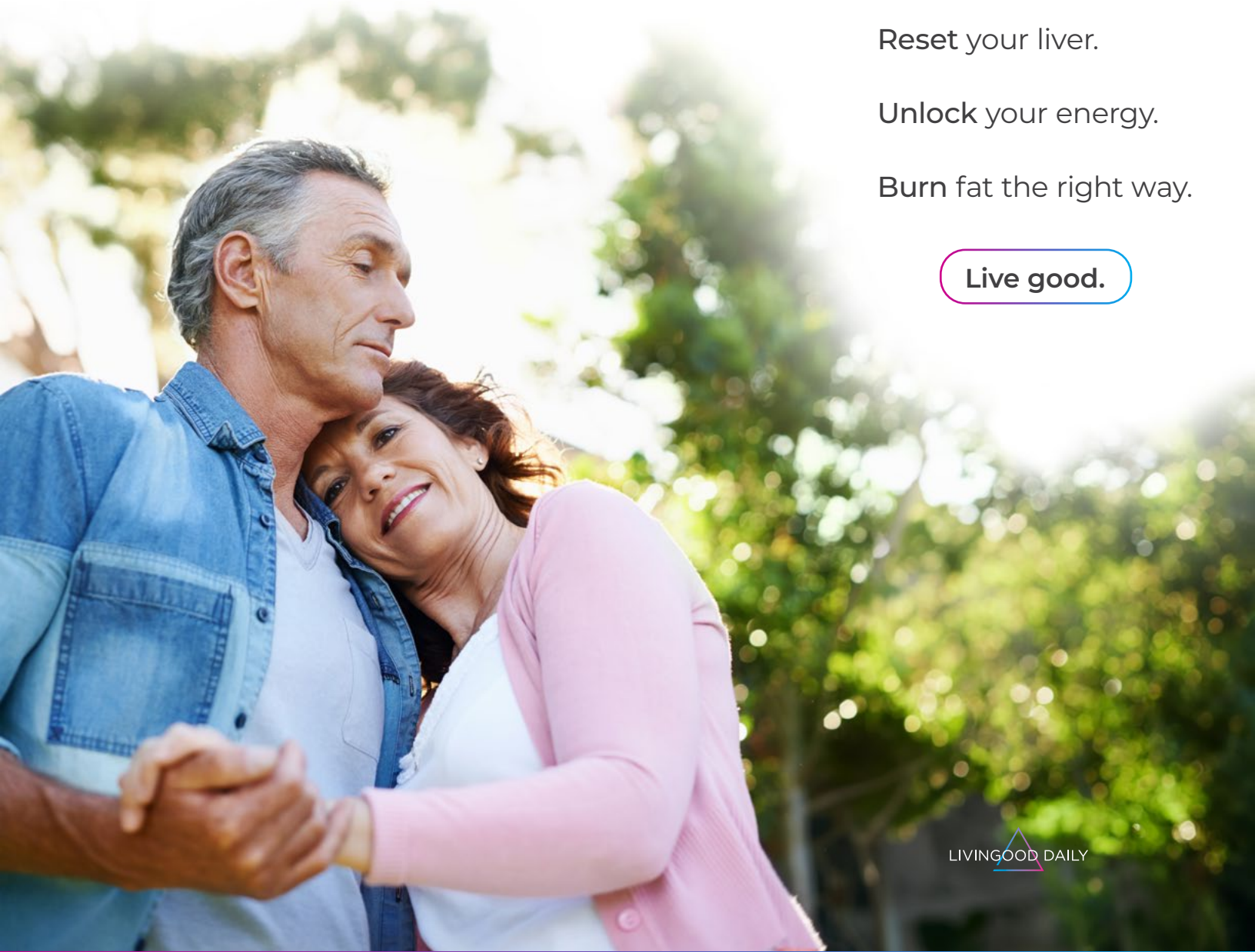
LIVER RESET CHALLENGE

Your 28-Day
Liver Reset



Reset your liver.

Unlock your energy.

Burn fat the right way.

Live good.

LIVINGOOD DAILY

WELCOME TO YOUR LIVER RESET CHALLENGE

Your liver is your body's hardest-working organ—filtering toxins, burning fat, and keeping your energy and metabolism running.

But modern diets loaded with processed food, excess sugar, and artificial ingredients put it under constant stress.

The good news: your liver responds quickly when you give it the *right support*.

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

- Eating real food
- Building simple daily habits
- Supporting healthy liver function
- Giving your body a chance to reset



LIVER RESET MADE SIMPLE



Your Liver Does More Than You Think

Your liver is one of the busiest organs in your body.

Every day, it helps process, filter, store, convert, and move thousands of substances that pass through your system.

While it has hundreds of jobs, there are ***three that matter most*** for this challenge.

---

1 FILTER

Your liver helps process chemicals, waste products, hormones, and substances your body no longer needs.

Think of it as your body's processing center.

2 FLOW

Your liver produces bile, which helps move waste out of the body and supports healthy digestion.

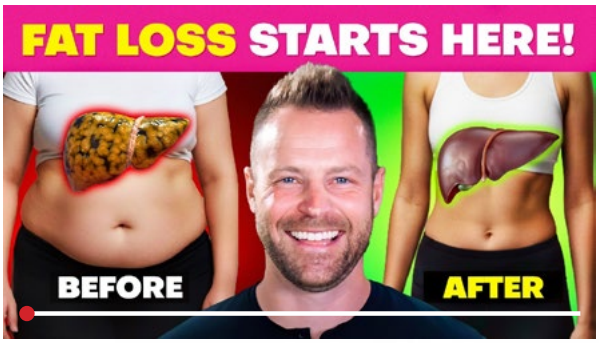
Healthy flow is a key part of keeping things moving.

3 FUEL

Your liver plays an important role in energy production, metabolism, and how your body uses stored fuel.

