

THE HEALTHY LIVER PANTRY

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liver canada





Welcome to 2025's version of The Healthy Liver Pantry!

Fresh Flavours. Nutrition Boost. Stronger Liver.

Dear Reader,

We're back, and we're bolder and better than ever!

This year, we've given The Healthy Liver Pantry a fresh new look and feel, packed with bold flavours, vibrant ingredients, and easy-to-love recipes that support your liver and your lifestyle. Whether you're living with a liver disease, caring for someone who is, or simply looking to feel your best, nutrition is one of the most powerful tools you can have in your toolkit.

Speaking of which, your liver plays a starring role along the digestive tract. Every bite and sip that you take sets off an incredible chain of events inside your body, and your liver is right at the centre of it all. From making bile and digesting fat and protein for blood plasma, to storing good sugars for energy and filtering toxins from the blood, your liver works around the clock to keep your body running.

We like to refer to the liver as a superhero organ. It performs 500+ daily functions that are vital to life and you need your liver to live. But just like any superhero, it needs the right fuel to keep going strong. Too much processed sugars, salt, or processed food can slow it down and even cause lasting damage over time. That's why what you eat matters.

That's where The Healthy Liver Pantry comes in! We're on a mission to help you show your liver some extra love. Inside, you'll find:

- Fresh, bold recipes made with pantry and fridge staples like whole grains, lean proteins, fruits, veggies, and healthy fats.
- Liver facts and tips to living a more liver-friendly lifestyle.
- Practical advice to boost your liver health.

Congrats to you for taking a step towards benefitting your liver health. Let's make liver health a little more delicious, together.

P.S. Don't forget to show us what you're cooking! Share your creations on social media and tag us—we'd love to see what's on your plate.

Laura Dellandrea

Holistic Nutritionist

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Fresh Greek Chicken Protein Bowl

🕒 1 hour 🧑 4–6 servings

This bowl is a total flavour party—juicy chicken, tangy pickled onions, creamy homemade tzatziki, and all the colourful toppings that you could ever want. It's a fresh and vibrant Mediterranean vacation in a bowl and there's no passport required!

Ingredients

Chicken & Marinade:

- 8 boneless, skinless chicken thighs
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 jar sun-dried tomatoes, drained
- 1 tablespoon balsamic vinegar
- 1½ teaspoons smoked paprika
- 1 handful of fresh oregano, chopped
- 4 garlic cloves, peeled and minced
- ½ teaspoon ground black pepper
- ¼ teaspoon red pepper chili flakes
- 2 red bell peppers, sliced

Toppings (for serving):

- 1–2 handfuls fresh greens (lettuce or spring mix), chopped
- ¾ cup crumbled feta cheese
- pickled red onions
- tzatziki [See the recipe on the next page.](#)
- 1 cup basmati rice (optional)
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon balsamic vinegar

Homemade Tzatziki:

- 1 cup peeled and finely grated cucumber
- 1 cup plain Greek yogurt
- 1 handful fresh dill, chopped
- 1 handful fresh mint, chopped
- 2 garlic cloves, peeled and minced
- ¼ teaspoon ground black pepper



Instructions

Chicken & Marinade:

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
2. In a large bowl, combine chicken, olive oil, lemon juice, sun-dried tomatoes, balsamic vinegar, paprika, oregano, and garlic. Mix well to coat. Season with pepper and chili flakes. Cover with plastic wrap and let marinate for 30 minutes to 1 hour in the fridge.
3. Arrange the marinated chicken and sliced bell peppers on the baking sheet. Bake for 25–30 minutes, or until chicken is fully cooked. Remove from the oven and let cool slightly.
4. Assemble bowls with greens, feta, pickled onions, tzatziki, and rice (if using). Top with chicken and bell peppers. Drizzle with olive oil and balsamic vinegar. Toss and serve.

Homemade Tzatziki:

1. Use a paper towel to squeeze the excess moisture from the grated cucumber.
2. In a bowl, mix together yogurt, cucumber, dill, mint, garlic, and pepper. Refrigerate until ready to serve.



