

LIVER DETOX FOODS: YOUR ESSENTIAL GUIDE



BY EVANGELIA THEODOROU

@beyond_vitality



1. Cruciferous Vegetables

Broccoli, Brussels sprouts, Kale, Cauliflower, Bok choy, Collard greens

- Benefits: Stimulate liver detox enzymes, support liver regeneration, rich in sulfur compounds.

2. Leafy Greens

Spinach, Swiss chard, Arugula, Dandelion greens, Mustard greens, Watercress

- Benefits: Packed with chlorophyll, help cleanse the liver, promote bile production.

3. Citrus Fruits

Lemons, Limes, Grapefruits, Oranges

- Benefits: High in vitamin C and antioxidants, support liver function, stimulate bile production.

4. Beets and Beet Greens

Beets, Beet greens

- Benefits: Rich in antioxidants, support liver detoxification, reduce inflammation.





5. Garlic

Fresh garlic (raw is best)

- Benefits: Contains sulfur compounds, activates liver enzymes, promotes glutathione production.

5. Turmeric

Fresh turmeric root or turmeric powder

- Benefits: Contains curcumin, a powerful antioxidant, supports liver detoxification, reduces liver inflammation.



6. Avocados

Fresh avocado

- Benefits: Healthy fats support liver function and repair, high in glutathione.



7. Apples

Apples (with skin for extra fiber)

- Benefits: Contain pectin, helps remove toxins and heavy metals from the body.
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9. Artichokes



Fresh or steamed artichokes

- Benefits: Increase bile production, aid in digestion and liver detoxification.

10. Spirulina

Spirulina powder or supplement

- Benefits: Potent detoxifier, binds to heavy metals and toxins, eliminates them from the body.

11. Fiber–Rich Foods

Quinoa, brown rice, oats, buckwheat, lentils, chickpeas, beans, berries (blueberries, raspberries, strawberries), pears, apples

- Benefits: Supports digestion and elimination of toxins, promotes regular bowel movements.

12. Ginger

Fresh ginger (in smoothies, teas, or as a spice)

- Benefits: Anti-inflammatory, stimulates digestion, promotes liver detoxification.



13. Red Cabbage

Raw in salads or steamed

- Benefits: Contains anthocyanins, reduces inflammation, supports detoxification.
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14. Pomegranate

Fresh pomegranate or cold-pressed juice

- Benefits: High in antioxidants, protects liver from oxidative damage, promotes liver regeneration.

15. Cabbage Family (Brassica Family)

Mustard greens, Turnips, Rutabaga

- Benefits: Increase liver's ability to flush out harmful substances.

16. Seaweed

Nori, Wakame, Dulse, Kombu (in soups or salads)

- Benefits: Rich in iodine, promotes liver detoxification, supports thyroid function.



17. Red Grapes

Whole red grapes or in smoothies

- Benefits: Contains resveratrol, supports detoxification, protects liver from damage.
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18. Sweet Potatoes



Sweet potatoes (boiled, steamed or baked)

- Benefits: High in beta-carotene and fiber, supports liver function and digestion.

19. Red Onions

Fresh red onions

- Benefits: Contain sulfur compounds that help the liver detoxify and improve digestion.

20. Cilantro (Coriander)

Fresh cilantro

- Benefits: Helps detoxify the body, especially by removing heavy metals from the liver.



21. Carrots

Carrots cooked or raw

- Benefits: High in beta-carotene and fiber, supporting liver detoxification and digestion.

22. Mushrooms (Shiitake, Maitake, Reishi)

Shiitake, Maitake, Reishi mushrooms

- Benefits: Improve liver function, enhance detoxification, and boost immunity.
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Tips for Detox Success:

- Stay Hydrated: Drink plenty of water throughout the day, especially when incorporating detoxifying foods.
- Cook Creatively: Incorporate these foods into your meals, smoothies, snacks, and salads to maximise their benefits.
- Cooking Methods: Use water sautéing or steaming to prepare vegetables, instead of using oils.
- Consistency is Key: Include at least 3-4 of these foods daily for optimal liver health and detoxification.



