

HAPPY HORMONES CHALLENGE

Your 28-Day
Hormone Reset

Balance your body.

Restore your energy.

Feel like yourself again.

Live good.





WELCOME TO YOUR HAPPY HORMONES CHALLENGE

You're about to take your body through
a simple, step-by-step reset designed to
support your hormones—naturally.

This isn't about guessing what's wrong.
It's not about chasing symptoms.
And it's definitely not about being *perfect*.

It's about giving your body what it actually needs to create balance.

Over the next 28 days, you'll focus on:

Reducing daily
stress on your
body

Supporting your
natural hormone
production

Fueling your
body with real
nutrients

Building simple
habits that
actually stick

Your *hormones respond to what you do every day*—how you eat, move, sleep, and handle stress.

So instead of trying to “fix” everything at once... we're going to simplify it.

Small, consistent actions → real hormone balance. Let's get started.

HORMONES MADE SIMPLE



Why Your Body Feels Different Now

You can eat the same foods...
Do the same workouts...
And suddenly—your body starts changing.

This is what happens as your hormones shift.

What's Actually Going On?

For most of your life, your hormones helped control:

- Where your body stored fat
- How your metabolism worked
- How much energy you had

But as hormones begin to change... Your body starts responding differently.

The Biggest Shift:

Fat begins to move from your hips and thighs...to your midsection.
This isn't just normal fat.

It's called **visceral fat**—the kind that surrounds your organs and is harder to lose.

Why This Happens

As hormones fluctuate and decline:

- Your body loses muscle more easily
- Your metabolism slows down
- Your body stores more fat—especially around your belly

Even if nothing else changes.



The Secret To Beating Menopause Belly Fat At EVERY Stage!

The Good News

This isn't random. And **it's not permanent**. Your body is simply responding to new signals.

So the Goal is Simple:



Give your body the nutrients it needs



Support your metabolism and muscle



Reduce the stress that throws your hormones off

You don't need to do everything at once.
You just need to give your body the right inputs—consistently.

That's how you start to take back control.



WHAT WE'RE DOING DURING THIS RESET

You need to focus on the few things that actually make a difference.

During this reset, we're focusing on 4 key shifts:

1 Remove What's Working Against You

Cut back on the foods and habits that disrupt your hormones and increase fat storage.

2 Fuel Your Body the Right Way

Give your body the nutrients it needs to stabilize energy, reduce cravings, and support your metabolism.

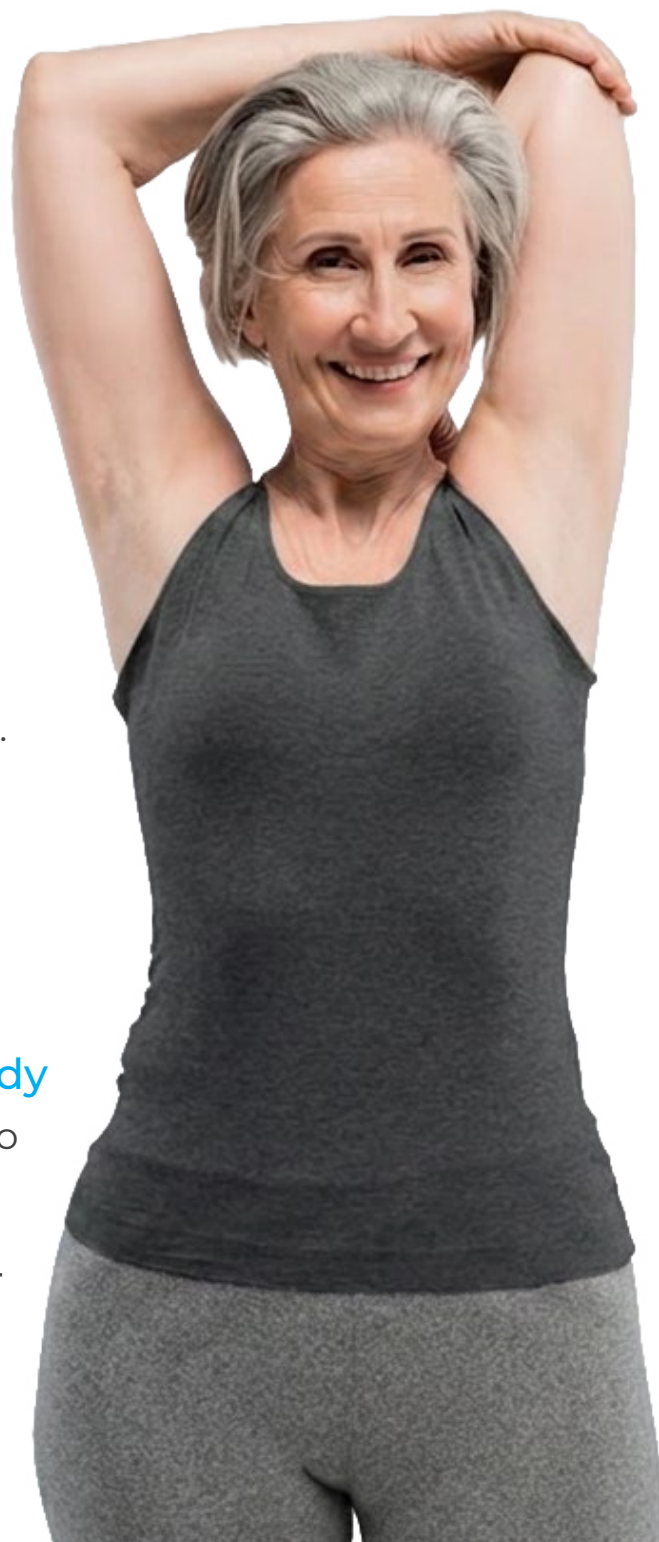
3 Protect Your Metabolism

Support your muscle so your body continues to burn efficiently—even as hormones change.

4 Lower the Stress Load on Your Body

Reduce the signals that tell your body to store fat and slow down recovery.

This is how you **start working *with* your hormones**—not against them.



STOP EATING “C.R.A.P.”

The Simplest Nutrition Rule You’ll Ever Follow

If you want to support your hormones... start here:

Stop Eating C.R.A.P.

C

Carbs & Sugar (excess)

Processed sugars
Refined carbs

R

Rancid Oils

Vegetable oils
Fried foods
Processed fats

A

Artificial Ingredients

Fake sweeteners
Food dyes
Additives

P

Processed Foods

Packaged junk
Fast food
Anything heavily modified

If you reduce these, you reduce the daily stress and disruption on your hormones—FAST.

Follow the **Livingood Approved Food List** [here](#).

To make it even simpler, we have made a meal plan for you on the next page.

HAPPY HORMONES MEAL PLAN

WEEK 1

01	02	03	04	05	06	07
<u>Berry Smoothie</u>	<u>Egg Scramble</u>	<u>Almond Joy Smoothie</u>	<u>Egg Bites</u>	<u>Berry Smoothie</u>	<u>Egg Bites</u>	<u>Smoothie Bowl</u>
<u>Simple Chicken Salad</u>	<u>Leftovers</u>	<u>Caesar Salad</u>	<u>Chicken Fajitas</u>	<u>Leftovers</u>	<u>Leftovers</u>	<u>Leftovers</u>
<u>Chicken & Broccoli Casserole</u>	<u>Hamburgers & Zucchini Fries</u>	<u>Chicken Fajitas</u>	<u>Meat Stuffed Peppers</u>	<u>Chicken Stir-Fry</u>	<u>Shepherd's Pie</u>	<u>Smothered Chicken</u>

