



Liver Rescue 3:6:9

I'm so excited that you're considering the Liver Rescue 3:6:9 cleanse! This information is summarized from Liver Rescue by Anthony William, pages 331-353. If you haven't gotten the book yet, go out and get it (or order it [here](#) from Amazon)! You will need the information from the book to complete this cleanse. I've summarized the phases and created a grocery list for each phase to help simplify your preparation.

Ranges are provided as most recipes make 1-2 servings. If you need bigger portions, choose the upper end of the range. If you prefer smaller portions, choose the lower end of the range. The goal is to feel full and satisfied, so eat as much as you need to. Extra snacks are encouraged as needed.

There are options in this cleanse. For example, on days 8 & 9, dinner includes an optional Liver Rescue Salad. Where applicable, I've listed the options. I suggest you look at the cleanse, choose which options you prefer and then cross off what you don't need from the grocery list.

If you have any questions, don't hesitate to schedule an "[Ask Rachel](#)" session, where I can answer all your nutrition & supplement questions.

If you're looking for more support and accountability on your healing journey, consider a "[Get Acquainted](#)" session. You'll get to tell me your story. I'll share my approach to healing your unique situation and we can choose a more comprehensive healing package that's right for you.

I wish you the best of luck on this cleanse! It's truly transformational.

Love & light,
Rachel





♥ The 3: Preparation Phase (Days 1-3)

Guidelines:

- Liver rescue morning (hydrate & avoid radical fats).
- Avoid gluten, dairy, eggs, lamb, pork, canola oil.
- Reduce fat consumption by 50%.
- If you eat animal products, stick to one serving per day in the evening (lean, organic, free-range or wild).
- Focus on bringing in more fruits, vegetables, leafy greens. Potatoes, sweet potatoes, & winter squash are great to build up fuel in the liver for later phases.

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 teabags [hibiscus](#) or [lemon balm tea](#)

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



♥ The 6: 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 of celery
- ☐ Smoothie option A: 6 bananas or 2 Maradol papayas
 - ☐ 1 large package frozen wild blueberries or 1 package [wild blueberry powder](#)
- ☐ Smoothie option B: 3 bananas or 1 Maradol papaya
 - ☐ 3 mangos
 - ☐ 1.5 cups sprouts (or seeds to sprout at home – [red clover](#) are great liver cleansers)
 - ☐ 2 limes
- ☐ 1 package frozen pitaya or 2 fresh pitaya or 1 package [pitaya powder](#)
- ☐ 3-5 bunches asparagus
- ☐ 1-2 pounds brussels sprouts
- ☐ 6-9 apples
- ☐ 3-12 dates
- ☐ 2-5 pounds leafy greens (goal is ½ to 1 pound of leafy greens per day)
- ☐ 3 teabags [hibiscus](#) or [lemon balm tea](#)
- ☐ Salad option A: 9-15 cups tomatoes
 - ☐ 3-6 cucumbers
 - ☐ 2-6 bunches cilantro [enough to make 3-6 cups chopped] (optional)
 - ☐ 1-2 bunches parsley [enough to make 1.5-3 cups chopped] (optional)
 - ☐ 2-3 bunches scallions [enough to make 1.5-3 cups chopped] (optional)
- ☐ Salad option B: 2-3 red cabbages [enough for 6-12 cups sliced red cabbage]
 - ☐ 3-6 large carrots [enough for 3-6 cups diced]
 - ☐ 2-3 bunches asparagus
 - ☐ 3-6 cups radish
 - ☐ 6-12 additional apples
 - ☐ 2-3 bunches cilantro [enough for 1.5-3 cups chopped]
- ☐ Optional Vinaigrette:
 - ☐ 4-6 large oranges for juicing
 - ☐ 1 clove of garlic
 - ☐ Honey
 - ☐ Sea salt (optional)
 - ☐ Cayenne (optional)



♥ The 9: The “let go” phase. Toxins released into the blood stream for excretion.

