

Feed the Filter, Don't Clog It

What do I buy Tuesday?

Feed the Filter

Think of your liver as your body's master filter. Every day, it sorts, packs, neutralizes, and clears what you take in. The right foods help it do that job with less strain. The wrong foods create traffic, and over time, that backup can show up as fatigue, puffiness, cravings, skin issues, hormone symptoms, and brain fog.

The Green Aisle

Produce

- Broccoli
- Brussels sprouts
- Kale
- Beets
- Garlic
- Onions
- Blueberries
- Lemons
- Artichokes
- Dandelion greens
- Cilantro



Proteins

- Wild salmon
- Sardines
- Pasture-raised eggs
- Grass-fed beef liver

Pantry

- Green tea
- Organic coffee
- Olive oil

- Turmeric
- Apple cider vinegar

Fiber helpers

- Ground flax
- Chia seeds
- Psyllium husk

Why these help

- **Bitter greens** help move bile.
- **Brassica vegetables** like broccoli, kale, and Brussels sprouts support detox pathways.
- **Blueberries, lemons, garlic, and onions** bring antioxidant and plant support.
- **Eggs and liver** provide nutrients your liver uses for repair and packaging.
- **Flax, chia, and psyllium** help bind and carry waste out.

Clog the Filter

Skip these when you can, or make a simple swap.

- **Processed sugar, high-fructose corn syrup** — creates extra fat-making work for the liver.

- **Alcohol, especially more than 2 drinks per week** — moves to the front of the liver’s to-do list and slows everything else down.
- **Trans fats and industrial seed oils** — can drive inflammation.
- **Ultra-processed foods** — if it has more than 5 ingredients you don’t recognize, it usually adds more work than nourishment.
- **Non-organic Dirty Dozen produce** — higher pesticide load.
- **Plastic-bottled water left in heat** — may add hormone-disrupting chemicals.

A Perfect Liver-Loving Day on a Plate

Breakfast

Blueberry smoothie with chia, flax, and a pinch of turmeric, plus 2 pasture-raised eggs.

Lunch

Big kale and dandelion green salad with beets, onions, lemon, olive oil, apple cider vinegar, and wild salmon.

Dinner

Roasted broccoli and Brussels sprouts with garlic and olive oil, plus wild salmon or a small serving of grass-fed beef liver with onions.

Snacks and drinks

- Blueberries and a hard-boiled egg
- Green tea in the afternoon
- Lemon water with a splash of apple cider vinegar

Easy Tuesday rule

If you feel overwhelmed, don’t try to overhaul everything.

Just do this:

1. Buy 3 greens.
2. Buy 1 clean protein.
3. Buy 1 fiber helper.
4. Swap 1 processed snack for a real-food option.

That is enough to start teaching your body that support is coming.