WEEK 2

08	09	10	11	12	13	14
<u>Egg & Turkey Bacon Casserole</u>	<u>Egg & Turkey Bacon Casserole</u>	<u>Almond Joy Smoothie</u>	<u>Fried Eggs & Avocado</u>	<u>Almond Butter Blueberry Smoothie</u>	<u>Smoothie Bowl</u>	<u>Vegetable Omelet</u>
<u>Caesar Salad</u>	<u>Leftovers On Salad</u>	<u>Create Your Own Salad</u>	<u>You Pick 3</u>	<u>Leftovers</u>	<u>Leftovers</u>	<u>Create Your Own Salad</u>
<u>Baked Chicken & Roasted Brussels</u>	<u>Zucchini Spaghetti & Roasted Broccoli</u>	<u>Beef Stir-Fry</u>	<u>Baked Chicken & Roasted Broccoli</u>	<u>Chicken & Broccoli Casserole</u>	<u>Enchilada Zucchini Boats</u>	<u>Vegetable Bean Soup</u>

WEEK 3

15	16	17	18	19	20	21
<u>Almond Butter Blueberry Smoothie</u>	<u>Egg Bites</u>	<u>Egg Bites</u>	<u>Berry Smoothie</u>	<u>Egg Scramble</u>	<u>Smoothie Bowl</u>	<u>Vegetable Omelet</u>
<u>Leftovers</u>	<u>You Pick 3</u>	<u>Leftovers</u>	<u>Caesar Salad</u>	<u>Leftovers</u>	<u>Leftovers</u>	<u>Leftovers</u>
<u>Hamburgers & Cauliflower Tatoes</u>	<u>Chili</u>	<u>Vegetable Stir-Fry</u>	<u>Steak Fajitas</u>	<u>Meatloaf & Cauliflower Tatoes</u>	<u>Turkey Bacon Cheeseburger Casserole</u>	<u>Grilled Fish or Meat & Vegetable</u>

WEEK 4

22	23	24	25	26	27	28
Green Juice Cleanse			<u>Vegetable Omelet</u>	<u>Fried Eggs & Avocado</u>	<u>Almond Butter Blueberry Smoothie</u>	<u>Berry Smoothie</u>
<u>Water, sparkling water, coffee, tea, LGD Greens + Superfoods, LGD Collagen + Multivitamin</u>	<u>Water, sparkling water, coffee, tea, LGD Greens + Superfoods, LGD Collagen + Multivitamin</u>	<u>Water, sparkling water, coffee, tea, LGD Greens + Superfoods, LGD Collagen + Multivitamin</u>	<u>Simple Chicken Salad</u>	<u>Create Your Own Salad</u>	<u>Leftovers</u>	<u>Leftovers</u>
			<u>Vegetable Bean Soup</u>	<u>Smothered Chicken</u>	<u>Meat Stuffed Peppers</u>	<u>Zucchini Spaghetti</u>

BREAKING THE FAST (DAY 25): Start with easily digestible foods — eggs, salad, and warm soup — to gently reintroduce solid food after the fast.

FIBER

Throughout your Happy Hormone Challenge, **slowly increasing your fiber intake is extremely important and will help prevent bloat.**

If you need help with what to grab for a fiber boost, pick from the *fiber cheat sheet on the next page*.

Check out these videos from Dr. Livingood for more information:



This Ozempic Alternative Costs 50 Cents and ACTUALLY Works!



What Happens If You Eat Chia Seeds Every Day For 1 Year?



Start where you are—and **gradually** increase over the next 2–3 weeks. You'll track this daily in your journal.

FIBER CHEAT SHEET

HIGH-FIBER FOODS (3G+ PER SERVING)



VEGETABLES

FOOD	SERVING SIZE	FIBER
Broccoli	1 cup cooked	~5g
Brussels Sprouts	1 cup cooked	~6g
Cauliflower	1 cup cooked	~3g
Kale	1 cup cooked	~3g
Spinach	1 cup cooked	~4g
Collard Greens	1 cup cooked	~5g
Asparagus	1 cup cooked	~3g
Green Beans	1 cup cooked	~4g
Cabbage	1 cup cooked	~4g



FRUITS

FOOD	SERVING SIZE	FIBER
Raspberries ★	1 cup	~8g
Strawberries	1 cup	~3g
Blueberries	1 cup	~3-4g
Green Apple (with skin)	1 medium	~4-5g
Kiwi	2 medium	~4g



BERRIES ARE TOP FIBER

Low sugar, high impact. Add them daily when you can!



NUTS & SEEDS

FOOD	SERVING SIZE	FIBER
Chia Seeds ★ (soaked)	2 tbsp	~10g
Flaxseed ★ (ground)	2 tbsp	~4g
Pecans	1 oz	~3g
Coconut Flakes (unsweetened)	1/4 cup	~3g
Coconut Flour	2 tbsp	~5g



SEEDS = EASY BOOST

Small serving, big impact. Chia and flax seeds are powerhouses.



BEANS (IF TOLERATED)

FOOD	SERVING SIZE	FIBER
Lentils	1 cup cooked	~15g
Black Beans	1 cup cooked	~15g
Chickpeas	1 cup cooked	~12g



IF TOLERATED

Beans are some of the highest fiber foods available.



GRAIN ALTERNATIVES

FOOD	SERVING SIZE	FIBER
Coconut Flour ★	2 tbsp	~5g



GRAIN-FREE, FIBER-RICH

Great for baking and adding fiber without grains.



FIBER BOOSTER (SUPPLEMENTAL)

FOOD	SERVING SIZE	FIBER
Psyllium Husk ★	1 tbsp	~6-7g



TARGETED BOOST

Quickly adds serious fiber. Always drink plenty of water!

DAILY FIBER GOAL



Aim for 25-35g of fiber daily from a combination of whole foods and, if needed, supplemental support.

SIMPLE WAYS TO INCREASE FIBER

1

Add chia or flax to smoothies

2

Fill half your plate with cooked veggies

3

Choose berries over other fruits

4

Add psyllium husk to water daily

YOUR SUPPLEMENTS EXPLAINED



Supporting Your Hormones—Made Simple

Your supplement is designed to support the work you're doing with your food, movement, and daily habits.

It doesn't replace the basics—*it helps your body respond better to them.*

Happy Hormone Support (Women's or Men's)

Provides targeted support to help your body maintain healthy hormone balance as your hormones naturally change over time.



As hormones shift, your body can:

- Store more fat—especially around your midsection
- Lose muscle more easily
- Feel more affected by stress

This is where consistent support makes a difference.

Supports:

- Energy
- Mood
- Overall hormone function

When your hormones are supported, your body can better respond to the changes happening—and stay more balanced day to day.

Your body knows what to do—you're just giving it the support it needs.

How to Take It:

Men: You'll take four capsules daily.

Women: You'll take three capsules daily.

Stay consistent—this is where results come from.



CORTISOL REDUCING BREATHING EXERCISES

Breathing is one simple way to support your nervous system during your hormone reset.

Do either form of breathing for either:
1 minute, 3 times a day
OR
3 minutes, 1 time a day



Click here to watch the video and learn about breathing!

Boxed Breathing

Boxed breathing is a stress-reducing breathing technique in which you make a “box” with your breath. Here’s how to do it:

- 1 Inhale through your nose for 4 seconds
- 2 At the top of the breath, hold for 4 seconds
- 3 Exhale through the nose or mouth for 4 seconds
- 4 Repeat steps 1-3 for a total time of 1 minute

Paced Breathing

Paced breathing is a simple way to reduce stress. Here’s how to do it:

- 1 Inhale through your nose for 5 seconds
- 2 Once the lungs are full, exhale through the nose or mouth for 5 seconds
- 3 Repeat steps 1 and 2 for a total time of 1 minute

DAILY FOUNDATIONS



Here's how to apply it day to day.

1. Fuel Your Body Right

Build meals around protein and healthy fats.

- Protein: 20–30g per meal
- Fiber: 25–35g per day

This stabilizes energy, reduces cravings, and supports your metabolism.

2. Move Every Day

You don't need a formal workout — walking is one of the most effective tools for fat loss and hormone balance.

- Aim for 5,000–10,000 steps daily

3. Protect Your Muscle

Strength training keeps your metabolism working as hormones shift.

- 2–3x per week
- Stay consistently active between sessions

4. Prioritize Sleep

When stress is high and sleep is low, your body stores fat and struggles to recover. Sleep is part of the protocol.

- 7–8 hours is the goal

WHAT TO EXPECT + FAQs

What You Might Experience

Everyone's body is different.

