



LIVINGOOD DAILY



HOLIDAY FOOD GUIDE

EASTER EDITION





Honey Baked Turkey Breast

Serves 8 | Total Time: 1.5 Hours

Preheat the oven to 500° F.

Make sure the turkey breast is thawed. Ideally, set your breast out at room temperature for about an hour before baking. It is best if you drizzle a little olive oil on the breast and season with sea salt, pepper, and thyme while setting.

In the meantime, make the glaze by combining the honey, orange juice, zest, mustard, apple cider vinegar, sea salt, pepper, and garlic in a pan over medium-high heat. Bring to a light boil then reduce the heat to medium and simmer for 10 minutes. Remove from the heat and set aside.

Place the turkey breast in the oven and immediately reduce the temperature to 350° F. After 45 minutes, brush the turkey breast with the honey glaze and put it back in the oven. Approximately 10 minutes later, put another layer of the honey glaze on. Cook until the turkey breast is 165° with a meat thermometer or until cooked completely through. Remove from the oven and pour the rest of the glaze over the turkey breast. Allow to sit for approximately 15-20 minutes before slicing.

6-7 pound full turkey breast, bone in and skin on

1/2 cup raw local honey

1/2 cup fresh squeezed orange juice (+1 tsp zest)

2 tsp dijon mustard

1 Tbsp apple cider vinegar

2 cloves garlic, minced

Sea salt and pepper, as desired



Roasted Beef Tenderloin

Serves 6-8 | Total Time: 1 Hour

Let the tenderloin sit at room temperature for 1 hour before cooking. Pat dry the tenderloin with paper towels. Rub the tenderloin with olive oil and generously cover with sea salt and pepper. Place tenderloin over pieces of precut kitchen twine spaced one-inch apart and tie them closed. You can also ask the butcher to tie the tenderloin for you. This helps ensure even cooking.

In a small bowl mix together garlic and rosemary; rub all around the tenderloin. Heat oil in a pan (or a cast iron skillet) over medium-high heat. When oil is hot, add tenderloin and sear for about 3 minutes each side, or until browned all around. Transfer the meat to a pan (or the skillet) and put in the oven and continue to cook for 25 to 30 minutes at 450° F, or until internal temperature reaches 130° F. Note: Cooking time can vary depending on your oven and the thickness of your tenderloin; always check for desired doneness using a meat thermometer. Remove skillet from oven and transfer meat to a cutting board. Tent a piece of foil over the tenderloin and let rest for 10 minutes before cutting. Cut into 1/2-inch slices.

4 pound center cut beef tenderloin, (ideally tied with kitchen/butcher twine 3-4 times along the roast)

1 Tbsp olive oil, to coat the outside of the roast

Sea salt and pepper, to coat the roast

6 garlic cloves, minced

2 Tbsp fresh rosemary leaves, chopped



Cream of Asparagus Soup

Serves 4 | Total Time: 30 Minutes

In a pan over medium heat, heat the oil. Add the asparagus, sea salt, pepper and saute for 3-4 minutes. Add the onion and garlic and cook for about 1 minute. Stir in the broth and heavy cream, and bring to a boil, then reduce the heat to a simmer. Cook until the asparagus is tender, approximately 10 minutes.

Add the spinach (optional) and cook until wilted, about 2 minutes. Transfer to a blender (or can use an immersion blender in the pan) and blend until smooth. Return the soup to the pan. Whisk in the coconut cream and lemon juice until well combined (can use the immersion blender again if needed). Adjust seasoning to taste and serve hot or chilled.

1 tbsp avocado oil

**8 ounces (one large bunch)
asparagus, chopped**

1/4 cup yellow onion, finely diced

2 cloves garlic, minced

2 cups vegetable or chicken broth

1 cup fresh baby spinach (optional)

**1/2 - 1 cup coconut cream (thick
part from the top of a can of full-fat
coconut milk)**

1 cup heavy cream

1 tbsp lemon juice

Sea salt and pepper, to taste



Garlic Herb Asparagus (or Green Beans)

Serves 4 | Total Time: 15 Minutes

In a pan, melt the butter over medium heat. Add the asparagus and cook for approximately 5 minutes or until tender. Add in the garlic, Italian seasoning, sea salt, and pepper. Cook for 1-2 more minutes.