When these systems are supported, many people feel more energized, less sluggish, and their body starts burning fat the way it's supposed to.

► *Watch: 7 Best Foods to Heal Your Liver and Burn Fat Fast*



Here's something most people don't realize: **when your liver is backed up, it can't burn fat efficiently.**

That stubborn belly fat that won't budge? It's often a liver problem, not just a calorie problem.

When you support your liver, fat burning follows.





WHAT WE'RE DOING DURING THIS RESET

During this reset, we're focusing on **4 simple shifts** that help support your liver and reduce the burden on your body.

1. Reduce the Load

Your liver is constantly processing what you eat, drink, breathe, and absorb.

One of the fastest ways to support your liver is to **stop giving it so much extra work.**

During this reset, you'll focus on:

- Reducing processed foods
- Cutting back on excess sugar
- Avoiding artificial ingredients

Less junk in means less work for your liver.

2. Improve Flow

Your liver relies on bile to move waste out of the body.

Simple **daily habits** like lemon water, hydration, and movement help support healthy flow and keep things moving in the right direction.

3. Give Your Body a Break

Most people spend all day eating, snacking, and digesting.

During this reset, you'll gradually **reduce how often you're eating** by:

- Eliminating snacks
- Occasionally reducing meal size
- Creating longer breaks between meals

This gives your body more time to focus on repair and less time focused on digestion. In Week 4, you'll have the option to take this a step further with a 1-3 day fast—a powerful way to give your liver a deeper reset right before you finish the challenge.

4. Support Your Liver Daily

Your Livingood Daily Liver + Gallbladder Cleanse or Support, combined with simple daily habits, gives your body the **tools it needs** to do the rest.

STOP EATING "C.R.A.P."

The Simplest Nutrition Rule You'll Ever Follow

If you want to support your liver... 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

► *Watch: The Fastest Way to Reverse Liver and Kidney Damage*



When you reduce these, you reduce the burden on your liver—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.

LIVER RESET MEAL PLAN

WEEK 1

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

WEEK 2

08	09	10	11	12	13	14
1/2 Size Egg & Turkey Bacon Casserole or Eggs Only Caesar Salad Baked Chicken & Roasted Brussels	1/2 Size Egg & Turkey Bacon Casserole or Eggs Only Leftovers On Salad Zucchini Spaghetti & Roasted Broccoli	1/2 Size Almond Joy Smoothie or Eggs Only Create Your Own Salad Beef Stir-Fry	1/2 Size Fried Eggs & Avocado or Eggs Only You Pick 3 Baked Chicken & Roasted Broccoli	1/2 Size Almond Butter Blueberry Smoothie or Eggs Only Leftovers Chicken & Broccoli Casserole	1/2 Size Smoothie Bowl or Eggs Only Leftovers Enchilada Zucchini Boats	1/2 Size Vegetable Omelet or Eggs Only Create Your Own Salad Vegetable Bean Soup

WEEK 3

15	16	17	18	19	20	21
Skip Breakfast Coffee or Tea Only Leftovers 1/2 Size Hamburgers & Cauliflower Tatoes	Skip Breakfast Coffee or Tea Only You Pick 3 1/2 Size Chili	Skip Breakfast Coffee or Tea Only Leftovers 1/2 Size Vegetable Stir-Fry	Skip Breakfast Coffee or Tea Only Caesar Salad 1/2 Size Steak Fajitas	Skip Breakfast Coffee or Tea Only Leftovers Over Salad 1/2 Size Meatloaf & Cauliflower Tatoes	Skip Breakfast Coffee or Tea Only Leftovers 1/2 Size Turkey Bacon Cheeseburger Casserole	Skip Breakfast Coffee or Tea Only Leftovers 1/2 Size Grilled Fish or Meat & Vegetable

WEEK 4

22	23	24	25	26	27	28
1-3 Day Fast Water, sparkling water, coffee, tea, LGD Greens + Superfoods, LGD Collagen + Multivitamin	1-3 Day Fast Water, sparkling water, coffee, tea, LGD Greens + Superfoods, LGD Collagen + Multivitamin	1-3 Day Fast Water, sparkling water, coffee, tea, LGD Greens + Superfoods, LGD Collagen + Multivitamin	Skip Breakfast Coffee or Tea Only OMAD between 12 – 6 pm Smothered Chicken	Skip Breakfast Coffee or Tea Only OMAD between 12 – 6 pm Shepherd's Pie	Skip Breakfast Coffee or Tea Only OMAD between 12 – 6 pm Zucchini Spaghetti & Roasted Broccoli	Skip Breakfast Coffee or Tea Only OMAD between 12 – 6 pm Meat Stuffed Peppers

LIVINGOOD DAILY

LIVER RESET CHEAT SHEET

FOUR SIMPLE HABITS. POWERFUL LIVER SUPPORT.



LEMON WATER

YOUR MORNING LIVER FLUSH

SUPPORTS BILE PRODUCTION

Helps kickstart bile flow and keeps things moving.

NATURAL DETOX SUPPORT

Helps your body flush out waste more efficiently.

HYDRATES & ALKALIZES

Helps balance pH, hydrate, and support overall liver function.



COFFEE

YOUR DAILY LIVER ACTIVATOR

ACTIVATES LIVER ENZYMES

Helps support your liver and weight management goals.

SUPPORTS FAT METABOLISM

Helps mobilize fat and turn it into usable energy.

PROTECTS LIVER HEALTH

Powerful antioxidants help support oxidative stress on your liver.



MORINGA

THE MIRACLE TREE

POWERFUL NUTRITION

Loaded with vitamins, minerals, amino acids, and antioxidants.

SUPPORTS LIVER HEALTH

Helps protect your liver cells and supports optimal comfort levels.

SUPPORTS WEIGHT MANAGEMENT

Helps balance blood sugar and supports cravings.



