



LIVINGOOD DAILY

HEALTHY INFLAMMATION SUPPORT



—ANTI-INFLAMMATORY FOOD LIST—

Ideally all natural, best is organic. Don't forget the Clean 15, Dirty Dozen!

GOOD FOODS

FATS

Animal Fat
Avocado
Coconut Butter
Coconut Milk
Coconut Oil
Lard
Macadamia Oil
MCT Oil
Olive Oil
Palm Oil
Tallow

FERMENTED

Fermented Veggies
(Carrot, Beet, etc.)
Kombucha
Miso
Natto
Olives
Pickles
Pickled Beets
Sauerkraut
Tamari
Tempeh
Water Kefir

FISH (Wild Caught)

Anchovies
Cod
Flounder
Grouper
Haddock
Halibut
Herring
Mackerel
Mahi-Mahi
Perch
Red Snapper
Salmon
Sardines
Tilapia
Trout
Tuna

FRUITS

Apple
Apricot
Avocado
Banana
Blackberry
Blueberry
Cherry
Clementine
Coconut
Date
Dried Fruit
Fig
Grape
Grapefruit
Kiwi
Lemon
Lime
Mango
Melon
Nectarine
Orange
Papaya
Peach
Pear
Plum
Pineapple
Pomegranate
Raspberry
Strawberry
Tangerine

HERBS

Basil
Chives
Cilantro
Dill
Lemongrass
Marjoram
Mint
Parsley
Rosemary
Sage
Thyme

MEATS

Beef
Bison
Buffalo
Chicken
Duck
Elk
Fish (see list)
Goat
Goose
Lamb
Pork
Sausage
Seafood
Shellfish
Sheep
Turkey
Venison

OFFAL

Bone Broth
Bone Marrow
Heart
Kidney
Liver
Tripe

PANTRY ITEMS

Apple Cider Vinegar
Arrowroot Powder
Canned Fish
Coconut Flour
Coconut Flakes
Coconut Vinegar
Coconut Aminos
Dried Fruit
Honey
Maple Syrup
Olives

SPICES

Cinnamon
Cloves
Garlic
Ginger
Saffron
Sea Salt
Shallots
Turmeric

VEGETABLES

Artichoke
Arugula
Asparagus
Beets
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Chard
Collard Greens
Cucumber
Egg Plant
Fennel
Garlic
Jicama
Kale
Kimchi
Leek
Lettuce
Mushroom
Onion
Parsnip
Radish
Rhubarb
Rutabaga
Sauerkraut
Shallot
Spinach
Squash
Sweet Potato
Swiss Chard
Turnip
Watercress
Yam
Zucchini

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AVOID

ALCOHOL

Beer
Champagne
Hard Cider
Liquor
Malt Beverages
Wine

DAIRY

Butter
Cheese
Cream
Cream Cheese
Ghee
Milk
Yogurt

GRAINS

Amaranth
Barley
Buckwheat
Bulgur
Corn
Farro
Kamut
Millet
Oats
Rice
Rye
Sorghum
Spelt
Teff
Wheat

NSAIDS

Aspirin
Ibuprofen

OILS

Canola Oil
Corn Oil
Cotton Seed Oil
Rapeseed Oil
Rice Bran Oil
Safflower Oil
Soybean Oil
Non-Organic
Sunflower Oil
Vegetable Oil

PROCESSED LUNCH MEAT

All

PROCEED WITH CAUTION

Some people may be sensitive to these foods. If unknown, it may be best to avoid them until you know for sure.

