



Nutrition Strategies Across Effort Levels

Your goal is to match your approach to your current effort level so that the changes you make are realistic, repeatable, and sustainable. Lower effort levels reduce liver strain through timing and portion control, while higher effort levels change food composition more deeply. All levels can be effective when applied consistently.

Effort Level	Core Nutrition Strategy	How It Helps the Liver	Advantages	Trade-offs
Level 1	Improve timing and portions	Reduces constant insulin signaling and allows liver recovery	Very easy to start, minimal disruption	Changes may feel slow
Level 2	Plant-heavy meals on select days	Lowers calorie density and metabolic load part-time	Flexible and socially manageable	Requires planning
Level 3	Mostly plant-based with occasional animal foods	Reduces liver fat storage more consistently	Balanced structure with flexibility	Requires consistency
Level 4	Fully whole-food, plant-based	Maximally reduces liver workload and insulin demand	Clear rules, often faster results	Higher effort, social adjustment
Level 5	WFPB plus structured fasting	Enhances metabolic recovery and fat clearance	Powerful when supported and sustained	Requires experience and support

Technical support:

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Educational Disclaimer

This tracker is provided for educational and self-reflection purposes only. It does not diagnose, treat, cure, or prevent disease and is not a substitute for professional medical advice, diagnosis, or care. Always discuss laboratory and imaging results with a qualified healthcare professional.