APPLE CIDER VINEGAR

A DAILY GUT CHANGER

BLOOD SUGAR BALANCE

Supports healthy blood sugar already within normal range.

SUPPORTS WEIGHT MANAGEMENT

Supports healthy weight management goals and feelings of fullness.

SUPPORTS DIGESTION

Helps break down food, and supports bloating and gut health.

HOW TO USE



Squeeze ½ – 1 lemon in 8–16 oz of water. Drink first thing in the morning on an empty stomach.



Drink 1 cup of organic, shade-grown coffee. We love our Livingood Daily Coffee + Moringa!



Take 2 capsules of Livingood Daily Moringa or drink 1 glass of Livingood Daily Matcha + Moringa after lunch.



Take 1 – 2 Tbsp in water before meals, or 3 capsules of Livingood Daily Apple Cider Vinegar daily.

YOUR SUPPLEMENTS EXPLAINED

Your supplements support the work you're doing each day. Here's what each one does.

Reduce the burden on your liver, support healthy bile flow, and build habits that help your body function at its best.

Your supplements are designed to **support that process**.

Liver + Gallbladder Cleanse or Support

This is **the foundation** of the Liver Reset Challenge.

Your liver and gallbladder work together to process waste and move it out of the body through bile.

Liver + Gallbladder Cleanse or Support is designed to help support:

- Healthy liver function
- Healthy bile production and flow
- Your body's natural detoxification processes



Take 2 capsules daily, whenever it is most convenient for you.

OPTIONAL SUPPORT TOOLS



Some members choose to add additional support during their Liver Reset.

These are completely optional but can be ***powerful additions*** to your daily routine.

Moringa

Supports:

- Energy
- Metabolism
- Overall wellness

You will gradually introduce Moringa as part of the challenge.

We love it here at Livingood Daily so much that you have several options to choose from to help make it easy to get into your everyday routine:

- Livingood Daily Moringa capsules
- Livingood Daily Coffee + Moringa
- Livingood Daily Matcha + Moringa

Apple Cider Vinegar

Supports:

- Digestion
- Cravings
- Healthy blood sugar levels

You will gradually introduce ACV later in the challenge.

If you don't like the taste, check out our Livingood Daily Apple Cider Vinegar capsules.

DAILY FOUNDATIONS



Focus on these daily basics.

1. Eat Challenge Approved Foods

Follow the meal plan and focus on:

- Protein
- Vegetables
- Healthy fats
- Water

Simple wins.

2. Give Your Body a Break

Your liver has to work every time you eat. Creating **longer breaks between meals**—cutting snacks, reducing meal sizes, and eventually skipping breakfast—gives it time to repair instead of digest.

In Week 4, you'll have the option to do a **1-3 day fast** to deepen the reset.

3. Support Liver Flow

Simple ***daily habits*** can help support healthy bile flow and liver function.

- **Lemon Water:** First thing in the morning—bile sits and thickens overnight, and lemon water signals your liver and gallbladder to release fresh bile and get things moving.
- **Hydration:** Aim for half your body weight in ounces of water per day—your liver needs water to flush waste out.
- **Coffee:** Coffee activates your liver's enzyme system and helps it process toxins and burn fat more efficiently.
- **Daily Movement:** Improved blood flow helps your liver clear waste faster and detox more efficiently.

► *Watch: The Real Reason You Can't Lose Belly Fat*

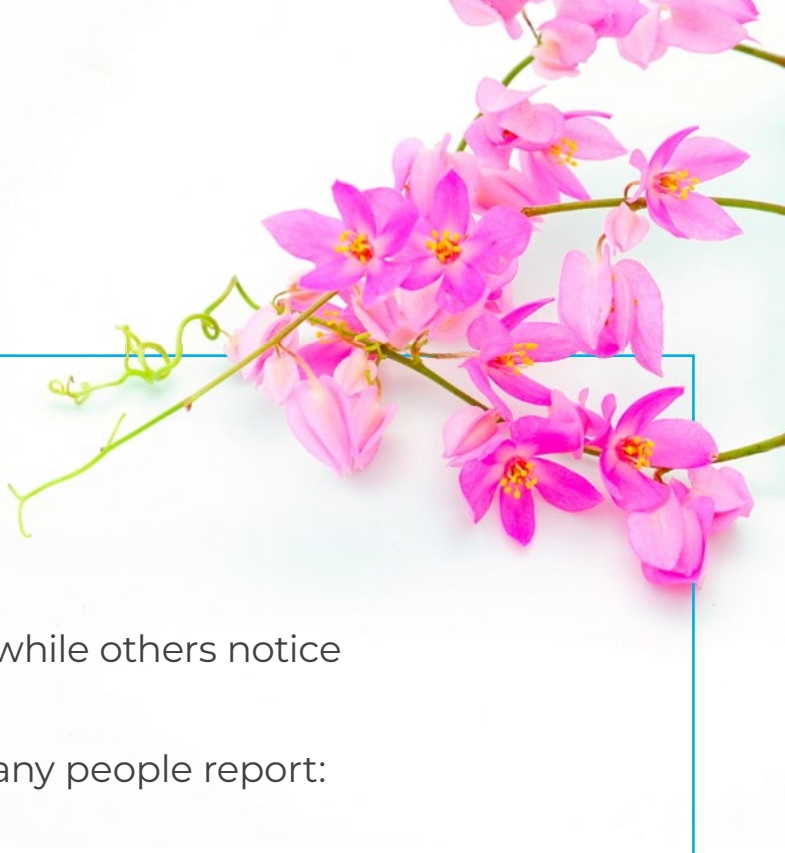


4. Rest + Recover

Your body does some of its most important repair work while you sleep. Focus on:

- 7–8 hours of sleep (your liver does its most intense detox work between 1–3 a.m.—getting to bed early enough to be in deep sleep by then matters)
- Deep breathing
- Managing daily stress

WHAT TO EXPECT + FAQS



What Can I Expect During This Reset?

