



LIVINGGOOD RECOMMENDED FOODS & DINNERS

Livingood Daily



INTRODUCTION

*Being healthy and losing weight isn't about trying another diet. **It's about building a healthy lifestyle — one better food choice at a time!** This way meals can still be enjoyed while protecting your health and shedding pounds. The goal is to eat real, high-quality ingredients and avoid C.R.A.P., which stands for:*

C arbs and sugars that are refined or processed

R ancid oils that are highly processed and unstable

A rtificial ingredients like dyes, sweeteners, and preservatives

P rocessed proteins like cheap deli meats and fillers

Focus on choosing foods as close to the way they were originally made as possible. It's possible to create meals that taste great while keeping the body in fat-burning mode. This gradual approach takes away the pressure of always sticking to your diet, allows for occasional flexibility, and creates sustainable, long-term fat loss results.

Pick some of the food and meal recommendations in this guide and get started on your new lifestyle today!



RECOMMENDED FOODS

*These foods help fuel your body without causing **blood sugar spikes or inflammation**.*

*They're packed with nutrients, protein, and fiber to **keep you full and support fat loss**.*

Protein

(Choose High-Quality, Clean Sources)

Protein helps:

- ✓ Build lean muscle (which burns more calories)
- ✓ Keep you full for longer
- ✓ Stabilize your blood sugar and reduce cravings



Aim for 20–35 grams of protein per meal. *Good options include:*

- Organic pasture-raised eggs
- Organic chicken or turkey
- Wild-caught fish
- Canned tuna
- Grass-fed beef
- Protein powders (check for no added sugar)
- Beans, lentils, and peas
- Nuts and seeds



Healthy Fats

Healthy fats help:

- ✓ Keep you full and satisfied between meals
- ✓ Support hormone production (including fat-burning hormones)
- ✓ Help your body absorb vitamins like A, D, E, and K
- ✓ Fuel your brain and improve focus during fasting
- ✓ Reduce inflammation, which supports long-term fat loss



Aim for 10-20 grams of healthy fats per meal. *Good options include:*

- Avocados
- Olive oil or coconut oil
- Grass-fed butter or ghee
- MCT oil
- Nuts and seeds (almonds, walnuts, chia seeds, flax seeds)
- Coconut milk (unsweetened)
- Egg yolks
- Fat from grass-fed beef or lamb
- Wild-caught salmon and fatty fish (like mackerel or sardines)

Fiber

Fiber helps:

- ✓ Keep your digestion regular and smooth
- ✓ Slow down how quickly sugar enters your bloodstream
- ✓ Feed good gut bacteria, which improves metabolism
- ✓ Help you feel full with fewer calories
- ✓ Support steady energy and reduce snacking later in the day



Aim for 8-12 grams of fiber per meal. *Good options include:*

- Leafy greens (like spinach, kale, arugula)
- Cruciferous veggies (like broccoli, cauliflower, Brussels sprouts)
- Low-sugar fruits like berries, apples, grapefruit, lemon, lime
- Chia seeds or flaxseeds
- Beans or lentils
- Nuts and nut butters
- Sweet potatoes
- Carrots, celery, cucumbers
- Fermented foods like sauerkraut, pickles, kimchi



DINNER RECIPES

Here are *simple, balanced dinner recipes* that fit the recommended guidelines.

Lemon Herb Grilled Chicken with Steamed Asparagus

This meal **features** lean protein and fiber, with a touch of healthy fat



Ingredients:

- 1 boneless, skinless chicken breast
- 1 tbsp olive oil
- 1 lemon, juiced
- 1 tsp dried herbs (oregano, thyme)
- 1 bunch asparagus
- Salt and pepper to taste

Instructions:

1. Marinate the chicken in a mixture of olive oil, lemon juice, herbs, salt, and pepper for at least 15 minutes.
2. Grill the chicken for 6-8 minutes per side, until cooked through.
3. Steam the asparagus until tender-crisp.
4. Serve the chicken alongside the asparagus.

Baked Salmon with Roasted Broccoli and Avocado

This recipe *provides* a great source of omega-3 fatty acids, fiber, and healthy fats.



Ingredients:

- 1 wild-caught salmon fillet
- 1 tbsp olive oil
- 1 head of broccoli, chopped
- 1/2 avocado, sliced
- Salt, pepper, and garlic powder to taste

Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss the broccoli with olive oil, salt, pepper, and garlic powder, then spread on a baking sheet.
3. Place the salmon on the same sheet.
4. Bake for 12-15 minutes, until the salmon is cooked to your liking and the broccoli is tender.
5. Top with sliced avocado before serving.

