



NIGHT FASTING GUIDE

| LIVINGOOD DAILY |





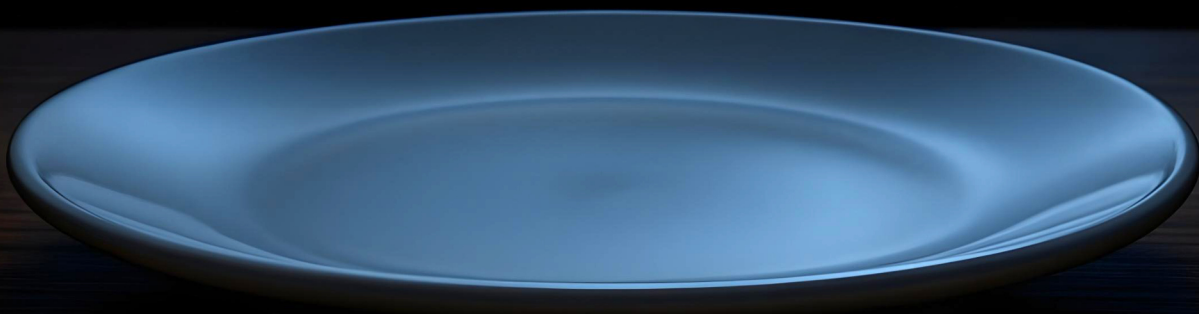
What Is Night Fasting?

Night fasting is one of the most powerful ways to lose fat — especially belly fat — by focusing not just on what you eat, but when you eat it.

Here's how it works:

You eat your meals earlier in the day (by 2:00 PM), and then give your body a long break from food until the next morning. This long break is called a **fast**. During this time, your body stops using the food you ate for energy and starts burning stored fat instead.

This kind of fasting works because it follows your body's natural "clock," also called your **circadian rhythm**. That clock controls things like your hunger, your energy, your hormones, and how your body burns fat.





The Fat-Burning Benefits of Night Fasting

These are the most important ways night fasting helps your body lose fat:

- **Burns stored fat** instead of just calories from your last meal
- **Lowers insulin levels**, which helps unlock fat burning
- **Boosts lipid oxidation**, a process where fat is turned into energy while you sleep
- **Reduces belly fat** faster than other eating schedules
- **Improves sleep**, which helps your body burn more fat overnight
- **Reduces cravings** the next day by keeping blood sugar stable

Research shows that even when people eat the same amount of food, the ones who finish eating earlier in the day lose more fat, especially around the stomach area.

Why Late-Night Eating Makes You Store Fat

When you eat late — especially after 6:00 or 7:00 PM — your body holds on to fat instead of burning it. Here's why:

- Your body uses a hormone called insulin to help store energy from food. If insulin stays high while you sleep, your body won't burn fat.
- Eating late keeps insulin levels high and raises another hormone called cortisol, which is linked to belly fat.
- Your sleep quality gets worse when you eat late, which also lowers fat burning.

Even if you eat healthy food, late-night meals slow down fat loss.



Meal Timing: When to Eat for Fat Loss

The best fat-burning eating window is between

• **8:00 AM and 2:00 PM.**

If that feels too early, you can start smaller:

- Stop eating by **6:00 PM** a few days per week
- Then slowly move your last meal earlier, to 3:00 or 2:00 PM

This schedule helps your body switch from using food for energy to using body fat.

What to Eat to Maximize Fat Loss

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.

1. 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 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





2. 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, pasture-raised pork, or lamb
- Wild-caught salmon and fatty fish (like mackerel or sardines)

3. 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, pears, 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



Check at the end of this guide for excellent night fasting recipes!



Simple Daily Routine for Night Fasting & Fat Loss

Morning:

- Drink water with lemon (helps digestion)
- Do a 10-minute workout or stretch
- Eat a protein + fiber breakfast (example: eggs with spinach and berries)

LEMON WATER

- 1 Whole Lemon
- 24 Ounces of Water

Roll the lemon to loosen the juice inside. Cut in half. Squeeze into the glass. Remove any seeds.

Afternoon (Before 2:00 PM):

- Eat your second meal (see the recipes below)
- This is your last meal of the day

Evening:

- No food after 2:00 PM (or at least 3 hours before bed)
- Dim the lights and turn off screens an hour before bed
- Go to bed at the same time each night

Sleep goal: 8 to 8.5 hours per night
This is when your body does the most
fat burning.