Everyone's body is different.

Some people notice changes quickly, while others notice gradual improvements over time.

As you consistently follow the plan, many people report:

- More consistent energy
- Fewer cravings
- Feeling less sluggish
- Improved digestion
- Better daily habits and routines

What if I miss a day of supplements?

Don't start over. Just continue where you left off and ***keep moving forward***.

Can I still take my medications?

Yes. Continue taking all prescribed medications as directed by your physician.

We recommend taking your supplements **at least 2 hours before or after medications**.

What if I don't notice a big difference right away?

A lot of what this reset does happens behind the scenes.

Stay consistent—results build over time.

How many times can I do a Liver Reset?

As often as you'd like. Many members come back to it quarterly. You need a plan you can stick with.

Small actions repeated consistently create **lasting results**.

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:

Scan Me

1. Download our Livingood Daily App by scanning the QR code to the left.

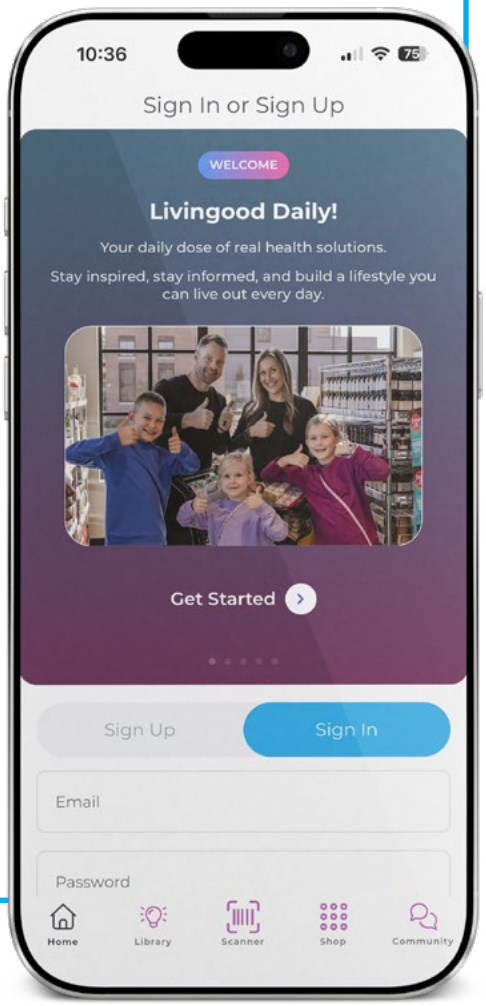
2. **Login** with the email you used to purchase

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 Liver Reset Challenge Workbook to know what you will be doing daily.

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 Liver Reset Challenge?

YOU ARE THE SOLUTION.

DAY 1 | DATE _____

WEEK 1 — Build the Foundation

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Ate Only Challenge Approved Foods, 3 Meals Per Day or Less, No Snacking
- ☐ Completed 10-Minute Workout

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 2 | DATE _____

WEEK 1 — Build the Foundation

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Ate Only Challenge Approved Foods, 3 Meals Per Day or Less, No Snacking
- ☐ Completed 10-Minute Workout

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 3 | DATE _____

WEEK 1 — Build the Foundation

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Ate Only Challenge Approved Foods, 3 Meals Per Day or Less, No Snacking
- ☐ Completed 10-Minute Workout

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 4 | DATE _____

WEEK 1 — Build the Foundation

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Ate Only Challenge Approved Foods, 3 Meals Per Day or Less, No Snacking
- ☐ Completed 10-Minute Workout

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 5 | DATE _____

WEEK 1 — Build the Foundation

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Ate Only Challenge Approved Foods, 3 Meals Per Day or Less, No Snacking
- ☐ Completed 10-Minute Workout

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 6 | DATE _____

WEEK 1 — Build the Foundation

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Ate Only Challenge Approved Foods, 3 Meals Per Day or Less, No Snacking
- ☐ Completed 10-Minute Workout

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 7 | DATE _____

WEEK 1 — Build the Foundation

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Ate Only Challenge Approved Foods, 3 Meals Per Day or Less, No Snacking
- ☐ Completed 10-Minute Workout

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 8 | DATE _____

WEEK 2 — Improve Flow

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Ate 1/2 Size Breakfast or Only Eggs For Breakfast
- ☐ Ate a Challenge Approved Lunch and Dinner, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules, *Optional*)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 9 | DATE _____

WEEK 2 — Improve Flow

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Ate 1/2 Size Breakfast or Only Eggs For Breakfast
- ☐ Ate a Challenge Approved Lunch and Dinner, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules, *Optional*)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 10 | DATE _____

WEEK 2 — Improve Flow

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Ate 1/2 Size Breakfast or Only Eggs For Breakfast
- ☐ Ate a Challenge Approved Lunch and Dinner, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules, *Optional*)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 11 | DATE _____

WEEK 2 — Improve Flow

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Ate 1/2 Size Breakfast or Only Eggs For Breakfast
- ☐ Ate a Challenge Approved Lunch and Dinner, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules, *Optional*)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 12 | DATE _____

WEEK 2 — Improve Flow

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Ate 1/2 Size Breakfast or Only Eggs For Breakfast
- ☐ Ate a Challenge Approved Lunch and Dinner, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules, *Optional*)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 13 | DATE _____

WEEK 2 — Improve Flow

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Ate 1/2 Size Breakfast or Only Eggs For Breakfast
- ☐ Ate a Challenge Approved Lunch and Dinner, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules, *Optional*)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 14 | DATE _____

WEEK 2 — Improve Flow

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Ate 1/2 Size Breakfast or Only Eggs For Breakfast
- ☐ Ate a Challenge Approved Lunch and Dinner, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules, *Optional*)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 15 | DATE _____