3 Tbsp butter

1 lb asparagus stalks, cut into 2 inch pieces *

2 tsp garlic, minced (or garlic powder, to taste)

2 tsp Italian seasoning (ex: oregano, basil, thyme, rosemary, etc)

Sea salt and pepper, to taste

***Note: can use fresh green beans instead of asparagus**



Simple Deviled Eggs

Serves 12 Halves | Total Time: 25 Minutes

In a pan, place the eggs in water and bring to a boil. Once boiling, turn off the heat and let sit for approximately 15 minutes.

After they are finished, run cold water over the eggs for 2 minutes. Peel the hardboiled eggs and cut them in half lengthwise. Remove the yolks and place in a bowl. Add the rest of the ingredients to the bowl and mix until smooth consistency. Scoop the mix into each half of the eggs and sprinkle with paprika.

6 hard boiled eggs

**3 Tbsp avocado oil mayonnaise
(such as Primal Kitchen Brand)**

1 Tbsp dijon or yellow mustard

Splash of Apple Cider Vinegar

Sea salt and pepper, to taste

Paprika, sprinkled on top



Cauliflower Au Gratin

Serves 4 | Total Time: 30 Minutes

On a baking sheet, roast the cauliflower florets at 425° F for approximately 10 minutes. Remove from the oven and place the cauliflower in a lightly (butter or olive oil) greased 8x8 baking dish. Allow to dry and cool for a few minutes.

In a bowl, mix together the sour cream, mustard, garlic, gruyere, and sea salt. Pour the mixture over the cauliflower and gently stir until coated. Sprinkle the Parmesan cheese on top and bake approximately 10 more minutes or until warm.

1 head of cauliflower, chopped into small chunks

1 cup organic sour cream

1 tsp dijon mustard

1/2 cup gruyere cheese, grated

2 Tbsp parmesan cheese, grated

1 Tbsp minced garlic

Sea salt and pepper, to taste

***Note: you can also use shredded cheddar cheese on top if you wish**



Classic Healthy Pea Salad

Serves 6 | Total Time: 15 Minutes

In a bowl, whisk sour cream mayo, monk fruit, apple cider vinegar, salt and pepper until combined well. Add in the peas, onion, cheese, and bacon and stir until coated. Best if chilled before serving.

4 cups organic peas (if frozen, thaw first)

1/3 cup red onion, finely diced

3/4 cup organic shredded cheddar cheese

6-8 slices organic bacon, cooked and crumbled

1/2 cup organic sour cream

1/4 cup avocado oil mayo

1 Tbsp granulated Monk Fruit

1 tsp apple cider vinegar

Sea salt and pepper, to taste



Simple Creamed Spinach

Serves 4 | Total Time: 20 Minutes

In a pan, melt the butter with the sea salt, pepper, garlic, and onion (optional). Add the heavy cream, Parmesan cheese, and cream cheese (optional). Cook over medium-low heat, stirring frequently, until well blended. Add the spinach and cook for approximately 2-3 minutes.

8 cups baby spinach, chopped into small pieces

1/2 cup organic heavy whipping cream

1/2 cup Parmesan cheese, finely grated

1/8 cup onion, diced (optional)

2-3 oz cream cheese (optional)

3 Tbsp butter

2 cloves garlic, minced

Sea salt and pepper, to taste



Layered Salad

Serves 10 | Total Time: 20 Minutes

In a 9x13 pan, layer ingredients in the order they are listed. Mix mayo and sour cream together and spread over the top. Sprinkle with remaining 1/4 cup cheese and 1/4 cup bacon crumbles. Let salad sit overnight.

8 cups organic lettuce, bit sized pieces

1/8 cup red or green onion, sliced thinly

1 can organic peas

1 can sliced water chestnuts

1 cup shredded organic cheddar cheese (set aside 1/4 cup of cheese for top)

1 can quartered artichoke hearts, chunked

1 small can sliced black olives

1 package organic bacon, cooked and crumbled (set aside 1/4 bacon crumbles for top)

3/4 cup avocado oil mayonnaise

3/4 cup organic sour cream

***Note: you can substitute any vegetable for: broccoli, cauliflower, tomatoes, cucumbers, celery, etc.**



Blue Cheese Wedge Salad

Serves 4 | Total Time: 20 Minutes

Half the iceberg lettuce from top to bottom. Slice the half into four wedges. Top with dressing, bacon crumbles, shredded cheese, egg, cucumber, and tomato.

