



DR. LIVINGOOD'S BELLY FAT FOODS GUIDE

*20 Recipes, All Made With
The Top 10 Foods For **Losing Belly Fat!***



INTRODUCTION

I've worked with tens of thousands of people trying to lose stubborn belly fat, and some of the fastest breakthroughs happen when they start adding a few specific foods to their meals.

Not removing foods. Adding them!

That's because your body has built-in systems for releasing and burning stored fat.

But if you're not giving it what it needs, those systems never turn on.

So you stay stuck, doing everything right, with nothing to show for it.

That's why I put this together.



Here's a quick look at what you're working with:



Cacao triggers your nervous system to release the same fat-burning hormones your body produces during a hard workout — without the workout.



Salmon is loaded with omega-3s that calm the stress signals inside your fat tissue, so your fat cells stop holding on to everything and start letting go.



Fermented foods like **Kimchi and sauerkraut** feed a specific gut bacterium linked to lower belly fat and better blood sugar. Most people have never connected fermented foods to fat loss — but the research is clear.



Cayenne pepper contains capsaicin, which raises your metabolic rate and activates brown fat (the kind that burns energy instead of storing it) within minutes of eating it.



Lentils contain resistant starch that your gut bacteria convert into a compound that flips on the same fat-burning switch your body uses during exercise and fasting.



Edamame delivers plant compounds called isoflavones that can step in when estrogen drops — directly addressing one of the main hormonal drivers of belly fat, especially after 50.



Sweet potatoes boost a hormone called adiponectin, which acts like a master switch for fat burning. And unlike most carbs, they keep blood sugar stable instead of spiking it.



Almonds have cell walls that lock away about 25% of their calories so your body never absorbs them. In clinical trials, people who added a quarter cup daily to the same diet lost significantly more belly fat.



Broccoli contains sulforaphane, which helps your liver break down and clear out excess hormones that contribute to stubborn fat storage around the midsection.



And **Sardines** pack omega-3s, taurine, calcium, and vitamin D into one food — a combination researchers believe works together in ways supplements can't replicate.

Now the real question is:

What can you actually make with them?

Inside this guide you'll find **20 simple, Livingood-approved recipes** that put these fat-burning foods into delicious breakfasts, lunches, and dinners you'll genuinely look forward to eating.

No sugar, no seed oils, no artificial ingredients — **just real food** that tastes great and works with your body instead of against it

Pick one recipe.

Make it this week.

And let these foods do what they were always meant to!

BREAKFAST RECIPES

Chocolate Smoothie

 5 minutes  Serves 1

Ingredients:

- 1 cup organic full fat coconut milk (or milk of choice)
- ½ frozen avocado
- 1 scoop Livingood Daily Chocolate Collagen + Multivitamin
- 2 Tbsp cocoa powder
- ½ cup ice

Optional: 2 Tbsp nut butter of choice, handful of spinach, 1 Tbsp chia seeds, 1 Tbsp flax seeds, 1 Tbsp hemp seeds, 1 scoop Livingood Daily Chocolate Greens + Superfoods, 1 scoop Livingood Daily Instant Vanilla Collagen Coffee + Moringa, 1 Tbsp cacao nibs.

Instructions:

Add all smoothie ingredients into a high-powered blender and blend until your desired consistency (you may need to add ice, water, or more milk).



Sweet Potato Egg Bake

 60 minutes  12 Pieces

Ingredients:

- 2 sweet potatoes, diced
- 1 pound organic breakfast sausage
- 8 eggs
- ½ cup organic milk of choice (I use organic half and half)
- ½ green pepper, diced
- ½ red pepper, diced
- 1 tsp onion powder (can use ¼ of a fresh onion)
- 1 tsp garlic powder
- Sea salt and pepper to taste
- **Optional:** 1 cup cheese of choice



Instructions:

In a frying pan, cook the breakfast sausage until cooked through. Drain any grease. In either the same or another frying pan, using 2 Tbsp avocado or olive oil, cook the sweet potatoes on medium low for about 15 minutes or until starting to be tender. In a bowl, whisk the eggs and milk. Add the remaining ingredients and mix well. Grease a 9x13 baking dish with butter or avocado oil and pour the mixture into the pan. Bake at 350°F for approximately 45 minutes or until golden brown and the eggs are cooked through.

