



**LIVINGOOD DAILY**  
**CHALLENGE**  
WORKBOOK

# LIVINGOOD DAILY CHALLENGE WORKBOOK

DR. LIVINGOOD



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By Dr. Livingood

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# LETTER FROM DR. LIVINGOOD

What is the biggest asset you have?

America takes 75% of the world's medications and seven out of ten people die of chronic and preventable diseases. The health care system meant to remedy this problem is now the third leading cause of death itself. This exists because we often ignore our health or assume we are healthy until disease hits. Then once disease hits we manage the sickness with drugs and surgeries. That's not health care, that's sick care. We have a giant sick care system.

My father fell victim to this sick care system and lost his health at age 51. When he lost his biggest asset he never worked again, couldn't bike, fish, enjoy his family, and we endured over \$200,000 in medical bills. This drove me to find an answer for him. My dad didn't need more drugs and surgeries, he needed health. The principles in this challenge are what saved his life. Then I conducted my own double-blind research study on how that system of real health would work for others. We have now guided over 25,000 people in my clinic and around the world to follow this proven method to feel healthy, get off medications, overcome disease, lose the weight, and experience real health.

## SO WHAT IS THE SOLUTION?

Your stomach acid can dissolve razor blades, your lungs have a surface area as large as a tennis court, your brain has enough electricity to light up a 10 watt light bulb, and your heart will give off enough power in the next 24 hours to lift 3 fully loaded greyhound buses off of the ground. With the level of power and intelligence in YOU, the greatest doctor in the world is not at Mayo Clinic or Harvard, the greatest doctor in the world is YOU. Just give your body what it needs and fix your health.

Fix your food through real nutrition. Fix your fitness in 10 minutes per day. Fix your focus by building health and beating stress. Fix your filters by detoxing. If you want health, and focus on the activities of building health, that is how you will experience real health. You are the solution! Stop focusing on the problems and start focusing on the solution. Every day empower yourself to know...

## I AM THE SOLUTION!

The steps in this workbook will begin to lead you through a 21-day challenge to build health, beat disease, eliminate medications, lose weight, lose stress, and regain LIFE. The answer you are looking for is right inside of you. You just have to do it.

## YOU ARE THE SOLUTION!

LIVING  
GOOD  
DAILY  
MANIFESTO

I TAKE RESPONSIBILITY FOR MY **HEALTH**.  
TODAY I CHOOSE GRATITUDE & A **SMILE**.  
HEALTH TASTES SWEETER THAN MY CRAVINGS.  
**I EAT TO LIVE** NOT LIVE TO EAT. MY 10  
MINUTE WORKOUTS ENERGIZE ME. I WILL NOT  
WAIT FOR SICKNESS AND DISEASE. **I CHOOSE  
TO BUILD HEALTH**. I WILL ACCOMPLISH A  
LIFE CHANGING SHIFT IN MY HEALTH & **HELP  
OTHERS** DO THE SAME. THE GREATEST  
DOCTOR IN THE WORLD IS ME. I WILL NEVER GET  
TODAY BACK. **I CHOOSE TO LIVE GOOD**.

**#IAMTHESOLUTION**

# FAQS

## **What is the Livingood Daily Challenge?**

The Livingood Daily Challenge is the vehicle to start you down the road to experience REAL health. Before you begin you'll get your Workbook and Calendar. Each week we add on a new Foundational piece: Week 1 Food & Fitness, Week 2 Focus on your being the solution, and Week 3 Fix The Filters of your body. The 4th Week we help you follow up on next steps, but until you have the foundations, you can't go to the next step. You now hold the guide and keys to the vehicle to take you to experience real health. Just follow the simple steps we've laid out with coaching throughout. You're going to get a supportive interactive approach to experiencing real health.

## **How long is the Livingood Daily Challenge?**

From now until it begins you have pre-access. Upon day 1, you will be executing for 3 weeks, then the 4th week is a fun and follow-up week to vote for a winner and next steps in your health! It's a 4-week challenge, the group will then close at the end of those 4-weeks.

## **What if I can't start the Challenge on the first day?**

The group stays open for 28 days, so download the guide so that you can execute and start early. Don't stress, the point is to get you moving towards experiencing real health!

## **What do I need for the Livingood Daily Challenge?**

Get the Challenge Pack! Livingood Daily Bars, Livingood Daily Collagen Protein, and Livingood Daily Greens. Also consider getting the Make Food Simple book to use as a tool to make your food simple and have even more delicious recipes.

## **How often do I need to participate?**

We are going live on a daily basis, but you don't have to be present at a certain time! These are done in units, Each unit has a daily breakdown and the Daily Teachings are held there.

## **Where do I find the daily 10-Minute Workouts?**

Every day in your unit you'll have a link to your guide, your daily teaching, and daily 10-Minute Workout PLUS abs bonus!

## **Do I need to be in good shape already or dedicate lots of time to exercise?**

We will teach you how to workout in 10 minutes a day, and it actually works! Regardless of fitness level or goals, we've got you covered.

# FAQs

## **I don't have time to cook and I'm not good at it...what can I do?**

Get the resources that we lay out to make all of this simple. 1. The Livingood Daily Greens, 2. Livingood Daily Collagen, and 3. Livingood Daily Bars. All of the recipes are also very simple, quick, and delicious!

## **Why does this program cost so much less than other programs?**

I truly care and am disgruntled with the entire health care system, especially from the steps of doctors. We need doctors that are taking people by the hand and leading people through REAL health.

## **Can I do this challenge even if I'm older or have health issues such as heart disease or diabetes?**

Discuss with your doctor before starting any regimen. But, we have built this in a way so that all people can participate. There's a track for everyone to start experiencing real health, you'll have my oversight throughout, but you've got to start somewhere!

## **Is my purchase guaranteed?**

Entirely! You have 21 days to try the Livingood Daily Challenge risk-free. If at any time, for any reason during those 21 days, you are unhappy with the program, please email Support at support@drlivingood.com so I can refund 100% of your money-no questions asked. (I just ask that you give the Livingood Daily Challenge an honest try.)

## **How many payments do you charge me?**

Only one payment.

## **Can I invite other people to do the Livingood Daily Challenge with me?**

Your success rate will go up 95% if you have accountability. It's as simple as taking someone with you on the journey to experience REAL health. To bring an accountability partner, just send them this message:

"Hey \_\_\_\_! So I just signed up for the 21 Day Weightloss Challenge and I'm challenging you to do it with me :) Here's the info: <https://go.drlivingood.com/realhealthchallenge>"



# WHAT'S YOUR DESTINATION

We are all on a journey to experience real health. Unfortunately the only vehicle most use to try and get there is drugs, surgeries, and yearly testing. That vehicle is not designed to get you healthy, it's built as an emergency vehicle. What you now hold is the manual on how to begin to drive your new vehicle. A vehicle that will help you build towards REAL health. We will be your guides but you have to drive. Before you drive you must know where you are going. The first question is WHERE is your destination? What does real health mean for you? What are your health goals and what do you need to do to get there? Let's "pop the hood" before we take off and understand the engine that will be powering your journey...

WHAT IS MY WORD? \_\_\_\_\_

WHAT AM I STOPPING? \_\_\_\_\_

WHAT AM I STARTING? \_\_\_\_\_

WHO AM I DOING IT FOR? \_\_\_\_\_

WHAT ARE MY REAL HEALTH GOALS?

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Now that you've set your goals here, go to the Livingood Daily Challenge group and post a quick video of your answers above!



Grab this template for your home/lock screen or to print so you can keep your destination in front of you during the Challenge!



## Commitment Statement

I, \_\_\_\_\_, am committed to the Livingood Daily Lifestyle and am ready to start experiencing REAL health! I am not going to wait for sickness and disease or settle for a diagnosis. Instead, I will focus on building REAL health and making it simple!

**#IAMTHESOLUTION**



## FOOD

For 21 days, the challenge will be to eat only real food and give your system a complete break. You'll learn how to do this by cutting sugar, cranking up the fat, cleaning up the protein, and caring about nutrients.

Each day of the challenge you'll have 4 guidelines to follow to fix your food.



## FITNESS

The simplest, most efficient way to kill disease, lose weight, and experience real health is by moving your body. When it comes to optimal function of your body, it's all about high intensity and shorter duration. Teach your body how to be a fat-burner and get in shape fast with the 10-Minute Workout.