Shrimp and Cucumber Salad

This refreshing, light meal is *perfect* for a smaller dinner that won't weigh you down.



Ingredients:

- 4 oz cooked wild-caught shrimp
- 1 large cucumber, chopped
- 1/4 red onion, thinly sliced
- 1 tbsp olive oil
- 2 tbsp fresh dill, chopped
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. In a bowl, combine the shrimp, cucumber, and red onion.
2. In a separate small bowl, whisk together the olive oil, dill, lemon juice, salt, and pepper.
3. Pour the dressing over the shrimp and vegetable mixture and toss to combine.

Salmon with Roasted Sweet Potatoes & Brussels Sprouts

This is a simple, sheet-pan meal that is *packed* with healthy fats, fiber, and protein.



Ingredients:

- 1 wild-caught salmon fillet
- 1 large sweet potato, cubed
- 1 cup Brussels sprouts, halved
- 1 tbsp olive oil
- Salt, pepper, and garlic powder to taste

Instructions:

1. Preheat your oven to 400°F (200°C).
2. On a baking sheet, toss the sweet potatoes and Brussels sprouts with olive oil, salt, pepper, and garlic powder.
3. Roast for 15 minutes, then add the salmon fillet to the pan.
4. Continue to roast for another 10-15 minutes, or until the salmon is cooked through and the vegetables are tender.

Chicken & Avocado Salad

A fresh and filling salad that combines lean protein with creamy avocado and crunchy vegetables.



Ingredients:

- 1 organic chicken breast, cooked and shredded
- 2 cups leafy greens (arugula or spinach work well)
- 1/2 avocado, diced
- 1/4 cup chopped celery
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine the shredded chicken, leafy greens, avocado, and celery.
2. In a small separate bowl, whisk together the olive oil, lemon juice, salt, and pepper to create a dressing.
3. Pour the dressing over the salad and toss gently to combine.

Creamy Spinach & Lentil Soup

This hearty soup is *a great way* to get a lot of nutrients in one bowl. The coconut milk adds a creamy, rich texture.



Ingredients:

- 1 tbsp coconut oil or ghee
- 1 cup cooked lentils
- 2 cups fresh spinach
- 1 can (13.5 oz) unsweetened coconut milk
- 2 cups chicken or vegetable broth
- 1 carrot, chopped
- 1 celery stalk, chopped
- Salt and pepper to taste

Instructions:

1. In a large pot, melt the coconut oil or ghee over medium heat. Add the chopped carrots and celery and cook until softened.
2. Stir in the lentils, spinach, broth, and coconut milk.
3. Bring the mixture to a simmer and cook for 5-10 minutes, or until the spinach has wilted and the flavors have blended.
4. Season with salt and pepper.

Grass-Fed Beef & Broccoli Stir-Fry

A quick stir-fry that uses a handful of ingredients for a *healthy and satisfying* meal.



Ingredients:

- 4 oz grass-fed beef steak, sliced thin
- 1 head of broccoli, chopped
- 1 tbsp coconut oil
- 1/4 cup water
- 2 tbsp tamari or coconut aminos
- 1 tsp minced garlic (optional)

Instructions:

1. Heat coconut oil in a pan or wok over medium-high heat.
2. Add the beef slices and cook until browned, then remove from the pan.
3. Add the broccoli and water to the pan. Cover and steam for 3-5 minutes, until tender-crisp.
4. Return the beef to the pan. Add the tamari and garlic, stirring to coat everything.

Organic Eggs with Sautéed Kale & Avocado

A classic breakfast that also works great for a *quick and nutritious* dinner.



Ingredients:

- 2 organic pasture-raised eggs
- 1 tbsp grass-fed butter or ghee
- 2 cups fresh kale
- 1/2 avocado, sliced
- Salt and pepper to taste

Instructions:

1. In a pan, melt the butter or ghee over medium heat.
2. Add the kale and sauté until it has wilted.
3. Scramble the eggs in the same pan until cooked to your liking.
4. Serve the eggs and kale together, topped with avocado slices, salt, and pepper.

Sweet Potato & Black Bean Bowl with Avocado

This recipe is *simple, nourishing*, and packed with plant-based protein and fiber.



Ingredients:

- 1 large sweet potato, peeled and diced
- 1 can (15 oz) black beans, rinsed and drained
- 1/2 avocado, sliced
- 1 tbsp olive oil
- Salt, pepper, and chili powder to taste
- Optional: Fresh cilantro or lime juice for garnish

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Toss the diced sweet potato with olive oil, salt, pepper, and chili powder on a baking sheet. Roast for 20-25 minutes, or until tender and slightly caramelized.
3. In a bowl, combine the roasted sweet potatoes and black beans. Top with sliced avocado and add your favorite garnish.

