



LIVINGOOD RECOMMENDED BREAKFASTS

Livingood Daily

RECOMMENDED FOODS

*These foods help fuel your body without causing **blood sugar spikes or inflammation.***

*They're packed with **nutrients, protein, and fiber** to keep you full and support fat loss.*

Protein

(Choose High-Quality, Clean Sources)

Protein helps:

- ✔ Build lean muscle (which burns more calories)
- ✔ Keep you full for longer
- ✔ Stabilize your blood sugar and reduce cravings



Aim for 20–35 grams of protein per meal. *Good options include:*

- Organic pasture-raised eggs
- Organic chicken or turkey
- Wild-caught fish
- Canned tuna
- Grass-fed beef
- Protein powders (check for no added sugar)
- Beans, lentils, and peas
- Nuts and seeds

Healthy Fats

Healthy fats help:

- ✓ Keep you full and satisfied between meals
- ✓ Support hormone production (including fat-burning hormones)
- ✓ Help your body absorb vitamins like A, D, E, and K
- ✓ Fuel your brain and improve focus during fasting
- ✓ Reduce inflammation, which supports long-term fat loss



Aim for 10-20 grams of healthy fats per meal. *Good options include:*

- Avocados
- Olive oil or coconut oil
- Grass-fed butter or ghee
- MCT oil
- Nuts and seeds (almonds, walnuts, chia seeds, flax seeds)
- Coconut milk (unsweetened)
- Egg yolks
- Fat from grass-fed beef or lamb
- Wild-caught salmon and fatty fish (like mackerel or sardines)

Fiber

Fiber helps:

- ✓ Keep your digestion regular and smooth
- ✓ Slow down how quickly sugar enters your bloodstream
- ✓ Feed good gut bacteria, which improves metabolism
- ✓ Help you feel full with fewer calories
- ✓ Support steady energy and reduce snacking later in the day



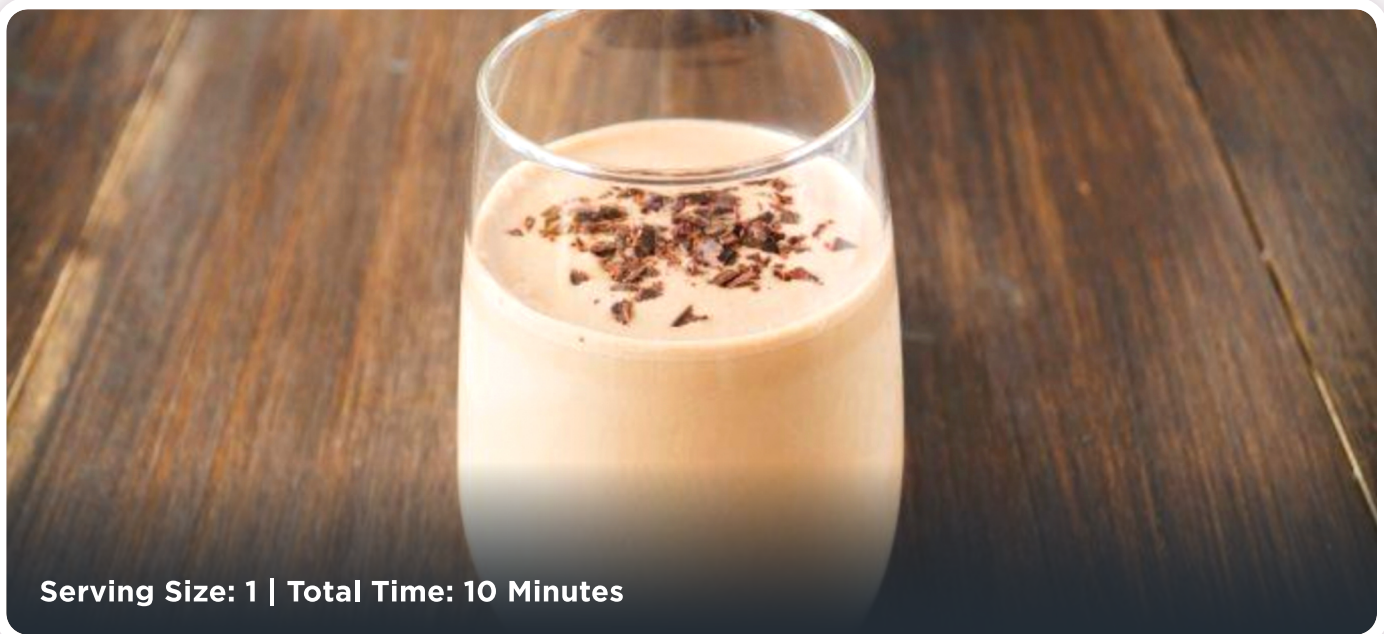
Aim for 8-12 grams of fiber per meal. *Good options include:*

