



You Belong.

Sample Menu

Once you understand the principles **pray and ask God** for help with **menu creation and combination** to help cleanse, heal, rejuvenate and optimize health.

Steps

1. Hydration

- a. Hydrate the body
 - i. Water
 - ii. **Lemon + warm water** on empty stomach first thing in morning
 - iii. Coconut water + Watermelon plus ginger
 - iv. Cucumber + lemon + water

2. Cleanse

- a. See some options below.

3. Nourish

- a. Green juice with kale, spinach, lemon, dandelion, ginger, hempseed oil, and seamoss gel
- b. **Ask God** how to nourish the body since He made us (Gen 2:7).

Juices/Smoothies

Colon Day

3 smoothies for bowel detox and colon cleanse

For added benefits add to smoothies

1. Flaxseed/chia seeds
2. Physllium Husk
3. Drink prune juice in between smoothie 1 and 2
4. Or add prunes to smoothies

Ingredients

Smoothie #1 – Oxygenate

- 4 broccoli branches
- 10 spinach leaves
- 1 liter of water

Smoothie #2 – DETOX

- 1 piece of ginger
- 2 celery sticks
- 1 tbsp of fresh parsley
- 1 red apple

- 1/2 cucumber
- 1 liter of water

Smoothie #3 – Evacuate

- 1 kiwi
- 1/2 cup of papaya
- 1 tbsp of honey
- 4 cups of water

Instructions

Liquify each smoothie and alternate them with my other options for a balanced routine.

Liver Day

1-Day Juice Cleanse – Liver Detox



#1 Lemon Water

lemon | purified water

- 1 large lemon
- 1 quart (1 L) warm purified water

Wash the lemon well and squeeze the juice into a 1-quart (1-L) glass or mason jar.
Add the purified water. Stir and drink first thing in the morning on an empty stomach.



#2 Seasonal Greens & Herbs

celery | cucumber | cilantro | kale | apple | lemon

- 4 celery ribs
- 1 cucumber
- a handful of cilantro (leaves and stems)
- 6 seasonal green leaves (collard leaves, lettuce leaves, kale, Swiss chard, etc.)
- 2 green apples, cored and chopped
- ½ lemon, peeled

Wash all produce well. Process all the ingredients through a juicer, alternating between hard and soft items.



#3 Lemon Ginger

green apple | ginger | lemon

5 green apples, cored and chopped
1" piece fresh ginger
1 lemon, peeled

Wash all produce well. Put all the ingredients through your juicer. Stir and enjoy immediately.



#4 Beet & Grapefruit

red beet | grapefruit | parsley | ginger

2 small beets, peeled
2 grapefruits, peeled
1 handful of parsley
1" piece of ginger

Wash all produce well. Process all the ingredients through a juicer, alternating between hard and soft items.



#5 Carrot Spinach

carrot | spinach | apple | lime

8 carrots
2 packed cups spinach leaves
2 apples, cored and chopped
1 lime, peeled

Wash all produce well. Put all the ingredients through your juicer and sip away!

Liver Rescue Smoothie

Ingredients:

OPTION A

- 2 bananas or ½ Maradol papaya, cubed

- ½ cup fresh, 1 packet frozen, or 2 tablespoons powdered red pitaya (dragon fruit)
- 2 cups fresh or frozen or 2 tablespoons powdered blueberries or fresh/blackberry/strawberry
- ½ cup water (optional)

OPTION B

- 1 banana or ¼ Maradol papaya, cubed
- 1 mango
- ½ cup fresh, 1 packet frozen, or 2 tablespoons powdered red pitaya (dragon fruit)
- 1 celery stalk
- ½ cup sprouts (any variety)
- ½ lime
- ½ cup water (optional)

Directions:

Combine all ingredients in the blender. Blend until smooth.

The liver rescue smoothie is a key recipe in Liver Rescue because it offers such powerful healing support for the liver, which makes it helpful for every kind of chronic illness and symptom.

The first smoothie option below is a fast, simple, antioxidant-rich tonic to add to your life for deep liver healing. The second smoothie option is a light, cheery alternative that brings together greens and fruit.

