

# Fatty Liver Meal Plan

	Breakfast	Lunch	Dinner	Snacks
Monday	<ul style="list-style-type: none"> <li>Oatmeal</li> <li>Topped w/ strawberries &amp; walnuts</li> </ul>	<ul style="list-style-type: none"> <li>Quinoa salad w/ spinach, avo &amp; grilled chicken</li> <li>Dressing: olive oil &amp; lemon juice</li> </ul>	<ul style="list-style-type: none"> <li>Baked salmon</li> <li>Steamed broccoli</li> <li>Brown rice</li> </ul>	<ul style="list-style-type: none"> <li>Carrot sticks and hummus</li> <li>Small handful of almonds</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>Greek yogurt</li> <li>Topped w/ blueberries and honey</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain wrap w/ turkey, avo, mixed greens</li> <li>Sliced cucumbers</li> </ul>	<ul style="list-style-type: none"> <li>Grilled trout</li> <li>Quinoa</li> <li>Roasted Brussels sprouts</li> </ul>	<ul style="list-style-type: none"> <li>A pear</li> <li>Small serving of sunflower seeds</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>Smoothie w/ spinach, banana, flaxseeds, &amp; almond milk</li> </ul>	<ul style="list-style-type: none"> <li>Lentil soup</li> <li>Mixed greens, cherry tomatoes, &amp; olive oil dressing</li> </ul>	<ul style="list-style-type: none"> <li>Stir-fried chicken w/ broccoli, bell peppers, carrots</li> <li>Brown rice</li> </ul>	<ul style="list-style-type: none"> <li>Apple slices w/ almond butter</li> <li>A few olives</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>Scrambled eggs w/ tomatoes &amp; spinach</li> <li>Whole grain toast</li> </ul>	<ul style="list-style-type: none"> <li>Tuna salad made w/ olive oil</li> <li>On a bed of mixed greens</li> </ul>	<ul style="list-style-type: none"> <li>Baked cod</li> <li>Asparagus</li> <li>Quinoa pilaf</li> </ul>	<ul style="list-style-type: none"> <li>Small bowl of mixed berries</li> <li>A few walnuts</li> </ul>
Friday	<ul style="list-style-type: none"> <li>Overnight oats w/ almond milk &amp; chia seeds</li> <li>Topped w/ raspberries</li> </ul>	<ul style="list-style-type: none"> <li>Chickpea &amp; avocado salad</li> <li>Dressing: olive oil &amp; lemon</li> </ul>	<ul style="list-style-type: none"> <li>Grilled chicken breasts</li> <li>Roasted sweet potatoes</li> <li>Green beans</li> </ul>	<ul style="list-style-type: none"> <li>Sliced cucumber w/ hummus</li> <li>A peach</li> </ul>
Saturday	<ul style="list-style-type: none"> <li>Whole grain toast</li> <li>Topped w/ avocado &amp; poached eggs</li> </ul>	<ul style="list-style-type: none"> <li>Bell peppers</li> <li>Stuffed w/ quinoa &amp; black beans</li> </ul>	<ul style="list-style-type: none"> <li>Baked tilapia</li> <li>Steamed kale</li> <li>Sweet potato</li> </ul>	<ul style="list-style-type: none"> <li>A handful of mixed nuts</li> <li>Greek yogurt</li> </ul>
Sunday	<ul style="list-style-type: none"> <li>Whole grain pancakes</li> <li>Topped w/ sliced bananas &amp; Greek yogurt</li> </ul>	<ul style="list-style-type: none"> <li>Grilled veggies &amp; hummus</li> <li>Wrapped in a whole grain tortilla</li> </ul>	<ul style="list-style-type: none"> <li>Turkey meatballs</li> <li>Spaghetti squash</li> <li>Spinach salad w/ avocado, nuts, &amp; olive oil dressing</li> </ul>	<ul style="list-style-type: none"> <li>An orange</li> <li>Carrot sticks</li> </ul>

**zaya**<sup>®</sup>

Consult with your doctor, dietitian, or healthcare provider before making any drastic diet changes.