WEEK 3 — Deepen the Reset

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Skipped Breakfast (Coffee or Tea Only)
- ☐ Ate a Challenge Approved Lunch and 1/2 Size Dinner, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Walked 5,000–10,000 Steps
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules)
- ☐ Had ACV In Water Before Bed (Or 3 Livingood Daily ACV Capsules To Optimize Blood Sugar)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 16 | DATE _____

WEEK 3 — Deepen the Reset

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Skipped Breakfast (Coffee or Tea Only)
- ☐ Ate a Challenge Approved Lunch and 1/2 Size Dinner, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Walked 5,000–10,000 Steps
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules)
- ☐ Had ACV In Water Before Bed (Or 3 Livingood Daily ACV Capsules To Optimize Blood Sugar)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 17 | DATE _____

WEEK 3 — Deepen the Reset

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Skipped Breakfast (Coffee or Tea Only)
- ☐ Ate a Challenge Approved Lunch and 1/2 Size Dinner, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Walked 5,000–10,000 Steps
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules)
- ☐ Had ACV In Water Before Bed (Or 3 Livingood Daily ACV Capsules To Optimize Blood Sugar)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 18 | DATE _____

WEEK 3 — Deepen the Reset

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Skipped Breakfast (Coffee or Tea Only)
- ☐ Ate a Challenge Approved Lunch and 1/2 Size Dinner, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Walked 5,000–10,000 Steps
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules)
- ☐ Had ACV In Water Before Bed (Or 3 Livingood Daily ACV Capsules To Optimize Blood Sugar)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 19 | DATE _____

WEEK 3 — Deepen the Reset

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Skipped Breakfast (Coffee or Tea Only)
- ☐ Ate a Challenge Approved Lunch and 1/2 Size Dinner, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Walked 5,000–10,000 Steps
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules)
- ☐ Had ACV In Water Before Bed (Or 3 Livingood Daily ACV Capsules To Optimize Blood Sugar)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 20 | DATE _____

WEEK 3 — Deepen the Reset

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Skipped Breakfast (Coffee or Tea Only)
- ☐ Ate a Challenge Approved Lunch and 1/2 Size Dinner, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Walked 5,000–10,000 Steps
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules)
- ☐ Had ACV In Water Before Bed (Or 3 Livingood Daily ACV Capsules To Optimize Blood Sugar)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 21 | DATE _____

WEEK 3 — Deepen the Reset

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Skipped Breakfast (Coffee or Tea Only)
- ☐ Ate a Challenge Approved Lunch and 1/2 Size Dinner, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Walked 5,000–10,000 Steps
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules)
- ☐ Had ACV In Water Before Bed (Or 3 Livingood Daily ACV Capsules To Optimize Blood Sugar)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

1-3 DAY FAST OVERVIEW

Water Fasting

Fasting while consuming only water. No calories can be consumed.

How to Implement

- Start with 24–48 hour fasts under supervision.
- Stay hydrated with mineral-rich water.
- Some individuals may need to avoid exercise and prioritize rest.

Why it Matters

✔ Water fasting can help initiate deeper autophagy, support immune health, and aid digestive reset.

Best used periodically (e.g., monthly or quarterly) for detox and healing.

Dirty Fasting

A modified fast that allows minimal nutrients like the Collagen, Greens, Electrolytes, or Coffee.

How to Implement

- Use low-calorie, non-insulin-spiking beverages.
- Helpful for extending fasts without full depletion.
- Other common tools: bone broth, apple cider vinegar, black coffee, or green/herbal tea.

Why it Matters

✔ Dirty fasting helps you fast longer with less discomfort, supports electrolyte balance, and reduces hunger.

It's a practical bridge between clean fasting and real life.

DAY 22 | DATE _____

Days 22-24 — Flush & Finish Strong

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Walked 5,000–10,000 Steps
- ☐ Completed 10-Minute Workout
- ☐ Completed a 1–3 Day Fast

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 23 | DATE _____

Days 22-24 — Flush & Finish Strong

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Walked 5,000–10,000 Steps
- ☐ Completed 10-Minute Workout
- ☐ Completed a 1–3 Day Fast

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 24 | DATE _____

Days 22-24 — Flush & Finish Strong

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Walked 5,000–10,000 Steps
- ☐ Completed 10-Minute Workout
- ☐ Completed a 1–3 Day Fast

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

OMAD (ONE MEAL A DAY)

OMAD stands for One Meal a Day—and yes, it's exactly what it sounds like. You eat one nutrient-dense meal a day, then give your body 23 hours of **fasting to heal, reset, and burn fat** like it was built to.

That long fasting window burns through your body's sugar and taps into stored fat, using it as fuel.

Not only that, eating just one meal a day will cause your insulin to drop, your blood sugar to stabilize, and **cravings to disappear**!



OMAD—Eating one nutrient-dense meal per day, typically within a 1–2 hour window.

How to Implement

- Choose a consistent time. (e.g., 5–6pm)
- Prioritize protein, healthy fats, and fiber-rich veggies.
- Avoid ultra-processed foods. (quality matters more than quantity!)

Why it Matters

✔ OMAD simplifies meal planning by promoting greater focus on the quality and nutrient density of the meal. It can also support weight loss and mental clarity!

