



CHIA SEED RECIPES

| LIVINGOOD DAILY |





Introduction

When it comes to flattening your belly, one of the most overlooked tools is sitting in your pantry right now...

Chia seeds.

They're tiny — but they're powerful. And when it comes to fat loss, they check every box:

- They're packed with **fiber**, which expands in your stomach and helps you feel full for hours.
- They're rich in **omega-3 fats**, which support hormone balance and inflammation control.
- They're loaded with **plant-based protein**, antioxidants, and minerals like calcium, magnesium, and zinc — all critical for metabolism and gut health.

But the biggest thing that makes chia so effective?

When they hit water, they swell up and form a gel — **up to 12 times their weight!**

That gel slows digestion, balances blood sugar, and helps calm the hunger hormones that lead to belly fat — especially late at night.

So if your goal is to:

- Cut cravings
- Shrink stubborn belly fat
- And feel more in control of your health again...

Chia is one of the simplest ways to start!

How to Use This Guide

There are **multiple ways** you can take chia seeds — and this guide will show you three of the most effective.

Each recipe is designed for a different time of day, depending on when your cravings hit hardest:

- **In the morning** to stabilize blood sugar and curb hunger all day
- **After dinner** to satisfy your sweet tooth without wrecking your progress
- **Beforebed** to keep nighttime cravings from taking over

You don't need to use all three.

Just pick the one that works for you and stick with it for the next seven days.

One cup a day. That's all it takes!





Chia Recipes for Fat Loss

Each recipe below is designed to target a specific challenge you're likely facing during your day — whether that's fighting hunger in the morning, curbing cravings after dinner, or preventing snacking before bed.

You only need one.

**Pick the one that fits your biggest struggle —
and use it for the next 7 days.**

Chia Water

Total Time: **Less than 1 minute (let it sit 10-20 minutes)** • Serving Size: **4** •
Use this: **Shortly after dinner**



Best for:

Nighttime cravings, late-night snacking, blood sugar crashes, belly fat storage.

Why it works:

At night, your satiety hormone (GLP-1) drops, which makes cravings harder to resist. Chia water forms a gel in your stomach that physically helps you feel full. Adding cinnamon can support blood sugar and hunger hormone balance.

Ingredients:

- 1 teaspoon chia seeds (or more)
- 8-12 oz of water (1 cup)
- Optional:
 - Dash of cinnamon
 - Squeeze of lemon or lime
 - Stevia or monk fruit for light sweetness

Instructions:

1. Stir chia seeds into water.
2. Let sit 10-15 minutes until it gels.
3. Stir again before drinking.
4. Drink 30 minutes before bed.

Quick Tip:

Always drink extra water with dry chia to avoid bloating. Stay hydrated to help the fiber work effectively.

Chia Pudding

Total Time: **10 minutes (2 hours to chill)** • Serving Size: **4** • Use this: **Shortly after dinner**



Best for:

Replacing dessert, stopping emotional eating, keeping you full until bed.

Why it works:

Chia pudding gives your body the same appetite-control benefits as chia water, but in a dessert-like form that satisfies your brain *and* your belly. It's ideal for people who crave something sweet at the end of the day.

Ingredients:

- 1 can organic full-fat coconut milk (or unsweetened almond milk)
- ½ cup chia seeds
- ½ teaspoon vanilla extract
- 1 scoop vanilla protein powder (for flavor and added fullness)
- Optional add-ins:
 - Cinnamon to taste
 - Cacao powder
 - Greens powder

Instructions:

1. Stir all ingredients together in a bowl or jar.
2. Cover and refrigerate overnight.
3. Serve cold, optionally topped with berries, nuts, coconut flakes, or cacao nibs.

(Optional) Blender Instructions:

1. Put all ingredients in a blender and blend on high for 1-2 minutes until smooth.
2. If you prefer the chia seeds not to be blended just stir until well mixed.
3. Pour into a container and refrigerate for a minimum of 2-3 hours up to

Quick Tip:

For the smoothest texture, blend the pudding after it soaks. This breaks up the seeds and gives it a more mousse-like consistency — great if you're not a fan of the traditional gel texture.