As you begin to support your hormones, you may notice:

- More stable energy throughout the day
- Fewer cravings
- Improved mood
- Better sleep

Some people notice changes quickly. For others, it takes time. Both are normal.

What About Belly Fat?

As hormones change, your body stores fat differently—especially around your midsection.

This doesn't reverse overnight. But your body can change how it responds.

Before you see physical changes, you'll often notice:

- Better energy
- Fewer cravings
- More consistency with your habits

That's a sign ***your body is starting to work with you again.***

What If I Don't Feel Different Right Away?

Hormones don't change overnight.

And fat loss during this stage is less about doing more—and more about **doing the right things consistently.**

Even if you don't feel big changes right away, your body is still:

- Responding to better inputs
- Supporting your metabolism
- Adjusting from the inside out

Stay consistent. That's where results come from.



What If I Feel Off?

As your body adjusts, you may notice:

- Changes in energy
- Mild fatigue as your body adapts
- Shifts in hunger or appetite

Support Your Body By:

- Eating enough **protein** and **fiber**
- **Moving** your body daily
- Prioritizing **sleep** and **recovery**
- Staying **consistent** with your **habits**

This is your body responding to new inputs.

Don't overthink it—just keep showing up.



YOUR COMMITMENT

This Works If You Do

You don't need to be perfect.

You just need to:

SHOW UP DAILY

FOLLOW THE PLAN

STAY CONSISTENT

Write Your Commitment:

Why are you doing this Happy Hormones Reset Challenge?

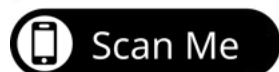
YOU ARE THE SOLUTION.

CHALLENGE OVERVIEW

With your purchase, you now have access to what we call the **Livingood Daily Challenge**.

Forget the quick fixes and cover-ups. The Livingood Daily Challenge gives you the tools, support, and plan to **build real, lasting health** one small step at a time.

Take out your phone now and follow along below for your next steps:



1. Download our Livingood Daily App

by scanning the QR code to the left.

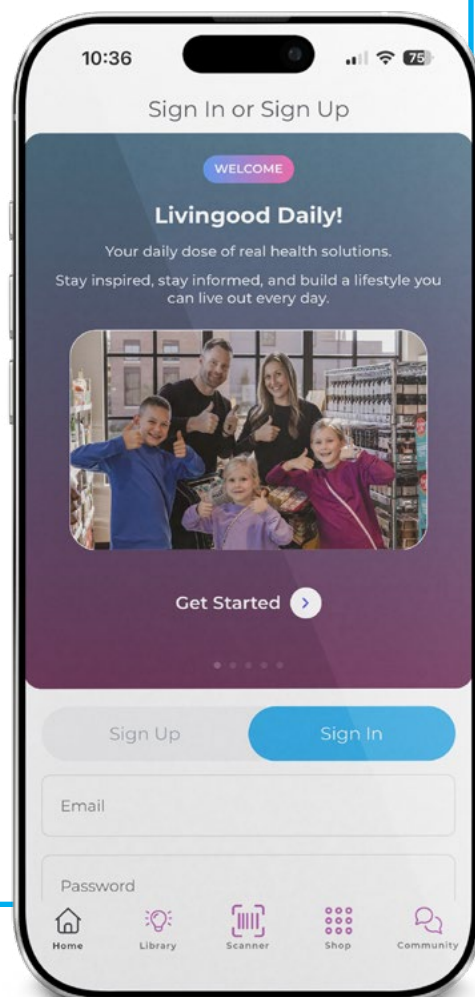
2. Login with the email you used to purchase

3. Click on "Community" and hit the blue button "ENTER THE FACEBOOK COMMUNITY"

4. Login in to your Facebook Account

5. Say hello in your private group thread where Dr. Livingood and our coaches are ready to assist you. Be sure to comment with #coach, if you have any specific questions that you could use our help with as you go through this workbook.

6. Be sure to come back to the "Community" tab daily to check in and let us know how you are doing. This is a great way to build accountability.



Continue to the next page in this Happy Hormones Challenge Workbook to know what you will be doing daily.

DAY 1 | DATE _____

WEEK 1 — Build the Foundation

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Avoided C.R.A.P. Foods
- ☐ Ate at Least 20-30g of Protein 3x Today
- ☐ Completed 10-Minute Workout
- ☐ Started Winding Down For Sleep an Hour Before Bed (No Screens, Dim Lights)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:

Low 01 02 03 04 05 High

Mood Today:

Poor 01 02 03 04 05 Great

Sleep Last Night:

Poor 01 02 03 04 05 Great

Cravings Today:

Low 01 02 03 04 05 High

Bloating Today:

Low 01 02 03 04 05 High

Joint Health:

Painful 01 02 03 04 05 Great

DAY 2 | DATE _____

WEEK 1 — Build the Foundation

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Avoided C.R.A.P. Foods
- ☐ Ate at Least 20-30g of Protein 3x Today
- ☐ Completed 10-Minute Workout
- ☐ Started Winding Down For Sleep an Hour Before Bed (No Screens, Dim Lights)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:

Low 01 02 03 04 05 High

Mood Today:

Poor 01 02 03 04 05 Great

Sleep Last Night:

Poor 01 02 03 04 05 Great

Cravings Today:

Low 01 02 03 04 05 High

Bloating Today:

Low 01 02 03 04 05 High

Joint Health:

Painful 01 02 03 04 05 Great

DAY 3 | DATE _____

WEEK 1 — Build the Foundation

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Avoided C.R.A.P. Foods
- ☐ Ate at Least 20-30g of Protein 3x Today
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My Goal Today

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BODY CHECK-IN

Energy Today:

Low 01 02 03 04 05 High

Mood Today:

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Sleep Last Night:

Poor 01 02 03 04 05 Great

Cravings Today:

Low 01 02 03 04 05 High

Bloating Today:

Low 01 02 03 04 05 High

Joint Health:

Painful 01 02 03 04 05 Great

DAY 4 | DATE _____

WEEK 1 — Build the Foundation

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Avoided C.R.A.P. Foods
- ☐ Ate at Least 20-30g of Protein 3x Today
- ☐ Completed 10-Minute Workout
- ☐ Started Winding Down For Sleep an Hour Before Bed (No Screens, Dim Lights)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:

Low 01 02 03 04 05 High

Mood Today:

Poor 01 02 03 04 05 Great

Sleep Last Night:

Poor 01 02 03 04 05 Great

Cravings Today:

Low 01 02 03 04 05 High

Bloating Today:

Low 01 02 03 04 05 High

Joint Health:

Painful 01 02 03 04 05 Great

DAY 5 | DATE _____

WEEK 1 — Build the Foundation

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Avoided C.R.A.P. Foods
- ☐ Ate at Least 20-30g of Protein 3x Today
- ☐ Completed 10-Minute Workout
- ☐ Started Winding Down For Sleep an Hour Before Bed (No Screens, Dim Lights)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:

Low 01 02 03 04 05 High

Mood Today:

Poor 01 02 03 04 05 Great

Sleep Last Night:

Poor 01 02 03 04 05 Great

Cravings Today:

Low 01 02 03 04 05 High

Bloating Today:

Low 01 02 03 04 05 High

Joint Health:

Painful 01 02 03 04 05 Great

DAY 6 | DATE _____

WEEK 1 — Build the Foundation

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Avoided C.R.A.P. Foods
- ☐ Ate at Least 20-30g of Protein 3x Today
- ☐ Completed 10-Minute Workout
- ☐ Started Winding Down For Sleep an Hour Before Bed (No Screens, Dim Lights)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:

Low 01 02 03 04 05 High

Mood Today:

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Sleep Last Night:

Poor 01 02 03 04 05 Great

Cravings Today:

Low 01 02 03 04 05 High

Bloating Today:

Low 01 02 03 04 05 High

Joint Health:

Painful 01 02 03 04 05 Great

DAY 7 | DATE _____

WEEK 1 — Build the Foundation

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Avoided C.R.A.P. Foods
- ☐ Ate at Least 20-30g of Protein 3x Today
- ☐ Completed 10-Minute Workout
- ☐ Started Winding Down For Sleep an Hour Before Bed (No Screens, Dim Lights)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:

