

3 6 9 Liver Cleanse Grocery List

The information provided here is based on Liver Rescue by Anthony William.

Preparation Phase (Days 1 – 3)

Guidelines:

- Morning – hydrate & avoid radical fats.
- Avoid gluten, dairy, eggs, lamb, pork, canola oil.
- Reduce fat consumption by 50%.
- One serving of animal product per day in the evening (lean, organic, free-range or wild).
- Focus on brining in more fruits, vegetables, leafy greens. Potatoes, sweet potatoes and winter squash are great for building up fuel in the liver.

Grocery list:

- 3 lemons or 6 limes
- 9-12 apples
- 4-12 dates (alternatives: mulberries [fresh or dried], raisins, grapes, or figs [fresh or dried])
- 3 tea bags hibiscus or lemon balm tea

Breakfast, lunch & dinner of your choice according to above guidelines.

Internal Cleansing Phase (Days 4 – 6)

Guidelines:

- Avoid radical fats entirely (nuts, seeds, oils, coconut, animal proteins, etc.)
- Eat as much as you need to feel full

Grocery list:

- 3 lemons or 6 limes
- 6 lemons, limes or oranges (for Liver Rescue Salad)
- 7-10 bunches celery
- 3-5 bunches asparagus
- 1-2 pounds Brussels sprouts

Days 4 - 6 Grocery List Cont'd

- Smoothie option A:
 - 6 bananas or 2 Maradol papayas
 - Wild Blueberries (3-4 lb package) or Wild Blueberry Powder (1 package)
- Smoothie option B:
 - 3 bananas or 1 Maradol papayas
 - 3 Mangos
 - 1.5 cups sprouts
 - 2 limes
- 1 package frozen pitaya or 2 fresh pitaya or 1 package of powder
- 6-9 apples
- 3-12 dates
- 2-5 pounds leafy greens
- 3 teabags hibiscus or lemon balm tea
- Salad option A:
 - 9-15 cups tomatoes
 - 3-6 cucumbers
 - 2-6 bunches cilantro (optional)
 - 1-2 bunches parsley (optional)
 - 2-3 bunches scallions (optional)
- Salad option B:
 - 2-3 red cabbages
 - 3-6 large carrots
 - 3-6 cups radish
 - 6-12 additional apples
 - 2-3 bunches cilantro
- Optional Vinaigrette
 - 4-6 large oranges (juicing)
 - 1 clove garlic
 - 1 container of Honey

The 'Let Go' Phase (Days 7 – 9)

Guidelines:

- Avoid radical fats entirely
- Stick to the foods outline in the Liver Rescue Book Chart (page 348)

Days 6 - 9 Guidelines Cont'd

- If you follow a raw diet there are options to the cooked meals in the Liver Rescue book.
- Day 9 is a juice day.

Grocery list:

- 3 lemons or 6 limes
- 1-2 lemons, limes or oranges
- 5-7 bunches celery
- Smoothie option A:
 - 6 bananas or 2 Maradol papayas
 - Wild Blueberries (3-4 lb package) or Wild Blueberry Powder (1 package)
- Smoothie option B:
 - 3 bananas or 1 Maradol papayas
 - 3 Mangos
 - 1.5 cups sprouts
- 2 limes
- 1 pack frozen pitaya or 2 fresh
- 2 pints grape tomatoes
- 2 garlic cloves
- 2 oranges
- 1 pound spinach
- 7-10 cucumbers
- 8-10 apples
- 3 teabags hibiscus or lemon balm tea
- 1 winter squash
- 1-2 large potatoes or sweet potatoes
- 1-2 bunches asparagus or 1 – 2 pounds Brussels sprouts
- 1 -2 melons & papayas
- 4 -12 oranges (juicing)
- Optional Liver Rescue Salad:
 - 1-2 pounds greens
 - Salad Option A & B are detailed below
- Optional Vinaigrette
- 4-6 large oranges (juicing)
- 1 clove of garlic
- 1 container of honey

Optional Liver Rescue Salad

- 1-2 pounds greens

Option A:

- 3 cups chopped tomatoes
- 2-3 bunches cilantro
- 1 bunch parsley

Option B:

- 1 red cabbage
- 2 large carrots
- 1-2 bunches asparagus
- 1-2 cups radish
- 2-4 apples
- 1-2 bunches cilantro

For details of the 3:6:9 Liver Cleanse, read pages 331-353 of *Liver Rescue* by Anthony William available on Amazon.

The above is a grocery list and is not to be used as the guide for the 3:6:9 cleanse. There are options in this cleanse which are noted.