1/2 iceberg lettuce

1 cup blue cheese dressing (recipe below)

4-6 organic bacon slices, cooked and crumbled

1 cup organic shredded cheddar cheese

2 hard boiled eggs, diced

1/2 cup cucumber, diced

1/2 cup tomatoes, diced

Homemade Blue Cheese Dressing

Serves 1 cup | Total Time: 5 Minutes + chill time

Mix all ingredients together in a small bowl. Refrigerate until ready to use. If the dressing thickens, use cream or half and half until you reach your desired consistency.

6 oz blue cheese, crumbled

1/2 cup organic sour cream

1/2 cup organic heavy cream

1/4 cup olive oil

1 Tbsp red wine vinegar

1 tsp garlic, minced

1 tbsp chives, finely chopped

Sea salt and pepper, pinch



Caprese Crustless Quiche

Serves 6-8 | Total Time: 1 Hour

In a bowl mix all ingredients, except tomatoes, and whisk well. Pour into an avocado or coconut oil greased 9 inch pie pan or 8x8 baking dish.

Top with thinly sliced tomatoes and extra basil as desired. Bake at 350° F for 45 minutes.

Optional: can sprinkle Parmesan cheese on top.

10 organic eggs

3/4 cup unsweetened almond milk

1 cup shredded mozzarella cheese

**1/8 cup fresh basil, thinly sliced
(save some for the top)**

**1-2 roma (or grape) tomatoes, thinly
sliced**

2 tsp garlic, minced

Sea salt and pepper, to taste

***for added caprese flavor you
can add balsamic vinegar to your
whisked eggs**



New Recipe!

Simple Quiche

Serves 6-8 | Total Time: 50 Minutes

Add dry ingredients in a food processor and mix. Add the butter, cream cheese, egg, and apple cider vinegar. Pulse until the dough comes together. Do not over mix!

Put the dough between two pieces of parchment paper and roll out a circle to approximately 1/4" thickness. Carefully transfer the crust into the quiche pan (try starting with the pan upside down and transferring upright with the parchment paper support). Form the crust into place in the pan. Bake at 350° F for approximately 8 minutes.

Quiche Crust

1 cup almond flour

3 Tbsp coconut flour

1/2 tsp xanthan gum

1/4 cup organic butter, cold and cubed

2 Tbsp organic cream cheese, cold and cubed (or use 2 more Tbsp of butter)

1 egg

1 tsp apple cider vinegar

Recipe continued on next page.



New Recipe!

Simple Quiche (continued)

Serves 6-8 | Total Time: 50 Minutes

To soften the onion and broccoli, heat olive oil in a pan over medium heat. Add onion and cook for approximately 2 minutes. Add broccoli and 2 Tbsp of water, cover and cook for approximately 3 more minutes stirring occasionally. In a bowl, mix all ingredients and whisk well. Pour into your crust.

Bake at 350° F for 30-35 minutes, or until the top is golden brown. Turn off the oven and let sit for 10 minutes. Let cool for 10 minutes before serving.

*Note: To go crustless, add 2-4 more eggs and pour mixture into a greased pan.

Quiche Filling

6 organic eggs

**3/4 cup unsweetened almond milk
(or milk of choice)**

1/4 cup organic heavy cream

1 Tbsp olive oil

**2 cups broccoli florets, chopped
small (add any other veggies you
want)**

1 cup shredded cheddar cheese

1/4 of an onion (optional)

**4 slices cooked organic bacon or
turkey bacon, chopped**

**Celtic or Himalayan salt and pepper,
to taste**



Carrot Cake Overnight Oats

Serves 2 | Total Time: 10 Minutes + chill time

Combine all ingredients except nuts in a bowl and stir until well combined. Either portion out mixture into mason jars or another storage container with lids or cover bowl. Place whatever storage container you are using in the fridge overnight or for at least 4-6 hours.