Pitaya (also called dragon fruit): The red pigment in the red-fleshed variety of pitaya is a rejuvenator for your liver, bringing cells back to life. It helps your liver produce cells faster so regeneration of the liver can occur. It's a fountain of youth fruit for the liver that slows down and stops liver aging by caring for its deep, inner core, which in most cases succumbs to disease if left neglected for too long. Look for packs of frozen red pitaya in the frozen section of the grocery store or online, or you may find it fresh in your area. If neither is available where you live, seek out pure pitaya powder.

Wild blueberries: Contain dozens of undiscovered antioxidants, including anthocyanin varieties. There's not just one pigment inside a wild blueberry; there are dozens of pigments not yet researched or studied. The wild blueberry is to the liver as mother's milk is to a baby. Not only do wild blueberries have the ability to grab on to plenty of troublemakers, they also hold on to them as they leave the liver, in a way that most other healing foods cannot. The pigments in wild blueberries have the ability to saturate deep into liver cells and cross cell walls and membranes inside the liver, spreading their blue everywhere. Wild blueberries enhance the intestinal tract, feeding good bacteria there, which benefits the liver greatly. Look for packs of frozen wild blueberries in the frozen section of the grocery store or online, or you may find it fresh in your area. If neither is available where you live, seek out pure wild blueberry powder (Anthony William, the chronic illness expert).

DETOX SALAD (Great for Liver Support)

A nutrient-rich salad that is quick to prepare and naturally supports the body's detoxification system.



Ingredients

- 1 small head of green cabbage shredded as fine as possible
- 3 medium carrots shredded
- 2 beets red or orange raw & shredded
- 2 tbsp raw hemp seeds

Creamy dressing

- 2 tablespoons lemon juice
- 1 tablespoon raw honey or agave, maple syrup
- 1/4 cup sesame seeds
- 1 teaspoon cumin
- 1/4 cup water
- Salt to taste

Kidney Day

- **Detox Smoothie: #1**

- ½ cup water (or orange juice)
- 1 green apple
- ½ cup frozen pineapple chunks
- ½ frozen banana
- ½ inch fresh ginger, peeled and minced
- 1 cup fresh spinach
- small handful fresh cilantro
- 1 tablespoon fresh lime juice

- **Green Smoothie for Kidney Cleanse: #2**

- 1 apple (red or green, fresh)
- 1 branch of parsley
- 1 tablespoon of olive oil
- Juice of 1 lemon or lime
- 1 cup of water
- **Note:** This recipe is described as gentle and supportive of digestion and hydration.

Cleansing kidney smoothie #3

- ¼ cup water
- 1 peeled cucumber or 2-3 stalks celery
- 1 apple
- 1 thick beet slice (1" X 3")
- Juice of 2 lemons or limes (or combination of both)
- Handful of parsley
- 1 tablespoon olive oil (optional)

INSTRUCTIONS:

1. Blend all ingredients together and drink during meal times.

- **Kidney-Friendly Smoothie: #4**

- 1 cup unsweetened plant milk (cashew or almond milk)
- 1 tablespoon ground flax seed
- 1 tablespoon chia seeds
- 1 cup raw leafy greens (like spinach)
- ½ cup frozen blueberries
- 1 cup pineapple
- seamoss

Gut Day

Gut focus on a fiber-rich diet, incorporating probiotics and prebiotics, staying hydrated, limiting processed foods and sugar, and managing stress. This approach helps rebuild your gut microbiome, promoting better digestion, immunity, and overall health.

A healthy, low stress lifestyle with an emphasis on sleep, exercise, and plant-based foods is the best way to support good gut bacteria.

Supplements like

1. L-glutamine powder,
2. slippery elm
3. Seamoss gel can be added to smoothie,

Ginger Greens smoothie #1

Ingredients:

- 1 cup spinach
- 1/2 avocado
- 1 tablespoon chia seeds
- 1 cup coconut water
- 1/2 cup pineapple chunks
- 1 tablespoon fresh ginger, grated

Gut Smoothie #2

Ingredients:

- 1 cup spinach
- ½ avocado
- ½ apple
- 1/2 green banana
- 1 tsp L-glutamine powder
- Hemp seed/flaxseed/chia seeds
- Top up with liquid of choice: water, coconut water, milk or nut milk (without additives)