DLG Cereal

 15 minutes  Serves 4

Ingredients:

- 1 cup almonds (slivered)
- ½ cup flax seeds
- ¼ cup sunflower seeds
- 1 cup mix of other nuts or seeds (pepitas, crushed pecans, crushed cashews, crushed walnuts, etc.)
- ½ cup unsweetened coconut flakes (shredded)
- 2 Tbsp cinnamon
- 1 scoop Livingood Daily Vanilla Collagen Protein
- 1 tsp vanilla extract (option 2 only)
- ⅓ cup coconut oil (option 2 only)
- Unsweetened almond milk (for serving)



Optional toppings: raisins, berries, unsweetened coconut flakes, Livingood Daily Vanilla Collagen Protein

Instructions:

Option 1: Put all nuts, seeds, collagen protein, and cinnamon in a blender and blend until a fine consistency (think Grape Nuts cereal). You will not use the vanilla extract or coconut oil for this option.

Option 2: Stir all ingredients in a bowl until mixed together well. Spread evenly on a parchment paper lined cookie sheet. Bake for approximately 20-30 minutes at 300°F. Be sure to stir frequently to prevent it from burning. Allow to cool completely before serving.

Simple Breakfast in a Bowl

 15 minutes  Serves 1

Ingredients:

- 2 organic eggs
- 2 Tbsp coconut oil
- 2-3 pieces of turkey bacon, chicken sausage, or organic humanely raised bacon (cooked)
- ½ cup organic shredded cheese of choice
- **Toppings:** salsa, organic sour cream, avocado



Instructions:

In a small pan, melt coconut oil over medium-low heat and pour whisked eggs into the warm pan. Scramble eggs. Once cooked, put the eggs in a bowl and top with shredded cheese to melt. Add meat and toppings of choice.

Note: Can also add fried sweet potato chunks on the bottom of the bowl if you're not watching sugar intake as much.

LUNCH RECIPES

Loaded Broccoli + Cauliflower Salad

 15 minutes  Serves 6

Ingredients:

- 3 cups broccoli, cut into pieces
- 3 cups cauliflower, cut into pieces
- ½ red onion, diced
- ½ cup organic shredded cheddar cheese
- 1 package organic turkey bacon or organic humanely raised bacon, cooked and chopped
- 1 cup avocado mayo
- 2 Tbsp apple cider vinegar
- 1 Tbsp Swerve (clean sugar alternative)

Optional: raw pecan pieces, dried cranberries or raisins (watch if lowering sugar), sunflower seeds, etc.



Instructions:

Add all ingredients in a large bowl and mix until well coated and combined. Refrigerate until ready to serve.

Salmon + Beets Power Bowl

 Serves 2

 25 minutes (+ 1.5 hours if roasting your own beets)

Ingredients:

Salmon:

- 8-12 oz wild-caught salmon (or enough for 2 people), cut in half
- 2 Tbsp olive oil
- Sea salt, pepper, lemon juice (to taste)

Salad Base:

- 3 cups organic spinach
- ½ cup blueberries
- 1 cup pomegranate seeds (or 1 small container)
- 1 ripe avocado, sliced
- ½ cup walnuts
- ½ cup cherry tomatoes
- 3-4 small roasted beets (see instructions below)
- ¼ cup goat cheese
- ½ cup cooked organic quinoa (optional)

Salad Dressing

- ½ cup olive oil
- 2 Tbsp lemon juice
- 1 Tbsp organic raw honey or organic maple syrup
- 2 tsp Dijon mustard
- ¼ -½ tsp cayenne pepper (depending on spice tolerance)
- Sea salt and pepper to taste




Instructions:

Sprinkle spices on your salmon pieces. Bake at 400°F for approximately 10 minutes or until cooked through.

