







Planning what you're going to eat through the week is a great trick to help you stay on track with the Fatty Liver Diet.

You don't have to be too exact – this isn't meant to be a strict diet. The main thing is that you eat more whole foods, cut out foods that strain your liver, and watch your portion sizes. Even small changes will help your liver.

As a guide, here is how to think about each meal through the day:

Breakfast	Snack	Lunch	Snack	Dinner	Snack
<ul style="list-style-type: none"> • 1 serve grains • 1 serve dairy OR 1 egg OR 1 serve of protein • 1 serve fruit OR 1 serve veggies 	<ul style="list-style-type: none"> • Nuts OR a serve of yoghurt with fruit OR some veggies and dip 	<ul style="list-style-type: none"> • 1 serve protein (fish, poultry, meat, eggs, tofu or pulses) • 2 serves grains • 1-2 serves veggies 	<ul style="list-style-type: none"> • Nuts OR a serve of yoghurt with fruit OR some veggies and dip 	<ul style="list-style-type: none"> • 1 serve protein (fish, poultry, meat, eggs, tofu or pulses) • 2 serves grains • 2-3 serves veggies 	<ul style="list-style-type: none"> • 1 serve fruit

Example Day

Breakfast	Snack	Lunch	Snack	Dinner	Snack
<p>Spinach and Fetta Omlette</p> 	<p>Greek Yoghurt and Berries</p> 	<p>Chicken Noodle Salad</p> 	<p>Veggie Sticks with Tzatziki Dip</p> 	<p>Tuna and Veggie Pasta Bake</p> 	<p>1 Orange</p> 

Fill out what you will eat every day next week. You can use our recipes or adapt your favourite meals.
 Each day aim for **5 serves of vegetables and fruit, 5 serves of wholegrains** and **2–3 serves of dairy or yoghurt** per day.
 Each week limit **fish to 2–3 times, meat to 2 times and eggs, poultry or rabbit to 2–3 times** per week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							