**Liver Rescue Salad**

These two salad options are brimming with healing properties for your liver. They’re great for when you want a lighter meal, and they’re also perfect for additions to a cooked meal such as the steamed asparagus, brussels sprouts, zucchini, and summer squash in the 3:6:9 Cleanse. You can customize each salad with any of the healing foods listed below so that you never get bored. If you try the fat-free Orange “Vinaigrette” Dressing, is sure to become a staple in your kitchen. It’s flavorful, sweet and satisfying for anyone to enjoy.

8 cups any variety of leafy greens (spinach, arugula, butter lettuce, romaine, kale, mache, etc.) loosely packed.

**Optional Toppings**

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| Apple  Grapes  Mango  Papaya  Orange  Tangerine  Berries  Banana (only if salad does not include tomato, as banana and tomato do not digest well together)  Fresh Figs  Cucumber  Celery  Tomato  Asparagus  Cabbage (red or green)  Carrot  Sprouts  Microgreens  Fresh Herbs (cilantro, parsley, basil, dill, mint, oregano, thyme, rosemary, etc.) | Atlantic Dulse  Garlic  Onion (any variety you like – leeks, red, sweet, yellow, green etc.)  Radish  Bell Pepper (ripe not green)  Sugar Snap Peas  Snow Peas  Raw Cauliflower  Sundried Tomato (unsalted, oil-free, unsulfured)  Steam Green Beans  **Optional Orange Vinaigrette Dressing**  1 Cup Orange Juice  1 Garlic Clove  1 tsp Raw Honey  ¼ cup Water  1\8 tsp Cayenne (optional) |

Place the leafy greens of your choice and your desired toppings from the list in a bowl and mix together to form base of salad.

Drizzle the fresh lemon, lime or orange juice over to taste.

Alternatively, make the Orange Vinaigrette by blending all of its ingredients until smoothly combined. Toss with your salad until well mixed. Serve and enjoy!

**Tips:**

If you do not have room to eat the full salad with other items called for in your cleanse meal, it is okay to cut this recipe by as much as half so you have an appetite for it all. That is, scale back how many toppings you include and cut the base from 8 cups of greens to 4 cups of greens.

If you are really highly sensitive, you can even make the Raw Liver Rescue Soup in place of this recipe. As a last resort on the Original 3:6:9 Cleanse, it’s okay to opt for the Liver Rescue Juice recipe instead to get the nutrients in yourself that way. When your digestion is that compromised, you may prefer to start with Mono Eating Cleanse.