Steam Roasting Beets: Try to use beets that are approximately the same size for equal cooking times. In an 8x8 baking dish, put the beets in approximately 1 inch of water. Cover the dish with aluminum foil making sure the foil doesn't touch the beets and leaving a small opening at one corner. Roast in the oven at 400°F for 1 to 1½ hours—or until you can easily poke into them with a fork. Be careful of the steam when removing the foil. Remove the skin and dice your beets.

Put all dressing ingredients in a small bowl and whisk until well combined. Pour over the salad base ingredients and add the salmon pieces on top.

Roasted Vegetable Salad with Balsamic-Dijon Dressing

 45 minutes  Serves 2

Ingredients:

- 2 chicken breasts, grilled or cooked (optional)
- 4 cups baby kale
- 1 sweet potato, diced
- 2 cups Brussels sprouts, quartered
- ¼ cup Parmesan cheese
- ½ cup roasted chickpeas
- 2 Tbsp olive oil, divided
- Juice of ½ lemon (or about 1 tsp lemon juice)
- ½ tsp salt
- ½ tsp garlic powder
- ½ tsp paprika

Balsamic-Dijon Dressing:

- 3 Tbsp balsamic vinegar
- 2 Tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp organic raw honey
- Salt and pepper to taste



Instructions:

In a bowl, toss the Brussels sprouts and sweet potatoes with olive oil, salt, garlic powder and paprika. Roast at 400°F for approximately 25 minutes or until tender, flipping halfway through. While roasting, massage the kale with olive oil, lemon juice and a pinch of salt until well coated. In a bowl, whisk all dressing ingredients together until smooth. Assemble the salad with kale, chicken (if desired), roasted vegetables, chickpeas, Parmesan cheese and toss with the dressing.

Almond Parmesan Crusted Salmon + Pomegranate Salad

 25 minutes  Serves 2

Ingredients:

Salmon:

- 8-12 oz wild-caught salmon (or enough for 2 people), cut in half
- 1 egg
- ½ cup finely grated Parmesan cheese
- ½ cup almonds finely ground in a blender (or ½ cup almond flour)
- 3 Tbsp olive oil, avocado oil, or coconut oil
- Sea salt, pepper, garlic powder to taste

Salad Base:

- 3 cups spinach and/or kale
- 1 cup pomegranate seeds (or 1 small container)
- ½ cup slivered almonds
- ¼ cup pumpkin seeds
- ¼ cup red onion, thinly sliced
- ½ cup blueberries
- 1 ripe avocado, sliced
- **Optional topping:** finely grated Parmesan cheese

Dressing:

- ½ cup olive oil
- 1 Tbsp Dijon mustard
- 1 Tbsp organic raw honey
- 2 Tbsp apple cider vinegar
- Sea salt and pepper to taste



Instructions:

In a bowl, mix together the Parmesan cheese, almonds, and seasoning. In a separate bowl, whisk the egg. In a frying pan, melt the oil using medium-low heat. Dip the salmon pieces in egg and then cover with the dry mixture. Place in the oil and cook for approximately 4-5 minutes on each side, depending on the thickness of your salmon. Just be sure it is cooked through. Put all dressing ingredients in a small bowl and whisk until well combined. Pour over the base of the salad before adding your salmon pieces on top.

**Note: This can be made with either chicken or salmon, but salmon provides more healthy fats and a higher concentration of vitamins.*

Southwest Chicken Sheet Pan

 45 minutes  Serves 2

Ingredients:

- 2 chicken breasts, cut into strips
- 1 sweet potato, cut into small chunks
- 1 bell pepper, cut into large chunks
- ¼ cup avocado oil
- 1 packet of taco seasoning (Siete is our favorite)
- Sea salt and pepper, to taste

Cilantro Lime Tahini Sauce:

- ¼ cup tahini
- ¼ cup water (may need more to thin)
- 1 jalapeño, seeds and stem removed (optional, omit if you don't like spice)
- Juice of 2 limes
- 1 Tbsp olive oil
- Handful of fresh cilantro
- 1 cup baby spinach
- 1 garlic clove (or garlic powder to taste)
- Salt and pepper, to taste



For Serving: Baby spinach or romaine lettuce, avocado

Instructions:

In a bowl, mix taco seasoning, salt, pepper, and olive oil. Toss sweet potatoes and peppers with half of the sauce mixture and spread onto a parchment paper lined baking sheet. Coat chicken strips with the remaining mixture and add to the pan. Bake at 425°F for 25-30 minutes, or until the chicken is cooked through and the potatoes are tender.