Guidelines:

- Avoid radical fats entirely (nuts, seeds, oils, coconut, animal proteins, etc.).
- Stick to the foods outlined in the chart (page 348). Eat as much as you need to feel full.
- If you are 100% raw, there are alternatives to the cooked dinners.
- Day 9 is a juice day.
 - My recommendations: If you’ve experienced a lot of detox symptoms on the cleanse, have adrenal fatigue, or aren’t comfortable with a juice day, don’t force it. Instead you can drink tons of fluids from the recommended list. You can juice until noon or 4PM and then have some food from the previous days. Some will feel incredible doing a juice day and some won’t. As always, listen to your intuition and take it one day at a time.

Grocery List:

- ☐ 3 lemons or 6 limes
- ☐ 1-2 lemons, limes, or oranges (for salads)
- ☐ 5-7 bunches celery
- ☐ Smoothie Option A: 6 bananas or 2 Maradol papayas
 - ☐ 1 large package frozen wild blueberries or 1 package [wild blueberry powder](#)
- ☐ Smoothie Option B: 3 bananas or 1 Maradol papaya
 - ☐ 3 mangos
 - ☐ 1.5 cups sprouts
- ☐ 2 limes
- ☐ 1 package frozen pitaya or 2 fresh or 1 package powdered
- ☐ 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 pound brussels sprouts
- ☐ 1-2 melon
- ☐ 1-2 papayas
- ☐ 4-12 oranges (for juicing)



- ❑ Optional Liver Rescue Salad:
 - ❑ 1-2 pounds greens
 - ❑ Salad Option A: 3 cups chopped tomatoes
 - ❑ 2-3 bunches cilantro [enough to make 3 cups chopped] (optional)
 - ❑ 1 bunch parsley [enough to make 1.5 cups chopped] (optional)
 - ❑ Salad Option B: 1 red cabbage [enough for 4 cups sliced red cabbage]
 - ❑ 2 large carrots [enough for 1 cup diced]
 - ❑ 1-2 bunches asparagus
 - ❑ 1-2 cups radish
 - ❑ 2-4 apples
 - ❑ 1-2 bunches cilantro [enough for 1.5 cups chopped]
 - Optional Vinaigrette:
 - ❑ 4-6 large oranges (for juicing)
 - ❑ 1 clove of garlic
 - ❑ 1 container honey
 - ❑ Sea salt (optional)
 - ❑ Cayenne (optional)

Good luck! Please post your photos and progress on Instagram as you cleanse. Be sure to [tag me](#) (@rachelpelisson.nutrition). I'd love to see how you're doing!



PERSONALIZED GROCERY LIST

You may choose to shop intermittently for each 3-day phase of the cleanse. If you'd prefer to do one big shop, total the amounts from each phase here to make shopping a breeze!

VEGETABLES:

- ____ asparagus
- ____ celery
- ____ brussels sprouts
- ____ red cabbage
- ____ carrots
- ____ radish
- ____ grape tomatoes
- ____ cucumbers
- ____ leafy greens
- ____ spinach
- ____ sprouts (or [red clover](#) seeds to sprout)
- ____ scallions
- ____ garlic
- ____ winter squash
- ____ sweet potatoes
- ____ potatoes

FRUIT:

- ____ lemons
- ____ limes
- ____ oranges
- ____ bananas
- ____ apples
- ____ Maradol papayas (not small GMO papaya)
- ____ melon
- ____ mangos
- ____ dates (or mulberries, raisins, grapes, figs)
- ____ pitaya (fresh, frozen, or [pitaya powder](#))
- ____ frozen wild blueberries
- ____ [wild blueberry powder](#)

HERBS, SPICES, & OTHER:

- ____ cilantro
- ____ parsley
- ____ honey
- ____ sea salt
- ____ cayenne
- ____ tea – [hibiscus](#) or lemon balm tea