DAY 25 | DATE _____

Days 25-28

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Skipped Breakfast (Coffee or Tea Only)
- ☐ OMAD, One Meal A Day Between 12-6pm, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Walked 5,000–10,000 Steps
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules)
- ☐ Had ACV In Water Before Bed (Or 3 Livingood Daily ACV Capsules To Optimize Blood Sugar)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 26 | DATE _____

Days 25-28

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Skipped Breakfast (Coffee or Tea Only)
- ☐ OMAD, One Meal A Day Between 12-6pm, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Walked 5,000–10,000 Steps
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules)
- ☐ Had ACV In Water Before Bed (Or 3 Livingood Daily ACV Capsules To Optimize Blood Sugar)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 27 | DATE _____

Days 25-28

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Skipped Breakfast (Coffee or Tea Only)
- ☐ OMAD, One Meal A Day Between 12-6pm, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Walked 5,000–10,000 Steps
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules)
- ☐ Had ACV In Water Before Bed (Or 3 Livingood Daily ACV Capsules To Optimize Blood Sugar)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

DAY 28 | DATE _____

Days 25-28

DAILY CHALLENGE CHECK-IN

- ☐ Took My Liver + Gallbladder Supplement
- ☐ Started My Day With a Glass of Lemon Water
- ☐ Drank 1/2 My Body Weight in Ounces of Water
- ☐ Skipped Breakfast (Coffee or Tea Only)
- ☐ OMAD, One Meal A Day Between 12-6pm, No Snacking
- ☐ Completed 10-Minute Workout
- ☐ Walked 5,000–10,000 Steps
- ☐ Had Moringa (a cup of Livingood Daily Coffee + Moringa, Matcha + Moringa, or 2 Moringa Capsules)
- ☐ Had ACV In Water Before Bed (Or 3 Livingood Daily ACV Capsules To Optimize Blood Sugar)

My Goal Today

Today I'm Grateful For

Today I Feel

I Feel This Way Because

BODY CHECK-IN

Energy Today:
Low ○1 ○2 ○3 ○4 ○5 High

Digestion Today:
Poor ○1 ○2 ○3 ○4 ○5 Great

Sleep Last Night:
Poor ○1 ○2 ○3 ○4 ○5 Great

Cravings Today:
Low ○1 ○2 ○3 ○4 ○5 High

Bloating Today:
Low ○1 ○2 ○3 ○4 ○5 High

Joint Health:
Painful ○1 ○2 ○3 ○4 ○5 Great

NEXT STEPS — KEEP THE MOMENTUM GOING

Congratulations on Completing Your Liver Reset Challenge!

You showed up every day and gave your liver what it needed.

Now keep the momentum going.

Step 1

Continue Your Progress With a Whole Body Cleanse

Your liver is just one part of your body's natural detoxification system.

Many people choose to continue their progress with a **Whole Body Cleanse** to support:

- Liver
- Colon
- Kidney
- Gut Balance

If you're ready for your next step, a Whole Body Cleanse is the **natural progression**.

Step 2

Continue What's Working

If you noticed improvements in your digestion, energy, 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 **LRWSUB20** to receive 20% off your first subscription order and stay consistent without having to think about it.

Step 3

Make This a Lifestyle

Liver health isn't something you "finish"—it's something you *maintain*.

As life happens, your liver will continue to respond to how you eat, move, hydrate, and support your body.

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

Step 4

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.





Naomi R.

Verified Buyer

Reviewing
Livingood Daily Liver + Gallbladder Cleanse or Support

I recommend this product

Age 35-44
Gender Female
Would Recommend
Yes, would recommend

★★★★★ 1 month ago

Works!

I feel like my digestive system is working better now.

Capsule Ease
Very difficult to swallow — Very easy to swallow

Overall Effectiveness
No noticeable effect — Significant improvement

Was this helpful? 1 0

Catherine Y.

Verified Buyer

Reviewing
Livingood Daily Liver + Gallbladder Cleanse or Support

I recommend this product

Age Over 75
Gender Female
Would Recommend
Yes, would recommend

★★★★★ 3 days ago

Liver help

One of my liver enzymes has come down five points, which is a big plus for me. So of course I will continue taking it.

Capsule Ease
Very difficult to swallow — Very easy to swallow

Overall Effectiveness
No noticeable effect — Significant improvement

Was this helpful? 0 0

Linda M.

Verified Buyer

Reviewing
Livingood Daily Liver + Gallbladder Cleanse or Support

I recommend this product

Age 65-74
Gender Female
Would Recommend
Yes, would recommend

★★★★★ 5 days ago

Liver + Gallbladder Cleanse or support

Help with pain from stone.

Capsule Ease
Very difficult to swallow — Very easy to swallow

Overall Effectiveness
No noticeable effect — Significant improvement

Was this helpful? 0 0

Cheri E.

Verified Buyer

Reviewing
Livingood Daily Liver + Gallbladder Cleanse or Support

I recommend this product

Age 65-74
Gender Female
Would Recommend
Yes, already have

★★★★★ 2 weeks ago

Daily liver and gallbladder cleanse and support

Since starting the liver cleanse my weight has finally started to come down and I feel better.

Capsule Ease
Very difficult to swallow — Very easy to swallow

Overall Effectiveness
No noticeable effect — Significant improvem

helpful?





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 Vegenaise (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. 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 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 an 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 cauliflower tatoes. 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