For the sauce, blend all ingredients until creamy, and then season to taste.

Assemble bowls with spinach or romaine lettuce, avocado, roasted chicken, and veggies, and drizzle with cilantro lime tahini sauce.

Beef & Broccoli Noodles

 25 minutes  Serves 2

Ingredients:

- 2 blocks organic ramen (or similar, or 3 cups veggie noodle of your choice), cooked
- 1 lb ground beef
- 3 cups broccoli florets, chopped
- ½ cup water
- Salt and pepper to taste

Sauce:

- ½ cup coconut aminos
- 2 tsp organic sesame oil
- 1 tsp unseasoned rice vinegar (or red wine vinegar or apple cider vinegar)
- 1 tsp granular monk fruit
- 1 tsp garlic powder
- 1 tsp ground ginger
- ½ tsp crushed red pepper flakes (optional)
- 1 tsp arrowroot powder



Instructions:

Mix together the sauce ingredients and set aside. Cook the noodles following the package instructions. Brown the ground beef with salt and pepper in a large sauté pan. Remove the ground beef and add the broccoli to the pan with ½ cup of water. Steam for a few minutes until tender. Combine the broccoli, ground beef, noodles, and sauce all together.

Sardine Wraps

 15 minutes  Serves 2

Ingredients:

- 2 cans wild-caught sardines in water, drained
- 2 organic whole grain, spelt or Ezekiel tortilla shells (or use romaine or butter lettuce leaves for a low-carb option)
- 1 cup romaine lettuce, thinly sliced
- 1 medium tomato, sliced (or ½ cup cherry tomatoes, halved)
- ½ red onion, thinly sliced
- 1 ripe avocado, mashed
- Juice of ½ lemon (or ½ tsp of apple cider vinegar)
- Sea salt and pepper to taste
- *Optional:* 2 Tbsp plain Greek yogurt as a sauce base, fresh parsley or cilantro, jalapeño slices



Instructions:

Drain the sardines and add a few drops of lemon juice over them — this brightens the flavor and balances the oils of the fish. Mash the avocado with a pinch of salt and set aside. Warm the tortillas briefly in a dry pan. Spread the mashed avocado over each tortilla. Layer the lettuce, tomato, red onion, and sardines on top.

For optional sauce, combine Greek yogurt with remaining lemon juice, salt, pepper, and fresh parsley or cilantro, and then pour over the wrap.

If you're not using the Greek yogurt sauce, season each wrap with salt and pepper, and roll tightly.

Edamame Crunch Salad with Sesame-Lime Vinaigrette

 15 minutes  Serves 4

Ingredients:

- 2 cups frozen shelled edamame, cooked and cooled
- 1 cup green cabbage, thinly sliced
- 1 cup purple cabbage, thinly sliced
- 1 red bell pepper, diced
- 1 cup shredded carrots
- 3 scallions, sliced
- ¼ cup fresh cilantro, chopped
- ½ cup cashews, roughly chopped

Sesame-Lime Vinaigrette:

- 2 Tbsp coconut aminos
- 2 Tbsp unseasoned rice vinegar
- 1 Tbsp organic sesame oil
- 2 Tbsp fresh lime juice
- Salt and pepper to taste



Instructions:

For the dressing: In a small bowl whisk together the coconut aminos, rice vinegar, sesame oil, lime juice, and salt and pepper. Set aside.

Assemble the salad base: Add the edamame, cabbage, bell pepper, carrots, scallions, and cilantro to a large mixing bowl. Pour the sesame-lime vinaigrette over the veggies and toss until everything is evenly coated. Sprinkle in the chopped cashews and toss again.

Refrigerate at least 20 minutes before serving.

Tip: This is great for meal prepping in advance, but leave out the cashews. Then toss them in right before eating so you don't lose the crunch!