What Not to Do (If You Want to Burn Fat)

- Don't eat after 7:00 PM
- Don't snack before bed — even “healthy” snacks slow down fat burning
- Don't keep changing your bedtime — a regular sleep schedule improves fat burning
- Don't stay up late on screens (blue light stops melatonin, a fat-burning hormone during sleep)

Common Questions About Night Fasting for Fat Loss

Won't I get too hungry at night?

Not if you eat enough protein and fiber earlier in the day. Your body adjusts within a few days.

Can I drink coffee or tea in the morning?

Yes. Coffee or tea is fine during your fast, just don't add sugar or milk (a splash of almond milk is okay).

Do I have to fast every day?

No. Start with 2–3 days a week. Even that leads to more fat burning.

Bonus Fat-Burning Tips

- Get 5-10 minutes of sunlight in the morning to reset your body's clock
Keep your bedroom cool (between 60 and 67°F)
 - Walk or move your body during the day to support blood sugar control
 - Keep your eating schedule and sleep schedule consistent
 - Be sure to keep drinking water throughout the day (1/2 your body weight in ounces)
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Supportive Tools & Supplements

Moringa: Burn More Fat While You Sleep

Moringa lowers insulin, curbs cravings, and calms stress hormones — all key to burning fat overnight. It's been shown to double fat loss in studies, even without changing your routine.



Watch how it works — and grab the supplement to boost your night fasting results!

[Shop Now](#)

[YouTube video](#)

Proffee: Power Your Fast, Curb Cravings



This fat-burning coffee keeps you full without spiking insulin. It's perfect for the morning hours of your fast — steady energy, zero crash, no snacking needed. Blend Dr. Livingood's Proffee recipe with **Livingood Daily Coffee + Moringa**, a high-antioxidant, metabolism-boosting roast made without toxins or preservatives.

Get the recipe and the coffee that makes it work

[Shop Now](#)

[YouTube video](#)

10-Minute Workouts: Wake Up Your Fat Burn

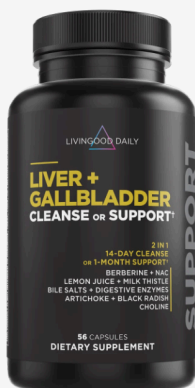
These fast, full-body workouts activate fat-burning hormones in just 10 minutes — ideal when you're eating early and fasting long.

Try one to speed up results during your fasting phase

[Watch a Sample Workout](#)



Liver & Gallbladder Support: Clear the Fat-Loss Roadblocks



If your liver is overloaded, fat burning stalls — especially at night. This powerful supplement helps your body detox and digest fats more efficiently so you can break through stubborn plateaus during your fasting window.

Add this support to speed up results and feel lighter overnight

[Learn More & Shop](#)

Night Fasting Recipes

Breakfast

Simple Breakfast in a Bowl



Total Time: 15 Minutes | Serves: 1

In a small pan, melt coconut oil over medium-low heat and pour whisked eggs into the warm pan.

Scramble eggs. Once cooked, put the eggs in a bowl and top with shredded cheese to melt. Add meat and toppings of choice.

Can also add fried sweet potato chunks or potato chunks on the bottom of the bowl if you're not watching sugar intake as much.

- 2 organic eggs
- 2 tbsp coconut oil
- 2-3 pieces of turkey bacon, chicken sausage, or organic humanely raised bacon (cooked)
- 1/2 cup organic shredded cheese of choice

Toppings: salsa, organic sour cream, avocado

Night Fasting Recipes

Breakfast

Berry Smoothie Bowl



Serving Size: 1 bowl | Total Time: 15 Minutes

Put the coconut milk in a high-powered blender first, then add the frozen fruit on top. This is meant to be thick and hard to blend, keep pushing the fruit down into the blender until smooth and thick. If you do need a little more coconut milk you can always add a little more. Add the half of a scoop of protein toward the end and blend together. Pour the smoothie into a bowl and top with your favorite toppings.

- 1/2 cup canned coconut milk or unsweetened almond milk
- 1 1/2 cups frozen berries
- 1/4 frozen avocado
- 1/2 scoop Livingood Daily Collagen Protein Vanilla (optional, but yummy)

Optional Toppings: Handful of fresh berries, chia seeds, sliced almonds or nuts, toasted or dried coconut flakes, cacao

Night Fasting Recipes

Breakfast

Western Omelet with Vegetables and Black Beans



Serving Size: 1 Omelet | Total Time: 15 Minutes

Whisk eggs, diced veggies, and seasonings in a bowl. In a medium pan, heat oil over medium-low heat. Cook 3-4 minutes until mostly cooked, flip omelet and finish cooking 2-3 minutes. Put your cheese on half of the omelet and fold over. Top with your favorite toppings.