Cinnamon Chocolate Smoothie

Total Time: **10 minutes** • Serving Size: **1 smoothie** • Use this: **In the morning, as breakfast**



Best for:

Starting your day full, controlling hunger, preventing blood sugar spikes, boosting fat metabolism

Why it works:

A clinical study showed chia eaten in the morning helped people eat 25% fewer calories at their next meal. This smoothie combines chia with healthy fat, fiber, and blood sugar-stabilizing ingredients to give your metabolism a head start.

Ingredients:

- 1 cup full-fat coconut milk or unsweetened vanilla almond milk
- 1 heaping spoonful almond butter
- 1 tablespoon cacao powder
- 1 teaspoon chia seeds (or more)
- Optional add-ins:
 - Cinnamon to taste
 - Nutmeg to taste
 - 1 teaspoon of vanilla
 - Scoop of chocolate protein
 - 3-4 ice cubes

Instructions:

- Add all ingredients to a blender.
- Blend until smooth.
- Drink immediately.

Quick Tip:

If you want even more staying power, try adding a scoop of protein powder to this smoothie (options below). It helps support fat-burning hormones, keeps you full longer, and gives your body clean fuel to start the day strong — without the crash. Just make sure you're using a clean protein without a bunch of added junk!



Sweeteners

✓ Use These (*Approved*)

These won't spike your blood sugar or sabotage your goals:

Monk fruit

- A natural sweetener with no glycemic impact
- Often found blended with erythritol

Stevia

- Use liquid or powdered versions without added fillers
- Start small — it's very sweet

Cinnamon

(for flavor + blood sugar support)

- Not technically a sweetener, but adds warmth and depth
- Also supports insulin sensitivity and GLP-1

Vanilla extract

- Great for adding natural sweetness and flavor
- Works well in smoothies and pudding

Allulose

- A rare sugar that tastes like real sugar but isn't absorbed by the body
- Helps satisfy sweet cravings without spiking blood sugar or insulin

! Use With Caution

These are technically natural, but still raise blood sugar — and for many people, they can reignite cravings:

- **Raw honey**
- **Pure maple syrup**
- **Coconut sugar**

If you're using chia to control your appetite and lose fat, you're better off skipping these — especially at night or first thing in the morning.



✘ Avoid These

These are artificial, ultra-processed, or linked to gut disruption and metabolic issues:



- **Sugar**
- **Sucralose (Splenda)**
- **Aspartame**
- **Ace-K (Acesulfame potassium)**
- **Sugar alcohols like maltitol and sorbitol**
- **“Natural flavors” blends with hidden sugars**

Protein & Greens



Livingood Daily Collagen Protein Vanilla + Multi

Livingood Daily Collagen + Multi delivers five types of collagen & hyaluronic acid to nourish your body from the inside out.

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Livingood Daily Chocolate Collagen + Multi

Livingood Daily Collagen + Multi delivers five types of collagen & hyaluronic acid to nourish your body from the inside out—now available in a rich chocolate flavor you'll love.

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Livingood Daily Greens + Superfoods

Packed with over 50 superfoods, Livingood Daily Greens + Superfoods delivers a full serving of greens, fruits, fiber, probiotics, and digestive support—all in one convenient daily scoop.

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Chia FAQs

1. Will chia water break a fast?

It depends on how strict your fasting goals are.

If you're doing a clean fast, even a few calories can technically break it.

But if your goal is to curb cravings, balance blood sugar, and burn more fat — then chia water can actually support your fast.

A teaspoon of chia in water adds minimal calories but helps control hunger and prevent blood sugar crashes, especially at night.

2. Can I take chia water and apple cider vinegar together at night?

Yes — they actually complement each other.

Chia helps curb cravings and slow digestion, while apple cider vinegar helps stabilize blood sugar and support digestion.

Just make sure to drink enough water and don't overdo the vinegar — 1 tablespoon is plenty.

