

Liver-Friendly Recipes & Cooking

About This Resource

These resources provide easy, affordable, and nutritious meal ideas designed for people living with liver or metabolic conditions. They promote balanced, evidence-based eating patterns — emphasizing fresh foods, healthy fats, lean proteins, and fiber-rich ingredients that support liver repair, energy, and long-term wellness.

Cooking & Recipe Collections

- **American Liver Foundation – Liver-Friendly Recipes**

Balanced, low-fat recipes and meal ideas developed for individuals with liver disease.

 [Liver Foundation Recipes \[liverfoundation.org\]](https://liverfoundation.org/recipes/)

- **MyPlate Kitchen – U.S. Department of Agriculture**

Customizable healthy meal plans and recipes based on the Dietary Guidelines for Americans.

 myplate.gov/myplate-kitchen

- **American Heart Association – Heart-Healthy Recipes**

Low-sodium, low-fat recipes that align with cardiovascular and liver wellness goals.

 recipes.heart.org

- **The Doc's Kitchen**

Created by a physician and trained chef specializing in gastroenterology, nutrition, and weight management — offering healthy recipes, practical cooking tips, and evidence-based education to support sustainable eating habits.

 thedoctorskitchen.com

Local & Community Nutrition Programs

- **Texas Liver Care – TLC Wellness Program**

Personalized, physician-guided nutrition and weight-management support for patients with liver and metabolic conditions.

 (682) 427-0200 |  texasslivercare.org | Fort Worth & Dallas

- **Tarrant County Public Health – Health Classes**

Free exercise, cooking, and chronic disease classes.

 [Tarrant County Health Classes \[tarrantcountytx.gov\]](https://tarrantcountytx.gov/health-classes)

- **Dallas County Health and Human Services – Food and Nutrition Program**

Offers free classes and resources that teach practical, budget-friendly ways to prepare healthy meals and prevent chronic diseases.

 [Dallas County Nutrition \[dallascounty.org\]](https://dallascounty.org/nutrition)

For Support & Questions

Texas Liver Care | (682) 427-0200 | TexasLiverCare.org | info@TexasLiverCare.org | 617 Travis Ave, Fort Worth, TX 76104

Disclaimer: Educational use only. Not a substitute for professional medical advice or care. External resources are provided for convenience and do not imply endorsement by Texas Liver Care. Clinical services are provided by Texas Liver Health, an independent medical practice. Texas Liver Care does not provide clinical care.

TLC Tips – Cooking Made Simple

- Cook more meals at home to control ingredients, salt, and portion sizes.
- Flavor foods with herbs, spices, citrus, or vinegar instead of excess salt or sauces.
- Choose baking, grilling, or steaming over frying.
- Include fiber-rich foods — beans, vegetables, and whole grains — to improve gut and liver health.
- Stay hydrated with water, coffee, or unsweetened tea; limit sugary drinks.

For Support & Questions

Texas Liver Care | (682) 427-0200 | TexasLiverCare.org | info@TexasLiverCare.org | 617 Travis Ave, Fort Worth, TX 76104

Disclaimer: Educational use only. Not a substitute for professional medical advice or care. External resources are provided for convenience and do not imply endorsement by Texas Liver Care. Clinical services are provided by Texas Liver Health, an independent medical practice. Texas Liver Care does not provide clinical care.

Last Updated March 2026