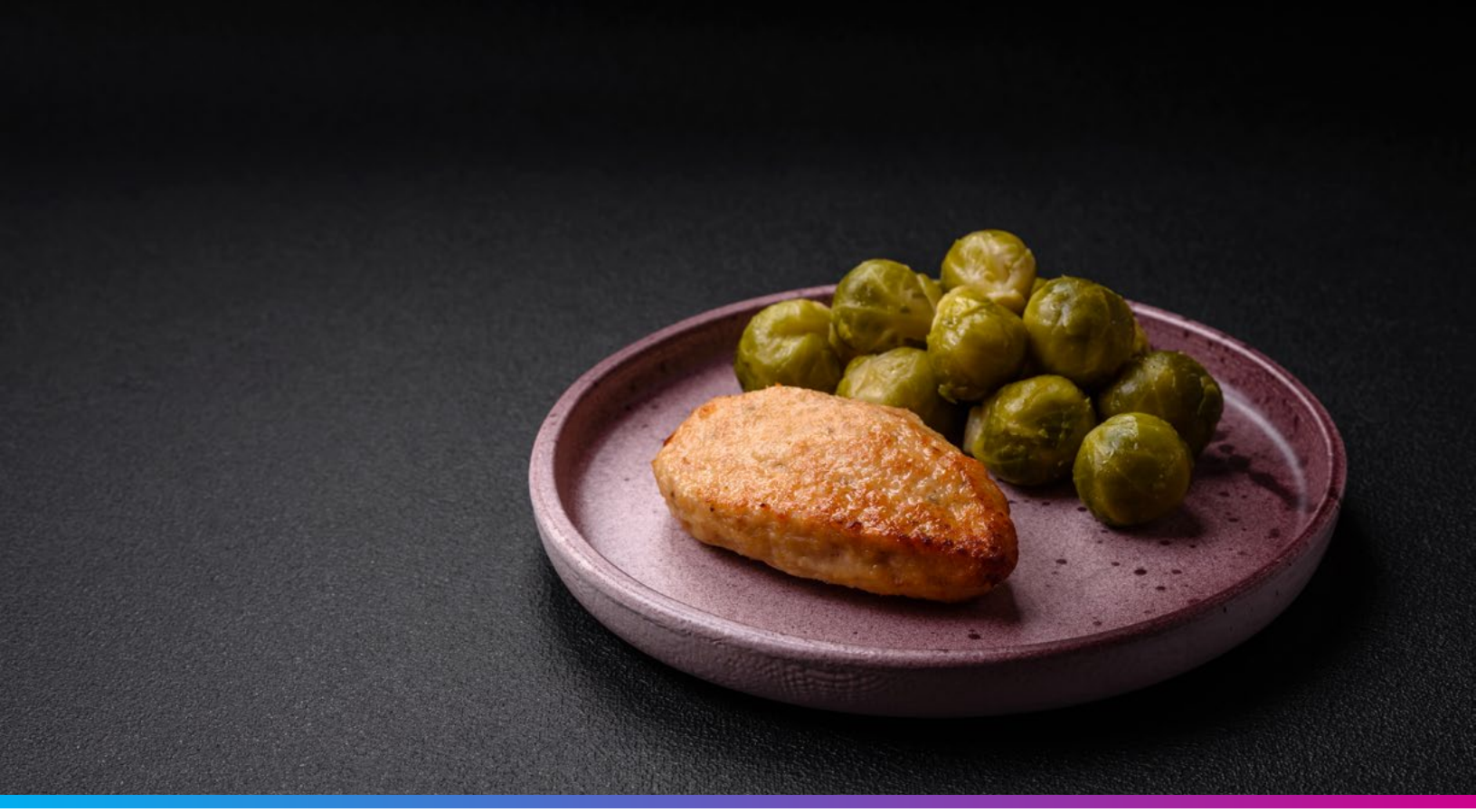
1 cup coconut milk or unsweetened almond milk

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.