Gut healing smoothie # 3

- 2 cups full-fat coconut milk or almond milk
- 2 cups kale
- 2 cups spinach
- 1/2 avocado
- 2 frozen bananas, cut into chunks
- 1 teaspoon freshly grated ginger
- 1/2 tablespoon chia or flax seeds
- 1/2 tablespoon bee pollen
- 1 tablespoon hemp hearts
- 1 tablespoon raw honey or Manuka honey

Gut Salad #4 Ingredients

- Kale
- Chickpeas or beans of choice
- Broccoli Microgreens/arugula
- Cabbage /Beets
- Carrots
- Pistachios or nuts of your choice
- Or pumpkin seeds
- Olive Oil
- Garlic
- Lemon juice

Gut Salad #5 Ingredients

Ingredients:

- 1 cup cucumber, diced
- 1 cup tomatoes, halved
- 1/2 cup avocado, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup spring onions, finely sliced
- 2 tablespoons extra virgin olive oil
- 1 tsp cumin seeds
- 2 tablespoons fresh lemon juice
- 1 tablespoon fresh cilantro, chopped
- Salt to taste

Blood Day

What drink purifies blood?

Drinking **warm lemon juice** on an empty stomach is an ideal way to purify blood and detox the liver.

Beat the heat with today's **vitamin-packed smoothie** recipe. Beets assist in blood flow, lowering blood pressure and support detoxification. Add kale, grapes, strawberries, flax seed and a scoop of Athletic Greens to complete this powerful blend.

Fruits can bind with excess fats, heavy metals, and other harmful chemicals or waste and remove them efficiently from your blood. Fruits like apples, plums, pears, and guavas have pectin that is useful in cleansing.

Include fruits like **pomegranate, apples, citrus fruits (oranges, lemons, grapefruits), and berries** in your diet. These fruits contain iron, vitamin C, and other antioxidants that aid in iron absorption and hemoglobin synthesis.

*if you are taking medication be mindful of grapefruits as it may cause a negative interaction with medications. It may lower blood pressure. Consult your physician.

Ingredients Blood #1

- 2 large beetroot.
- 1 large carrot.
- 1 head celery.
- 3 large handfuls kale.
- 2 peeled limes.

Blood #2

Drink this vibrant red smoothie to cleanse your blood and revitalize your cells.

- 1 cup beetroot juice
- 1 cup filtered water
- 1/2 cup mixed frozen berries
- 2 frozen bananas
- 2 cups baby spinach leaves

1. Blend until smooth and creamy

Blood #3

Optional: (hemp, pumpkin seed)

Ingredient

1 cup organic beetroots (steamed or raw)

1/2 cup wild blueberries (fresh or frozen)

1 tbsp chlorella or spirulina (high-quality, 3rd party tested)

1 tbsp freshly ground flaxseeds

1 tbsp fresh parsley or cilantro

1 tbsp lemon juice (freshly squeezed)

1 inch fresh ginger

1/2 cucumber

1 cup coconut water or structured water

Optional: 1 tbsp aloe vera inner gel (food grade)

Blood Super Salad #4

Bioavailable Blood Building & Healing Salad

Base Greens (choose 2–3):

- 2 cups baby spinach (high iron, folate)
- 1 cup baby kale (chlorophyll, vitamin C)
- 1 cup watercress or arugula (sulfur compounds, blood detox)
- 1 cup dandelion greens (liver support, trace minerals)

Blood Building Veggies:

- 1/2 cup shredded raw beets (betaine, iron co-factors, liver healing)
- 1/2 avocado (healthy fats, vitamin K, improves absorption of fat-soluble nutrients)
- 1/2 cup steamed broccoli florets (sulforaphane, iron, vitamin C synergy)
- 1/2 cup grated carrots (beta-carotene, liver support)
- 1/2 cup red bell pepper (vitamin C for iron absorption)

Plant Protein Boost (choose one or combine small amounts):

- 1/4 cup cooked black lentils or adzuki beans (plant-based iron, protein)
- 3 tbsp hemp seeds (iron, protein, omega-3)
- 2 tbsp pumpkin seeds (highly bioavailable zinc, iron, magnesium)

Herbs & Healing Toppers:

- 2 tbsp chopped fresh parsley (vitamin C, iron mobilization)
- 1 tbsp fresh cilantro (chelating, blood cleansing)
- 1 tbsp sesame seeds or tahini drizzle (copper, iron cofactor)