Liver Detox Meal Plan Example

Day 1

Before Breakfast: Turmeric Ginger Lemon Detox Water

1 glass of warm – room temperature water, Juice of 1/2 lemon, 1/2 tsp turmeric powder, 1/2 tsp ginger powder, a pinch of cayenne pepper (optional). Drink this in the morning for a liver-boosting start to your day!

Breakfast:

Green Detox Smoothie

- 1 cup spinach, 1 banana, 1/2 cup frozen blueberries, 1/2 cup water or coconut water, 1/2 tsp organic spirulina powder. Blend all ingredients together for a detoxifying start to your day!

Snack:

Sliced Apple with Cinnamon

1 apple, sliced (with skin). Sprinkle with cinnamon for added detox benefits + 2 dates.

Lunch:

Lentil & Spinach Soup

1/2- 1 cup cooked lentils, 1 cup spinach, 1/4 cup diced carrots, 1/4 cup diced onions, 1 garlic clove, minced (raw or sautéed in water). Add water or vegetable broth and simmer until vegetables are tender. Serve hot and enjoy a hearty detox soup!

Snack:

Citrus Salad

1 grapefruit, peeled and segmented, 1 orange, peeled and segmented. A sprinkle of mint leaves for freshness. Citrus fruits are great for stimulating bile production and supporting liver function.

Dinner:

Beet and Chickpea Salad

roasted beets (rich in antioxidants, cooked chickpeas, arugula, cucumber, sliced, fresh lemon juice as dressing.

Day 2:

Breakfast:

Oatmeal with Berries

1/2 cup rolled oats, 1 cup water or unsweetened almond milk, 1/4 cup fresh berries (blueberries, raspberries, or strawberries). -Cook the oats, then top with berries for a fiber-packed breakfast!

Snack: Carrot and Celery Sticks with Lemon

1 carrot and 2 celery stalks, Squeeze fresh lemon juice on top for added detox benefits.

Lunch:

Artichoke and Lentil Salad

1/2- 1 cup cooked lentils, 1/2 cup steamed artichokes (or canned, without oil), 1/2 cup diced tomatoes, a handful of leafy greens, 1 tbsp lemon juice. Mix together for a light, filling, and liver-supporting salad.

Snack:

1 cup red grapes

Dinner:

Cauliflower and Turmeric Stew

1 cup cauliflower florets (cruciferous vegetable), 1 tsp turmeric powder, 1 garlic clove, minced, 1 cup diced tomatoes, 1/2-1 cup cooked lentils, 1/2 tsp cumin and black pepper. Cook together in a pot with water until soft, then serve as a detoxifying stew.

Day 3

Breakfast:

Green Detox Smoothie (same as day 1).

Snack:

Fresh Pomegranate Seeds

Enjoy a small bowl of fresh pomegranate seeds. Pomegranates contain powerful antioxidants like punicalagins that help protect and regenerate the liver.

or

Carrot and Celery Sticks with Lemon

1 carrot and 2 celery stalks, Squeeze fresh lemon juice on top for added detox benefits.

Lunch:

Chickpea & Cabbage Salad

1/2 -1 cup cooked chickpeas, 1 cup shredded cabbage, 1/4 cup diced bell pepper, 1 tbsp lemon juice. Toss together and enjoy a fiber-packed salad.

Snack:

Sliced Pear with a Sprinkle of Ginger

1 sliced pear topped with a sprinkle of fresh or powdered ginger.

Dinner:

Sweet Potato and Red Lentil Curry

1 small sweet potato, peeled and diced, 1/2 cup red lentils, 1 tsp turmeric powder, 1 garlic clove, minced, 1 cup vegetable broth, Simmer until tender and serve warm!

Ready to Take the Next Step in Your Wellness Journey?

I hope Liver Detox Foods: Your Essential Guide has offered you valuable insights and inspiration to support your body naturally. But remember true health isn't one-size-fits-all.

If you're ready for deeper, personalised guidance tailored to your unique needs, I'd love to support you further.

As a qualified Functional Nutritional Therapist, I'm here to help you create simple, nourishing habits that bring more energy, balance, and lasting wellness into your everyday life—gently, naturally, and from the inside out.

👉 Book a 1:1 session with me at www.beyondvitality.co

Let's work together to unlock your full potential.

To your vibrant health,

Eva

Functional Nutritional Therapist