- Leafy greens (like spinach, kale, arugula)
- Cruciferous veggies (like broccoli, cauliflower, Brussels sprouts)
- Low-sugar fruits like berries, apples, grapefruit, lemon, lime
- Chia seeds or flaxseeds
- Beans or lentils
- Nuts and nut butters
- Sweet potatoes
- Carrots, celery, cucumbers
- Fermented foods like sauerkraut, pickles, kimchi

BREAKFAST RECIPES

Here are *simple, balanced recipes* that fit the recommended guidelines.

Collagen and Coconut Milk Smoothie



Serving Size: 1 | Total Time: 10 Minutes

Ingredients:

- ½ cup full-fat coconut milk
- ½ cup almond milk (unsweetened or unsweetened vanilla)
- 1 handful of organic spinach
- 1 scoop Livingood Daily Collagen Protein Vanilla
- 1 tbsp cocoa powder
- 2 tbsp organic raw cacao nibs
- 2 tbsp organic whole flax seeds
- 2 tbsp organic whole chia seeds
- 1 tsp maca root powder
- 1 tbsp of Livingood Daily Greens Powder
- 1 tbsp coconut oil
- Approximately 1/2 cup water (or milk- to desired thickness of smoothie)
- 4 ice cubes

Instructions:

1. Put all ingredients except the collagen protein into a blender, and blend until smooth.
2. Add in collagen protein and blend on low speed until mixed well. Add more or less milk, water and ice to get the desired consistency and temperature.

Blueberry Almond Milk Smoothie



Ingredients:

- 1 large handful of spinach
- 1 cup full-fat coconut milk (or unsweetened vanilla almond milk)
- ½ -1 cup frozen blueberries
- 1 heaping spoonful of raw almond butter
- 1 scoop Livingood Daily Collagen Protein Vanilla
- 1 tsp cacao nibs (optional)
- 1 tbsp organic whole flax or chia seeds (optional)
- 3-4 ice cubes

Instructions:

1. Put all ingredients except the collagen protein into a blender, and blend until smooth.
2. Add in collagen protein and blend on low speed until mixed well. Add more or less milk, and ice to get the desired consistency and temperature.

Dr Livingood Mocha "Proffee"



Ingredients:

- 12-16 oz Livingood Daily Coffee
- 1 tbsp coconut oil
- 1 tbsp organic butter
- 1 scoop Livingood Daily Collagen Protein Chocolate
- 1 tbsp cocoa powder
- 1 dash cinnamon powder (optional)
- 1 dash sea salt (optional)

Instructions:

1. Put all ingredients except the collagen protein into a blender, and blend until smooth and frothy.
2. Pour into a cup and sprinkle with cinnamon and sea salt to desired taste.

Berry Smoothie Bowl



Ingredients:

- ½ cup canned coconut milk or unsweetened almond milk
- 1 ½ cups frozen berries
- ¼ frozen avocado
- ½ scoop Livingood Daily Collagen Protein Vanilla
- Handful fresh berries (optional topping)
- 1 tbsp chia seeds (optional topping)
- Sliced almonds (optional topping)
- Toasted or dried coconut flakes (optional topping)

Instructions:

1. Put all ingredients except the collagen protein into a blender, and blend until smooth. This is meant to be thick and hard to blend, so you may need to stop to push the fruit down into the blender. Keep blending until smooth.
2. Add in collagen protein and blend on low speed until mixed well.
3. Pour the smoothie into a bowl and top with your favorite toppings.