Each day of the challenge you'll have an assigned 10-Minute Workout and optional Ab Bonus to fix your fitness.

# THE 4 F'S OF THE LIVINGOOD DAILY CHALLENGE

## FOCUS

If you focus on finding and managing sickness and disease, you get sickness and disease. If you focus on building health, you get health. Fix your focus and change your life. Each day of the challenge get inspired, reduce stress, and get perspective to focus on experiencing real health.

Starting Week 2 of the challenge, you'll spend 3-5 minutes a day reducing your stress through the breathing techniques provided and fixing your focus.



## FILTERS

It's impossible to avoid all toxins but two major things can be done to detox your body. Each day you'll be guided on 1. How to do reduce toxin exposure in your life and 2. Optimize your bodies filters (liver, kidneys, gut, etc.) to remove the toxins already in you.

Starting Week 3 of the challenge, you'll fix your filters by giving your body the nutrients it needs to detox on a daily basis.



# 21 DAY FOOD GUIDELINES

## CUT THE SUGAR

Research shows that the average American eats around 130 pounds of sugar every year! When you compare that to the turn of the 19th Century in America, an individual ate less than 20 pounds a year. Sugar is in everything! Why? It tastes sweeter, so you eat more. Food companies know this, and they are exploiting this all the way to the grave. Sugar is an anti-nutrient—not only does it harm you, but it also takes up space for needed nutrients. It all has to go for now!

The first initial response I get to that statement is, “I don't eat that much sugar, Dr. Livingood.” Yes, you do. Understand that I'm writing this right now to a world of sugar addicts. When you try to tell someone that they are an addict, often times, they don't want to hear it.

It's said that sugar is more addictive to the brain than cocaine is, so I do realize the challenge when I start messing with your food; it's like messing with a drug addict by trying to take their substance away. When I'm trying to pull sugar away from you, you tend to get testy, start justifying, or flat out reject the information; but I can tell you that it has major consequences if action is not taken.

Plus, that spare tire around your waist, that stubborn weight that's been around the thighs and in the face and in the neck, that excess weight that you're carrying around is not fat; it's excess sugar. You put in so much excess energy during the day that your body has to come up with a solution as to what to do with it. So, it stores it as fat. Thus, if you want to burn fat, you first have to cut sugar.

## C RANK UP THE FAT

You need fat to burn fat! Most of the cells in your body are made of fat. Up to 60% of your brain is made of fat. Healthy fat is essential to your health; bad fat is toxic. The low-and no-fat craze hit America over 40 years ago to combat heart disease. What happened? We got fat! Since then, heart disease has skyrocketed. Fat is not the cause of heart disease, sugar is! All that extra weight around your gut is excess sugar that is stored as fat. Sugar can make a good fat/cholesterol turn bad quickly.

If you want to burn up all the fat in your body, one thing must happen nutritionally: you must stop eating sugar. If you do not have sugar as your fuel because you are not eating any of it, then your fuel source becomes fat; you then need to eat fat to spark the engines.

# 21 DAY FOOD GUIDELINES

## CLEAN UP THE PROTEIN

This is not a high protein / low carb lifestyle change. Protein is very important, but you don't want too much of it because if you overdo it, it will turn to sugar. Women should eat 15-20 grams per meal and men should eat 20-30 grams per meal. The most important part of protein is to have it clean. Bioaccumulations of toxins are way higher in a non-organic, hormone-loaded 2,000-pound cow than in a head of broccoli. If finances are a concern when it comes to getting healthy food and you find it expensive to eat healthy because of the cost, then focus on the proteins. You'll get the most bang for your buck decreasing toxins when you focus on cleaning up meat and dairy products.

**You are not what you eat; you are what you eat, ate.**

So, the three main targets for this are beef, chicken, and fish. Pork is out—what does a pig eat? Everything! This makes them very toxic.

A cow is supposed to eat grass. When you feed a cow grain, it gets fat faster, but it makes the cow inflamed and sick. The cow is then pumped full of growth hormones, which makes for more meat, but it starts to get even sicker, so it must be pumped full of antibiotics. Just before it gets too sick to live, it makes it to market and ends up on your plate.

So, cleaning up the beef that you're eating is crucial. Make sure it's organic and grass-fed when possible to eliminate these hormones, the pesticides used in its food, and antibiotics.

When it comes to chicken, we're looking for free-range chicken, not a chicken that's cooped up with 10,000 other chickens standing in their own... well, you know what I'm talking about. Oftentimes, they're fed arsenic in order for them to grow quicker. A chicken in today's world is several times larger than a chicken just 50 or 60 years ago because of all the growth hormones and chemicals that we are adding in to try to make more meat in order to make more profit for the food industry. So, make sure it's organic and free-range when possible to eliminate all those toxic chemicals.

Finally, wild-caught fish: Instead of your salmon or tilapia raised on a farm, confined to a pen, and fed pellets and unnatural foods, you want them free in nature. They then consume what they're designed to consume so that toxins don't end up in you, the top of the food chain.

# 21 DAY FOOD GUIDELINES

## CARE ABOUT NUTRIENTS

It's amazing to me how many children in this country get very little to no nutrients. From whom do you think they learn that? It's amazing to me how many adults in this country get very little to no nutrients.

Throughout the day, a lot can go wrong when it comes to eating right—eat fast food, don't eat at all, eat late. The easiest and most convenient way to take one step toward fixing your food is through breakfast. I believe we have the most opportunity to add health to our lives through breakfast.

The easiest and most convenient way that I found to really alter breakfast is through a breakfast smoothie. In this challenge, I have added several of my favorite smoothie recipes for you. These are go-to smoothie recipes that I use on a regular basis to get nutrients into my body and to keep toxicity out.

In the smoothie, I add lots of veggies like spinach and kale, and then some berries. Putting two huge handfuls of spinach or kale or collard greens into your smoothie is a big way to get a huge dose of nutrients for breakfast. I mean, think about it—when was the last time you had a big bowl of spinach for breakfast? This keeps the sugar down. Then, I add good fat like coconut milk, almond milk, or coconut oil. Finally, I get protein by adding grass-fed whey protein powder. This hits all four C's, fills me up, and energizes me. Make as big of one as you would like!

During the rest of the day drink lots of water and focus on lots of vegetables, greens, and beans—sautéed, baked, steamed, hummus, salads, etc.

My nutrient secret weapon that I suggest is my Livingood Daily Greens which make getting greens quick and easy. It is a simple powder drink that is packed full of nutrients, enzymes, and detoxifiers. This gets nutrients in and also extra water.

**Fuel your vehicle, not your cravings.**

## CURB YOUR CONSUMPTION

If you are struggling to still lose weight and hit health goals after the above four C's of nutrition, then curb your consumption. Take an intermittent fasting approach; this is broken down in your challenge teachings.

# FOOD LIST

## MEATS

- Beef / Buffalo / Venison  
Ideally All Natural, Best is 100% Grass-Fed & Organic
  - Chicken  
Ideally All Natural, Best is Organic & Free Range
  - Eggs  
Ideally All Natural, Best is Organic & Free Range
  - Fish: Wild Caught
  - Lamb  
Ideally All Natural, Best is 100% Grass-Fed & Organic
  - Turkey  
Ideally All Natural, Best is Organic & Free Range
- Avoid**  
Grain-Fed, Pork, Farm-Raised Fish, Shellfish, and Soy Alternatives

## VEGETABLES

- |   |   |  |                      |
|---|---|--|----------------------|
| <input type="checkbox"/> Arugula          | <input type="checkbox"/> Cucumbers        | <input type="checkbox"/> Onions          | <b>In Moderation</b> |
| <input type="checkbox"/> Asparagus        | <input type="checkbox"/> Dandelion        | <input type="checkbox"/> Parsley         |                      |
| <input type="checkbox"/> Beans            | <input type="checkbox"/> Eggplant         | <input type="checkbox"/> Radishes        |                      |
| <input type="checkbox"/> Bell Peppers     | <input type="checkbox"/> Fennel           | <input type="checkbox"/> Shallots        |                      |
| <input type="checkbox"/> Bok Coy          | <input type="checkbox"/> Garlic           | <input type="checkbox"/> Snow Peas       |                      |
| <input type="checkbox"/> Broccoli         | <input type="checkbox"/> Green Beans      | <input type="checkbox"/> Spinach         |                      |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Jalapeno Peppers | <input type="checkbox"/> Sprouts         |                      |
| <input type="checkbox"/> Cabbage          | <input type="checkbox"/> Kale             | <input type="checkbox"/> Turnips         |                      |
| <input type="checkbox"/> Cauliflower      | <input type="checkbox"/> Kohlrabi         | <input type="checkbox"/> Water Chestnuts |                      |
| <input type="checkbox"/> Celery           | <input type="checkbox"/> Lettuce          | <input type="checkbox"/> Zucchini        |                      |
| <input type="checkbox"/> Chicory          | <input type="checkbox"/> Mushrooms        |  | <b>Avoid</b>         |
| <input type="checkbox"/> Collard          | <input type="checkbox"/> Mustard          |  | Corn<br>Potatoes     |