To pickle your red onions at home, chop a red onion into thin rings and place it in a mason jar. Cover fully with white vinegar. Let sit for 30 minutes in the fridge and enjoy.



Cauliflower Lettuce Wraps with Cilantro Lime Ranch

🕒 40 min 🧑 6-8 servings

These Cauliflower Lettuce Wraps bring the heat and the crunch—crispy, golden bites tossed in hot sauce and cooled down with a zesty cilantro lime ranch you'll want to put on everything. It's a fresh and fiery kind of meal that hits all the right notes.

Ingredients

Cauliflower Florets

- 3 eggs
- 1 large cauliflower, cut into florets
- 1¼ cups cornmeal
- 1 teaspoon smoked paprika
- ¼ teaspoon ground cayenne pepper
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- ½ cup hot sauce
- ⅓ cup extra-virgin olive oil
- iceberg lettuce (for serving)

Cilantro Lime Ranch:

- 1 cup plain Greek yogurt
- 1 cup fresh cilantro, finely chopped
- 1 green onion, finely chopped
- ½ cup fresh basil
- 1-2 garlic cloves, peeled and minced
- ½ teaspoon onion powder
- juice of 1-2 limes



Instructions

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
2. In a bowl, whisk the eggs, then toss in each piece of cauliflower to coat.
3. In another bowl, combine cornmeal, paprika, cayenne, sea salt, and pepper.
4. Dredge cauliflower in the dry mixture and arrange on the baking sheet.
5. Bake for 25 minutes, flipping halfway through.
6. In a bowl, mix hot sauce and olive oil. Remove cauliflower from the oven and pour the sauce over the florets, toss to fully coat. Return to the oven for 5-10 minutes. For the remaining 5 minutes, put the oven on a low broil to crisp up.
7. To make the ranch, blend all ranch ingredients in a blender until smooth. Add water to thin if needed. Season with salt and pepper to taste.
8. Serve cauliflower in iceberg lettuce leaves with ranch drizzle or omit the lettuce and dip the florets in the ranch. Top with sliced green onion and fresh basil if desired.



Cut your cauliflower into florets by first removing the thick stem from the base of the cauliflower, then cut the remaining stems into florets.



Creamy Fig & Chai Breakfast Smoothie

🕒 10 min 🧑 1-2 servings

This breakfast smoothie is like a cozy fall morning in a glass—spiced, rich, and naturally sweet. With warm chai flavours, nutty almond butter, and fresh figs, it's a dreamy way to ease into your day and to add another delicious morning smoothie to your liver-healthy recipe arsenal.

Ingredients

- ½ cup frozen sweet potato cubes
- 1 cup milk
- 1 large frozen banana
- 2 tablespoons almond butter
- 1 tablespoon ground flax seeds
- 1 teaspoon cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- 1 teaspoon maple syrup (optional)
- ½ teaspoon vanilla extract
- 2 fresh figs

Instructions

1. Add all ingredients to a blender. Blend on low for 30 seconds, then medium-high for at least 2 minutes.
2. Adjust thickness with extra milk, water, or even, black coffee. Pour into a glass or mason jar and enjoy.



Blackberry Ice Cream

🕒 25 min 🧑 6-8 servings

This rich and fruity blackberry ice cream is the perfect treat—simple to make, naturally sweetened, and packed with creamy goodness. With just a few ingredients and a quick blend, you’ve got a dessert that feels luxurious, is full of protein, and is refreshingly simple.

Ingredients

- 1 cup cottage cheese
- 1 cup frozen or fresh blackberries
- ⅓ cup maple syrup
- ½ teaspoon vanilla extract

Instructions

1. Blend all ingredients in a high-speed blender until smooth for at least 2 minutes.
2. Transfer to a container and freeze for 2-4 hours.
3. Scoop and serve once frozen or at desired texture.