Creamy Lentil & Broccoli Soup

A hearty and creamy soup made with lentils and cruciferous vegetables, *perfect for a cozy meal.*



Ingredients:

- 1 tbsp coconut oil
- 1 cup green or brown lentils, rinsed
- 1 head of broccoli, chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 4 cups vegetable broth
- 1 can (13.5 oz) unsweetened coconut milk
- Salt and pepper to taste
- Optional: A handful of spinach for added greens

Instructions:

1. In a large pot, melt the coconut oil over medium heat. Add the chopped carrots and celery and cook until they begin to soften.
2. Stir in the lentils, chopped broccoli, and vegetable broth. Bring to a boil, then reduce heat and simmer for 25–30 minutes, or until the lentils are tender.
3. Remove from heat and stir in the coconut milk. Use an immersion blender to create a creamy texture, or enjoy it as a chunky soup.
4. Season with salt and pepper to your liking.

Berry & Chia Seed Smoothie Bowl

This smoothie bowl is a **nutrient-dense** breakfast or snack, offering healthy fats, protein, and antioxidants.



Ingredients:

- 1 cup frozen mixed berries
- 1 tbsp chia seeds
- 1/2 cup unsweetened coconut milk
- 1 tbsp almond butter or other nut butter
- Toppings: Sliced fruits, nuts, seeds, or a drizzle of maple syrup

Instructions:

1. In a high-speed blender, combine the frozen berries, chia seeds, coconut milk, and nut butter.
2. Blend until the mixture is thick and smooth. If it's too thick, add a splash more coconut milk.
3. Pour the smoothie into a bowl and arrange your desired toppings on top. Enjoy immediately.



RECOMMENDED PRODUCTS

Once you've managed your cravings, you can enhance your evening fat-burning efforts with a few targeted supplements.



Apple Cider Vinegar

When blood sugar spikes, insulin rises and fat burning shuts off. These apple cider vinegar capsules help flatten those spikes, curb cravings, and keep your body in fat-burning mode so you can shed stubborn weight more easily—plus they're gentler on your teeth and far more convenient than drinking it straight.

[**SHOP NOW**](#)



Magnesium

When stress, poor sleep, and blood sugar swings disrupt your metabolism, fat burning slows to a crawl. These magnesium capsules deliver 7 highly bioavailable forms in one formula to calm cravings, improve energy, and restore balance—helping your body burn fat more efficiently while supporting overall health.

[**SHOP NOW**](#)



Moringa

Moringa has been shown to flatten blood sugar spikes, calm cravings, and switch your metabolism back into fat-burning mode so you can finally shed stubborn weight. These capsules deliver 1,000 mg of pure organic moringa leaf—packed with 90+ nutrients and 4 antioxidants—to supercharge energy, fight inflammation, and support lasting fat loss.

[**SHOP NOW**](#)

ADDITIONAL RESOURCES

Night Fasting Guide

Night fasting is a powerful tool for turning your body into a fat-burning machine! Ending meals earlier in the day helps you lower insulin, boost fat-burning hormones, and melt stubborn belly fat while you sleep—without counting calories or cutting out your favorite foods.

This step-by-step guide will help you get started with simple routines, meal timing strategies, and recipes designed to maximize fat loss.

[**GET MY FREE GUIDE!**](#)



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

30 Day Blueprint To Lose 20 Pounds Of Fat!



If you've tried dieting and nothing seems to work, this video lays out a simple, science-backed plan to finally lose 20 pounds of fat in just 30 days — without starving yourself, tracking calories, or spending hours at the gym

You'll see the exact eating schedule, food lists, and fat-burning boosters that make the biggest difference, and how to turn them into habits you can actually stick with.

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



Top 5 EASY Food Swaps To Cut THOUSANDS of Calories!



Most people think they need more willpower to lose weight—but the real problem is the hidden foods that are secretly packing in hundreds of calories and blocking fat loss. In this video, you'll learn five simple swaps that can cut thousands of calories from your week and actually help your body burn fat instead of storing it!

[CLICK HERE TO WATCH IT!](#)

Top 13 Foods That Suppress Appetite For MAXIMUM Fat Loss!



If you're constantly battling cravings, your hormones—not your willpower—could be to blame!

In this video, you'll discover 13 superfoods that naturally boost GLP-1 (the same hormone targeted by weight loss drugs like Ozempic) so you can feel full longer, eat less without trying, and finally flip your metabolism back into fat-burning mode

[CLICK HERE TO WATCH IT!](#)