## FRUITS

- |  |                                       |                                     |                                       |
|--|---------------------------------------|-------------------------------------|---------------------------------------|
| <b>Ideally All Natural, Best is Organic</b>  |                                       | <b>In Moderation</b>                |                                       |
| <input type="checkbox"/> Acai Berries        | <input type="checkbox"/> Grapefruit   | <input type="checkbox"/> Apricots   | <input type="checkbox"/> Oranges      |
| <input type="checkbox"/> Avocado             | <input type="checkbox"/> Lemon        | <input type="checkbox"/> Bananas    | <input type="checkbox"/> Papaya       |
| <input type="checkbox"/> Blackberries        | <input type="checkbox"/> Lime         | <input type="checkbox"/> Cherries   | <input type="checkbox"/> Peaches      |
| <input type="checkbox"/> Granny Smith Apples | <input type="checkbox"/> Raspberries  | <input type="checkbox"/> Dates      | <input type="checkbox"/> Pears        |
|  | <input type="checkbox"/> Strawberries | <input type="checkbox"/> Grapes     | <input type="checkbox"/> Pineapple    |
|  |                                       | <input type="checkbox"/> Kiwi       | <input type="checkbox"/> Plum         |
|  |                                       | <input type="checkbox"/> Mangoes    | <input type="checkbox"/> Prunes       |
|  |                                       | <input type="checkbox"/> Melon      | <input type="checkbox"/> Red Apples   |
|  |                                       | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Dried Fruit  |
|  |                                       |                                     | <input type="checkbox"/> Goji Berries |

## DAIRY

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Butter<br><input type="checkbox"/> Cheese<br><input type="checkbox"/> Cream<br><input type="checkbox"/> Goat's Milk<br><input type="checkbox"/> Goat's Milk Cheese<br><input type="checkbox"/> Goat's Milk Yogurt<br><input type="checkbox"/> Kefir | <b>Ideally All Natural, Best is Organic,<br/>Full Fat, &amp; Raw - In Moderation</b> | <b>Avoid</b><br>Margarine<br>Shortening<br>Soy<br>Non-Organic Dairy |
|  | <input type="checkbox"/> Organic Milk  |   |
|  | <input type="checkbox"/> Almond Milk   |   |
|  | <input type="checkbox"/> Cashew Milk   |   |
|  | <input type="checkbox"/> Coconut Milk  |   |
|  | <input type="checkbox"/> Goat Milk   |   |
|  | <input type="checkbox"/> Hemp Milk   |   |
|  | <input type="checkbox"/> Ghee  |   |

# FOOD LIST

NUTS & SEEDS

Best is Raw, Organic and/or Sprouted With No Added Oils  
In Moderation

- |                                     |  |
|-------------------------------------|--|
| <input type="checkbox"/> Almonds    | <input type="checkbox"/> Pecans          |
| <input type="checkbox"/> Brazil     | <input type="checkbox"/> Pine Nuts       |
| <input type="checkbox"/> Cashews    | <input type="checkbox"/> Pistachios      |
| <input type="checkbox"/> Chia Seeds | <input type="checkbox"/> Pumpkin Seeds   |
| <input type="checkbox"/> Flax Seeds | <input type="checkbox"/> Sesame Seeds    |
| <input type="checkbox"/> Hemp Seeds | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Macadamia  | <input type="checkbox"/> Walnuts         |

- |  |
|--|
| <input type="checkbox"/> Almond Butter         |
| <input type="checkbox"/> Cashew Butter         |
| <input type="checkbox"/> Macadamia Butter      |
| <input type="checkbox"/> Sunflower Seed Butter |
| <input type="checkbox"/> Tahini (Raw)          |

**Avoid / Limit**  
Peanut Butter

NUT BUTTERS

OILS

Ideally All Natural, Best is Unrefined  
& Cold-Pressed

- |   |
|---|
| <input type="checkbox"/> Avocado Oil                    |
| <input type="checkbox"/> Butter/Ghee<br>(Low Heat)      |
| <input type="checkbox"/> Coconut Oil                    |
| <input type="checkbox"/> Flaxseed Oil<br>(Do Not Heat)  |
| <input type="checkbox"/> Grapeseed Oil                  |
| <input type="checkbox"/> Olive Oil<br>(Medium/Low Heat) |

**Avoid**

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

**In Moderation**

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Adzuki Beans | <input type="checkbox"/> Lentils     |
| <input type="checkbox"/> Black Beans  | <input type="checkbox"/> Lima Beans  |
| <input type="checkbox"/> Chickpeas    | <input type="checkbox"/> Pinto Beans |
| <input type="checkbox"/> Kidney Beans | <input type="checkbox"/> White Beans |
| <input type="checkbox"/> Legumes      |                                      |

BEANS

SWEETENERS

- |  |
|--|
| <input type="checkbox"/> 100% Stevia             |
| <input type="checkbox"/> Xylitol (In Moderation) |
| <input type="checkbox"/> Monk Fruit              |
| <input type="checkbox"/> Erythritol              |

**Avoid**

- |                  |
|------------------|
| All Added Sugars |
| Aspartame        |
| Dextrose         |
| Fructose         |
| Glucose          |
| Maltodextrin     |
| Splenda          |
| Sucrose          |

**Avoid Until Goal Is Hit**

- |  |
|--|
| <input type="checkbox"/> Raw Honey                       |
| <input type="checkbox"/> Organic Maple Syrup (Grade A/B) |

**Avoid Until Goal Is Hit**

- |  |   |
|--|---|
| <input type="checkbox"/> Barley            | <input type="checkbox"/> Rye                  |
| <input type="checkbox"/> Brown/Wild Rice   | <input type="checkbox"/> Spelt                |
| <input type="checkbox"/> Buckwheat         | <input type="checkbox"/> Steel Cut Oats       |
| <input type="checkbox"/> Ezekiel 4:9 Bread | <input type="checkbox"/> Tapioca              |
| <input type="checkbox"/> Millet            | <input type="checkbox"/> Sprouted Grain Bread |
| <input type="checkbox"/> Quinoa            | <input type="checkbox"/> Whole/Wild Grains    |

GRAINS

BEVERAGES

Best is Unsweetened, Raw or Organic With No Added Sugars | Sweeten with Stevia  
In Moderation

- |  |
|--|
| <input type="checkbox"/> Coffee                                      |
| <input type="checkbox"/> Herbal Tea                                  |
| <input type="checkbox"/> Water (Infused, Purified, And/Or Sparkling) |
| <input type="checkbox"/> Low Sugar Fruit/Vegetable Juice             |

**Avoid Until Goal Is Hit**

- |  |
|--|
| <input type="checkbox"/> Fermented Drinks            |
| <input type="checkbox"/> Fruit/Vegetable Juice       |
| <input type="checkbox"/> Coconut Water               |
| <input type="checkbox"/> Zevia/Stevia Sweetened Soda |

Best is All Natural or Organic

- |  |  |
|--|--|
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Salsa                                 |
| <input type="checkbox"/> Balsamic Vinegar    | <input type="checkbox"/> Sea Salt (Celtic or Himalayan)        |
| <input type="checkbox"/> Guacamole           | <input type="checkbox"/> Soy Sauce (Liquid Aminos, Wheat Free) |
| <input type="checkbox"/> Herbs/Spices        | <input type="checkbox"/> Mayo (Veganise or Avocado-Oil Based)  |
| <input type="checkbox"/> Hummus (No Bad Oil) |  |
| <input type="checkbox"/> Mustard             |  |
| <input type="checkbox"/> Olive Oil           |  |