The Healthy Liver Pantry has been a game-changer for me! I downloaded after it was shared from a friend, not knowing what to expect—but wow. The recipes are delicious and easy to follow, and I love that they’re actually backed by experts. It’s helped me think more about making better choices without feeling overwhelmed or restricted. The simple tips make cooking so approachable. I feel more confident knowing I’m taking care of my liver health in small ways that are making an impact. Thank you, Liver Canada!

-Penny from Ontario



Liver Tips

Many forms of liver disease are preventable and there are many small steps that you can take to reduce your risk and protect those around you. Love your liver—here's how:

Add more colourful fruits and veggies to your meals

Your liver relies on nutritious ingredients to keep it running. Have plenty of vegetables and fruits, eat lean proteins and plant-based proteins, choose whole grain foods, and make water your drink of choice.

Cooking foods at home more often, reading food labels, and limiting processed sugars and highly processed and packaged foods can also help to protect your liver.

Find a form of exercise or movement that you enjoy and practice it daily

In addition to preventing fatty liver disease, regular exercise also protects your body from type 2 diabetes, heart attack, stroke, and cancer.

Drink black coffee regularly if you wish (up to 4 cups, daily)

Black coffee contains compounds and antioxidants that help reduce liver damage. These compounds contain properties that are cancer fighting, anti-inflammatory, and anti-diabetic. Coffee has been found to be beneficial regardless of how it's prepared: caffeinated, decaffeinated, drip, French press, filtered, instant, or espresso.

Protect your skin and airways from toxins

Wear gloves and a mask when handling cleaning supplies and ensure your home is well ventilated. Use vinegar and baking soda for a tried and true, more natural cleaning mix.

When it comes to alcohol, less is best

Alcohol is a toxin that your liver must process and detoxify from your blood. At two standard drinks or less per week, you are likely to avoid alcohol-related health consequences.

Quit smoking

You've likely heard that smoking is a cause of lung cancer, but did you know that cigarettes can cause hepatocellular carcinoma—more commonly known as liver cancer? The chemical found in tobacco smoke can lead to liver cell damage, which leads to scarring of the liver, which is a known risk for liver cancer. If you smoke, your risk of developing liver cancer is 60% higher than a non-smoker. Quitting at any age is beneficial to one's overall health and liver health.

Find more steps and tips to protect your liver at liver.ca/your-liver.

Every dollar you give makes an impact. With your generosity, you help fund educational, research, and advocacy initiatives that benefit millions of Canadians.



Go to liver.ca/donate today to join us in our fight against liver disease.

\$165

Covers 1 genetic test for hereditary liver conditions in high-risk families.

\$210

Sponsors a peer-led virtual support group session for 20 patients.



\$35



Supports a "University Ambassador" research & training workshop to empower teens to advocate for liver health in their communities.

\$255



Launches a workplace wellness campaign to promote liver health screenings in corporate settings.

\$50

Supports the development of Nutrition in Cirrhosis 2 guide and a printed copy.

\$65



Funds the development of new digital liver health interactive tools for tracking symptoms, medication schedules, and dietary guidelines.

\$555



A pre-transplant coordinator helping you launch a living donation campaign to help you find a transplant. Helps our liver transplant coordinator find a match for critical patients, directly enhancing their chances for survival.

\$85



Funds 1 LIVERight School Education session where children learn about healthy choices and fun games to improve liver health awareness. This only covers the materials used in the workshops.

\$725



Establishes a patient-researcher partnership grant to integrate lived experience into study design.

\$115

Subsidizes travel costs for rural patients to attend the forum, addressing geographic disparities in care access.

\$1200



Sponsors a "Healthy Liver Cooking Challenge" with celebrity chefs, distributing recipes to 10,000 households.



Disclaimer

If you are living with liver disease or at-risk of liver disease, we recommend that you discuss your unique dietary needs with your healthcare provider.

Recipe development and photography courtesy of Laura Dellandrea.
All recipes have been reviewed and approved by Dr. Diana Mager, RD.