



9-DAY Cleanses to Heal

Jennifer Silvestre

**Rest your liver with a ultra-low-fat diet
and functional foods with bioactive
compounds.**

METHOD BY NUTRITIONIST JENNIFER SILVESTRE.

Jennifer Silvestre



The main goal of the **9-Day Cleanse to Heal** is to give a "rest" to the **liver** following a **ultra-low-fat diet** with **functional foods rich in bioactives** to aid in this process.

After these **9 days of deep cleansing**, your body will start to better metabolize fats and may even eliminate **bacteria** found in food groups that aggravate **chronic and inflammatory** diseases such as **endometriosis, arthritis, diverticulosis**, and many others.

With a **ultra-low-fat diet** your liver - an organ responsible for a significant **portion of the detoxification system** - can use all its energy to **deeply cleanse your tissues** - which can retain **up to 20 pounds of toxins** that **increase systemic inflammation** and **hinder processes such as weight loss**, and worsen other non-communicable chronic diseases.

A stylized illustration of several oranges and their leaves, rendered in a light orange color against a darker orange background. The oranges are clustered together, with some leaves extending upwards and outwards. The illustration is positioned in the upper right quadrant of the page.

LET'S GO

Learn the necessary steps
to achieve the
9-DAY CLEANSE TO HEAL

Jennifer Silvestre

Jennifer Silvestre



FIRSTSTEP

First, avoid all troublemaker foods during the **9-Day Cleanse to Heal**.

START WITH LEVEL 1 AND PROGRESS TO THE NEXT LEVELS.

Consider that **Level 1** is the most important to exclude from your diet.

LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4

LEVEL 5

Jennifer Silvestre



LEVEL 1

Avoid **eggs, milk** and dairy products, **gluten, soft drinks**, and be very mindful of **salt** consumption.

LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4

LEVEL 5

Jennifer Silvestre



LEVEL 2

AVOID ALL FROM LEVEL 1
and also **pork, tuna and corn.**

LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4

LEVEL 5

Jennifer Silvestre



LEVEL 3

AVOID ALL FROM LEVEL 2

and also **processed foods**, **processed oils**,
soy, **lamb**, **fish** (except fresh **salmon**, **trout**,
and **sardines**).

LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4

LEVEL 5

Jennifer Silvestre



LEVEL 4

AVOID ALL FROM LEVEL 3

and also **vinegars**, fermented foods, **caffeine** (including **coffee** - or opt for decaf), **teas**, and **chocolate**.

LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4

LEVEL 5

Jennifer Silvestre



LEVEL 5

AVOID ALL FROM LEVEL 4
and also **grains** (except **millet** and **oats**) and
all **healthy oils**.

LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4

LEVEL 5

Jennifer Silvestre



BONUS

Completely cut out salt and seasonings,
except for pure spices

AVOID OR REMOVE

**Alcohol, artificial flavors, nutritional yeast,
citric acid, aspartame and any other
artificial sweetener, monosodium
glutamate, and food preservatives.**

Jennifer Silvestre



SECOND STEP

FOLLOW THE 3:6:9-DAYS MEAL PLAN!

Following the meal plan is **essential** to achieve the goals of the **9-day Cleanse to Heal**.

Giving a "rest" to the liver will depend on the **3:6:9-Days** meal plan and the recipes.

The **recipes** will be presented right after the meal plan.

DAYS 1,2,3

DAYS 4,5,6

DAYS 7,8,9

DAYS 1,2,3

MORNING

waking up

400 ml of warm **water** with 1 squeezed **lime** .

In the morning
(wait for 15 to 30 minutes)

250 ml of **celery** juice.

Breakfast
(wait for 15 to 30 minutes)

See **breakfast** options in the recipes.

Morning snack
(only if you feel hungry)

1 organic **apple** or 1 organic **apple** sauce with no added sugars.

DAYS 1,2,3

AFTERNOON

Lunch

Green or summer **squash** (unlimited and steamed only), **potato** salad or **cauliflower sushi** (or tomato, cucumber, and herb salad).

Dessert

1 or 2 dates.

Afternoon snack

1 or 2 organic apples, or **2 units of organic apple** sauce no added sugars.

DAYS 1,2,3

EVENING

Dinner

1 medium piece of grilled wild **salmon**, **broccoli** and “**cheddar**” soup or **tomato** and **pepper** soup (or **lettuce wrap**).

1 hour before bed

1 **apple** (if you feel hungry), 1 glass of **water** with 1 **lemon**, and 1 mug of **hibiscus** tea.

DAYS 4,5,6

MORNING

waking up

400ml warm **water** with 1 squeezed Lime

In the morning
(wait for 15 to 30 minutes)

250 ml **celery** juice.