Mediterranean Sardine Salad with White Beans

 15 minutes  Serves 4

Ingredients:

- 2 cans wild-caught sardines in water, drained and chopped into large chunks
- 1 can white beans (cannellini), drained and rinsed
- 1 cup cherry tomatoes, halved
- 2 green onions, chopped
- 1-2 jalapeños, chopped (optional, omit if you don't like spice)
- 1 cup fresh Italian parsley, chopped

Dijon Dressing:

- 2 tsp Dijon mustard
- 1 lime, zested and juiced
- 1-2 garlic cloves, minced
- 1 tsp sumac powder
- 1-2 tsp Aleppo pepper flakes
- Salt and black pepper to taste
- ½ cup extra virgin olive oil

Instructions:

To make the dressing: combine the mustard, lime zest and juice, garlic, sumac, Aleppo pepper, and a good dash of kosher salt and black pepper in a small mixing bowl. Whisk, and while whisking vigorously, drizzle in 1/3 cup extra virgin olive oil until emulsified.

In a large bowl, combine the beans, sardines, tomatoes, onions, jalapeños, and parsley. Toss gently to combine. Pour the dressing over the salad and toss to combine.

Taste and adjust seasoning to your liking.



DINNER RECIPES

Honey Ginger Glazed Salmon & Slaw

 25 minutes  Serves 4

Ingredients:

- 4 wild-caught salmon fillets

Marinade & Dressing:

- ½ cup coconut aminos
- 1 Tbsp ginger, grated
- 2 Tbsp avocado oil
- 1 Tbsp sriracha
- 3 Tbsp organic raw honey

Slaw:

- 1 cup carrot, shredded or peeled
- 1 cup cucumber, shredded or peeled
- 1 cup purple cabbage, finely shredded
- ½ cup cilantro
- ½ cup green onion
- ½ cup dry roasted cashews

Instructions:

Whisk marinade ingredients and pour over salmon fillets in a glass dish, reserving ⅓ cup for the slaw. Marinate for 30 minutes.

Preheat the oven to broil.

Heat a drizzle of avocado oil in an oven-safe skillet over medium-high heat. Sear salmon skin-side down for 1 minute, then broil for 6-7 minutes, watching closely. Meanwhile, toss carrot, cucumber, red cabbage, cilantro, and green onions with reserved marinade.

Serve salmon over the slaw.



Asian Brussels Sprout Salad with Slivered Almonds

 20 minutes  Serves 2

Ingredients:

- 1 lb Brussels sprouts, shredded
- 1 cup carrots, shredded
- 1 bunch cilantro, chopped
- 3 cups green cabbage, shredded
- 1 red bell pepper, diced
- ½ cup green onion, diced
- ½ cup cashews, chopped
- ½ cup slivered almonds

Dressing:

- 2 Tbsp olive oil
- 2 Tbsp sesame oil
- 2 Tbsp coconut aminos
- 2 Tbsp unseasoned rice vinegar
- 1 Tbsp ginger (minced or powder)
- 1 garlic clove (minced or powder)
- 1 Tbsp organic maple syrup (optional)

*For Creamy Dressing: put all ingredients in food processor along with 1 Tbsp tahini or a nut butter.

Instructions:

Slice, shred and prepare all salad ingredients and mix together in a large bowl. Put all dressing ingredients in a bowl or food processor and mix until blended together. Pour dressing over salad ingredients and toss until well coated.





Turmeric Chicken & Broccoli

 35 minutes  Serves 2

Ingredients:

- 2 organic chicken breasts, cubed
- 1 large head broccoli, cut into chunks
- 2 cloves garlic, minced
- 2-inch piece of fresh ginger root, minced
- 1-2 Tbsp turmeric
- 1 tsp cumin
- ½ tsp chile powder
- 3 Tbsp coconut oil
- 1 small onion, cut
- 1 lemon
- *Optional:* Chicken stock or coconut milk



Instructions:

Mince the garlic and ginger together to form a chunky paste, set aside. Mix the cumin, chile, and turmeric together, set aside.

Saute the onions in the coconut oil until softened—about 5 minutes. Add in the ginger and garlic paste and cook for another minute. Add the spice blend and cook for another minute while stirring. Add the chicken and broccoli and cook until the chicken is cooked all the way through and the broccoli is tender—about five to seven minutes.