BEANS & LEGUMES

Adzuki Beans
Black Beans
Black Eyed Peas
Chickpeas
Fava Beans
Garbanzo Beans
Green Beans
Kidney Beans
Lentils
Lima Beans

EGGS

Chicken
Duck
Egg White
Egg Yolk
Goose
Quail

MISCELLANEOUS

Coffee
Couscous
Dark Chocolate /
Cacao (>70%)
Gogi Berries
Quinoa

NIGHTSHADES

Bell Pepper
Black pepper
Cayenne
Chili Pepper
Chipotle
Eggplant
Habanero
Jalapeño
Paprika
Poblano
White Potato
Sweet Pepper
Tomatillo
Tomato

NUTS & SEEDS

Almond
Anise
Brazil
Canola
Caraway
Chia Seeds
Cocoa
Coriander
Cumin
Fennel
Fenugreek
Flax Seeds
Hazelnut
Hemp
Macadamia
Mustard
Nutmeg
Peanut
Pecan
Poppy
Pumpkin
Sesame
Sunflower
Walnut

21 DAY MEAL PLAN

WEEK

1

Berry Smoothie Simple Chicken Salad	Egg Scramble Leftovers Hamburgers & Zucchini Fries	Almond Joy Smoothie Caesar Salad Chicken Fajitas	Egg Bites Chicken Fajita on Spinach Salad Meat Stuffed Peppers	Berry Smoothie Leftovers Chicken Stir-Fry	Egg Bites Leftovers Shepherd's Pie	Smoothie Bowl Leftovers Smothered Chicken
1	2	3	4	5	6	7

WEEK

2

Egg & Turkey Bacon Casserole	Egg & Turkey Bacon Casserole	Almond Joy Smoothie Create Your Own Salad	Fried Eggs & Avocado You Pick 3	Almond Butter Blueberry Smoothie Leftovers	Smoothie Bowl Leftovers Enchilada Zucchini Boats	Vegetable Omelet Create Your Own Salad
8	9	10	11	12	13	14

WEEK

3

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

Following week 3, complete a 1, 2, or 3-day liquid fast consuming only water, sparkling water, coffee, tea, Livingood Daily Greens, low-carb greens juice, and/or Livingood Daily Collagen.

Berry Smoothie

Serves 1 | 10 Minutes

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
Collagen Protein Vanilla

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

Simple Chicken Salad

Serves 2 | 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 Vegemaise (no soy) (or use a healthy oil mayo)

Salt and pepper, to taste

Chicken & Broccoli Casserole

Serves 4 | 45 Minutes

3 chicken breasts
2 bunches of broccoli
8 oz 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 Vegenaise (or healthy oil based mayo)

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 degrees for approximately 30 minutes.

Egg Scramble

Serves 1 | 20 Minutes

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, cheese,
(cheddar, feta, goat, etc),
chives

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 favorite toppings.

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

Hamburgers

Serves 2 | 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. Saute 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 sauteed 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 350F 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

Serves 2 | 30 Minutes

1 large organic zucchini

1 cup almond flour

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

2 eggs, beaten

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 degrees for 20-30 minutes or until brown and crispy.

Vegetarian Plan Tip:
Approved for vegetarians that eat eggs and/or dairy.

Almond Joy Smoothie

Serves 1 | 5 Minutes

1 scoop Livingood
Daily Collagen Protein
Chocolate (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)

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

Caesar Salad

Serves 2 | 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 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

Serves 2 | 25 Minutes

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

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.

Egg Bites

Yields 6 Muffins | 30 Minutes

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

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

Vegetarian Plan Tip:
Approved for vegetarians that eat
eggs and/or dairy.

Meat Stuffed Peppers

Serves 4 | 60 Minutes

Preheat oven to 400 degrees 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 Mashed 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

Serves 2 | 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

Serves 4 | 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 degrees F until warm throughout or until top starts to brown.

Topping:

Mashed Cauliflower Tatoes

Recipe

1 head cauliflower
Salt and pepper, to taste
4 tbs 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

Serves 1 | 15 Minutes

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
Collagen Protein Vanilla
(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

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!

Smothered Chicken

Serves 2 | 45 Minutes

Bake seasoned chicken at 350 degrees 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 sautee 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

Serves 4 | 40 Minutes

8 organic eggs

8 oz 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.