Breakfast
(wait for 15 to 30 minutes)

Liver detox smoothie or **Heavy Metal Detox Smoothie.**

Morning snack
(only if hungry)

Repeat **breakfast.**

DAYS 4,5,6

AFTERNOON

Lunch

Steamed **asparagus** and/or **brussels sprouts** (as desired) and liver rescue salad.

Dessert

Your choice of dried fruits, including raisins, **apricots**, **mangoes**, **dates**, and/or **cranberries**.

Afternoon snack

Celery (substitute with your preferred red berries if you can't eat them pure), **oat cookies**, **blueberry** porridge, or **mini apple pie**.

DAYS 4,5,6

EVENING

Dinner

Liver rescue salad and stuffed **peppers** with **potatoes** or a **burger** made with **potatoes, carrots,** and green **zucchini** (or a zucchini lasagna).

1 hour before bedtime

1 apple (if hungry), **1 glass of water** with **1 lime,** and **chaga** tea.

DAYS 7,8...

MORNING

waking up

400ml warm water with 1 squeezed Lime.

In the morning
(wait for 15 to 30 minutes)

250ml **celery** juice..

Breakfast
(wait for 15 to 30 minutes)

Liver detox smoothie or **heavy metal detox smoothie**.

Morning Snack
(if hungry)

Repeat **breakfast** or eat a fruit of your choice.

DAYS 7,8...

AFTERNOON

Lunch

Raw **salad** with chopped fruits of your choice or any **soup** from the recipes

Dessert

Dried fruits of your choice, including raisins, **apricots**, **mangoes**, **dates**, and/or **cranberries**.

Afternoon snack

500ml **celery** juice, 1 or 2 **apples** (blended or not), and **cucumber**

DAYS 7,8...

NIGHT

Dinner

Liver rescue **salad**, steamed vegetables, and **millet**.

1 hour before bed

1 apple (if hungry), 1 glass of **water** with 1 **lime**, and **lemon balm tea**.

... **DIA9**

LAST DAY...

MORNING... START YOUR DAY

1 liter of **water** with **lime**

THROUGHOUT THE DAY

500 ml to 1 liter of **celery** juice (1 glass in the morning and another in early afternoon), **cucumber** and **apple** juice, (as much as you want) **papaya** juice, **watermelon** juice, hot spice apple juice, and liver rescue juice.

1 HOUR BEFORE GOING TO BED

500 ml of **water** with **lime**



BREAKFAST

SOUPS

JUICES

OTHERS

Jennifer Silvestre



Recipes

BREAKFAST

Jennifer Silvestre

Jennifer Silvestre



BANANA OAT COOKIES

Ingredientes

1 and ½ bananas (large and mashed); 1 cup of oats (gluten-free); ¼ cup of raisins; 1 tablespoon of 70% cocoa chocolate chips.

Directions

Preheat the oven. Add the banana to a bowl and mash with a fork. Add the remaining ingredients. Form eight cookies and bake in the oven for approximately 15 minutes.

BREAKFAST

Jennifer Silvestre



BLUEBERRY PORRIDGE

Ingredientes

1 cup of oats (gluten-free); 2 cups of water; ½ teaspoon of cinnamon; ½ cup of blueberries; 2 tablespoons of agave.

Directions

Bring the oats to a boil with water and cinnamon, and cook until make a porridge (you can also use a microwave). Prepare the blueberry syrup by boiling it with agave, and add to the porridge.

BREAKFAST

Jennifer Silvestre



FROZEN BANANA AND APPLE BOWL

Ingredientes

1 apple (chopped and frozen); 1 banana (frozen); 1 date; 1 teaspoon of vanilla extract; 2 to 3 tablespoons of water.

Directions

Put all the ingredients in a food processor (or blender) until it smooth and serve immediately.

BREAKFAST

Jennifer Silvestre



MANGO AND BERRIES SMOOTHIE

Ingredients

2 cups of mango; 2 to 3 tablespoons of fresh orange juice (or water); ½ cup of mixed berries; 2 mint leaves.

Directions

Add the mango to a blender with water (or juice) until it reaches a smooth consistency. Add half of the mango and some of the berries to a jar, and cover with the rest of the mango. Add the remaining berries on top, and serve immediately.

BREAKFAST

Jennifer Silvestre



FRUIT CEREAL

Ingredients

1 cup of mixed berries; ½ cup of chopped mango; 1 banana; 1 cup of oat milk; (optional) 1 tablespoon of blackberries.

Directions

Add all the chopped fruits to a bowl with oat milk. Add the dehydrated blackberries on top.

BREAKFAST

Jennifer Silvestre



GRILLED PLANTAIN

Ingredients

1 large plantain (sliced into 3 parts); ½ cup of mixed berries.

