

Liver Health Kitchen Checklist

Liver-Friendly Superfoods

- Leafy Greens (spinach, kale)
- Beetroot
- Garlic
- Turmeric
- Avocados
- Citrus Fruits (lemon, orange, grapefruit)
- Green Tea
- Olive Oil

Foods to Avoid

- Processed Foods
- Sugary Foods and Beverages
- Fried and Fatty Foods
- Red Meat
- Excessive Alcohol

Hydration & Extras

- Lemon Water (morning routine)
- Plenty of Water (8-10 glasses daily)
- Herbal Teas (milk thistle, dandelion root)
- Intermittent Fasting Practice (if approved by your doctor)

Lifestyle Support

- Regular Exercise
- Adequate Sleep
- Stress Management (yoga, meditation)