- 2-3 organic eggs
- 1/4 cup black beans
- 1/4 cup vegetables, diced (bell peppers, onion, tomato, etc.)
- Sea salt, pepper, chili powder, cumin (to taste)
- 2 tbs coconut oil

Optional toppings: salsa, guacamole, organic cheese, organic sour cream

Night Fasting Recipes

Breakfast

Healthy Morning Loaf



Serves: 4 | Total Time: 60 Minutes

In a mixing bowl, stir together the carrots, zucchini, cinnamon, allspice, nutmeg, vanilla, and sugar substitutes. Add in the eggs and sour cream. Mix until smooth. Mix in the almond flour and baking powder. Mix until it forms a thick batter. Pour into a loaf pan (9x5) that is lined with parchment paper or greased with butter or coconut oil. Bake at 375°F for 45 minutes. Check with a toothpick to make sure it is done in the middle. Let it cool and set before slicing.

- 1 medium carrot (shredded)
- 1 medium zucchini (shredded)
- 2 eggs
- 4 tbsp organic sour cream
- 2 tsp cinnamon
- 1 tsp allspice
- 1/2 tsp nutmeg
- 2 tsp pure vanilla
- 2 tsp baking powder
- 4 tbsp brown sugar substitute (I use Swerve)
- 4 tbsp sugar substitute (I used Swerve granular)
- 2 cups almond flour

Optional: stevia-sweetened dark chocolate chips

Night Fasting Recipes

Breakfast

Collagen and Coconut Milk Smoothie



Serves: 1 | Total Time: 10 Minutes

Put all ingredients except the collagen protein into a blender. Blend until smooth. Add collagen protein in and blend on low speed until it is mixed in well. Add more or less milk, water and ice to get the desired consistency and temperature..

- 1/2 cup full-fat coconut milk
- 1/2 cup almond milk (unsweetened or unsweetened vanilla)
- 1 handful of organic spinach
- 1 scoop Livingood Daily Collagen Protein Vanilla
- 1 tbsp cocoa powder
- 2 tbsp organic raw cacao nibs
- 2 tbsp organic whole flax seeds
- 2 tbsp organic whole chia seeds
- 1 tsp maca root powder
- 1 tbsp of Livingood Daily Greens Powder
- 1 tbsp coconut oil
- Approximately 1/2 cup water (or milk - to desired thickness of smoothie)
- 4 ice cubes

Night Fasting Recipes

Breakfast

Spinach & Artichoke Egg Casserole



Serves: 4 | Total Time: 45 Minutes

Sauté olive oil and onion in a pan over medium-low heat for 4-5 minutes, until tender. Add garlic and continue sautéing for 1-2 minutes. Mix in chopped spinach and sauté for 2-3 minutes. In a large bowl whisk together eggs, milk, salt, and pepper. Evenly spread room temperature sautéed spinach and chopped artichokes in a 9-10 inch round pie dish or a 9x9 baking dish that has been greased with butter, olive oil, or coconut oil. Pour in egg mixture and sprinkle both cheeses on top. Bake at 350°F for approximately 30 minutes, or until the top turns golden brown. Let sit for 5-10 minutes before cutting.

- 1 tbsp olive oil
- 6 eggs
- 1/2 cup unsweetened almond milk
- 1/4 sweet onion (finely diced)
- 1 garlic clove (finely crushed)
- 1 1/2 cups spinach (finely chopped)
- 1/2 cup artichoke hearts (chopped)
- Salt and pepper (to taste)
- 1/4 cup Mozzarella cheese
- 1/4 cup Parmesan cheese
- 1/2 package turkey bacon (optional)

Night Fasting Recipes

Lunch

Fat Burning Soup



Serves: 8-10 | Time: 45 Minutes

Heat the oil in a large pot over medium heat. Add the meat and cook until mostly browned or cooked through. Add in the garlic and onion and cook for a few more minutes. Add the rest of the ingredients (except the cilantro and parsley) and cook until vegetables are tender (approximately 15 minutes), stirring frequently. Add the cilantro and parsley and simmer for approximately 10 minutes.