Cut the lemon in half and squeeze over the skillet to release as much juice as possible, being careful to keep the seeds out of the pan. Stir all ingredients to combine evenly.

Note: There will be very little leftover cooking liquid. If you prefer more sauce, add chicken stock or coconut milk in small amounts until it's your desired consistency.

Southwestern Casserole

 30 minutes  Serves 2

Ingredients:

- 2 chicken breasts, cooked as desired (optional)
- 3 bell peppers, diced (red, yellow, orange)
- 1 cup organic Mexican cheese
- ¼ onion, diced
- 2 jalapeños, seeds removed, diced
- 2 cans organic black beans, rinsed
- 1 cup vegetable broth
- 2 cups cauliflower rice

Seasoning:

- ½ tsp cayenne pepper
- 1 tsp chili powder,
- 1 tsp cumin
- Salt, pepper,
- 2 cloves garlic, minced (or powder)

Optional toppings: sliced green onions, sour cream, salsa, cilantro

Instructions:

In a large pan over medium heat, sauté in 1 Tbsp of avocado or olive oil: garlic, onion, and jalapeño for 3 minutes. Add broth and black beans and cook for 5 minutes. Mash the beans a little to make more of a refried consistency. Cook until it does not have a watery consistency.

In a separate pan over medium heat, place the diced peppers and sauté in oil with the rest of the seasonings for about 5 minutes or until slightly tender. Stir in the cauliflower rice and cook for about 2-3 more minutes.

In a lightly greased 9x9 baking dish, spread the bean mixture. Top with the pepper and cauliflower rice mixture and cheese. Cover loosely and bake 20 minutes at 350°F. Remove the covering and bake another 10 minutes or until the cheese is golden. Let cool for a few minutes and top with desired toppings.





Lemon Turmeric Lentil Soup

 50 minutes  Serves 4-6

Ingredients:

- 3 Tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 3 garlic cloves, minced
- 1 tsp cumin
- 1 tsp coriander
- ½ tsp turmeric
- ¼ tsp black pepper
- 1 cup green or brown lentils, rinsed
- Broth (vegetable or chicken)
- 2 cups fresh spinach or kale
- Juice and zest of 1 lemon
- Salt to taste



Instructions:

Heat the oil in a large pot over medium heat. Add the onions, carrot, and ¼ tsp salt and cook, stirring occasionally, until they are soft and starting to smell sweet—about 5-7 minutes. Stir in the garlic, cumin, coriander, black pepper, and turmeric, and cook for 30 seconds. Stir in the lentils and broth. Increase the heat to high and bring just to a boil. Taste, then adjust with salt.

Reduce the heat to a simmer and cook, partially covered, until the lentils are tender—about 35-40 minutes. Stir in spinach or kale and lemon juice in the last few minutes. Serve with a sprinkle of lemon zest on top.

Asian Crunch Edamame Bowl with Peanut Dressing

 30 minutes  Serves 6

Ingredients:

- 1 lb frozen shelled edamame, cooked
- ½ cup quinoa
- 2 cups kale, finely chopped
- 1½ cups red cabbage, shredded
- 2 large carrots, grated
- ¼ cup scallions, chopped
- ½ cup cilantro, chopped
- 1 cup dry roasted cashews, roughly chopped
- Red pepper flakes to taste

Peanut Dressing:

- 3 Tbsp organic natural creamy peanut butter
- 2 Tbsp coconut aminos or tamari (low sodium)
- 2 Tbsp unseasoned rice vinegar
- 2 Tbsp organic raw honey
- 1 Tbsp organic sesame oil
- 2 tsp sriracha
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated

Instructions:

Rinse the quinoa and add to a pot with 1 cup of water. Cook according to instructions. Place frozen edamame in a steamer basket over boiling water, cover, and steam for 5–10 minutes.

While those are cooking, prepare the other veggies. When the edamame and quinoa are done, let cool for about 10 minutes.

While they are cooling, add all dressing ingredients into a bowl and whisk together until smooth. Taste and adjust seasonings as desired.