CONDIMENTS



# 21 DAY MEAL PLAN

**WEEK 1**

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

**WEEK 2**

8	Egg & Turkey Bacon Casserole Caesar Salad Baked Chicken & Roasted Brussels	Egg & Turkey Bacon Casserole Leftovers On Salad	Almond Joy Smoothie Create Your Own Salad	Fried Eggs & Avocado You Pick 3	Almond Butter Blueberry Smoothie Leftovers	Smoothie Bowl Leftovers	Vegetable Omelet Create Your Own Salad
9		Zucchini Spaaghetti & Roasted Broccoli	Beef Str-Fry	Baked Chicken & Roasted Broccoli	Chicken & Broccoli Casserole	Enchilada Zucchini Boats	Vegetable Bean Soup
10							
11							
12							
13							
14							

**WEEK 3**

15	Almond Butter Blueberry Smoothie Leftovers	Turkey Sausage To Go Egg Bakes You Pick 3 Chili	To Go Egg Bakes Leftovers	Berry Smoothie Caesar Salad	Egg Scramble Leftovers Over Salad	Smoothie Bowl Leftovers	Vegetable Omelet Leftovers
16			Vegetable Str-Fry	Steak Fajitas	Meatloaf & Cauliflower Tatoes	Turkey Bacon Cheeseburger Casserole	Grilled Fish or Meat + Vegetable
17							
18							
19							
20							
21							

# ADVANCED 21 DAY MEAL PLAN

\*To take your challenge to the next level, follow the Rotational Fasting guidelines highlighted in blue below.

WEEK	1/2 BREAKFAST	1/2 BREAKFAST	1/2 BREAKFAST	1/2 BREAKFAST	1/2 BREAKFAST	1/2 BREAKFAST	1/2 BREAKFAST
1	Berry Smoothie	Almond Joy Smoothie	Egg Bites	Berry Smoothie	Egg Bites	Smoothie Bowl	NO BREAKFAST
	Simple Chicken Salad	Cesar Salad	Chicken Fajita on Spinach Salad	Leftovers	Leftovers	Leftovers	NO BREAKFAST
	Chicken & Broccoli Casserole	Chicken Fajitas	Meat Stuffed Peppers	Chicken Stir-Fry	Shepherd's Pie	Smothered Chicken	NO BREAKFAST

WEEK	NO BREAKFAST	NO BREAKFAST	NO BREAKFAST	NO BREAKFAST	NO BREAKFAST	NO BREAKFAST	NO BREAKFAST
2	Cesar Salad	Create Your Own Salad	You Pick 3	Leftovers	Leftovers	Create Your Own Salad	NO BREAKFAST
	Baked Chicken & Roasted Brussels	Beef Stir-Fry	Baked Chicken & Roasted Broccoli	Chicken & Broccoli Casserole	Enchilada Zucchini Boats	Vegetable Bean Soup	NO BREAKFAST

WEEK	NO BREAKFAST	NO BREAKFAST	NO BREAKFAST	NO BREAKFAST	NO BREAKFAST	NO BREAKFAST	NO BREAKFAST
3	Leftovers	Leftovers	Cesar Salad	Leftover	Leftovers	Leftovers	NO BREAKFAST
	1/2 DINNER Hamburgers & Cauliflower Tattoes	1/2 DINNER Vegetable Stir-Fry	1/2 DINNER Steak Fajitas	1/2 DINNER Meatloaf & Cauliflower Tattoes	1/2 DINNER Turkey Bacon Cheeseburger Casserole	1/2 DINNER Grilled Fish or Meat + Vegetable	NO BREAKFAST

Following Week 3, complete the 3-Day Juice Cleanse found in your Livingood Daily Challenge Private Facebook Group.



# CHALLENGE GUIDE

If you focus on building health you will get health. If you focus on your sickness, disease, pills, and problems then all you'll get is more of the same. Each day of your challenge you get the foundational steps to begin building real health. Master the basics of real health and 80% of your problems will go away.

Second, your mind is your super weapon. Each day of your real health journey you are going to use your mind as a secret weapon to drive what you want. In your brain is a center called your reticular activating system (RAS). This works like a google search engine. Whatever you type in it begins to find. If you type in depression, it finds more depression. If you type in joy, it finds joy. If you type in relief, it finds relief. If you type in weight loss, it finds weight loss.

You CAN find whatever health you want in 5 minutes per day. Here is how:

1. Every day write down your goal as if it already achieved. Train your brain that the goal is as good as done.
2. Every day write down everything you are thankful for. Misery is learned. Depression is learned. Anxiety is learned. Gratitude is the anecdote. But it must be learned. Gratitude is like a muscle, it has to be strengthened to be powerful. You can not be stressed and grateful at the same time.
3. Every day keep track of your feedback system. Your body is talking to you. Are you listening? You will be shocked at what you learn by charting how you feel, sleep quality, stress levels, and energy levels each day.
4. Then all you have to do with that information is think about WHY do I feel that way today? What did I or did I not do yesterday that effected my results? Did I eat something poor? Did I lack water? Did I stay up too late? Did I skip my breathing and de-stressing exercises? Did I workout? Did I interact with a negative person or situation? Once you chart your health you can finally see what works best for YOU to experience real health.

Good habits die hard! It takes at least 21 days to create a habit. The only way this doesn't happen is if you get lazy or give up. YOU are more powerful than you think. YOU hold the solution to real health. The greatest doctor in the world is in YOU and YOU have the secret weapon...focus.

I AM THE SOLUTION

- *Dr. Livingood*

# CHALLENGE GUIDE EXAMPLE

Record today's date so you can look back and remember this moment.

DAY 15 | Today's Date 9/2/19

At the end of each day or as you go, check off each thing you accomplished today.

## Daily Objectives:

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar     3-6 Servings Healthy Fats & Veggies     Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water
- Did My Paced Breathing To De-Stress
- 2 Servings of Detoxing Greens

You are 42 percent more likely to achieve your goals if you write them down. Write your goals from your destination page as if they have already happened.

## Challenge Goals:

Write your goals for this 21 Day Challenge below as if you have already accomplished them.

- I have worked out consistently for the last 21 days!
- I have lost 10 lbs and reduced my blood pressure medication!
- i have increased my energy and can now play with my kids in the evening!

It's harder to stress or worry when you put your focus on all of the things that are going right for you. Make sure you take time daily to make a note of what you are thankful for.

## Today, I'm Grateful For:

Getting to eat breakfast together as a family this morning.

## Health Tracker:

Use this space to track anything health related during your journey so you can see progress. To Live Good Daily is to realize this is a journey and not a temporary fix.

### For Example:

My Blood Pressure: 130/86  
Stress Level 1-10: 4  
Sleep Quality 1-10: 8  
Energy Level 1-10: 8  
\*i've noticed that working out in the morning has lowered my stress/anxiety level while at work

### Today I Feel:



### I Feel This Way Because:

Got up on 1st alarm  
Coffee date with Zach  
But stressed with big deadline at work

**DAY 1** | Today's Date \_\_\_\_\_

**Daily Objectives:**

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar       3-6 Servings Healthy Fats & Veggies       Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water

**Challenge Goals:**

Write your goals for this 21 Day Challenge below as if you have already accomplished them.

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**Today, I'm Grateful For:**

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**Health Tracker:**

**Today I Feel:**



**I Feel This Way Because:**

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## Berry Smoothie

Serves 1 | 10 Minutes

2 handfuls of spinach  
and/or kale

1 can of full-fat coconut  
milk

1/2 cup of water

1-2 cups of frozen berries  
(if using fresh berries add  
3-4 ice cubes)

1 scoop Livingood Daily  
Collagen Protein Vanilla

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



## Simple Chicken Salad

Serves 2 | 30 Minutes

Combine all ingredients in a bowl. Can also add things like avocado, dried cranberries, grapes, or raisins, if desired (watch if on a low/no sugar based plan). Serve over a bed of spinach or on romaine lettuce wraps.

**2 cooked chicken breasts**

**1 cup celery, diced**

**1/4 cup chopped walnuts or slivered almonds**

**2 tsp lemon juice or apple cider vinegar**

**2/3 cup Veganaise (no soy) (or use a healthy oil mayo)**

**Salt and pepper, to taste**





## Chicken & Broccoli Casserole

Serves 4 | 45 Minutes

**3 chicken breasts**

**2 bunches of broccoli**

**8 oz organic shredded cheddar cheese**

**1 bunch green onion, 4-5 sliced**

**Salt, pepper, garlic powder (to taste)**

**2 tbsp multipurpose seasoning (watch ingredients)**

**1 1/2 cups sliced almonds**

**1/2 stick organic butter**

**1/2 cup Vegenaise (or healthy oil based mayo)**

Boil chicken until tender. Season and cut into cubes. Steam broccoli until tender. Combine all ingredients except almonds and butter and mix well. Press into a 9x13 baking dish. Sprinkle with almonds on top and drizzle with melted butter. Bake at 375 degrees for approximately 30 minutes.