Low 01 02 03 04 05 High

Mood Today:

Poor 01 02 03 04 05 Great

Sleep Last Night:

Poor 01 02 03 04 05 Great

Cravings Today:

Low 01 02 03 04 05 High

Bloating Today:

Low 01 02 03 04 05 High

Joint Health:

Painful 01 02 03 04 05 Great

DAY 8 | DATE _____

WEEK 2 — Dial in Your Nutrition

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Avoided C.R.A.P. Foods
- ☐ Ate at Least 20-30g of Protein 3x Today
- ☐ Ate 25g+ of Fiber Today
- ☐ Completed 10-Minute Workout
- ☐ Did My Breathing Exercises to De-Stress
- ☐ Got 8+ Hours of Sleep in a Cool, Dark Room

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:

Low 01 02 03 04 05 High

Mood Today:

Poor 01 02 03 04 05 Great

Sleep Last Night:

Poor 01 02 03 04 05 Great

Cravings Today:

Low 01 02 03 04 05 High

Bloating Today:

Low 01 02 03 04 05 High

Joint Health:

Painful 01 02 03 04 05 Great

DAY 9 | DATE _____

WEEK 2 — Dial in Your Nutrition

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Avoided C.R.A.P. Foods
- ☐ Ate at Least 20-30g of Protein 3x Today
- ☐ Ate 25g+ of Fiber Today
- ☐ Completed 10-Minute Workout
- ☐ Did My Breathing Exercises to De-Stress
- ☐ Got 8+ Hours of Sleep in a Cool, Dark Room

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:

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Mood Today:

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Cravings Today:

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Bloating Today:

Low 01 02 03 04 05 High

Joint Health:

Painful 01 02 03 04 05 Great

DAY 10 | DATE _____

WEEK 2 — Dial in Your Nutrition

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Avoided C.R.A.P. Foods
- ☐ Ate at Least 20-30g of Protein 3x Today
- ☐ Ate 25g+ of Fiber Today
- ☐ Completed 10-Minute Workout
- ☐ Did My Breathing Exercises to De-Stress
- ☐ Got 8+ Hours of Sleep in a Cool, Dark Room

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:

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Mood Today:

Poor 01 02 03 04 05 Great

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Cravings Today:

Low 01 02 03 04 05 High

Bloating Today:

Low 01 02 03 04 05 High

Joint Health:

Painful 01 02 03 04 05 Great

DAY 11 | DATE _____

WEEK 2 — Dial in Your Nutrition

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Avoided C.R.A.P. Foods
- ☐ Ate at Least 20-30g of Protein 3x Today
- ☐ Ate 25g+ of Fiber Today
- ☐ Completed 10-Minute Workout
- ☐ Did My Breathing Exercises to De-Stress
- ☐ Got 8+ Hours of Sleep in a Cool, Dark Room

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:

Low 01 02 03 04 05 High

Mood Today:

Poor 01 02 03 04 05 Great

Sleep Last Night:

Poor 01 02 03 04 05 Great

Cravings Today:

Low 01 02 03 04 05 High

Bloating Today:

Low 01 02 03 04 05 High

Joint Health:

Painful 01 02 03 04 05 Great

DAY 12 | DATE _____

WEEK 2 — Dial in Your Nutrition

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Avoided C.R.A.P. Foods
- ☐ Ate at Least 20-30g of Protein 3x Today
- ☐ Ate 25g+ of Fiber Today
- ☐ Completed 10-Minute Workout
- ☐ Did My Breathing Exercises to De-Stress
- ☐ Got 8+ Hours of Sleep in a Cool, Dark Room

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:

Low 01 02 03 04 05 High

Mood Today:

Poor 01 02 03 04 05 Great

Sleep Last Night:

Poor 01 02 03 04 05 Great

Cravings Today:

Low 01 02 03 04 05 High

Bloating Today:

Low 01 02 03 04 05 High

Joint Health:

Painful 01 02 03 04 05 Great

DAY 13 | DATE _____

WEEK 2 — Dial in Your Nutrition

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Avoided C.R.A.P. Foods
- ☐ Ate at Least 20-30g of Protein 3x Today
- ☐ Ate 25g+ of Fiber Today
- ☐ Completed 10-Minute Workout
- ☐ Did My Breathing Exercises to De-Stress
- ☐ Got 8+ Hours of Sleep in a Cool, Dark Room

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:

Low 01 02 03 04 05 High

Mood Today:

Poor 01 02 03 04 05 Great

Sleep Last Night:

Poor 01 02 03 04 05 Great

Cravings Today:

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Joint Health:

Painful 01 02 03 04 05 Great

DAY 14 | DATE _____

WEEK 2 — Dial in Your Nutrition

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
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Joint Health:

Painful 01 02 03 04 05 Great

DAY 15 | DATE _____

WEEK 3 — Protect Muscle + Metabolism

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
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DAY 16 | DATE _____

WEEK 3 — Protect Muscle + Metabolism

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
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DAY 17 | DATE _____

WEEK 3 — Protect Muscle + Metabolism

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
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DAY 18 | DATE _____

WEEK 3 — Protect Muscle + Metabolism

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
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DAY 19 | DATE _____

WEEK 3 — Protect Muscle + Metabolism

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
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DAY 20 | DATE _____

WEEK 3 — Protect Muscle + Metabolism

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
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DAY 21 | DATE _____

WEEK 3 — Protect Muscle + Metabolism

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
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GREEN JUICE CLEANSE

What you'll need per day

- 64-128 oz of Water and/or Green Juice
- 3-6 scoops of [Livingood Daily Greens + Superfoods](#)

DAILY PROTOCOL

AM

As much of the following as you want: Water, [Livingood Daily Greens](#), low carb green juice, and [Livingood Daily Collagen](#) (mixed in water or coffee).
Optional: Herbal tea and/or coffee in moderation.



AFTERNOON

As much of the following as you want: Water, [Livingood Daily Greens](#), low carb green juice.
Optional: [Livingood Daily Collagen](#) (mixed in water), and/or bone broth.



PM

As much of the following as you want: Water, [Livingood Daily Greens](#), low carb green juice.
Optional: [Livingood Daily Collagen](#) (mixed in water), and/or bone broth. Herbal tea at night in moderation.



Keys to Remember:

- Drink slowly but start early. This will curb cravings and hunger urges.
- Still aim to hit half your body weight in ounces of water/juice per day.
- Limit Bone Broth and [Collagen + Multivitamin](#) to 1 or 2 servings per day.
- If you feel like you need to eat something, eat matching whole foods in the juice (green apple, cucumber, celery, lemon)

DAY 22 | DATE _____

WEEK 4 — Stay Consistent + Work With Your Body

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Walked 5,000–10,000 Steps
- ☐ Did My Breathing Exercises to De-Stress
- ☐ Got 8+ Hours of Sleep in a Cool, Dark Room
- ☐ Completed a 1-3 Day Green Juice Cleanse

My Goal Today

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DAY 23 | DATE _____

WEEK 4 — Stay Consistent + Work With Your Body

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Drank 1/2 My Body Weight in Ounces of Water
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DAY 24 | DATE _____

WEEK 4 — Stay Consistent + Work With Your Body

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Drank 1/2 My Body Weight in Ounces of Water
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DAY 25 | DATE _____

Days 25-28

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Avoided C.R.A.P. Foods
- ☐ Ate at Least 20-30g of Protein 3x Today
- ☐ Ate 25g+ of Fiber Today
- ☐ Completed 10-Minute Workout (Level 3 to Add Weight)
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Joint Health:

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DAY 26 | DATE _____

Days 25-28

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
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My Goal Today

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DAY 27 | DATE _____

Days 25-28

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
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DAY 28 | DATE _____

Days 25-28

DAILY CHALLENGE CHECK-IN

- ☐ Took My Hormone Support
- ☐ Took Two Scoops of Creatine + Magnesium (*Optional*)
- ☐ Drank 1/2 My Body Weight in Ounces of Water
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NEXT STEPS — KEEP THE MOMENTUM GOING

Congratulations on Completing Your Happy Hormones Challenge!