Pumpkin Smoothie Bowl



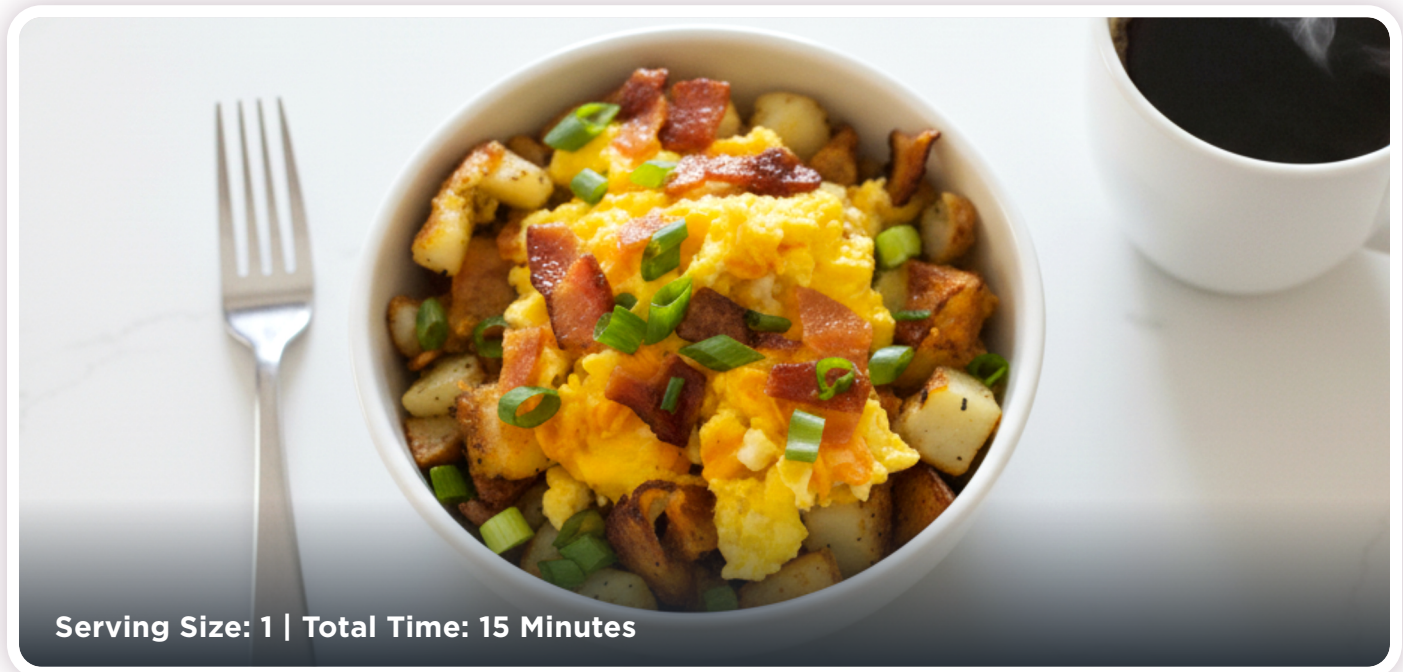
Ingredients:

- ½- ¾ cup canned coconut milk or unsweetened almond milk
- ½ cup pumpkin puree
- ¼ frozen avocado
- ½ scoop Livingood Daily Collagen Protein Vanilla
- 1 - 1 ½ tsp pumpkin spice
- 1 tbsp chia seeds (optional topping)
- Sliced almonds (optional topping)
- Toasted or dried coconut flakes (optional topping)
- Cacao nibs (optional topping)

Instructions:

1. Put milk and avocado into a high powered blender and blend until smooth.
2. Add pumpkin puree and pumpkin spice, and blend until smooth.
3. Add in collagen protein and blend on low speed until mixed well.
4. Pour the smoothie into a bowl and top with your favorite toppings.