Whole body Juice

Smoothie #1

- 8 stalks celery, leaves removed
- 4 green apples, halved
- 2 cucumber
- 12 leaves kale
- 1 lemon, peeled
- 2 (1 inch) piece fresh ginger



Powerful Green Juice

Ingredients juice # 2

- 1 Lemon peeled
- 2 Apples cored
- 2 inches Fresh Ginger
- 2 inches Fresh Turmeric Root when available
- 1 Cucumber
- 8 Celery Stalks
- 1 bunch Cilantro
- 1 bunch Parsley regular or Italian

Instructions

Place all ingredients through a juicer and strain for the best results. Drink and enjoy!

Makes approximately 28 oz (3 cups) of juice. Start by dividing it into 3 portions. You can store it in a refrigerator in a glass jar with a tight lid for up to 48 hours. Over time work your way to drinking the full 28 oz amount to replace your regular meal.

Red detox Smoothie #3



Ingredients

- 2 Beetroot
- 1 Pink Grapefruit
- 2 Small Apples
- 1 Organic Lemon
- 1 Bunch of Parsley
- 2 inch chunk of Ginger

Instructions

1. Wash all produce well.
2. Peel the beet.
3. Add all ingredients through juicer and enjoy!

Quinoa or millet
can be added to Salad for more protein



Salad #A:

- 4 cups mixed baby spinach and kale
- 1 baby carrot
- 6 to 8 asparagus stalks, trimmed and cut into 1-inch pieces
- ½ cup microgreens
- Pumpkin seeds
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped fresh dill

Salad SUNFLOWER SEED DRESSING

1 cup raw sunflower seeds

1 ¼ cup water

Juice of 1 lemon

1 TBSP honey

½ to 1 tsp pink salt

1 tsp onion powder

1 tsp garlic powder

1 tsp dill

1 tsp Italian seasoning

DIRECTIONS

Blend all ingredients in a powerful blender until creamy. Keep cool in refrigerator until ready for use. Pour a desired amount on your salad and enjoy.

HOMEMADE ITALIAN SEASONING

2 TBSP dried parsley

2 TBSP dried basil

2 TBSP dried oregano

1 TBSP dried rosemary

½ TBSP marjoram

½ TBSP thyme

DIRECTIONS

Combine all ingredients in a jar. For a finer seasoning, pulse ingredients in a food processor or blender, or coffee grinder. Store in an airtight jar.

GREEN SALAD WITH SPROUTS

1 head of romaine lettuce

1 green onion thinly sliced.

1 head of red lettuce

A handful of dandelion leaves

A few sprigs of fresh parsley

1 cup of sugar snap peas

½ cup pitted olives

2 TBSP sesame seeds

A generous amount of sprouts: spring mix, alfalfa, peas, beans, or seeds.

DIRECTIONS

Thoroughly wash all the leafy vegetables and peas. Cut up lettuce and dandelion leaves into small pieces. Separate parsley leaves from stems. Toss all ingredients together, except sesame seeds. Sprinkle sesame seeds on top of salad as a garnish. Serve with sunflower seed dressing or your favorite salad dressing.

GREEN SMOOTHIE

1 cup coconut water	1 TBSP vegetable greens powder
1 TBSP micro greens powder	1 TBSP Arugula
2 TBSP chia seeds	2 TBSP lemon juice
1 TBSP slippery elm powder	2 TBSP honey

DIRECTIONS

Blend all ingredients into a thick smoothie. Smoothies should not be liquid, but thick enough to eat with a spoon, because it replaces a regular meal. When eating smoothies, chew each mouthful so that they can be mixed with saliva in the mouth.

BERRY SMOOTHIE

1 cup water, coconut water, juice, or milk (almond, rice, or other nut or seed milk)	
1 cup strawberries, fresh or frozen	1 cup blueberries, fresh or frozen
2 TBSP chia seeds	1 ¼ TBSP slippery elm powder
1 TBSP psyllium husk powder	2 TBSP honey

DIRECTIONS

Blend all ingredients together in a powerful blender until it is a thick smoothie that can be eaten with a spoon.