This is *a huge accomplishment*—and you should be proud of the commitment you made to your health.

Over the last 28 days, you've taken meaningful steps to support your hormones, improve your daily habits, and create more balance in your body.

Now the goal is simple...*Keep going.*

Step 1

Continue Supporting Your Hormones

If you noticed improvements in your energy, mood, sleep, or how you feel day to day, that's a sign your body is responding.

Continue taking the supplements that supported you most to build on your progress.

Use code **HHSUB20** to receive 20% off your first subscription order and stay consistent without having to think about it.

Step 2

Make This a Lifestyle

Hormone balance isn't something you "finish"—it's something *you support over time*.

Your hormones will continue to respond to how you eat, move, sleep, and manage stress.

Come back to this reset anytime you feel off or need to get back on track.

Step 3

Stay Supported with the Livingood Daily Lifestyle Membership

The biggest mistake people make after a reset... is stopping.

You've built momentum—now let's keep it going.

Inside the [Livingood Daily Lifestyle Membership](#), you'll get:

- Ongoing coaching and support
- Access to all monthly challenges
- A private community to stay accountable
- Tools to continue building real, lasting health

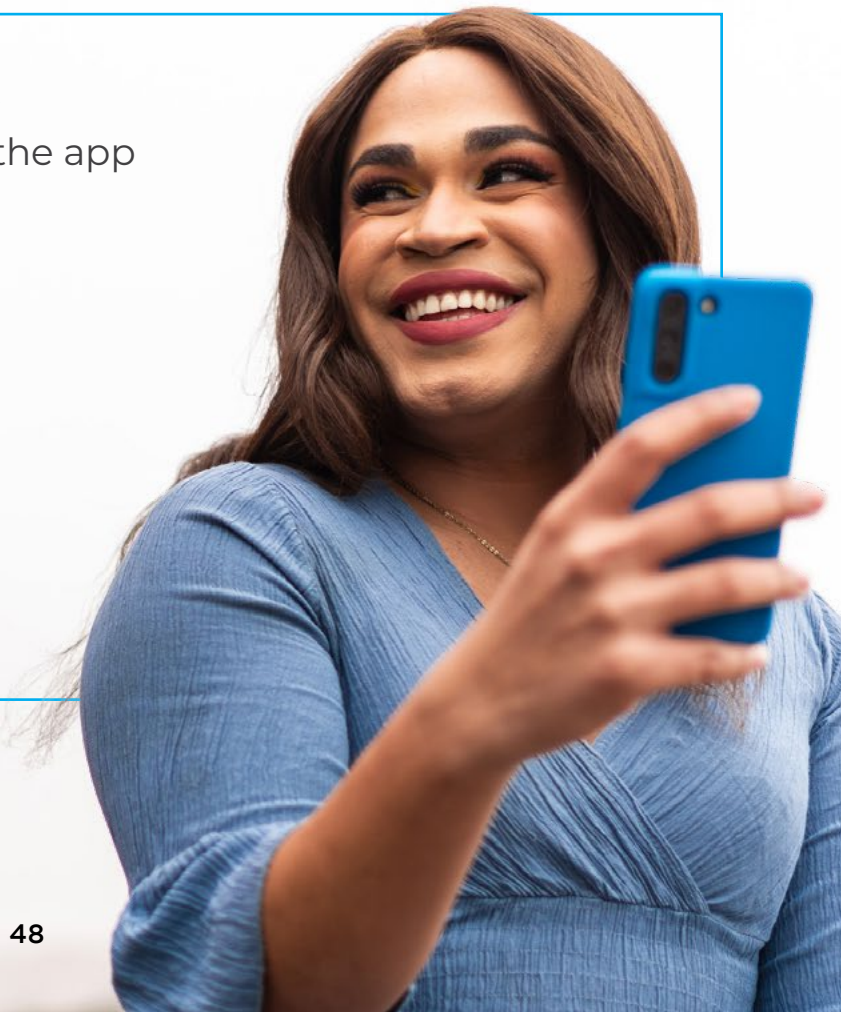
To continue your progress, activate the membership plan that works best for you inside the Livingood Daily App.

We'd Love to Hear From You!

Head to the "Community" tab in the app and let us know:

- How you're feeling
- What changed for you
- What your next step is

We're here to support you every step of the way.





cheree s.

Verified Buyer

Reviewing
Livingood Daily
Women's Hormone
Support

I recommend this product

★★★★★

7 months ago

Energy and want to attitude!

I am loving the energy and interest in getting things done before I would sit around and think I need to get this done but just couldn't get up and do it. Now I am getting things done and my house organized. Loving getting back to my old self!

Was this helpful? 0 0



Tammy N.

Verified Buyer

Reviewing
Livingood Daily
Women's Hormone
Support

I recommend this product

★★★★★

10 months ago

So relieved to NOT be taking synthetic hormone replacements.

I also have my 83 year old Mom taking it. She says that "saved my life".

Was this helpful? 0 0



Stacey B.

Verified Buyer

Reviewing
Livingood Daily Men's
Hormone Support

I recommend this product

★★★★★

10 months ago

More Energy!

My husband is 51 and was beginning to feel sluggish with no energy on a regular basis. I purchased the hormones for him and they have made all the differences in his energy level and his mood.

Was this helpful? 1 0

Austen P.

Verified Buyer

Reviewing
Livingood Daily Men's
Hormone Support

I recommend this product

★★★★★

10 months ago

Keep taking it.....it works

Feel like I have more energy for the day...





Berry Smoothie

Servings: 1

Total Time: 10 Minutes

Combine all ingredients in a high-powered blender and mix. Use more or less of any ingredient to make thicker, thinner, or colder.

2 handfuls of spinach and/or kale

1/4 - 1/2 can of full-fat coconut milk

1/2 cup of water

1-2 cups of frozen berries (if using fresh berries add 3-4 ice cubes)

1 scoop [Livingood Daily Vanilla Collagen + Multivitamin](#)



Simple Chicken Salad

Servings: 2

Total Time: 30 Minutes

Combine all ingredients in a bowl. Can also add things like avocado, dried cranberries, grapes, or raisins, if desired (watch if on a low/no sugar based plan). Serve over a bed of spinach or on romaine lettuce wraps.

2 cooked chicken breasts

1 cup celery, diced

1/4 cup chopped walnuts or slivered almonds

2 tsp lemon juice or apple cider vinegar

2/3 cup Vegenaise (no soy) (or use a healthy oil mayo)

Salt and pepper, to taste



Chicken & Broccoli Casserole

Servings: 4

Total Time: 45 Minutes

Boil chicken until tender. Season and cut into cubes. Steam broccoli until tender. Combine all ingredients except almonds and butter and mix well. Press into a 9x13 baking dish. Sprinkle with almonds on top and drizzle with melted butter. Bake at 375°F for approximately 30 minutes.

3 chicken breasts

2 bunches of broccoli

8oz organic shredded cheddar cheese

1 bunch green onion, 4-5 sliced

Salt, pepper, garlic powder (to taste)

2 Tbsp multipurpose seasoning (watch ingredients)

1 1/2 cups sliced almonds

1/2 stick organic butter

1/2 cup Veganaise (or healthy oil-based mayo)



Egg Scramble

Servings: 1

Total Time: 20 Minutes

Whisk eggs, veggies, pre-cooked meat, and seasonings in a bowl. In a medium pan, heat oil over medium-low heat. Cook 6-8 minutes until eggs are cooked through. Top with your favorite toppings.

Vegetarian Plan Tip:

Approved for vegetarians that eat eggs and/or dairy. Avoid turkey bacon/sausage and saute another 1/2 cup of veggies of your choice if you desire.

2 eggs

1/2 cup vegetables (bell peppers, spinach, zucchini, mushrooms, broccoli, onion, etc.)

