

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Project Open Hand
meals with love

JUNE 2019 WELLNESS MENU

Liver Disease & Diet

Cooking Class

Thursday, 06.20.19
2:00 PM - 4:00 PM

FOOD DEMO in the Grocery Center!

WEDNESDAY · JUNE 4 · 1 AM · RED BEANS

FRIDAY · JUNE 7 · 11 AM · PRODUCE

TUESDAY · JUNE 11 · 9 AM · BLACK BEANS

FRIDAY · JUNE 14 · 11 AM · PRODUCE

TUESDAY · JUNE 18 · 9 AM · PRODUCE

THURSDAY · JUNE 20 · 11 AM · WHITE BEANS

WEDNESDAY · JUNE 25 · 11 AM · LENTILS

Why is nutrition so important when you have liver disease?

- * Everything you eat basically needs to go through the liver. The liver changes nutrients to energy for the body.
- * Malnutrition is a risk due to loss of appetite, nausea, and vomiting and weight loss.
- * Supporting your liver will mean you feel better and your liver will work better and treatment will be more effective
- * Making healthy food choices early in your disease can reduce the work the liver has to do and may help damaged liver regenerate new cells.
- * **Food is a complementary medicine.**

Eat fresh or frozen fruits and vegetables: Be colorful, go for green, orange, red, purple and yellow fruits and vegetables they are high in important substances that help detoxify.

Especially nutritious are: Mustard greens, kale, spinach, romaine lettuce, broccoli, Brussels sprouts, cauliflower and cabbage, dandelion greens, asparagus, beets, carrots, winter squash

* Onions and garlic

- * Fresh herbs.
- * Green tea – has less caffeine than coffee and has immune-boosting properties
- * Water – drinks a lot of it. Best beverage for your liver.
- * Omega-3 fatty acids – salmon, tuna, flaxseed meal, soybeans, soynuts, walnuts
- * Other good fats: olive oil, avocado, nuts and seeds, canola oil (use these in place of butter, lard, corn oil, margarine)
- * Eggs
- * Mushrooms
- * Lean proteins: chicken, (no skin) fish, beans, tofu, tempeh, low fat cottage cheese, turkey*
- * Wheat germ

Avoid:

- * Fried foods
- * Foods high in saturated fats - bacon, ice cream, whole milk
- * Processed foods like white bread, pastries, candy
- * Sugary drinks like soda, energy or sports drink, iced tea, Limit fruit juice to 6 oz per day
- * Salty foods like pickles ham, sausage

3-Jun	4-Jun	5-Jun	6-Jun	7-Jun
Tandoori Chix Thigh Tikka Masala Sauce Quinoa Pilaf Green Beans	Baked Tilapia Filet Paprikash Sauce Whole Wheat Penne Eggplant & Zucchini	Roasted Pork Loin Apple Sauce Brown Rice Br.Sprouts & Carrots	Moroccan Beef Stew Bulgur Pilaf Green Beans	Chicken Thigh Creole Vegetables Whole Wheat Penne
10-Jun	11-Jun	12-Jun	13-Jun	14-Jun
Baked Tilapia Filet Cubana Sauce Brown Rice	Chicken Breast Salsa Verde Spanish Brown Rice Green Beans	Beef Ranchero Stew W.Wheat Egg Noodle Broccoli	Chicken Thigh Garlic Sauce Whole Wheat Penne Peas & Carrots	Caribbean Pork Stew Quinoa Pilaf Eggplant & Peppers
17-Jun	18-Jun	19-Jun	20-Jun	21-Jun
Spiced Chicken Thigh Red Mole Sauce Brown Rice & Beans Carrots&Green Beans	Beef Ropa Vieja Stew Bulgur Pilaf Garden Mixed Veg	Baked Tilapia Filet Mustard Cream Sauce Brown Rice & Beans Br.Sprouts & Carrots	Turkey Chili Whole Wheat Macaroni Carrots	Roasted Pork Loin Wild Rice Pilaf Ratatouille
24-Jun	25-Jun	26-Jun	27-Jun	28-Jun
Turkey Meatloaf Mushroom-Dill Sauce Brown Rice Brussel Sprouts	Chicken Breast Puttanesca Sauce Bulgur Pilaf Eggplant & Peppers	Beef Bourguignon Quinoa Pilaf Green Beans	Baked Tilapia Filet Sweet&Sour Sauce Fried Brown Rice Stir Fry Vegetables	Chicken Tetrizzini Whole Wheat Macaroni Carrots