- 2 tsp olive or avocado oil
- 1-1 1/2 lb ground beef, turkey, or chicken
- 1 onion, diced
- 1 bell pepper (any color), diced
- 1 zucchini, diced
- 1 pkg (~8 oz) mushrooms, diced
- 3 garlic cloves, minced
- 1 can beans (pinto, garbanzo, or black beans), rinsed and drained
- 1 can (14 oz) diced tomatoes
- 1 carton bone broth (16 oz) any flavor
- 1 can tomato sauce + 1/2 can water
- 2 tbsp lime or lemon juice
- 2 tbsp cumin
- 1/4 cup fresh cilantro, chopped
- 1/4 cup fresh parsley, chopped
- 1/8 tsp cayenne pepper (optional)
- Sea salt and pepper, to taste
- 1/4 cup Mozzarella cheese
- 1/4 cup Parmesan cheese
- 1/2 package turkey bacon (optional)

Night Fasting Recipes

Lunch

Loaded Burger Bowl



Total Time: 30 Minutes | Serves: 2

In a large pan, over medium heat, cook the bacon to desired temperature and texture. Remove the bacon and set aside. Add onion to the pan and cook for a few minutes, then add the mushrooms and cook for a few minutes. Add the beef to the pan and season as desired. Once the beef is cooked, remove from the heat. To make your bowl, start with your spinach and add your beef mixture, bacon, toppings of choice and drizzle with the optional sauce or ketchup and mustard (or whatever you love on your favorite burger!)

Burger Ingredients:

- 1 lb grass-fed ground beef
- 4 slices organic turkey bacon or organic humanely raised bacon
- 1/2 onion of choice, sliced
- 1/2 cup mushrooms of choice, sliced
- 2-3 cups spinach
- **Seasoning of choice:** sea salt, pepper, garlic powder, chipotle powder
- **Toppings of choice:** shredded cheese, tomatoes, dill pickles, onion slices, etc.

Optional Sauce:

- 1/2 cup clean mayo (Primal Kitchen is a good brand)
- 1 tbsp coconut or almond milk
- 1 tsp lemon juice
- **Seasonings:** sea salt, garlic powder, onion powder
- 1-2 tsp dried chives
- **Optional:** 1 tsp nutritional yeast for a cheese flavor

Whisk together all ingredients in a bowl and refrigerate until ready to serve.

Night Fasting Recipes

Lunch

Livingood's Lettuce Wraps



Total Time: 25 Minutes | Total Servings: 2

In a pan, over medium-high heat, sauté the onions in olive oil and sesame oil, until they start to be soft. Add the ground meat to the pan and cook until browned and cooked through. Add the sauce and all remaining ingredients to the pan and cook for a few more minutes. Remove from the heat and top with chopped scallions. Fill the lettuce leaves with the mixture and serve. Can make a little extra sauce to put on top if you wish.

- 1 lb grass-fed or organic ground beef (or chicken)
- 1 tbsp olive oil
- 1 tsp sesame oil
- 1/4 cup onion, diced
- 1/4 cup water chestnuts, diced
- 1 tsp chili oil or chili sauce (optional)
- 1/2 tsp garlic powder
- 1 tsp coconut aminos (soy sauce alternative)
- 1/2 tsp ground ginger
- 1 tsp rice wine vinegar
- Sea salt and pepper, to taste
- 2 tbsp scallions, chopped for garnish
- Butter or bib lettuce for wraps

Night Fasting Recipes

Lunch

Easy Chicken/Tuna Salad



Serves: 2 | Total Time: 10 Minutes

Combine all ingredients in a bowl. Can also add things like 1/2 avocado or 1/4 cup dried cranberries. Serve over a bed of spinach or on romaine lettuce wraps.

- 2 cooked chicken breasts or 2 five-ounce cans of wild-caught tuna in water, drained
- 2 cups celery, diced
- 1/2 cup chopped walnuts or slivered almonds
- 2 tsp lemon juice or apple cider vinegar
- 2/3 cup soy-free vegan mayo
- Salt and pepper, to taste

Night Fasting Recipes

Lunch

Chicken Stir Fry



Serves: 2 | Total Time: 30 Minutes

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

- 3 tbsp coconut oil
- 1 lb free-range chicken (cubed)
- Salt, pepper, garlic powder (to taste)
- 3 tbsp Bragg's Liquid Aminos (more or less to taste)
- Variety of stir-fry vegetables: onion, snap peas, zucchini, squash, mushrooms, peas, cauliflower, carrots, etc.

