

## Fatty liver reversal challenge



**Omega 3 fatty acids**



**calcium rich food**



**Vitamin E rich food**



**Water**



**olive and avacado oil**



**Garlic**



**Soy products**



**Bread**



**Sugar**



**Butter and Ghee**



**Processed meat**



**Alcohol**



**Salty food**



**Fried food**



Delicious green smoothie recipe



**1 green apple**



**2 Cups baby spinach**



**2 cups coconut milk**



**1 frozen banana**