Remove overnight oats from the fridge and stir. Add more milk if needed to reach desired consistency. Garnish with chopped nuts, more raisins and/or more shredded coconut if desired.

1 cup organic sprouted oats (or gluten free oats)

1/3 cup unsweetened shredded coconut

1/2 cup carrots, finely grated

1/4 cup organic raisins (no bad oils on them)

1/2 tsp cinnamon

1/8 tsp ground ginger

2 Tbsp organic maple syrup or raw local honey

1/2 tsp pure vanilla extract

1 Tbsp chia seeds

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

**1 ½ cup unsweetened almond milk
chopped pecans or walnuts for topping (optional)**



Raspberry Cherry Smoothie Bowl

Serves 1 | Total Time: 10 Minutes

Topping Ideas: Raspberries (sliced strawberries or other fruit), cacao nibs, granola, coconut flakes, chia seeds, lily's chocolate chips, etc.

Add all smoothie bowl ingredients to a high-powered blender and blend until your desired consistency (may need to add water or more milk). Top with your toppings of choice. Enjoy!

1/2 cup frozen or fresh raspberries

1/2 cup frozen strawberries

1/2 cup frozen cherries

1/2 - 1 cup almond or coconut milk

Small handful of spinach

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

1/2 tsp pure vanilla extract (if you don't use the collagen)



Carrot Cake Cupcakes + Frosting

Serves 14 cupcakes | Total Time: 40 Minutes

In a bowl mix the dry ingredients, excluding the carrots and raisins. In a separate bowl mix with a hand mixer the coconut milk, syrup, apple cider vinegar, vanilla, coconut oil, and eggs until smooth. Add the dry ingredients to the wet ingredients and mix completely. Stir in the carrots and raisins. Scoop the batter into muffin cups. If you want a nice round and smooth cupcake, you can use your hands to roll the dough into a ball. Bake at 350° F for 20 minutes. Remove from the oven, but let sit for 5 minutes in the pan. Remove from the pan and let cool before frosting. For the frosting, using a beater, combine all ingredients until smooth.

Tip: Use a Ziplock baggie for frosting the cupcakes. Fill the baggie with the frosting and cut off one of the corners of the baggie. Squeeze the frosting down to the cut hole and frost in a circular motion.

Cupcakes

2/3 cup coconut flour
1/3 cup tapioca flour
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp sea salt
1/2 tsp ground ginger
1/4 tsp nutmeg
1 1/2 Tbsp cinnamon
2 cups finely grated carrots
1/2 cup raisins
1/4 cup + 2 Tbsp full fat coconut milk
1/4 cup coconut oil, melted
4 eggs
1 Tbsp apple cider vinegar
1/2 Tbsp vanilla extract
1/2 cup organic maple syrup

Frosting

8 oz package organic cream cheese, room temperature
1/2 cup butter, room temperature
1 tsp pure vanilla extract
1 cup powdered monk fruit (or powdered Swerve)



Lemon Bars

Serves 9 bars | Total Time: 1 Hour + chill time

Crust:

Combine all of the crust ingredients and press flat into an 8x8 baking dish. Bake at 350° F for 15 minutes.

Topping:

Combine all of the lemon topping ingredients in a blender. When the crust is done, pour the lemon topping over the crust and return the crust and lemon topping to the oven to bake at 350° F for another 15 minutes. Remove from the oven.

Let the bars cool for 30 minutes, and then chill it in the refrigerator until chilled through, approximately another 30 minutes.

Crust

1 ½ cups almond flour

1/2 tsp sea salt

2 Tbsp coconut oil or butter

1 Tbsp monk fruit or Swerve granular

1 Tbsp pure vanilla extract

Lemon Topping

1/4 cup coconut oil or butter

1/2 cup monk fruit or Swerve granular (or try confectioners Swerve)

3 eggs

Zest of a lemon

1/2 cup freshly squeezed lemon juice



Orange Cake

Serves 10 slices | Total Time: 1 hour and 30 minutes

In a bowl, combine the eggs, vanilla, maple syrup, and sweetener of choice and mix well. Add the almond flour, coconut flour, collagen powder and beat well. Add the yogurt, orange zest, baking powder and mix until smooth. Line a loaf pan* with parchment paper and pour the batter into the pan. Bake for 50 minutes at 350° F or until light golden brown. Remove the cake from the oven and let the cake cool to room temperature.