**DAY 2** | Today's Date \_\_\_\_\_

**Daily Objectives:**

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar       3-6 Servings Healthy Fats & Veggies       Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water

**Challenge Goals:**

Write your goals for this 21 Day Challenge below as if you have already accomplished them.

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**Today, I'm Grateful For:**


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**Health Tracker:**

**Today I Feel:**

  
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**I Feel This Way Because:**

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## Egg Scramble

Serves 1 | 20 Minutes

2 eggs

1/2 cup vegetables (bell peppers, spinach, zucchini, mushrooms, broccoli, onion, etc)

1/2 cup turkey bacon or turkey sausage, cooked (optional)

Salt, pepper (to taste)

2 tbsp coconut oil

Optional toppings:  
avocado, cheese,  
(cheddar, feta, goat, etc),  
chives

Whisk eggs, veggies, pre-cooked meat, and seasonings in a bowl. In a medium pan, heat oil over medium-low heat. Cook 6-8 minutes until eggs are cooked through. Top with favorite toppings.

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



## Hamburgers

Serves 2 | 30 Minutes

Grill, or cook slowly in coconut oil, hamburger patties with seasoning until preferred temperature. Wrap in romaine lettuce leaves and top with preferred toppings. Cook extra to use as leftover hamburger for lunch or to create a salad the next day.

### Vegetarian Plan Tip:

Opt for a black bean burger. Heat the olive oil in a skillet over medium-high heat. Saute the onion until soft, about 5 minutes, then add in the garlic and stir for one more minute. Remove from the heat. In a large bowl, combine the sauteed onion and garlic, beans, sweet potato, ground flax, cumin and salt. Use a fork to stir the mixture, mashing the beans to help the batter stick together. Scoop out the black bean mixture and use your hands to shape it into a burger about 3/4-inch thick. Line a baking sheet with parchment paper. Bake the burgers at 350F for 15 minutes, then use a spatula to gently flip them over and bake for another 5 to 10 minutes.

1 lb grass-fed beef

Salt, pepper, garlic salt (to taste)

Romaine lettuce leaves

Optional Toppings: ketchup, organic cheese, mustard, pickles, onions, avocado, turkey bacon, fried egg, etc

**Black Bean Burger**

(Optional):

2 (15 oz.) cans black beans , drained and rinsed

1 tbsp olive oil

1/2 yellow onion , chopped

3 cloves garlic , minced

1/2 cup mashed sweet potato (steamed, then mashed)

1/4 cup ground flax seeds

1/2 tsp ground cumin

1/2 tsp salt



## Zucchini Fries

Serves 2 | 30 Minutes

1 large organic zucchini

1 cup almond flour

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

2 eggs, beaten

Combine almond flour and seasoning in a small bowl. Cut zucchini into fry-sized rectangles.

Dip zucchini in egg and then dip and cover in flour mixture. Bake on parchment lined baking sheet at 425 degrees for 20-30 minutes or until brown and crispy.

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

**DAY 3** | Today's Date \_\_\_\_\_

Daily Objectives:

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar     3-6 Servings Healthy Fats & Veggies     Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water

**Challenge Goals:**

Write your goals for this 21 Day Challenge below as if you have already accomplished them.

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Today, I'm Grateful For:


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Health Tracker:

Today I Feel:



I Feel This Way Because:

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## Almond Joy Smoothie

Serves 1 | 5 Minutes

1 scoop Livingood  
Daily Collagen Protein  
Chocolate (or 1 tbsp  
cocoa powder)

2 tbsp raw almond or  
nut butter

1 tsp cinnamon

1 tsp pure vanilla  
extract

1 cup unsweetened  
almond milk or full-fat  
coconut milk

1/2 a frozen avocado or  
banana (optional)

3-4 ice cubes  
(optional)

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



## Cesar Salad

Serves 2 | 20 Minutes

Mix or blend all dressing ingredients together until smooth. Combine chicken, spinach, romaine, and dressing in a bowl with a lid and shake until completely covered. Add more parmesan cheese to the top before eating.

Vegetarian Plan Tip:  
Approved for vegetarians that eat eggs and/or dairy. Simply leave off cooked chicken.

2 chicken breasts,  
cooked how desired

Organic spinach and  
romaine lettuce

Dressing:  
1/2 cup olive oil

1 lemon (juiced, can  
add zest as well)

1/3 cup parmesan  
cheese

4 tsp dijon mustard  
(no sugar)

1-2 garlic cloves or  
garlic powder

Worcestershire sauce,  
to taste (no sugar)

Salt and pepper, to  
taste





## Chicken Fajitas

Serves 2 | 25 Minutes

2 tbsp coconut oil

2 organic chicken breasts

1 small red onion, sliced

1 organic red bell  
peppers, sliced

1 organic green bell  
pepper, sliced (or any color  
bell pepper)

Spinach or romaine lettuce

Seasoning: 2 tbsp chili  
powder, 3 tbsp cumin, salt,  
pepper, garlic powder

Optional Toppings: raw  
organic cheddar cheese,  
black beans, organic sour  
cream, cilantro, cucumber,  
avocado, salsa

Saute chicken in coconut oil over medium heat until cooked entirely. Add vegetables and seasoning (may add a little water to help steam the vegetables). Cook until vegetables are tender. Put on a plate of spinach and top with desired toppings.

Vegetarian Plan Tip:  
Replace meat with 2 cups of veggies  
of your choice from the Food List.

**DAY 4** | Today's Date \_\_\_\_\_

**Daily Objectives:**

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar       3-6 Servings Healthy Fats & Veggies       Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water

**Challenge Goals:**

Write your goals for this 21 Day Challenge below as if you have already accomplished them.

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**Today, I'm Grateful For:**


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**Health Tracker:**

**Today I Feel:**

  
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**I Feel This Way Because:**

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## Egg Bites

Yields 6 Muffins | 30 Minutes

8 eggs

1 cup vegetables - diced  
(ex: broccoli, bell  
peppers, onion,  
mushrooms, etc)

1/4 cup almond milk

Salt & pepper (to taste)  
(or any other seasoning)

1/2 cup raw or organic  
cheese (optional)

1/2 cup turkey bacon,  
cooked (optional)

1 tbsp coconut oil

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

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



## Meat Stuffed Peppers

Serves 4 | 60 Minutes

Preheat oven to 400 degrees F. Sauté meat and onions over low/medium heat in pan until browned. Meanwhile, place peppers cut side down on baking sheet and bake until tender, approximately 20-25 minutes.

Stir meat and onion, seasoning, aminos, and tomato sauce. Fill pepper halves mixture. Bake 5-10 minutes or until heated through. Can top with Parmesan or any cheese if desired. Can serve with Mashed Cauliflower Tatoes or steamed vegetables.

\*Can also add 1/2 cup cooked quinoa if desired and not on a low carb plan.

Vegetarian Plan Tip:

Substitute ground beef with 1 bag of cauliflower rice (or 1 head of cauliflower, riced) and reduce cook time by a couple minutes.

**4 red, green, yellow, or orange bell peppers**

**1.5 pounds grass-fed ground beef**

**1 small onion, diced**

**1 small can organic, Italian-style diced tomatoes**

**2 tbsp Braggs Liquid Aminos**

**Salt, pepper, garlic**



**DAY 5** | Today's Date \_\_\_\_\_

**Daily Objectives:**

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar       3-6 Servings Healthy Fats & Veggies       Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water

**Challenge Goals:**

Write your goals for this 21 Day Challenge below as if you have already accomplished them.