1/2 cup turkey bacon or turkey sausage, cooked (optional)

Salt, pepper (to taste)

2 Tbsp coconut oil

Optional toppings: avocado, chives, cheese (cheddar, feta, goat, etc.)



Hamburgers

Servings: 2

Total Time: 30 Minutes

Grill, or cook slowly in coconut oil, hamburger patties with seasoning until preferred temperature. Wrap in romaine lettuce leaves and top with preferred toppings. Cook extra to use as leftover hamburger for lunch or to create a salad the next day.

Vegetarian Plan Tip:

Opt for a black bean burger. Heat the olive oil in a skillet over medium-high heat. Sauté the onion until soft, about 5 minutes, then add in the garlic and stir for one more minute. Remove from the heat. In a large bowl, combine the sautéed onion and garlic, beans, sweet potato, ground flax, cumin and salt. Use a fork to stir the mixture, mashing the beans to help the batter stick together. Scoop out the black bean mixture and use your hands to shape it into a burger about 3/4-inch thick. Line a baking sheet with parchment paper. Bake the burgers at 350°F for 15 minutes, then use a spatula to gently flip them over and bake for another 5 to 10 minutes.

1 lb grass-fed beef

Salt, pepper, garlic salt (to taste)

Romaine lettuce leaves

Optional Toppings: ketchup, organic cheese, mustard, pickles, onions, avocado, turkey bacon, fried egg, etc.

Black Bean Burger (Optional):

2 (15 oz.) cans black beans, drained and rinsed

1 Tbsp olive oil

1/2 yellow onion, chopped

3 cloves garlic, minced

1/2 cup mashed sweet potato (steamed, then mashed)

1/4 cup ground flax seeds

1/2 tsp ground cumin

1/2 tsp salt



Zucchini Fries

Servings: 2

Total Time: 30 Minutes

Combine almond flour and seasoning in a small bowl. Cut zucchini into fry-sized rectangles. Dip zucchini in egg and then dip and cover in flour mixture. Bake on parchment lined baking sheet at 425°F for 20-30 minutes or until brown and crispy.

Vegetarian Plan Tip:

Approved for vegetarians that eat eggs and/or dairy.

1 large organic zucchini

1 cup almond flour

Salt, pepper, garlic powder (or any Cajun or multi purpose spice, check ingredients)

2 eggs, beaten



Almond Joy Smoothie

Servings: 1

Total Time: 5 Minutes

Put all ingredients in a blender and mix. Can add more or less milk and ice depending consistency and temperature desired.

1 scoop [Livingood Daily Chocolate Collagen + Multivitamin](#) (or 1 Tbsp cocoa powder)

2 Tbsp raw almond or nut butter

1 tsp cinnamon

1 tsp pure vanilla extract

1 cup unsweetened almond milk or full-fat coconut milk

1/2 a frozen avocado or banana (optional)

3-4 ice cubes (optional)



Caesar Salad

Servings: 2

Total Time: 20 Minutes

Mix or blend all dressing ingredients together until smooth. Combine chicken, spinach, romaine, and dressing in a bowl with a lid and shake until completely covered. Add more Parmesan cheese to the top before eating.

Vegetarian Plan Tip:

Approved for vegetarians that eat eggs and/or dairy. Simply remove cooked chicken.

2 organic chicken breasts, cooked how desired

Organic spinach and romaine lettuce

Dressing:

1/2 cup olive oil

1 lemon (juiced, can add zest as well)

1/3 cup Parmesan cheese

4 tsp Dijon mustard (no sugar)

1-2 garlic cloves or garlic powder

Worcestershire sauce, to taste (no sugar)

Salt and pepper, to taste



Chicken Fajitas

Servings: 2

Total Time: 25 Minutes

Saute chicken in coconut oil over medium heat until cooked entirely. Add vegetables and seasoning (may add a little water to help steam the vegetables). Cook until vegetables are tender. Put on a plate of spinach and top with desired toppings.

Vegetarian Plan Tip:

Replace meat with 2 cups of veggies of your choice from the Food List.

2 Tbsp coconut oil

2 organic chicken breasts

1 small red onion, sliced

1 organic red bell peppers, sliced

1 organic green bell pepper, sliced (or any color bell pepper)

Spinach or romaine lettuce

Seasoning: 2 Tbsp chili powder, 3 Tbsp cumin, salt, pepper, garlic powder

Optional Toppings: raw organic cheddar cheese, black beans, organic sour cream, cilantro, cucumber, avocado, salsa



Egg Bites

Makes: 6 Muffins

Total Time: 30 Minutes

Lightly grease muffin tin with coconut oil. Whisk all ingredients together. Pour into muffin tins. Bake 350°F for 20-25 minutes.

Vegetarian Plan Tip:

Approved for vegetarians that eat eggs and/or dairy.

8 eggs

1 cup vegetables – diced (ex: broccoli, bell peppers, onion, mushrooms, etc.)

1/4 cup almond milk

Salt & pepper (to taste) (or any other seasoning)

1/2 cup raw or organic cheese (optional)

1/2 cup turkey bacon, cooked (optional)

1 Tbsp coconut oil



Meat Stuffed Peppers

Servings: 4

Total Time: 60 Minutes

Preheat oven to 400°F. Sauté meat and onions over low/medium heat in pan until browned. Meanwhile, place peppers cut side down on baking sheet and bake until tender, approximately 20-25 minutes.

Stir meat and onion, seasoning, aminos, and tomato sauce. Fill pepper halves mixture. Bake 5-10 minutes or until heated through. Can top with Parmesan or any cheese if desired. Can serve with [Cauliflower Tatoes](#) or steamed vegetables.

*Can also add 1/2 cup cooked quinoa if desired and not on a low carb plan.

Vegetarian Plan Tip:

Substitute ground beef with 1 bag of cauliflower rice (or 1 head of cauliflower, riced) and reduce cook time by a couple minutes.

4 red, green, yellow, or orange bell peppers

1.5 pounds grass-fed ground beef

1 small onion, diced

1 small can organic, Italian-style diced tomatoes

2 Tbsp Braggs Liquid Aminos

Salt, pepper, garlic



Chicken Stir-Fry

Servings: 2

Total Time: 20 Minutes

Sauté chicken in coconut oil until cooked. Add vegetables and seasonings and sauté until tender. Can serve over cauliflower rice if preferred.

Vegetarian Plan Tip:

Replace meat with 2 cups of veggies of your choice from the Food List.

4 Tbsp coconut oil

2 chicken breasts, cut into bite-sized pieces

Variety of vegetables: broccoli, bell peppers, onion, snap peas, zucchini, squash, peas, cauliflower, mushrooms, carrots, etc. (as many as desired)

Salt, pepper, garlic powder (to taste)

3 Tbsp Braggs Liquid Aminos (more or less to taste)



Shepherd's Pie

Servings: 4

Total Time: 60 Minutes

Brown hamburger, add in onion, carrots, peas and let steam until tender, approximately 10 minutes. In separate saucepan, simmer beef broth and cauliflower rice for approximately 10 minutes.

Remove from heat and add seasonings, Worcestershire sauce, and butter. Put all ingredients into a blender and mix until smooth, adding in the arrowroot powder until it becomes a puree. Pour over the meat and vegetables in an 8x8 baking dish and top with mashed caulifloweratoes. Bake at 350°F until warm throughout or until top starts to brown.

Topping: Mashed Cauliflower Tatoes

1 head cauliflower

Salt and pepper, to taste

4 Tbsp organic butter

Garlic powder (optional)

Steam cauliflower in steamer until tender. In blender mix cauliflower, butter and seasonings until smooth.

Inside:

1 lb grass-fed ground beef

1/2 small onion, diced

3 carrots, diced

1 cup peas

Sauce:

4 Tbsp butter

2 cups beef bone broth

1/2 small onion, diced

1 cup cauliflower rice

Salt and pepper, to taste

Garlic powder, to taste

2 tsp Worcestershire sauce

1/2 cup arrowroot powder



Smoothie Bowl

Servings: 1

Total Time: 15 Minutes

Put all ingredients in a high-powered blender or food processor and blend until thick, smoothie-like consistency. Add more ice or berries if you prefer thicker bowls. Pour the smoothie bowl mixture into a bowl and top with your favorite toppings! Enjoy immediately!