Simple Breakfast In A Bowl



Ingredients:

- 2 organic free-range eggs
- 2 tbsp coconut oil
- 2-3 pieces of organic free-range turkey bacon or chicken sausage (cooked)
- ½ cup organic shredded cheese of choice
- 1 - 1½ cup roasted sweet potato chunks or potato chunks (optional)
- 1-2 tbsp salsa (optional topping)
- 1-2 tbsp organic sour cream (optional topping)
- ¼-½ avocado (optional topping)

Instructions:

1. In a small pan, melt coconut oil over medium-low heat and pour whisked eggs into the warm pan. Scramble the eggs as they cook.
2. Once cooked, put the eggs in a bowl and top with shredded cheese to melt. If you are including potatoes, put those in the bowl before the eggs.
3. Add meat and toppings of choice.

Western Omelet With Vegetables And Black Beans



Ingredients:

- 2–3 organic free-range eggs
- ¼ cup black beans
- 2 tbsp coconut oil
- ¼ cup vegetables, diced (bell peppers, onion, tomato, etc.)
- Sea salt, pepper, chili powder, cumin (to taste)
- 1–2 tbsp salsa (optional topping)
- 1–2 tbsp organic sour cream (optional topping)
- ¼–½ avocado (optional topping)

Instructions:

1. Whisk eggs in a bowl, and then add in diced vegetables and spices.
2. In a medium pan, melt coconut oil over medium-low heat and pour egg mixture into the warm pan.
3. Cook 3–4 minutes until mostly cooked, flip omelet and finish cooking 2–3 minutes.
4. Put your cheese on half of the omelet and fold over. Remove from heat and add toppings of your choice.

Organic Eggs with Sautéed Kale & Avocado



Ingredients:

- 2 organic pasture-raised eggs
- 1 tbsp grass-fed butter or ghee
- 2 cups fresh kale
- ½ avocado, sliced
- Salt and pepper to taste

Instructions:

1. In a pan, melt the butter or ghee over medium heat.
2. Add the kale and sauté until it has wilted.
3. Scramble the eggs in the same pan until cooked to your liking.
4. Serve the eggs and kale together, topped with avocado slices, salt, and pepper.

Turkey Bacon & Egg Breakfast Casserole



Ingredients:

- 8 organic eggs
- 8 oz organic turkey bacon or ½ pound organic turkey sausage
- 1 cup coconut milk
- 2 cups organic shredded cheddar cheese
- Salt and pepper, to taste
- Any herb of choice for topping (optional)
- 1 cup diced vegetables, such as onion, spinach, bell peppers, mushrooms, etc. (optional)

Instructions:

1. Preheat your oven to 350°F (177°C).
2. Cook turkey bacon or sausage in a frying pan until cooked through.
3. Whisk eggs and milk together in a bowl. Then add in cooked meat, half of the cheese, and seasoning. Mix together.
4. Grease the bottom of an 8×8 baking dish with organic butter or coconut oil. Then pour mixture over.
5. Sprinkle the remaining cheese on top.
6. Bake at 350 for approximately 20-30 minutes or until golden brown.

Easy Egg Muffin Cups



Ingredients:

- 8 eggs
- 1 cup diced vegetables (such as broccoli, bell peppers, onion, mushrooms, etc)
- ¼ cup almond milk
- ½ cups organic shredded cheddar cheese
- ½ cup turkey bacon
- Salt & pepper (to taste)
- 1 tbsp coconut oil

Instructions:

1. Preheat your oven to 350°F (177°C).
2. Cook turkey bacon or sausage in a frying pan until cooked through.
3. Whisk eggs in a bowl. Then add in cooked meat and the rest of the ingredients. Mix together.
4. Lightly grease muffin tin with coconut oil, then pour in egg mixture.
5. Bake at 350 for approximately 20-24 minutes or until golden brown.