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**Today, I'm Grateful For:**

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**Health Tracker:**

**Today I Feel:**

  
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**I Feel This Way Because:**

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## Berry Smoothie

Serves 1 | 10 Minutes

2 handfuls of spinach  
and/or kale

1 can of full-fat coconut  
milk

1/2 cup of water

1-2 cups of frozen berries  
(if using fresh berries add  
3-4 ice cubes)

1 scoop Livingood Daily  
Collagen Protein Vanilla

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



## Chicken Stir Fry

Serves 2 | 20 Minutes

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

**Vegetarian Plan Tip:**  
Replace meat with 2 cups of veggies of your choice from the Food List.

**4 tbsp coconut oil**

**2 chicken breasts, cut into bite-sized pieces**

**Variety of vegetables:** broccoli, bell peppers, onion, snap peas, zucchini, squash, peas, cauliflower, mushrooms, carrots, etc. (as many as desired)

**Salt, pepper, garlic powder (to taste)**

**3 tbsp Braggs Liquid Aminos (more or less to taste)**





**DAY 6** | Today's Date \_\_\_\_\_

**Daily Objectives:**

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar       3-6 Servings Healthy Fats & Veggies       Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water

**Challenge Goals:**

Write your goals for this 21 Day Challenge below as if you have already accomplished them.

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**Today, I'm Grateful For:**

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**Health Tracker:**

**Today I Feel:**

  
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**I Feel This Way Because:**

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## Egg Bites

Yields 6 Muffins | 30 Minutes

8 eggs

1 cup vegetables – diced  
(ex: broccoli, bell  
peppers, onion,  
mushrooms, etc)

1/4 cup almond milk

Salt & pepper (to taste)  
(or any other seasoning)

1/2 cup raw or organic  
cheese (optional)

1/2 cup turkey bacon,  
cooked (optional)

1 tbsp coconut oil

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

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



## Shepherd's Pie

Serves 4 | 60 Minutes

Brown hamburger, add in onion, carrots, peas and let steam until tender, approximately 10 minutes. In separate saucepan, simmer beef broth and cauliflower rice for approximately 10 minutes. Remove from heat and add seasonings, Worcestershire sauce, and butter. Put all ingredients into a blender and mix until smooth, adding in the arrowroot powder until it becomes a puree. Pour over the meat and vegetables in an 8x8 baking dish and top with mashed cauliflower tatoes. Bake at 350 degrees F until warm throughout or until top starts to brown.

**Topping:**  
**Mashed Cauliflower Tatoes**  
**Recipe**  
1 head cauliflower  
Salt and pepper, to taste  
4 tbs organic butter  
Garlic powder (optional)  
Steam cauliflower in steamer until tender. In blender mix cauliflower, butter and seasonings until smooth.

**Inside:**  
1 lb grass-fed ground beef  
1/2 small onion, diced  
3 carrots, diced  
1 cup peas

**Sauce:**  
4 tbsp butter  
2 cups beef bone broth  
1/2 small onion, diced  
1 cup cauliflower rice  
Salt and pepper, to taste  
Garlic powder, to taste  
2 tsp Worcestershire sauce  
1/2 cup arrowroot powder



**DAY 7** | Today's Date \_\_\_\_\_

**Daily Objectives:**

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar       3-6 Servings Healthy Fats & Veggies       Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water

**Challenge Goals:**

Write your goals for this 21 Day Challenge below as if you have already accomplished them.

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**Today, I'm Grateful For:**

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**Health Tracker:**

**Today I Feel:**

  
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**I Feel This Way Because:**

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## Smoothie Bowl

Serves 1 | 15 Minutes

1 cup coconut or almond milk

1 1/2 cup frozen berries of choice (acai, blueberries, blackberries, strawberries, raspberries, etc. - can add 1/2 fresh or frozen banana for thicker consistency)

1/2 scoop Livingood Daily Collagen Protein Vanilla (optional)

Ice to thicken consistency, if desired

Optional Toppings: sliced fruit or berries, coconut flakes, chia seeds, cacao nibs or 70% or greater stevia sweetened dark chocolate chips

Put all ingredients in a high-powered blender or food processor and blend until thick, smoothie-like consistency. Add more ice or berries if you prefer thicker bowls. Pour the smoothie bowl mixture into a bowl and top with your favorite toppings! Enjoy immediately!



## Smothered Chicken

Serves 2 | 45 Minutes

Bake seasoned chicken at 350 degrees F in small baking dish until cooked through, approximately 45 minutes. Saute veggies in coconut oil in frying pan. Place the sauteed veggies on top of the chicken once done. Cover with black beans. Top with cheese. Place back in the oven to melt the cheese. Top with optional toppings and salsa.

We like to smother a whole chicken breast with the ingredients. You may also chop up the chicken and serve on top of a salad.

Vegetarian Plan Tip:  
Approved for vegetarians that eat eggs and/or dairy. Simply remove chicken or sautee cauliflower florets with the same seasonings.

**2 chicken breasts**

**3 tbsp coconut oil**

**1 green bell pepper, sliced**

**1 red bell pepper, sliced**

**1 small red onion, sliced**

**1 can black beans**

**1 cup raw or organic cheddar cheese, shredded**

**2 tbsp salsa (check ingredients)**

**Salt, pepper, cumin, garlic powder, chili powder (to taste)**





**DAY 8** | Today's Date \_\_\_\_\_

**Daily Objectives:**

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar      3-6 Servings Healthy Fats & Veggies      Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water
- Did My Paced Breathing To De-Stress

**Challenge Goals:**

Write your goals for this 21 Day Challenge below as if you have already accomplished them.

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**Today, I'm Grateful For:**


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**Health Tracker:**

**Today I Feel:**

  
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**I Feel This Way Because:**

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## Egg & Turkey Bacon Casserole

Serves 4 | 40 Minutes

**8 organic eggs**

**8 oz organic turkey  
bacon or 1/2 pound  
turkey sausage**

**1 cup coconut milk or  
unsweetened almond  
milk**

**1 1/2 cups organic  
shredded cheddar  
cheese**

**Salt and pepper, to  
taste**

**Any herb of choice for  
topping (optional)**

**Optional: vegetables  
such as onion, spinach,  
bell peppers,  
mushrooms, etc.**

Cook meat in a frying pan until cooked through. Beat eggs and milk together and add cooked meat, half of the cheese, and seasoning. Sprinkle the remaining cheese on top. Using organic butter or coconut oil grease the bottom of an 8x8 baking dish.

Bake at 350 degrees F for approximately 20-30 minutes until golden brown.

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



## Cesar Salad

Serves 2 | 20 Minutes

Mix or blend all dressing ingredients together until smooth. Combine chicken, spinach, romaine, and dressing in a bowl with a lid and shake until completely covered. Add more parmesan cheese to the top before eating.

Vegetarian Plan Tip:  
Approved for vegetarians that eat eggs and/or dairy. Simply remove cooked chicken.

2 chicken breasts,  
cooked how desired

Organic spinach and  
romaine lettuce

Dressing:  
1/2 cup olive oil

1 lemon (juiced, can  
add zest as well)

1/3 cup parmesan  
cheese

4 tsp dijon mustard  
(no sugar)

1-2 garlic cloves or  
garlic powder

Worcestershire sauce,  
to taste (no sugar)

Salt and pepper, to  
taste



## Baked Chicken & Roasted Brussels

Serves 2 | 40 Minutes

**Chicken:**  
2 chicken breasts

Salt, pepper, garlic powder (to taste)

Teriyaki Sauce (Coconut Secret brand Teriyaki Sauce - optional)

**Roasted Brussels:**  
1 bag of fresh or frozen sprouts (if fresh, cut end off and cut in half)

3 tbsp olive oil or avocado oil

Salt and pepper (to taste)

Garlic powder (to taste)

**Optional toppings:**  
parmesan cheese or balsamic vinegar

Bake chicken in a small baking dish at 350 degrees F with seasonings or sauce desired for approximately 40 minutes or until cooked through (cover with foil). Can put 1-2 tbsp water or butter in dish for moisture. Can make extra and use as leftovers for lunch or to create a salad with. Serve over cauliflower rice if desired.

Toss the brussels sprouts with oil and seasoning. Spread them out and bake at 425 degrees F until tender and outsides are starting to brown. Approximately 30 minutes. Can broil them at the end if want more crisp.

Vegetarian Plan Tip:  
Substitute chicken for 2 cups of sauteed cauliflower florets.

**DAY 9** | Today's Date \_\_\_\_\_

**Daily Objectives:**

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar      3-6 Servings Healthy Fats & Veggies      Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water
- Did My Paced Breathing To De-Stress

**Challenge Goals:**

Write your goals for this 21 Day Challenge below as if you have already accomplished them.