1/2 - 1 cup coconut or almond milk

1 1/2 cup frozen berries of choice (acai, blueberries, blackberries, strawberries, raspberries, etc. - can add 1/2 fresh or frozen banana for thicker consistency)

1/2 scoop [Livingood Daily Vanilla Collagen + Multivitamin](#) (optional)

Ice to thicken consistency, if desired

Optional Toppings: sliced fruit or berries, coconut flakes, chia seeds, cacao nibs or 70% or greater stevia sweetened dark chocolate chips



Smothered Chicken

Servings: 2

Total Time: 45 Minutes

Bake seasoned chicken at 350°F in small baking dish until cooked through, approximately 45 minutes. Saute veggies in coconut oil in frying pan. Place the sauteed veggies on top of the chicken once done. Cover with black beans. Top with cheese. Place back in the oven to melt the cheese. Top with optional toppings and salsa.

We like to smother a whole chicken breast with the ingredients. You may also chop up the chicken and serve on top of a salad.

Vegetarian Plan Tip:

Approved for vegetarians that eat eggs and/or dairy. Simply remove chicken or saute cauliflower florets with the same seasonings.

- 2 chicken breasts
- 3 Tbsp coconut oil
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 1 small red onion, sliced
- 1 can black beans
- 1 cup raw or organic cheddar cheese, shredded
- 2 Tbsp salsa (check ingredients)
- Salt, pepper, cumin, garlic powder, chili powder (to taste)



Egg & Turkey Bacon Casserole

Servings: 4

Total Time: 40 Minutes

Cook meat in a frying pan until cooked through. Beat eggs and milk together and add cooked meat, half of the cheese, and seasoning. Sprinkle the remaining cheese on top. Using organic butter or coconut oil, grease the bottom of an 8x8 baking dish. Bake at 350°F for approximately 20-30 minutes until golden brown.

Vegetarian Plan Tip:

Approved for vegetarians that eat eggs and/or dairy. Avoid turkey bacon/sausage and saute another 1/2 cup of veggies of your choice if you desire.

8 organic eggs

8oz organic turkey bacon or 1/2 pound turkey sausage

1 cup coconut milk or unsweetened almond milk

1 1/2 cups organic shredded cheddar cheese

Salt and pepper, to taste

Any herb of choice for topping (optional)

Optional: vegetables such as onion, spinach, bell peppers, mushrooms, etc.



Baked Chicken & Roasted Brussels

Servings: 2

Total Time: 40 Minutes

Bake chicken in a small baking dish at 350°F with seasonings or sauce desired for approximately 40 minutes or until cooked through (cover with foil). Can put 1-2 Tbsp water or butter in dish for moisture. Can make extra and use as leftovers for lunch or to create a salad with. Serve over cauliflower rice if desired.

Toss the Brussels sprouts with oil and seasoning. Spread them out and bake at 425°F until tender and outsides are starting to brown. Approximately 30 minutes. Can broil them at the end if want more crisp.

Vegetarian Plan Tip:

Substitute chicken for 2 cups of sauteed cauliflower florets.

Chicken:

2 chicken breasts

Salt, pepper, garlic powder (to taste)

Teriyaki Sauce (Coconut Secret brand
Teriyaki Sauce - optional)

Roasted Brussels:

1 bag of fresh or frozen Brussels sprouts (if fresh, cut end off and cut in half)

3 Tbsp olive oil or avocado oil

Salt and pepper (to taste)

Garlic powder (to taste)

Optional toppings: Parmesan cheese
or balsamic vinegar



Zucchini Spaghetti

Servings: 2

Total Time: 25 Minutes

In a large pan, brown hamburger and season with salt and pepper. Once the hamburger is cooked through, add the sauce into the pan. If making your own sauce, you can put all sauce ingredients right into the pan with the hamburger, stir and warm. Mix the zucchini noodles into the sauce mix. If you are spiralizing your own noodles, simply follow the tool's instructions. You may need to press the noodles down a bit to submerge the sauce. Simmer for approximately 10 minutes or until noodles are tender.

Vegetarian Plan Tip:

Simply remove ground beef.

1 lb grass-fed beef

2 zucchini (cut into long thin strands, use a spiralizer, or buy pre-spiralized noodles)

1 jar spaghetti sauce (or make your own, see below)

Spaghetti Sauce:

1 can organic tomato sauce

1 can organic diced tomatoes

1 6oz can of organic tomato paste

1 tsp dried basil

1/2 tsp dried oregano

1/2 tsp garlic powder

1/2 tsp onion powder

1/4 tsp ground thyme

Salt and pepper, to taste



Roasted Broccoli

Servings: 2

Total Time: 30 Minutes

Toss the broccoli florets with oil and seasoning. Spread them out and roast on 425°F until the edges are crispy and the stems are tender. Approximately 30 minutes. Can broil them at the end if want more crisp. Can also top with Parmesan cheese when done cooking.

2 large heads of broccoli

3 Tbsp olive oil or avocado oil

Salt and pepper, to taste

Garlic salt (optional)

Parmesan cheese (optional)



Create Your Own Salad

Servings: 1

Total Time: 10 Minutes

May we suggest putting together a creation of choice. Here are a few ideas...

Mediterranean Style: chicken, cucumbers, feta cheese, red onion, kalamata olives

Simple Salad: meat or fish, any vegetables left over in your fridge, hard-boiled egg

Sweet & Nutty: meat of choice, berries, nuts, Gorgonzola or goat cheese



Beef Stir-Fry

Servings: 2

Total Time: 30 Minutes

Brown hamburger in coconut oil until cooked. Add vegetables and seasonings and saute until tender. Can serve over cauliflower rice or add in cooked rice noodles if preferred.

Vegetarian Plan Tip:

Replace meat with 2 cups of diced veggies of your choice from the Food List.

3 Tbsp coconut oil

1 lb grass-fed beef

Salt, pepper, garlic powder (to taste)

3 Tbsp Braggs Liquid Aminos (more or less to taste)

Variety of vegetables: broccoli, bell peppers, onion, snap peas, zucchini, squash, mushrooms, peas, cauliflower, carrots, etc.



Fried Eggs & Avocado

Servings: 2

Total Time: 5 Minutes

Melt coconut oil in a frying pan on medium-low heat. Once melted, add the two eggs. Cook until the eggs are cooked on one side, approximately 3-4 minutes. Flip the eggs gently with a spatula and cook another 2-3 minutes depending on how you like your eggs. Salt, pepper, chives on top and enjoy! Add some avocado on the side for some good fats!

Vegetarian Plan Tip:

Approved for vegetarians that eat eggs and/or dairy.

2 eggs

Salt and pepper, to taste

2 Tbsp coconut oil

Avocado



You Pick 3

Pick a few of the following items and have a lighter “grazing” lunch! Find your own items to add to your list!

Hard-boiled eggs

Raw veggies & guacamole

Raw veggies & hummus

Turkey & hummus roll ups

Raw organic cheese chunks

Olives

Berries

Apple slices with almond butter

Nuts

Side salad with leftover meat and veggies

Pickles

Smoothie



Baked Chicken & Roasted Broccoli

Servings: 2

Total Time: 40 Minutes

Bake chicken in a small baking dish at 350°F with seasonings or sauce desired for approximately 40 minutes or until cooked through (cover with foil). Can put 1-2 Tbsp water or butter in dish for moisture. Can make extra and use as leftovers for lunch or to create a salad with. Serve over cauliflower rice if desired.

Toss the broccoli florets with oil and seasoning. Spread them out and roast on 425°F until the edges are crispy and the stems are tender. Approximately 30 minutes. Can broil them at the end if want more crisp. Can also top with Parmesan cheese when done cooking.

Vegetarian Plan Tip:

Replace meat with 2 cups of veggies of your choice from the Food List.