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 degrees 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 sautee
another 1/2 cup of veggies of your
choice if you desire.

Baked Chicken & Roasted Brussels

Serves 2 | 40 Minutes

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
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

Bake chicken in a small baking dish at 350 degrees 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 degrees 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.

Zucchini Spaghetti

Serves 2 | 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

Serves 2 | 30 Minutes

2 large heads of
broccoli

3 tbsp olive oil or
avocado oil

Salt and pepper, to
taste

Garlic salt (optional)

Parmesan cheese
(optional)

Toss the broccoli florets with oil and seasoning. Spread them out and roast on 425 degrees 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.

Create Your Own Salad

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

Serves 2 | 30 Minutes

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.

Brown hamburger in coconut oil until cooked. Add vegetables and seasonings and sauté 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.

Fried Eggs & Avocado

Serves 2 | 5 Minutes

2 eggs

Salt and pepper, to taste

2 tbsp coconut oil

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.

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

Serves 2 | 40 Minutes

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)

Bake chicken in a small baking dish at 350 degrees 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 degrees 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.

Almond Butter Blueberry Smoothie

Serves 1 | 10 Minutes

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
Collagen Protein Vanilla

1 tsp Cacao nibs
(optional)

1 tsp Flax and/or chia
seeds (optional)

Ice (3-4 pieces)

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

Enchilada Zucchini Boats

Serves 2 | 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 degrees 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

Serves 1 | 15 Minutes

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

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.

Vegetable Bean Soup

Serves 6 | 60 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)

Sauté 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.

Cauliflower Tatoes

Serves 2 | 25 Minutes

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.

Vegetarian Plan Tip:
Approved for vegetarians that eat eggs and/or dairy.

Chili

Serves 4 | 30 Minutes

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

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.

Vegetable Stir Fry

Serves 2 | 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

Serves 2 | 45 Minutes

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

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.

Meatloaf

Serves 4 | 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 degrees 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 Amino Acids

2 tsp organic Worcestershire sauce

Salt, pepper, garlic powder, to taste

Optional: healthy cracker (such as Simple Mills, Mary's Gone Crackers or Akmak crackers, finely crushed)

Turkey Bacon Cheeseburger Casserole

Serves 6 | 60 Minutes

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

Vegetable Omelet

Serves 1 | 15 Minutes

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

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.

Grill Fish or Meat & Vegetable of Choice

Serves 2 | 30 Minutes

Pretty simple here! Grill and season your chicken 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 organic chicken breasts

Salt, pepper, garlic powder (to taste)

1 vegetable of choice (squash, zucchini, broccoli, brussels sprouts, etc)

INFLAMMATION SUPPORT BREATHING EXERCISES

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



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



Click here to watch the video
and learn about breathing!