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**Today, I'm Grateful For:**

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**Health Tracker:**

**Today I Feel:**

  
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**I Feel This Way Because:**

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## Egg & Turkey Bacon Casserole

Serves 4 | 40 Minutes

**8 organic eggs**

**8 oz organic turkey  
bacon or 1/2 pound  
turkey sausage**

**1 cup coconut milk or  
unsweetened almond  
milk**

**1 1/2 cups organic  
shredded cheddar  
cheese**

**Salt and pepper, to  
taste**

**Any herb of choice for  
topping (optional)**

**Optional: vegetables  
such as onion, spinach,  
bell peppers,  
mushrooms, etc.**

Cook meat in a frying pan until cooked through. Beat eggs and milk together and add cooked meat, half of the cheese, and seasoning. Sprinkle the remaining cheese on top. Using organic butter or coconut oil grease the bottom of an 8x8 baking dish.

Bake at 350 degrees F for approximately 20-30 minutes until golden brown.

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



## Zucchini Spaghetti

Serves 2 | 25 Minutes

In a large pan, brown hamburger and season with salt and pepper. Once the hamburger is cooked through, add the sauce into the pan. If making your own sauce, you can put all sauce ingredients right into the pan with the hamburger, stir and warm. Mix the zucchini noodles into the sauce mix. If you are spiralizing your own noodles, simply follow the tool's instructions. You may need to press the noodles down a bit to submerge the sauce. Simmer for approximately 10 minutes or until noodles are tender.

Vegetarian Plan Tip:  
Simply remove ground beef.

1 lb grass-fed beef

2 zucchini (cut into long thin strands, use a spiralizer, or buy pre-spiralized noodles)

1 jar spaghetti sauce (or make your own, see below)

Spaghetti Sauce:  
1 can organic tomato sauce  
1 can organic diced tomatoes  
1 6oz can of organic tomato paste  
1 tsp dried basil  
1/2 tsp dried oregano  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/4 tsp ground thyme  
Salt and pepper, to taste





## Roasted Broccoli

Serves 2 | 30 Minutes

**2 large heads of  
broccoli**

**3 tbsp olive oil or  
avocado oil**

**Salt and pepper, to  
taste**

**Garlic salt (optional)**

**Parmesan cheese  
(optional)**

Toss the broccoli florets with oil and seasoning. Spread them out and roast on 425 degrees F until the edges are crispy and the stems are tender. Approximately 30 minutes. Can broil them at the end if want more crisp. Can also top with parmesan cheese when done cooking.

DAY 10 | Today's Date \_\_\_\_\_

Daily Objectives:

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar       3-6 Servings Healthy Fats & Veggies       Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water
- Did My Paced Breathing To De-Stress

Challenge Goals:

Write your goals for this 21 Day Challenge below as if you have already accomplished them.

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Today, I'm Grateful For:

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## Almond Joy Smoothie

Serves 1 | 5 Minutes

1 scoop Livingood  
Daily Collagen Protein  
Chocolate (or 1 tbsp  
cocoa powder)

2 tbsp raw almond or  
nut butter

1 tsp cinnamon

1 tsp pure vanilla  
extract

1 cup unsweetened  
almond milk or full-fat  
coconut milk

1/2 a frozen avocado or  
banana (optional)

3-4 ice cubes  
(optional)

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



## Create Your Own Salad

May we suggest putting together a creation of choice. Here are a few ideas...

Mediterranean Style: chicken, cucumbers, feta cheese, red onion, kalamata olives

Simple Salad: meat or fish, any vegetables left over in your fridge, hard-boiled egg

Sweet & Nutty: meat of choice, berries, nuts, gorgonzola or goat cheese



## Beef Stir Fry

Serves 2 | 30 Minutes

**3 tbsp coconut oil**

**1 lb grass-fed beef**

**Salt, pepper, garlic powder (to taste)**

**3 tbsp Braggs Liquid Aminos (more or less to taste)**

**Variety of vegetables: broccoli, bell peppers, onion, snap peas, zucchini, squash, mushrooms, peas, cauliflower, carrots, etc.**

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

Vegetarian Plan Tip:  
Replace meat with 2 cups of diced veggies of your choice from the Food List.

DAY 11 | Today's Date \_\_\_\_\_

Daily Objectives:

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar     3-6 Servings Healthy Fats & Veggies     Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water
- Did My Paced Breathing To De-Stress

Challenge Goals:

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## Fried Eggs & Avocado

Serves 2 | 5 Minutes

2 eggs

Salt and pepper, to taste

2 tbsp coconut oil

Melt coconut oil in a frying pan on medium-low heat. Once melted, add the two eggs. Cook until the eggs are cooked on one side, approximately 3-4 minutes. Flip the eggs gently with a spatula and cook another 2-3 minutes depending on how you like your eggs. Salt, pepper, chives on top and enjoy! Add some avocado on the side for some good fats!

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



## You Pick 3

Pick a few of the following items and have a lighter “grazing” lunch! Find your own items to add to your list!

**Hard-boiled eggs**

**Raw veggies & guacamole**

**Raw veggies & hummus**

**Turkey & hummus roll ups**

**Raw organic cheese chunks**

**Olives**

**Berries**

**Apple slices with almond butter**

**Nuts**

**Side salad with leftover meat and veggies**

**Pickles**

**Smoothie**





## Baked Chicken & Roasted Broccoli

Serves 2 | 40 Minutes

**2 chicken breasts**

**Salt, pepper, garlic powder (to taste)**

**Teriyaki Sauce  
(Coconut Secret brand  
Teriyaki Sauce)  
(optional)**

**2 large heads of  
broccoli**

**3 tbsp olive oil or  
avocado oil**

**Salt and pepper, to  
taste  
Garlic salt (optional)**

**Parmesan cheese  
(optional)**

Bake chicken in a small baking dish at 350 degrees F with seasonings or sauce desired for approximately 40 minutes or until cooked through (cover with foil). Can put 1-2 tbsp water or butter in dish for moisture. Can make extra and use as leftovers for lunch or to create a salad with. Serve over cauliflower rice if desired.

Toss the broccoli florets with oil and seasoning. Spread them out and roast on 425 degrees F until the edges are crispy and the stems are tender. Approximately 30 minutes. Can broil them at the end if want more crisp. Can also top with parmesan cheese when done cooking.

Vegetarian Plan Tip:  
Replace meat with 2 cups of veggies of your choice from the Food List.

DAY 12 | Today's Date \_\_\_\_\_

Daily Objectives:

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar      3-6 Servings Healthy Fats & Veggies      Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water
- Did My Paced Breathing To De-Stress

Challenge Goals:

Write your goals for this 21 Day Challenge below as if you have already accomplished them.

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## Almond Butter Blueberry Smoothie

Serves 1 | 10 Minutes

1 large handful of  
spinach

1 cup full-fat coconut milk  
and/or unsweetened  
vanilla almond milk

1/2 -1 cup frozen  
blueberries

1 heaping spoonful raw  
almond butter

1 scoop Livingood Daily  
Collagen Protein Vanilla

1 tsp Cacao nibs  
(optional)

1 tsp Flax and/or chia  
seeds (optional)

Ice (3-4 pieces)

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



## Chicken & Broccoli Casserole

Serves 4 | 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 degrees for approximately 30 minutes.

**3 chicken breasts**

**2 bunches of broccoli**

**8 oz organic shredded cheddar cheese**

**1 bunch green onion, 4-5 sliced**

**Salt, pepper, garlic powder (to taste)**

**2 tbsp multipurpose seasoning (watch ingredients)**

**1 1/2 cups sliced almonds**

**1/2 stick organic butter**

**1/2 cup Vegenaïse (or healthy oil based mayo)**



DAY 13 | Today's Date \_\_\_\_\_

Daily Objectives:

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar       3-6 Servings Healthy Fats & Veggies       Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water
- Did My Paced Breathing To De-Stress

Challenge Goals:

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## Smoothie Bowl

Serves 1 | 15 Minutes

1 cup coconut or almond milk

1 1/2 cup frozen berries of choice (acai, blueberries, blackberries, strawberries, raspberries, etc. - can add 1/2 fresh or frozen banana for thicker consistency)

1/2 scoop Livingood Daily Collagen Protein Vanilla (optional)

Ice to thicken consistency, if desired

Optional Toppings: sliced fruit or berries, coconut flakes, chia seeds, cacao nibs or 70% or greater stevia sweetened dark chocolate chips

Put all ingredients in a high-powered blender or food processor and blend until thick, smoothie-like consistency. Add more ice or berries if you prefer thicker bowls. Pour the smoothie bowl mixture into a bowl and top with your favorite toppings! Enjoy immediately!