Add the quinoa, edamame, and all veggies to a large mixing bowl. Pour the dressing on top and mix until well combined. Top with chopped cashews and a sprinkle of red pepper flakes.





Mediterranean Lentil Salad

 30 minutes  Serves 4

Ingredients:

- 1 cup green or brown lentils, rinsed
- 1 English cucumber, diced
- 1 cup cherry tomatoes, halved
- 1 red bell pepper, diced
- ¼ red onion, finely diced
- ¼ cup fresh parsley, chopped
- 2 Tbsp fresh mint, chopped

Lemon-Cumin Dressing:

- 3 Tbsp extra virgin olive oil
- 3 Tbsp fresh lemon juice
- 1 garlic clove, grated
- 1 tsp lemon zest
- ½ tsp cumin
- Salt and black pepper to taste

Instructions:

Place lentils in a medium pot with 4 cups water, bring to a boil. Lower to a simmer, cover, and cook until tender but still holding their shape — check at 15 minutes, then every few minutes until ready. Drain, then rinse under cold water to cool.

While the lentils cool, prep the cucumbers, tomatoes, bell pepper, onion, mint, and parsley and place together in a large bowl.

Add the drained, cooled lentils to the bowl. Grate the garlic over the top, add the lemon zest and juice, olive oil, salt, pepper, and cumin. Stir together until everything is combine.

Adjust salt and lemon to taste.



SUPPLEMENTS



Greens + Superfoods

Livingood Daily Greens + Superfoods combines the nutrients of a full dose of green veggies and fruits with the antioxidant power of 50+ superfoods. This daily mix combines super greens + vegetables + antioxidant fruit + fiber + digestive enzymes + probiotics + liver support + heart support + digestive support + detox all-in-one!

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Chocolate Collagen + Multivitamin

Livingood Daily Collagen + Multivitamin is the perfect add on to a morning coffee, smoothie, or midday drink. It is a synergistic blend of skin, hair, nail, and gut-friendly, grass-fed collagen + vitamin C boosting absorption + a full bottle of multivitamins and minerals + the liver support and detoxification of milk thistle.

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Vanilla Collagen Coffee + Moringa

Livingood Daily Instant Collagen Coffee + Moringa is the 3 in 1 ready-to-drink coffee created by Dr. Livingood. His staple morning blend of antioxidant rich coffee + collagen creamer, MCT oil, and butter + nutrient rich moringa for a synergetic blend of morning goodness make this an on-the-go easy-to-use solution for a delicious breakfast or afternoon pick-me-up.† Get your nutrients with an instant cup of hot or cold coffee with the creamer already included!

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ADDITIONAL RESOURCES

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

Eat These 10 Breakfast Foods EVERY DAY To Get Rid of Belly Fat



In this video, I show you the **10 best breakfast foods that train your body to burn belly fat from the moment you wake up** — and how to use them the right way so you don't cancel out the benefits.

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

Copy My Morning Routine To Drop 20 lbs in 30 Days!



In this video, I walk you through a simple morning routine that resets your **metabolism**, controls your hunger, and helps your body stay in fat-burning mode from sun up to sun down.

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

The Best HIIT Exercises To Burn Belly Fat Over 50! (FAST)



In this video, I show you the best HIIT exercises for people over 50 that burn more fat in just 10 minutes than long cardio sessions — and how to do them safely so you don't risk injury.

[CLICK HERE TO WATCH IT!](#)

How I Would Drop 30lbs Fast, WITHOUT Cutting Calories!



In this video, I break down exactly how your liver decides whether your body burns fat or stores it — and the simple changes that can unlock fat loss even if nothing else has worked.

[CLICK HERE TO WATCH IT!](#)

WANT MORE RECIPES?

Then you're going to love what we put together for you.

Inside this book, my wife created a full collection of simple, delicious recipes that make this way of eating easy to follow every day.

These are the exact kinds of meals we use at home to **support fat loss, keep energy steady, and help your body actually heal**, WITHOUT feeling restricted or stuck eating the same boring foods.

So if you're ready to stop guessing what to eat and start having go-to meals you can rely on...

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LIVINGGOOD DAILY