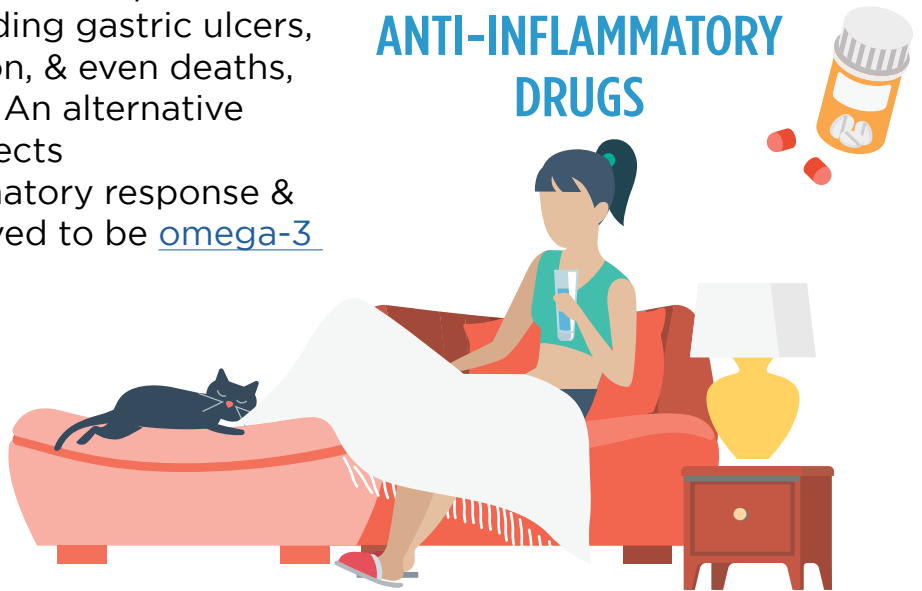
CHEAT SHEET TO SUPPORTING A HEALTHY INFLAMMATORY RESPONSE

The use of NSAID medications is a well-established, effective therapy for both acute and chronic nonspecific neck & back pain. Extreme complications, including gastric ulcers, bleeding, myocardial infarction, & even deaths, are associated with their use. An alternative treatment with fewer side effects that also reduces the inflammatory response & thereby reduces pain is believed to be [omega-3 EPAs found in fish oil](#).

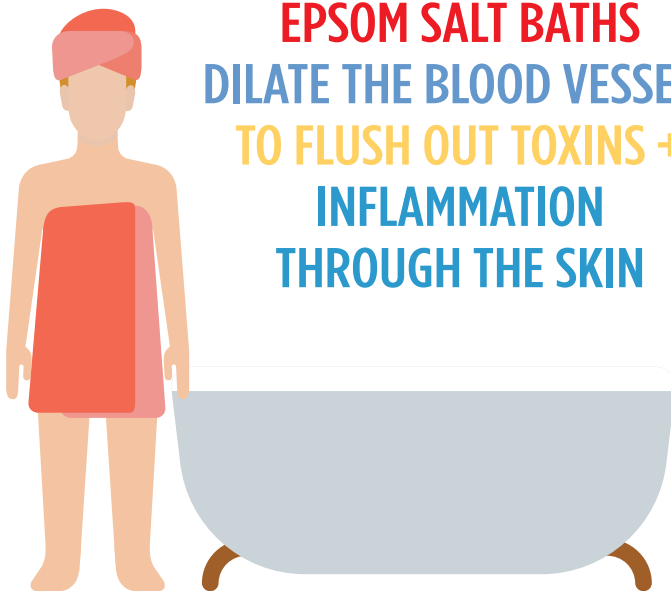
2400mg of Omega 3 fish oil has been shown to be as or more effective than NSAIDs like ibuprofen and aspirin at reducing pain.

Make sure your omegas have no fillers, no dyes, no colorings, they are sourced from wild-caught fish and are kept in a non-see through container.

**PROPER DOSE OMEGA 3'S
IS MORE EFFECTIVE
+ SAFER THAN
ANTI-INFLAMMATORY
DRUGS**



**EPSOM SALT BATHS
DILATE THE BLOOD VESSELS
TO FLUSH OUT TOXINS +
INFLAMMATION
THROUGH THE SKIN**



Simple Version

1 cup of Epsom salt in warm bath water
Soak for 20 minutes

Max Salt Detox Bath

1/4 cup sea salt/Himalayan salt
1/4 cup Epsom salt
1/4 cup Baking soda
1/3 cup apple cider vinegar
10 drops of favorite essential oil
(ex. lavender)

Note: Be aware of getting out as a change in blood flow + detox may cause lightheadedness.

Celery increases healthy stomach acid production to break down food and decrease digestive bloating. It also contains helpful natural salts and minerals to aid the immune, lymph, circulatory, and nervous systems.

Juice one whole stalk of celery by itself to make 12-16oz of juice. Drink within 30 minutes for maximum nutrients.

Alternate: You can blend the celery with filtered water into a liquid + then strain it.



