

- Berries (strawberries, blueberries, raspberries)
- Apples
- Oranges
- Grapes
- Watermelon
- Pineapple

Legumes

- Lentils
- Chickpeas
- Black beans
- Kidney beans

Condiments and Seasonings

- Herbs and spices (garlic, ginger, turmeric, basil, oregano)
- Soy sauce (low-sodium)
- Vinegar



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

