

Fatty Liver SMOOTHIE GUIDE

30 Sugar-Free, Anti-Inflammatory
Recipes to Support Liver Repair



Created by the team at [LiverDiet.com](https://livediet.com) —
Science-backed liver health made simple.



HOW TO USE THIS GUIDE

Supporting your liver can be as simple as a daily smoothie.

This guide includes 30 of our favorite sugar-free, antioxidant-rich smoothies designed specifically for those with fatty liver. Each one combines ingredients that help reduce liver inflammation, lower oxidative stress, and improve fat metabolism — without added sugars or dairy-heavy bases.

Daily Tips for Best Results

- ✓ Enjoy 1 smoothie per day, ideally in the morning or as a light lunch
- ✓ Avoid adding sugar, flavored yogurt, or high-fructose juice
- ✓ Stick to unsweetened almond, oat, or coconut milk
- ✓ Use frozen fruit when fresh isn't available — but skip canned
- ✓ Add flax, chia, or greens often — they boost fiber and detox support
- ✓ Want a full reset? Try a 3-smoothie day once per week for digestion support

These smoothies are meant to **supplement** a liver-safe diet — not replace meals entirely. For full results, combine with our food list and meal plans.

WHAT MAKES A SMOOTHIE LIVER-SAFE?

We used the latest research from the NIH, AASLD, and Mayo Clinic to develop this list. All smoothies:

- ✓ Are free from added sugar, syrups, and high-fructose fruits
- ✓ Contain low-glycemic fruits and anti-inflammatory ingredients
- ✓ Include fiber, healthy fats, or polyphenols
- ✓ Are under 250–300 calories per serving

Key ingredients used



Spinach



Avocado



Citrus



Flaxseed



Turmeric



Berries



Beets



Green Tea



Ginger

GREEN DETOX SMOOTHIES

Ingredients (Serves 1)



Green Apple Spinach Cleanse

1 cup spinach
½ green apple
½ cucumber
Juice of ½ lemon
1 tbsp flaxseed
1 cup water

Blend all ingredients. Serve cold.

**Fiber + chlorophyll =
liver detox and
improved bile flow.**



Cucumber Avocado Flush

1½ avocado
½ cucumber
Juice of ½ lime
½ cup spinach
1 cup coconut water

Blend all ingredients. Serve cold.

**Anti-inflammatory
fats + hydration =
better liver enzyme
balance.**



Lemon Ginger Green Tea

1 cup chilled green tea
Juice of ½ lemon
1 inch ginger
½ banana
½ cup spinach

Blend all ingredients. Serve cold.

**Catechins in green
tea reduce fat
buildup in the liver.**



Celery Kale Refresher

1 cup kale
1 celery stalk
¼ avocado
Juice of ½ lemon
1 cup water

Blend all ingredients. Serve cold.

**Potassium +
chlorophyll = liver
cell regeneration
and reduced
sodium load.**

BERRY BOOSTERS

SMOOTHIES

Ingredients (Serves 1)



Blueberry Chia Boost

1½ cup blueberries
½ banana
1 tbsp chia seeds
1 cup almond milk

Blend all ingredients. Serve cold.

Blueberries reduce oxidative stress + chia adds liver-cleansing fiber.



Raspberry Flax Fuel

½ cup raspberries
1 tbsp flaxseed
½ banana
1 cup water or almond milk

Blend all ingredients. Serve cold.

Raspberries are rich in ellagic acid — a liver-protective compound.



Beet Berry Anti-Fatigue

½ cup cooked beets
½ cup strawberries
1 tsp grated ginger
1 cup water

Blend all ingredients. Serve cold.

Beets increase nitric oxide + help detoxify liver pathways.

ANTI-INFLAMMATORY SMOOTHIES

Ingredients (Serves 1)



**Carrot Ginger
Glow**

½ cup shredded
carrots
1 inch ginger
½ orange (peeled)
1 tbsp flaxseed
1 cup water

Blend all ingredients. Serve cold.

**Vitamin A and ginger
help soothe
inflammation and
aid liver repair.**



**Golden Turmeric
Smoothie**

½ banana
1 tsp turmeric
1 tbsp oats
Dash black pepper
1 cup almond milk

Blend all ingredients. Serve cold.

**Turmeric curcumin
reduces ALT/AST;
pepper boosts
absorption.**



**Spiced Apple
Detox**

½ apple
¼ tsp cinnamon
1 tbsp oats
1 cup almond milk

Blend all ingredients. Serve cold.

**Cinnamon lowers
insulin resistance
and supports
metabolic health.**

TIPS & SWAPS

QUICK REFERENCE



Want to sweeten?

Use frozen banana or a small date (1 max) — never honey, sugar, or syrup.



Sneak in veggies:

Spinach and zucchini blend well without overpowering flavor.



Liquid base ideas:

Unsweetened almond milk, coconut water, brewed green tea, or filtered water



Add texture with:

Chia seeds, avocado, oats, or nut butters (1 tbsp max)

Want more liver-safe recipes, tools, and support?

Join our weekly program, **The Daily Liver Guide**, and get access to:

- ✓ Done-for-you weekly meal plans
- ✓ AI tools like the Smoothie Builder and Food Checker
- ✓ A private community + expert Q&A every month

Try it now for 7-days for ONLY \$1 → LiverDiet.com/membership