TROPICAL FRUIT SMOOTHIE

1 cup orange or other juice	2 cups fresh or frozen strawberries
½ cup fresh or frozen mango	½ cup fresh or frozen pineapple
½ cup fresh or frozen peaches	1 fresh or frozen banana
1 apple, peeled and cut into chunks	2 pitted prunes.

Blend all ingredients in a powerful blender until it becomes a thick smoothie that can be eaten with a spoon.

FRUIT SALAD

A few of your favorite apples, peeled, cored, and cut into small chunks.

A few oranges, tangerines, or other citrus, peeled and cut into small pieces.

Pineapple chunks

cranberries

Raisins

walnuts pieces, or other nuts or seeds

Shredded coconut

2 TBSP lemon juice

DIRECTIONS

In a large bowl, toss all ingredients together until thoroughly combined. Serve plain or with a sauce or topping. Enjoy.

CREAMY FRUIT TOPPING

1 small avocado peeled and cut into chunks.

¼ cup nuts or seeds

1 cup or less milk (almond, coconut or other}. May also use fruit juice. May also add chia seeds.

DIRECTIONS

Pour half of liquid into a powerful blender, then add the seeds or nuts. Blend until smooth, and creamy. Add avocados and gradually pour remaining liquid. May add more fluid to suit your desired consistency. Continue blending until sauce is smooth, thick and creamy, about 1 minute. May add chia seeds.

In a serving bowl put fruit salad and spoon fruit topping over fruit. Enjoy.

Super blend combinations you may select

1. Celery + Cucumber + Parsley + Lemon

- ☐ **Best Time: 6:30–7:00 AM (Empty Stomach)**
 - ☐ *Flushes sodium, hydrates, alkalizes, activates kidneys and liver*
-

☐ 2. Beetroot + Carrot + Ginger + Lemon

- ☐ **Best Time: 10:00–10:30 AM (Mid-morning Liver Flush)**
 - ☐ *Phase 2 liver detox, bile stimulation, blood building*
-

☐ 3. Kale + Spinach + Cucumber + Green Apple + Lime

- ☐ **Best Time: 9:00–9:30 AM (Iron Window)**
 - ☐ *High in iron + vitamin C → peak absorption, energy boost*
-

4. Dandelion Greens + Celery + Lemon + Turmeric

- ☐ **Best Time: 8:00–8:30 AM (Post-hydration anti-inflammatory)**
 - ☐ *Liver support, joint healing, balances cortisol*
-

5. Carrot + Turmeric + Ginger + Fennel

- ☐ **Best Time: 3:00 PM (Afternoon Calm + Gut Reset)**
 - ☐ *Soothes gut, improves bile flow and digestion*
-

6. Cilantro + Cucumber + Apple + Celery + Lime

- ☐ **Best Time: 12:00 PM (Pre-lunch heavy metal detox)**

- ☐ *Chelates toxins before digestion picks up*
-

7. Spinach + Romaine + Mint + Lemon + Cucumber

- ☐ **Best Time: 6:00 PM (Pre-dinner calming cleanse)**
 - ☐ *Alkalizes blood, relaxes gut, prepares for rest*
-

8. Beet Greens + Parsley + Lemon + Ginger + Carrot

- ☐ **Best Time: 9:00 AM (Morning rejuvenation)**
 - ☐ *Potassium-rich, boosts circulation and detox enzymes*
-

9. Broccoli + Kale + Apple + Lemon + Ginger

- ☐ **Best Time: 4:00 PM (Mid-afternoon DNA support)**
 - ☐ *Sulforaphane activates cell-protective enzymes*
-

10. Red Cabbage + Carrot + Celery + Lemon

- ☐ **Best Time: 5:30 PM (Gut-lining repair hour)**
 - ☐ *Glutamine for gut lining + anti-inflammatory effect*
-

11. Wheatgrass + Cucumber + Parsley + Green Apple

- ☐ **Best Time: 7:00 AM (Post-celery shot or first AM juice)**
 - ☐ *Rich in chlorophyll, oxygenates blood*
-

12. Swiss Chard + Pear + Ginger + Cucumber

- ☐ **Best Time: 10:30 AM (Blood pressure + nerve reset)**
 - ☐ *Magnesium-packed for calm and cardiovascular support*
-

