

LIVER SHRINKING DIET

PURPOSE: To reduce body fat around the stomach and liver, as well as shrink the liver itself.

APPROVED FLUIDS:

All of the fluids listed below count towards your daily goal of 64-96 ounces. You may have any of the below fluids during the liver reduction diet. All fluids need to be less than 10 calories per serving. **READ FOOD LABELS!!**

Water	Vitamin water zero, Powerade zero, Gatorade zero
Crystal light (or equivalent)	Propel Fitness water
Mio or Dasani drops	Hint Water
Unsweetened tea- can add Stevia or Splenda	Broth- chicken, veggie, beef, bone (full sodium preferred)
Black coffee- can add Stevia or Splenda	Sugar free jello
Sugar free Kool Aid	Sugar free popsicles
Diet Snapple	Bai drinks
Propel Vitamin Boost	Herbal teas

APPROVED FOODS:

Protein drinks/Meal replacement drinks- drink 2-3 per day

Premier protein shake	Atkins protein shake
Muscle Milk Light	Slim Fast Advanced Nutrition
EAS AdvantEdge carb control	Premier Clear protein drink
Whey protein powder- mix w/ water, unsweetened almond milk, Carbmaster milk	Avoid adding fruit and fruit juice of any kind to protein shakes

One meal per day can consist of meat/protein and non starchy veggies:

Protein choices: 4-6 oz (avoid anything with breading):

Beef- ground beef, flank steak, cubed steak	Seafood- salmon, cod, tuna, catfish, shrimp, scallops, crab meat, lobster
Pork- tenderloin, loin chops, Canadian bacon	Wild game- including deer, buffalo, duck meat
Turkey, turkey bacon, ground turkey, turkey sausage	Eggs
Chicken- breast, thighs, ground chicken	Deli meat- ham, turkey, roast beef, chicken

Vegetable choices: 2-3 cups cooked or raw. Potatoes (any kind), corn, peas and fried breaded veggies are NOT allowed!

Broccoli	Squash	Tomatoes
Cauliflower	Zucchini	Carrots
Peppers- green, red, yellow	Asparagus	Green beans
Onions	Cabbage	Spinach
Lettuce- iceberg, endive, arugula, spinach	Brussel sprouts	Cucumber

You may cook with small amount of fat such as olive oil, avocado oil, sunflower oil, canola oil, and butter for flavoring.

Seasonings allowed include salt, pepper, garlic powder, onion powder, Mrs Dash, etc.

Snack choices: only 1 choice per day (needs to be less than 15 grams total carbs)

3 slices turkey rolled w/ cream cheese or sliced cheese	1-2 Hard boiled eggs
Individual package of sunflower seeds	String cheese, ¼ cup almonds or peanuts
Celery with cream cheese or peanut butter	Triple Zero Oikos yogurt or Carbmaster yogurt
Beef jerky with slice of cheese	Cottage cheese (1/2 cup)

****FRUIT OF ANY KIND (INCLUDING FRUIT JUICE) IS NOT ALLOWED ON LIVER REDUCTION DIET**

ALSO NOT ALLOWED- bread, pasta, rice, crackers, chips, pretzels, oatmeal, cream of wheat, breakfast cereals (Cheerios, Special K, etc), beans, sugar sweetened beverages including soft drinks, sweet teas, sugar sweetened coffee drinks.

SAMPLE MENU

TIME	FOOD	PROTEIN	CARBS
Morning	Premier protein shake or you may skip breakfast if not hungry	30 g	5 g
Snack	Carbmaster yogurt	9 g	5 g
Afternoon	Premier protein shake	30 g	5 g
Snack	1 cup raw broccoli	3 g	6 g
	2 TBSP ranch dressing	0 g	1 g
Evening	6 oz grilled hamburger patty (no bun)	45 g	0 g
	1 slice cheese, tomato slices, lettuce, pickles	5 g	1 g
	1 ½ cups mashed cauliflower	6 g	15 g
Total		128 g	38 g