3. Do I need to soak chia seeds first?

Yes — especially for drinks.

Soaking allows the seeds to absorb water and form that gel that makes them so effective for satiety and digestion.

It also reduces the risk of bloating or choking.

For drinks, let them soak at least **10-15 minutes**.

For pudding, you'll want to soak them **overnight**.

4. Does blending chia seeds fix the texture?

Yes — blending can smooth out the texture dramatically.

If you don't like the gel or "seed" feel in your mouth, blending the chia (like in a smoothie) helps break it down.

You'll still get the benefits without the clumpiness.

5. The pudding recipe makes a lot — is that one serving?

No, that's more than one serving.

The full recipe makes about **4-6 servings**, depending on your portion size.

Stick to about **½ cup per serving** if your goal is fat loss. That's plenty to help keep you full without going overboard on calories.

6. How much chia should I take each day?

Start with 1 teaspoon if you're new to chia.

Most people do well with **1–2 tablespoons per day** once their digestion adjusts. More isn't always better — if you go over **3 tablespoons**, you might get bloated or constipated if you're not drinking enough water.

7. Can I take chia every day?

Yes — daily use is totally fine and often more effective.

Just make sure you're drinking enough water and not suddenly jumping to large amounts.

Start small, build up slowly, and listen to your body.

8. What if I feel bloated after taking chia seeds?

That usually means one of two things:

- **You took too much too quickly**
- **Or you didn't drink enough water**

Chia absorbs a lot of liquid, so if it's not fully hydrated — or your gut isn't used to that much fiber — it can feel heavy or gassy.

Ease into it and drink an extra glass of water with it.

9. Can I use ground chia seeds instead of whole?

You can — but they won't form the same gel.

Ground chia blends smoothly into drinks and smoothies, and you'll still get the nutrients. But if you're using it for fullness or digestion, whole soaked chia works better.

10. Can I take chia seeds if I have diverticulitis or IBS?

It depends on your situation.

If you're in the middle of a **flare-up** — meaning pain, inflammation, or active digestive symptoms — chia seeds (or any high-fiber food) may not be a good idea. Talk to your doctor first.

But if you're in a **calm or maintenance phase**, many people with IBS or diverticulitis tolerate chia seeds well — especially when they're soaked properly. The gel they form can actually be soothing and supportive for digestion.

Start small, always soak the seeds, and make sure you're drinking plenty of water. If you notice discomfort, stop and reassess with your provider.

Additional Resources

Want more help losing fat and taking control of your health? Here are some of my best free resources to keep the momentum going.

The \$1 Detox Drink to Melt Fat in 10 Days



This drink **takes less than a minute** to make and has helped thousands of people **lose 2-4 pounds in just 10 days**.

It supports your liver, reduces bloating, and helps your body flush toxins that can stall fat loss — especially once you start burning stored fat.

It's the perfect next step after chia.

[Click here to watch it!](#)

The #1 Time To Drink ACV For Fat Loss



If you're already using apple cider vinegar or thinking about it, this video explains exactly **when to take it for best results** — whether you're fasting, eating low carb, or struggling with cravings at night.

Get the timing right, and it can seriously boost your results.

[Click here to watch it!](#)

30-Day Blueprint to Lose 20 Pounds of Fat



If you're ready to go beyond just one cup a day...

This is **the most complete fat loss plan I've ever put together.**

It walks you step-by-step through how to eat, when to eat, and what to eat — without starving, tracking, or obsessing.

You'll get **daily meal strategies, recipes, and fat-burning tips** you won't find anywhere else.

[Click here to watch it!](#)

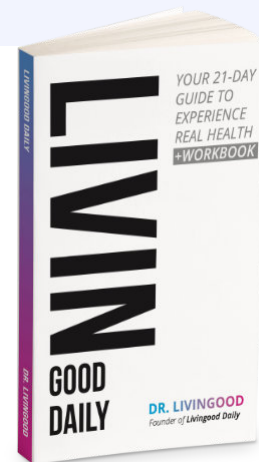
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