13. Zucchini + Spinach + Lime + Cucumber

- ☐ **Best Time: 8:30 AM (Pre-workout or light morning)**
 - ☐ *Hydrating, light, supports movement and flexibility*
-

14. Watercress + Celery + Lemon + Green Apple

- ☐ **Best Time: 1:00 PM (Lymph cleanse and mental clarity)**
 - ☐ *Boosts oxygenation, mental alertness, cleans lymph*
-

15. Cucumber + Lettuce + Aloe Vera Juice + Mint

- ☐ **Best Time: 9:00 PM (Bedtime gut healing tonic)**
- ☐ *Heals gut lining, supports overnight digestion, lowers heat*

Super combination

FRUITS ONLY SMOOTHIES

Purpose: Detox, cell renewal, hydration, energy, skin glow, gut repair

☐ 1. Pomegranate + Blueberry + Lemon

- ☐ **Best Time: 7:00 AM (Empty stomach)**
- ☐ *High in antioxidants (ellagic acid, anthocyanins), supports DNA repair, energizes mitochondria*
- ☐ *Daily or 3x/week*

☐ 2. Watermelon + Lime + Mint

- ☐ **Best Time: 9:00 AM (Hydration + kidney flush)**
 - ☐ *Cleanses kidneys, flushes uric acid, boosts nitric oxide (circulation)*
 - ☐ *Ideal during warm months or after workouts*
-

☐ 3. Pineapple + Ginger + Orange

- ☐ **Best Time: 10:00 AM (Mid-morning enzyme booster)**
 - ☐ *Bromelain breaks down mucus + toxins, boosts digestion, reduces inflammation*
 - ☐ *Alternate days*
-

4. Apple + Kiwi + Lemon

- ☐ **Best Time: 9:00 AM (Iron & vitamin C combo)**
 - ☐ *Kiwi enhances iron uptake, apple pectin supports gut lining*
-

5. Papaya + Strawberry + Lime

- ☐ **Best Time: 11:00 AM (Gut enzyme + collagen boost)**
 - ☐ *Papain enzyme + vitamin C = collagen regeneration and gut repair*
-

6. Grapefruit + Orange + Turmeric

- ☐ **Best Time: 12:30 PM (Liver & bile flush pre-lunch)**
 - ☐ *Bitter citrus stimulates bile, turmeric reduces liver inflammation*
-

7. Mango + Pineapple + Passionfruit

- ☐ **Best Time: 3:30 PM (Energy & immune boost)**
 - ☐ *High in vitamin A, C, enzymes; great for adrenal support*
-

8. Blackberry + Raspberry + Cherry

- ☐ **Best Time: 2:00 PM (DNA & brain rejuvenation)**
 - ☐ *Anthocyanins repair oxidative damage, improve cognition*
-

9. Dragon Fruit + Pear + Lemon

- ☐ **Best Time: 10:30 AM (Skin + digestion)**
 - ☐ *Rich in prebiotics, supports gut-skin axis, vitamin C packed*
-

10. Grapes (red) + Blueberries + Pomegranate

- ☐ **Best Time: 8:45 AM (Heart & blood oxygenation)**
 - ☐ *Polyphenols support heart, increase oxygen delivery to cells*
-

11. Apple + Cranberry + Lime

- ☐ **Best Time: 10:30 AM (Kidney + urinary detox)**
 - ☐ *Cranberry prevents bacterial buildup, lime enhances absorption*
-

12. Lychee + Mango + Coconut Water

- ☐ **Best Time: 1:00 PM (Rehydration + electrolyte renewal)**
 - ☐ *Potassium-rich, supports skin + hydration, energizing*
-

13. Guava + Orange + Papaya

- ☐ **Best Time: 1:30 PM (Immunity + collagen)**
 - ☐ *Vitamin C overload for radical collagen stimulation*
-

14. Melon (Cantaloupe) + Pineapple + Lemon

- ☐ **Best Time: 9:00 AM (Morning glow + gut reset)**

- ☐ *Very hydrating, gut-soothing enzymes, citrus activates enzymes*
-

15. Blackberry + Plum + Apple

- ☐ **Best Time: 5:00 PM (Liver antioxidant cleanup)**
- ☐ *Polyphenols, quercetin, and anthocyanins support liver phase II detox*