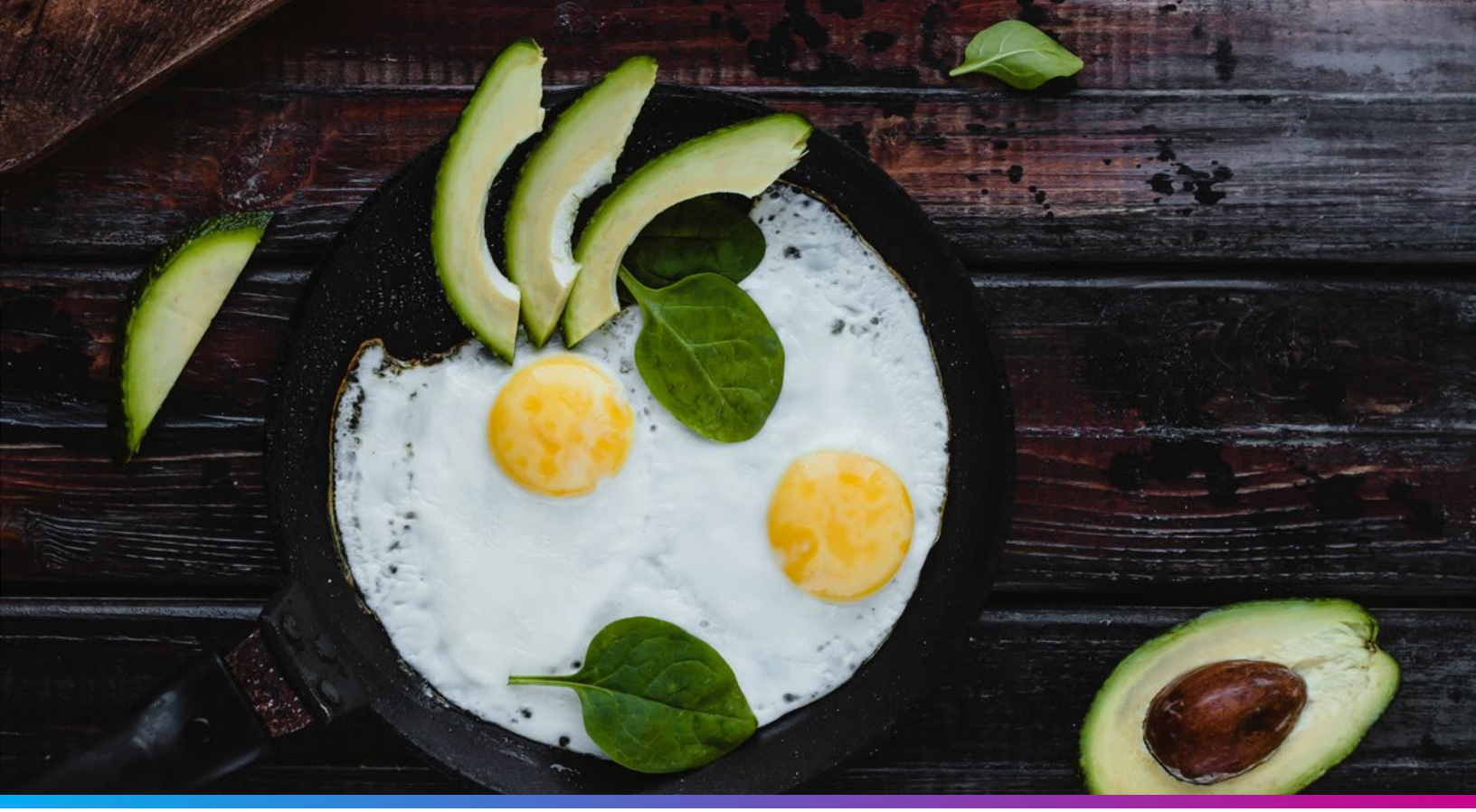
3 Tbsp coconut oil

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 Tbsp 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 tsp of cumin

1/4 tsp of dried oregano

1/4 tsp 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

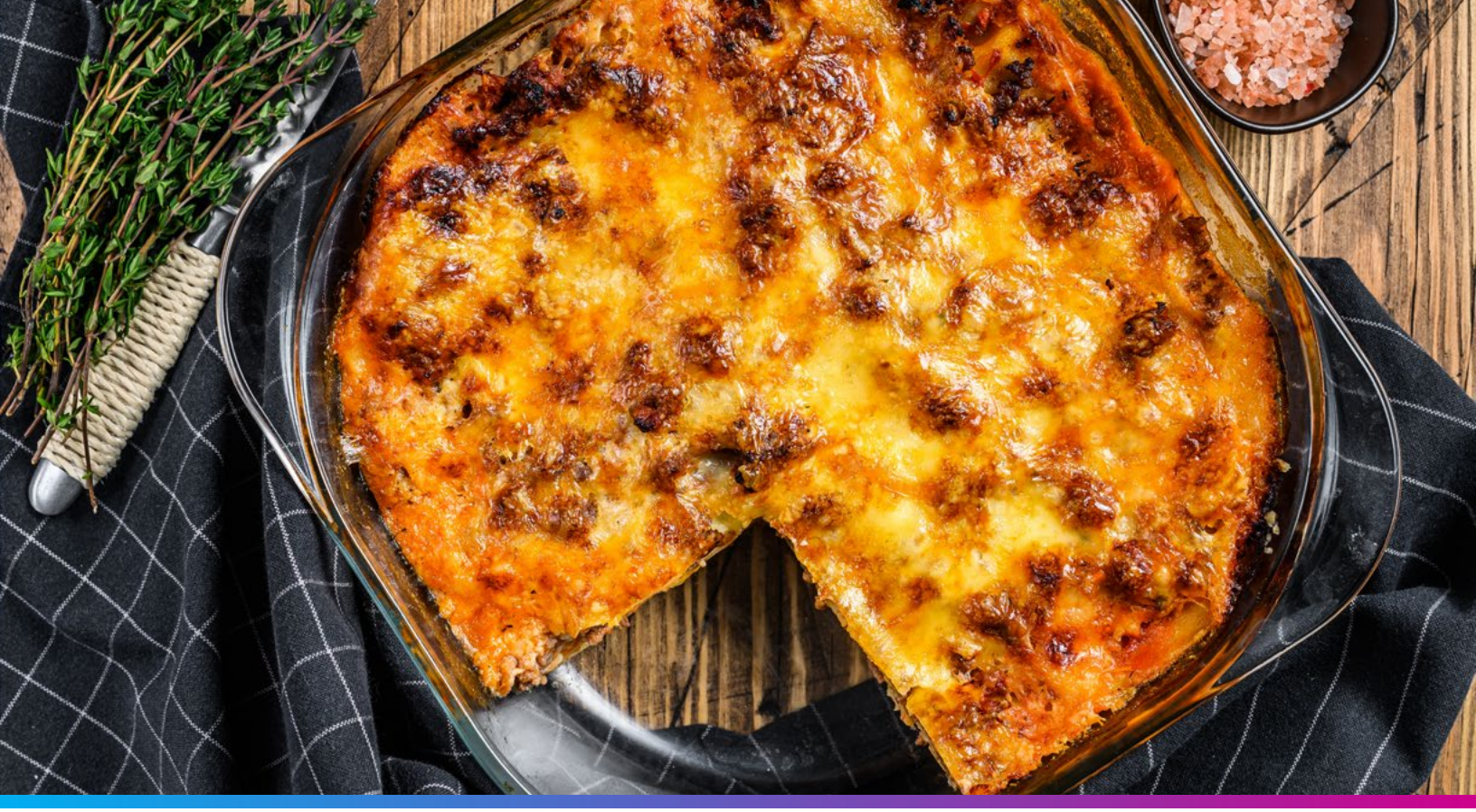
1/2 cup organic ketchup (no sugar, can use tomato paste also)

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 tatoes 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 tatoes as evenly as possible in the dish. Sprinkle half of the bag of cheese over the tatoes. 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 tatoes

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.

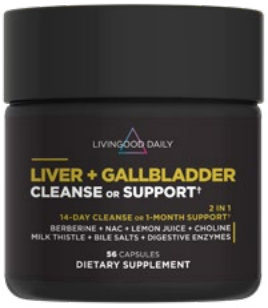
2 meat of choice, fish, or organic chicken breasts

Salt, pepper, garlic powder (to taste)

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

FEATURED PRODUCTS

CLICK ANY IMAGE TO VISIT THE STORE PAGE!













DISCLAIMER: *These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Always consult with a qualified healthcare professional prior to beginning any diet or exercise program or taking any dietary supplement. The content on our website is for informational and educational purposes only and is not intended as medical advice or to replace a relationship with a qualified healthcare professional.