**DRINK CELERY JUICE
FOR AN EXTREMELY
POWERFUL + ENERGIZING
DRINK**

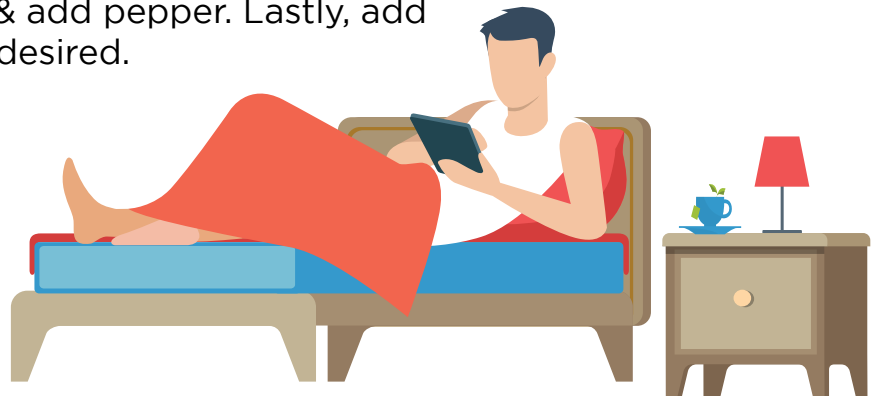


Harness the anti-inflammatory power of curcumin through turmeric. Increase the absorption with a little black pepper. Rebound the flavor with the anti-nausea/ anti-inflammatory ginger & a splash of honey or lemon.

- 1 tsp fresh grated turmeric root (or 1/3 tsp dried)
- 1 tsp fresh grated ginger root (or 1/3 tsp dried)
- 1/4 tsp black pepper
- 1 slice of lemon and/or raw honey (to taste)

In a small saucepan bring a cup of water to boil. Remove from heat & add the turmeric + ginger. Let steep with the lid on for approximately 5 minutes. Strain the tea & add pepper. Lastly, add some honey or lemon as desired.

**TURMERIC GINGER TEA
TO GO TO
SLEEP FASTER +
WAKE UP REFRESHED**





Bonus Recipe

Iced Matcha Collagen Latte

Serves: 1

Time: 5 minutes

Put all ingredients in a blender or use a hand frother and mix until smooth. Pour over ice and enjoy!

1 tsp matcha

1 1/2 cups milk of choice (I like almond milk or coconut milk)

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

1 tsp vanilla extract and/or raw local honey



Bonus Recipe

Simple Hummus Dip + Veggies

Serves: 2

Time: 15 minutes

Drain the chickpeas and place in a food processor along with all of the ingredients. Pulse the mixture until it's almost smooth. If the mixture is too dry to completely get smooth, add a couple of tablespoons of water, olive oil, or the juice from the chickpea can.

Give or take the seasonings to your taste. Drizzle with olive oil or Sprinkle with paprika if desired. Use vegetables, pita bread and dip or use as a condiment as a spread.

1 15 oz can chickpeas

2 Tbsp olive oil

Juice of 1 lemon

1/4 cup tahini

1 Tbsp cumin

1 tsp sea salt

1 tsp paprika (optional)

Optional flavors: 1 clove garlic, 2 fire roasted red peppers, jalapeño and cilantro, black beans instead of chickpeas



Bonus Recipe

Veggie Burrito Bowl

Serves: 2

Time: 20 minutes

Combine the burrito bowl ingredients and toss in seasoning. Lay over a bed of organic spinach for a delicious quick and easy salad. Top with optional toppings.

1 can black beans
1 can kidney beans
1 red sweet pepper
1 yellow sweet pepper
1 orange sweet pepper
1 bag of thawed riced cauliflower, drained
1/2 red onion
3 tsp cumin
2 tsp chili powder
Salt, pepper, garlic salt (to taste)
Optional toppings: cilantro, avocado, shredded lettuce, and guacamole

FEATURED PRODUCTS

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