Directions

Heat a frying pan and add the banana slices. Cook on one side and flip. Arrange the mixed berries with the plantains on a plate.

BREAKFAST



Recipes

SOUP

Jennifer Silvestre

Jennifer Silvestre



SPINACH SOUP

Ingredients

2 pounds of cherry tomatoes; 1 stalk of celery; 2 cloves of garlic; 4 cups of spinach; fresh basil leaves; cilantro (to taste); 1 medium potato (cooked); 1 bay leaf; (optional) 1 cucumber noodle (if organic, keep skin on, otherwise discard); and the juice of 1 orange.

Directions

Add the tomatoes, celery, garlic, and juice of 1 orange to a blender, and blend until smooth. Add spinach until incorporated, the cooked potato, and finally cilantro. Bring to boil on the stove.

SOUPS

Jennifer Silvestre



LIVER RESCUE SOUP

Ingredients

2 cups cherry tomatoes; 1 cup cucumber; 2 stalks of celery; ¼ cup fresh cilantro; ¼ cup parsley; 2 tablespoons lime juice (Sicilian lemon or orange juice); (optional) 1 or 2 dates (or 1 teaspoon honey); ½ cup water.

Directions

Blend all ingredients in a blender and serve immediately.

SOUPS

Jennifer Silvestre



TOMATO AND PEPPER SOUP

Ingredients

500g red pepper; 500g tomato; 1 cup onion (chopped); 3 cloves of garlic (chopped); ½ cup celery (chopped); 1 teaspoon fresh thyme; (optional) ½ teaspoon red pepper flakes; 1 and ½ cups water or Liver Rescue broth; and fresh basil (to serve).

Directions

Preheat the oven to 400 °F and add the tomatoes, onion, garlic, parsley, thyme, and red pepper flakes to a baking dish and roast for 20 to 25 minutes. When they are golden and soft, remove from the oven and blend with water if desired.

SOUPS

Jennifer Silvestre



BROCCOLI CHEDDAR SOUP

Ingredients

3 cups potatoes (chopped); 1 cup carrots (chopped); 1 teaspoon turmeric; 2 teaspoons garlic (powder); 1 teaspoon onion (powder); 1 teaspoon paprika; 2 teaspoons lemon juice; 2 cups water or Liver Rescue broth (brand); 4 cups broccoli (chopped).

Directions

Steam the potatoes and carrots. Add the cooked potatoes and carrots to a blender with all other ingredients and heat on the stove until boiling. Steam the broccoli and add to the soup.

SOUPS

Jennifer Silvestre



LIVER RESCUE BROTH

Ingredients

1 handful of celery (chopped); 6 carrots (chopped); 1 pumpkin; 2 onions (chopped); 1 small piece of ginger (chopped); 1 pinch of turmeric; 1 cup of cilantro; 6 cloves of garlic; 12 cups of water.

Directions

Add all ingredients to a pot. Once boiling, cook for at least 1 hour on low heat. Strain the broth well and reserve to make the soups.

SOUPS



Recipes

JUICE AND SMOOTHIE

Jennifer Silvestre

Jennifer Silvestre



HEAVY METAL DETOX SMOOTHIE

Ingredients

2 bananas; 2 cups of blueberries; 1 cup of cilantro; 1 teaspoon of spirulina; juice of 1 orange; (optional) ½ to 1 cup of water; and (optional) ice.

Directions

Add all ingredients to a blender.

JUICE

Jennifer Silvestre



LIVER RESCUE SMOOTHIE

Ingredients

2 bananas (or 1/2 maradol papaya cubed); 1/2 cup of frozen or fresh pitaya (dragon fruit); 2 cups of frozen or fresh blueberries; water and ice to taste.

Directions

Add all ingredients to a blender.

JUICE

Jennifer Silvestre



APPLE AND CUCUMBER JUICE

Ingredients

1 large cucumber; 3 apples.

Directions

Use a juicer (or blend everything on high speed in a blender) with 8 tablespoons of water. Keep in the refrigerator, if desired.

JUICE

Jennifer Silvestre



LIVER RESCUE JUICE

Ingredients

3 apples (or pears); 1 cup of cilantro; 2 cups of spinach; 500g of asparagus; and 1 cucumber.

Directions

Use a juicer (or blend everything on high speed in a blender) with 8 tablespoons of water, and strain well. Keep in the refrigerator, if desired.

JUICE

Jennifer Silvestre



WATERMELON JUICE

Ingredients

1 small watermelon (chopped); 1 cucumber; mint leaves (to taste).

Directions

Use a juicer (or mix everything on high speed in a blender) and strain well. Keep in the refrigerator, if desired.