For the orange topping, in a small pan, put the orange juice, water, and sweetener and warm on medium-high until it starts to boil. Reduce to low and cook for a few minutes, while stirring, until the mixture is syrupy.

Poke the cake with a toothpick several times. Drizzle the orange syrup evenly over the top. Let it sit for a few minutes before slicing.

*Or use a round cake pan and cook for 20 minutes.

Cake

4 eggs, room temperature

1 tsp pure vanilla extract

1/8 cup granulated monk fruit or Swerve

1/8 cup organic maple syrup

1 cup almond flour

1/2 cup coconut flour

1 scoop [Livingood Daily Collagen + Multi Vanilla](#) (optional but if you do not use then add: 1/4 cup almond flour plus 1/2 tsp xanthan gum)

1 tsp baking powder

**1/2 cup plain Greek-style yogurt
zest from 1 orange**

Orange Topping

**Juice from 1 small orange
(approximately 4 Tbsp)**

1 Tbsp water

1/4 cup granulated monk fruit or Allulose (allulose is best to make the syrup consistency)



Strawberry Pie

Serves 6-8 | Total Time: 40 minutes + chill time

Put all dry crust ingredients into a food processor and pulse until blended. Add the rest of the crust ingredients, except the butter, and pulse until mixed. Add the butter and pulse just until dough starts to form. Do not over mix the dough. Remove from the processor and form a ball with the dough. Put in the freezer or fridge for at least 30 minutes.

Once the dough is chilled, either roll out between two parchment papers to form a thinner crust or simply press into a pie or baking dish and use fingers to press down evenly to make a crust. Poke a few holes on the bottom of the crust and use a fork to make indentions on the edge if you wish. Cook the crust at 325° F for 15 minutes or until lightly golden. While the crust is cooking, slice the strawberries lengthwise. Let the crust cool before filling.

In a saucepan, bring 3/4 cup water to a boil. Remove 1/4 cup of hot water and whisk together with 2 tsp xanthan gum until the powder is dissolved. Add 4 cups of strawberries, xanthan gum mixture, and monk fruit into the pan. Stir constantly over medium heat until well mixed. Add the remaining 1/2 cup of water and continue stirring until liquid is reduced and the mixture is thicker. Approximately 8 minutes. Allow the mixture to cool before adding to the pie crust.

Add the cooled pie mixture to the pie crust. Add the remaining cup of strawberries to the top of the pie evenly. Put the pie in the refrigerator for approximately one hour or until the filling is set and more firm.

Crust

2 cups almond flour
1/3 cup white granular monk fruit
1/4 tsp sea salt
1/4 tsp xanthan gum
1 egg white
1/2 tsp vanilla extract
1 tsp apple cider vinegar
3 Tbsp butter, cold and cut into pieces

Filling

5 cups strawberries, sliced
1/2 cup white granular monk fruit
1 1/4 cup water
2 tsp xanthan gum
1/4 tsp sea salt



Strawberry Basil Sparkling Lemonade

Serves 2 | Total Time: 5 Minutes

Put all ingredients, except the sparkling water, in a blender and blend until pureed. Pour in sparkling water and blend on low to avoid too much fizz. Serve over ice. Can garnish with basil and/or a strawberry.

2 cups fresh strawberries, de-stemmed

1 lemon, juiced

1/2 cup fresh basil

Sparkling water of choice (plain sparkling is best for this, such as a Pellegrino type)



Sparkling Raspberry Limeade

Serves 2 | Total Time: 5 Minutes

Put all ingredients, except the sparkling water, in a blender and blend until mixed. Pour in sparkling water and blend on low to avoid too much fizz. Serve over ice. Can garnish with lime slices or raspberry on a toothpick.

1 cup of fresh or frozen raspberries

1 lime, juiced

1/2 scoop [Livingood Daily Electrolytes + Energyze](#) (optional)

Sparkling water (plain or try Spindrift brand Raspberry Lime flavor)

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