Overnight Oats with a Twist



Ingredients:

- 1 cup rolled oats (gluten-free if preferred)
- Pinch of grated ginger
- 2 tbsp coconut flakes
- ½ cup cherries (or your favorite berries)
- 1 scoop Livingood Daily Collagen Protein Vanilla
- 1 tbsp chia seeds
- 1 tbsp flax seeds (optional)
- Unsweetened almond milk (enough to cover the oats)

Instructions:

1. In a mason jar or a bowl, combine all the ingredients except almond milk, and mix together well.
2. Pour in enough almond milk to cover the oats completely.
3. Stir well, cover, and refrigerate overnight.
4. In the morning, remove overnight oats from the fridge and they will be ready to eat.

Berry Chia Seed Pudding



Ingredients:

- 1 can of organic full-fat coconut milk
- ½ cup chia seeds
- ½ tsp vanilla extract
- 1 scoop Livingood Daily Collagen Protein Vanilla
- 1 tbsp organic maple syrup or raw local honey
- Fresh berries (optional topping)
- Toasted or dried coconut flakes (optional topping)
- Sliced almonds (optional topping)

Instructions:

1. For a smoother pudding, put all ingredients in a blender and blend on high for 1-2 minutes. Or mix together in a bowl for full chia seed texture.
2. Pour into a container and refrigerate for a minimum of 2-3 hours, and up to overnight.
3. When ready to eat, remove from the refrigerator and top with toppings of your choice.

RECOMMENDED PRODUCTS

These will help you create a breakfast that has enough protein to start the day in fat-burning mode.



Vanilla Collagen + Multivitamin

Livingood Daily Collagen + Multivitamin is the perfect add on to a morning coffee, smoothie, or midday drink, that will help you meet your protein goals. Each scoop fuels hair strength, skin hydration, and joint support while promoting gut wellness—all with a delicious vanilla flavor.

[**SHOP NOW**](#)



Chocolate Collagen + Multivitamin

This rich chocolate blend combines grass-fed collagen with a full-spectrum multivitamin to support hair, skin, joints, and gut health. It's naturally sweetened with monk fruit and includes glucomannan for appetite support and milk thistle for gentle liver detox. A smooth, satisfying way to boost your nutrition and metabolism—without added sugars or preservatives.

[**SHOP NOW**](#)



Coffee + Moringa

This fat-burning coffee keeps you full without spiking insulin. It's a perfect way to start your day—steady energy, zero crash, no snacking needed. It's a high-antioxidant, metabolism-boosting roast made without toxins or preservatives. Available in whole bean, ground, and even decaf.

[**SHOP NOW**](#)

ADDITIONAL RESOURCES

Night Fasting Guide

Night fasting is a powerful tool for turning your body into a fat-burning machine! Ending meals earlier in the day helps you lower insulin, boost fat-burning hormones, and melt stubborn belly fat while you sleep—without counting calories or cutting out your favorite foods.

This step-by-step guide will help you get started with simple routines, meal timing strategies, and recipes designed to maximize fat loss.

[**GET MY FREE GUIDE!**](#)



If you want more information, check out these other videos.

30 Day Blueprint To Lose 20 Pounds Of Fat!



If you've tried dieting and nothing seems to work, this video lays out a simple, science-backed plan to finally lose 20 pounds of fat in just 30 days — without starving yourself, tracking calories, or spending hours at the gym

You'll see the exact eating schedule, food lists, and fat-burning boosters that make the biggest difference, and how to turn them into habits you can actually stick with.

[**CLICK HERE TO WATCH IT!**](#)

Top 5 EASY Food Swaps To Cut THOUSANDS of Calories!



*Most people think they need more willpower to lose weight—but the real problem is the hidden foods that are secretly packing in hundreds of calories and blocking fat loss. In this video, you'll learn **five simple swaps that can cut thousands of calories from your week** and actually help your body burn fat instead of storing it!*

[**CLICK HERE TO WATCH IT!**](#)

Top 13 Foods That Suppress Appetite For MAXIMUM Fat Loss!



If you're constantly battling cravings, your hormones—not your willpower—could be to blame!

In this video, you'll discover 13 superfoods that naturally boost GLP-1 (the same hormone targeted by weight loss drugs like Ozempic) so you can feel full longer, eat less without trying, and finally flip your metabolism back into fat-burning mode

[**CLICK HERE TO WATCH IT!**](#)



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