JUICE

Jennifer Silvestre



HOT SPICED APPLE JUICE

Ingredients

2 apples; $\frac{3}{4}$ teaspoon of cinnamon; 1 piece of ginger; (optional) a pinch of nutmeg; $\frac{1}{2}$ teaspoon of orange zest.

Directions

Add the apples to the juicer (or use a blender) with 6 tablespoons of water, and strain. Add the cinnamon, ginger, nutmeg, and grated orange zest last, after straining.

JUICE

A top-down view of a dark bowl filled with a vibrant salad. The salad includes fresh green leafy vegetables, sliced cherry tomatoes, sliced red onions, and several olives. A small wedge of cheese is also visible. The bowl is set against a dark, textured background.

Recipes

OTHER

Jennifer Silvestre

Jennifer Silvestre



LIVER RESCUE SALAD

Ingredients

8 cups of mixed greens of your choice (spinach, arugula, kale, lettuce...)

You can also add apple, grape, mango, strawberries, cucumber, tomato, asparagus, cabbage, carrot, sprouts, fresh herbs of your preference, garlic and red onion, sun-dried tomato, green beans or sugar snap peas.

Dressing Ingredients (optional)

1 cup of orange juice; 1 garlic clove; 1 teaspoon of honey; (optional) 1 pinch of cayenne pepper.

Dressing directions

Blend all ingredients in a blender and pour over the salad .

OTHER

Jennifer Silvestre



CAULIFLOWER SUSHI

Ingredients (add more ingredients to your liking)

500g of cauliflower rice; 1 cucumber*; 1 carrot*; 1 mango*; and 3 sheets of seaweed (for sushi). * sliced lengthwise and very thinly the ingredients

Dressing ingredients

2 teaspoons of agave; 2 tablespoons of lemon juice; ¼ teaspoon of cayenne pepper; ½ teaspoon of ginger.

Dressing directions

Open the seaweed and add ¾ cup of cauliflower rice on one half of the seaweed. Add the sliced vegetables (lengthwise and very thinly) in the middle of the cauliflower rice, and roll tightly. Using your fingers, wet the ends of the seaweed with water to seal. Cut with a knife. Drain the cauliflower rice before starting the preparation. If desired, add dry spices to the rice to enhance the flavor.

OTHER

Jennifer Silvestre



POTATO SALAD

Ingredients

1 sweet potato (large); 2 potatoes (medium and of your preference); 1 garlic clove; 1 handful of parsley (finely chopped); ½ teaspoon of mustard; 2 tablespoons of lime juice; dry spices (to taste I like brand Dash); pepper (to taste); 1 thinly sliced cucumber; and (optional) ½ cup of radish.

Dressing directions

**Steam the potatoes and wait for them to cool.
Add the remaining ingredients and mix well.**

OTHER

Jennifer Silvestre



STUFFED BELL PEPPER WITH POTATO

Ingredients

2 pounds of potatoes; 1 teaspoon of onion powder; ½ teaspoon of paprika; 2 tablespoons of chopped parsley (to garnish); 1 tablespoon of lime juice; 3 bell peppers (of your preference).

Directions

Steam the potatoes until tender. Once cooked, make a mashed potatoes. Cut the bell peppers lengthwise, remove the seeds, and fill with mashed potatoes . Bake in the oven for 20 to 25 minutes - or until lightly golden on top.

OTHER

Jennifer Silvestre



ZUCCHINI LASAGNA

Lasagna ingredients

4 medium zucchinis (or eggplant if desire) and 5 to 6 basil leaves.

Filling ingredients

6 potatoes; 1 teaspoon of onion powder; 1 tablespoon of lime juice; and ¼ cup of cornstarch.

Sauce ingredients

4 cups of chopped tomatoes; 1 onion (chopped); 3 garlic cloves (chopped); 1 teaspoon of oregano; 1 tablespoon of fresh thyme; and ¼ cup of chopped basil.

Directions

Slice the zucchinis and bake in the oven for 20 to 25 minutes. For the filling, steam the potatoes until very tender. Once cooked, add the potatoes and the remaining ingredients to a blender and set aside. For the marinara sauce, add all sauce ingredients to a pan and cook for 15 to 20 minutes on low heat once boiling. Layer the lasagna starting with zucchini, and bake in the oven for 45 to 50 minutes. Serve with basil leaves on top.

OTHER



CONGRATULATIONS

You did it!

Your liver **thanks you for the rest**, and I thank you for being part of the **9 Days Cleanse to Heal**. Visit the recipes section of my blog and enjoy your new phase.

VISIT [JENNIFERSILVESTRE.COM/RECIPES](https://jennifersilvestre.com/recipes)

Jennifer Silvestre