2 chicken breasts

Salt, pepper, garlic powder (to taste)

Teriyaki Sauce (Coconut Secret brand Teriyaki Sauce, optional)

2 large heads of broccoli

3 Tbsp olive oil or avocado oil

Salt and pepper, to taste

Garlic salt (optional)

Parmesan cheese (optional)



Almond Butter Blueberry Smoothie

Servings: 1

Total Time: 10 Minutes

Blend all ingredients in a blender until smooth. Add more milk as needed depending on desired consistency.

1 large handful of spinach

1/4 - 1/2 can full-fat coconut milk and/or unsweetened vanilla almond milk

1/2 - 1 cup frozen blueberries

1 heaping spoonful raw almond butter

1 scoop [Livingood Daily Vanilla Collagen + Multivitamin](#)

1 tsp Cacao nibs (optional)

1 tsp Flax and/or chia seeds (optional)

Ice (3-4 pieces)



Enchilada Zucchini Boats

Servings: 2

Total Time: 35 Minutes

Cut zucchini in half the long way and gently scoop out most of the inside of the zucchini. In a frying pan, warm the oil and add the seasonings, onion and pepper to saute until soft. Add in the black beans and cook another 3 minutes. Place the zucchini in a lightly greased baking dish, spoon the enchilada mix into the zucchinis, and top them with enchilada sauce. Top with cheese and bake for approximately 25-30 minutes at 400°F.

1 tablespoon of oil

1/2 of a sweet onion

1/2 red bell pepper

3 cloves of garlic, minced (or 1/2 tsp garlic powder)

1/4 teaspoon of cumin

1/4 teaspoon of dried oregano

1/4 teaspoon of paprika

Sea salt and pepper, to taste

1 can of black beans, drained

2 medium zucchinis

1 1/2 cups of enchilada sauce (watch ingredients on the package)

Optional toppings: organic cheese, cilantro, sour cream



Vegetable Omelet

Servings: 1

Total Time: 15 Minutes

Whisk eggs, veggies, and seasonings in a bowl. In medium pan, heat oil over low-medium heat. Cook 3-4 minutes until mostly cooked, flip the omelet and finish cooking 2-3 minutes. Top with favorite toppings. Can add the cheese in the middle or on top.

Vegetarian Plan Tip:

Approved for vegetarians that eat eggs and/or dairy.

3 eggs

1 cup vegetables (bell peppers, spinach, onion, broccoli, mushrooms, asparagus, etc.)

Salt, pepper (to taste)

2 Tbsp coconut oil

1/2 cup organic cheese of choice (cheddar, feta, goat cheese, etc.)

Optional toppings: avocado, chives, organic cheese



Vegetable Bean Soup

Servings: 6

Total Time: 60 Minutes

Saute all of the vegetables in oil (except kale and cabbage in large stock pot. Add broth and the rest of the ingredients to the pot and allow to simmer for 30-40 minutes.

- 3 Tbsp olive or coconut oil
- 1 small onion, diced
- 3 carrots, diced
- 4 stalks of celery, diced
- 1/2 cup of parsley (can also add other spices like sage, if desired)
- 2 cloves of garlic, minced
- 2 cups cabbage (purple or green)
- 1 yellow squash, diced
- 1 zucchini, diced
- 2 cups kale, chopped
- 2 cans of cannellini beans, drained
- 6 cups of chicken bone broth or vegetable broth
- Salt and pepper to taste (and garlic powder if you didn't mince fresh)



Cauliflower Tatoes

Servings: 2

Total Time: 25 Minutes

Steam cauliflower in steamer until tender. In blender mix cauliflower, butter and seasonings until smooth.

Vegetarian Plan Tip:

Approved for vegetarians that eat eggs and/or dairy.

1 head cauliflower

Salt and pepper, to taste

4 Tbsp organic butter

Garlic powder (optional)



Chili

Servings: 4

Total Time: 30 Minutes

Brown beef in large pot. Add all other ingredients and simmer until beans are soft. Or can leave all ingredients in a crockpot for a few hours on low. Add toppings as desired.

Vegetarian Plan Tip:

Simply remove ground beef/bison and do 2 cans of kidney beans.

1 lb grass-fed beef or bison

1 small onion, diced

1 large can organic diced tomatoes

1 small can organic tomato sauce

1-2 cans organic kidney beans

1 can organic black beans (optional)

2 Tbsp chili powder

2 Tbsp cumin

Salt, pepper, garlic powder (cayenne pepper optional)

Optional toppings: organic sour cream, chives, organic cheese



Vegetable Stir Fry

Servings: 2

Total Time: 30 Minutes

Sauté vegetables and seasonings and sauté until tender. Can serve over cauliflower rice if preferred.

4 Tbsp coconut oil

Salt, pepper, garlic powder (to taste)

3 Tbsp Braggs Liquid Aminos (more or less to taste)

Variety of vegetables: broccoli, bell peppers, onion, snap peas, zucchini, squash, peas, cauliflower, mushrooms, carrots, etc.



Steak Fajitas

Servings: 2

Total Time: 45 Minutes

Saute steak in coconut oil over medium heat until cooked. Add vegetables and seasoning (may add a little water to help steam the vegetables). Cook until vegetables are tender. Put on a plate of spinach and top with desired toppings.

2 Tbsp coconut oil
1 medium sized steak of choice
1 small red onion
2 organic red bell peppers
1 organic green bell pepper
Spinach or romaine lettuce

Seasoning:

2 Tbsp chili powder
3 Tbsp cumin
Salt
Pepper
Garlic powder

Optional Toppings: raw organic cheddar cheese, black beans, organic sour cream, cilantro, cucumber, avocado, salsa



Meatloaf

Servings: 4

Total Time: 60 Minutes

Mix all ingredients well in a bowl. Transfer to a lightly coconut oil greased loaf pan, pack lightly. Bake 1 hour or until cooked through at 350°F. Can top with a little ketchup if desired. Can serve with Mashed Cauliflower Tatoes recipe.

1 1/2 pounds grass-fed ground beef
1 egg
1 small onion, diced
1/2 cup organic ketchup (no sugar, can use tomato paste also)
2 Tbsp Braggs Liquid Aminos
2 tsp organic Worcestershire sauce
Salt, pepper, garlic powder, to taste
Optional: healthy crackers (such as Simple Mills, Mary's Gone Crackers or Akmak crackers, finely crushed)



Turkey Bacon Cheeseburger Casserole

Servings: 6

Total Time: 60 Minutes

Make cauliflower mashed potatoes and set aside. Cook turkey bacon in large skillet and set aside, keep the bacon grease in the pan.

Add ground beef to the same skillet and cook until browned. Add the seasonings and set aside. For the sauce: add butter in a pan and stir in the flour over low heat (can use the same pan as hamburger if you want more flavor). Cook until the flour has absorbed the butter and then add heavy cream and mustard. Cook until the sauce thickens.

In a 9x13 baking dish, place half of the sauce on the bottom of the dish. Spread the cauliflower potatoes as evenly as possible in the dish. Sprinkle half of the bag of cheese over the potatoes. Sprinkle on the ground beef. Pour the other half of the sauce over the beef. Sprinkle remaining cheddar cheese over the sauce and sprinkle the top with the bacon. Cover and bake on 350°F for approximately 30 minutes. Allow to cool a bit before serving.

1 package of turkey bacon, cooked and cut into bite-sized pieces

1 1/2 lb grass-fed beef

1 head cauliflower, cooked and made into mashed cauliflower potatoes

Salt, pepper, garlic powder, onion powder (optional)

Sauce:

3 Tbsp yellow mustard

2 Tbsp butter

1 1/2 cup organic heavy cream

1/3 cup coconut flour

1 (8 ounce) package organic cheddar cheese



Grilled Fish or Meat & Vegetable

Servings: 2

Total Time: 30 Minutes

Pretty simple here! Grill and season your meat as desired. Season as desired or add a little organic butter on top! Prepare your vegetables as desired, cube and saute, bake, grill, etc.

2 meat of choice, fish, or organic chicken breasts

Salt, pepper, garlic powder (to taste)

1 vegetable of choice: squash, zucchini, broccoli, Brussels sprouts, etc.

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