## Enchilada Zucchini Boats

Serves 2 | 35 Minutes

Cut zucchini in half the long way and gently scoop out most of the inside of the zucchini. In a frying pan, warm the oil and add the seasonings, onion and pepper to saute until soft. Add in the black beans and cook another 3 minutes. Place the zucchini in a lightly greased baking dish, spoon the enchilada mix into the zucchinis, and top them with enchilada sauce. Top with cheese and bake for approximately 25-30 minutes at 400 degrees F.

1 tablespoon of oil

1/2 of a sweet onion

1/2 red bell pepper

3 cloves of garlic, minced (or 1/2 tsp garlic powder)

1/4 teaspoon of cumin

1/4 teaspoon of dried oregano

1/4 teaspoon of paprika

Sea salt and pepper, to taste

1 can of black beans, drained

2 medium zucchinis

1 1/2 cups of enchilada sauce (watch ingredients on the package)

Optional toppings:  
organic cheese,  
cilantro, sour cream





DAY 14 | Today's Date \_\_\_\_\_

Daily Objectives:

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar       3-6 Servings Healthy Fats & Veggies       Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water
- Did My Paced Breathing To De-Stress

Challenge Goals:

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## Vegetable Omelet

Serves 1 | 15 Minutes

**3 eggs**

**1 cup vegetables (bell peppers, spinach, onion, broccoli, mushrooms, asparagus, etc)**

**Salt, pepper (to taste)**

**2 tbsp coconut oil**

**1/2 cup organic cheese of choice (cheddar, feta, goat cheese, etc)**

**Optional toppings:  
avocado, chives, organic cheese**

Whisk eggs, veggies, and seasonings in a bowl. In medium pan, heat oil over low-medium heat. Cook 3-4 minutes until mostly cooked, flip the omelet and finish cooking 2-3 minutes. Top with favorite toppings. Can add the cheese in the middle or on top.

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



## Create Your Own Salad

May we suggest putting together a creation of choice. Here are a few ideas...

Mediterranean Style: chicken, cucumbers, feta cheese, red onion, kalamata olives

Simple Salad: meat or fish, any vegetables left over in your fridge, hard-boiled egg

Sweet & Nutty: meat of choice, berries, nuts, gorgonzola or goat cheese



## Vegetable Bean Soup

Serves 6 | 60 Minutes

3 tbsp olive or coconut oil  
1 small onion, diced  
3 carrots, diced  
4 stalks of celery, diced  
-1/2 cup of parsley (can also  
add other spices like sage, if  
desired)  
2 cloves of garlic, minced  
2 cups cabbage (purple or  
green)  
1 yellow squash, diced  
1 zucchini, diced  
2 cups kale, chopped  
2 cans of cannellini beans,  
drained  
6 cups of chicken bone  
broth or vegetable broth  
Salt and pepper to taste  
(and garlic powder if you  
didn't mince fresh)

Sauté all of the vegetables in oil  
(except kale and cabbage in large  
stock pot. Add broth and the rest of  
the ingredients to the pot and allow  
to simmer for 30-40 minutes.

DAY 15 | Today's Date \_\_\_\_\_

Daily Objectives:

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar       3-6 Servings Healthy Fats & Veggies       Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water
- Did My Paced Breathing To De-Stress
- 2 Servings of Detoxing Greens

Challenge Goals:

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## Almond Butter Blueberry Smoothie

Serves 1 | 10 Minutes

1 large handful of  
spinach

1 cup full-fat coconut milk  
and/or unsweetened  
vanilla almond milk

1/2-1 cup frozen  
blueberries

1 heaping spoonful raw  
almond butter

1 scoop Livingood Daily  
Collagen Protein Vanilla

1 tsp Cacao nibs  
(optional)

1 tsp Flax and/or chia  
seeds (optional)

Ice (3-4 pieces)

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



## Hamburgers

Serves 2 | 30 Minutes

Grill, or cook slowly in coconut oil, hamburger patties with seasoning until preferred temperature. Wrap in romaine lettuce leaves and top with preferred toppings. Cook extra to use as leftover hamburger for lunch or to create a salad the next day.

### Vegetarian Plan Tip:

Opt for a black bean burger. Heat the olive oil in a skillet over medium-high heat. Sauté 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 sautéed onion and garlic, beans, sweet potato, ground flax, cumin and salt. Use a fork to stir the mixture, mashing the beans to help the batter stick together. Scoop out the black bean mixture and use your hands to shape it into a burger about 3/4-inch thick. Line a baking sheet with parchment paper. Bake the burgers at 350F for 15 minutes, then use a spatula to gently flip them over and bake for another 5 to 10 minutes.

**1 lb grass-fed beef**

**Salt, pepper, garlic salt (to taste)**

**Romaine lettuce leaves**

**Optional Toppings: ketchup, organic cheese, mustard, pickles, onions, avocado, turkey bacon, fried egg, etc**

**Black Bean Burger (Optional):  
2 (15 oz.) cans black beans, drained and rinsed**

**1 tbsp olive oil**

**1/2 yellow onion, chopped**

**3 cloves garlic, minced**

**1/2 cup mashed sweet potato (steamed, then mashed)**

**1/4 cup ground flax seeds**

**1/2 tsp ground cumin**

**1/2 tsp salt**





## Cauliflower Tatoes

Serves 2 | 25 Minutes

1 head cauliflower

Salt and pepper, to taste

4 tbsp organic butter

Garlic powder (optional)

Steam cauliflower in steamer until tender. In blender mix cauliflower, butter and seasonings until smooth.

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

DAY 16 | Today's Date \_\_\_\_\_

Daily Objectives:

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar       3-6 Servings Healthy Fats & Veggies       Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water
- Did My Paced Breathing To De-Stress
- 2 Servings of Detoxing Greens

Challenge Goals:

Write your goals for this 21 Day Challenge below as if you have already accomplished them.

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## Egg Bites

Yields 6 Muffins | 30 Minutes

8 eggs

1 cup vegetables – diced  
(ex: broccoli, bell  
peppers, onion,  
mushrooms, etc)

1/4 cup almond milk

Salt & pepper (to taste)  
(or any other seasoning)

1/2 cup raw or organic  
cheese (optional)

1/2 cup turkey bacon,  
cooked (optional)

1 tbsp coconut oil

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

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



## 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



## Chili

Serves 4 | 30 Minutes

1 lb grass fed beef or bison

1 small onion, diced

1 large can organic diced tomatoes

1 small can organic tomato sauce

1-2 cans organic kidney beans

1 can organic black beans (optional)

2 tbsp chili powder

2 tbsp cumin

Salt, pepper, garlic powder (cayenne pepper optional)

Optional toppings:  
organic sour cream,  
chives, organic cheese

Brown beef in large pot. Add all other ingredients and simmer until beans are soft. Or can leave all ingredients in a crockpot for a few hours on low. Add toppings as desired.

Vegetarian Plan Tip:  
Simply remove ground beef/bison and do 2 cans of kidney beans.

DAY 17 | Today's Date \_\_\_\_\_

Daily Objectives:

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar       3-6 Servings Healthy Fats & Veggies       Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water
- Did My Paced Breathing To De-Stress
- 2 Servings of Detoxing Greens

Challenge Goals:

Write your goals for this 21 Day Challenge below as if you have already accomplished them.

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## Egg Bites

Yields 6 Muffins | 30 Minutes

8 eggs

1 cup vegetables – diced  
(ex: broccoli, bell  
peppers, onion,  
mushrooms, etc)

1/4 cup almond milk

Salt & pepper (to taste)  
(or any other seasoning)

1/2 cup raw or organic  
cheese (optional)

1/2 cup turkey bacon,  
cooked (optional)

1 tbsp coconut oil

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

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



## Vegetable Stir Fry

Serves 2 | 30 Minutes

Sauté vegetables and seasonings and sauté until tender. Can serve over cauliflower rice if preferred.

4 tbsp coconut oil

Salt, pepper, garlic powder (to taste)

3 tbsp Bragg's Liquid Aminos (more or less to taste)

Variety of vegetables: broccoli, bell peppers, onion, snap peas, zucchini, squash, peas, cauliflower, mushrooms, carrots, etc.





DAY 18 | Today's Date \_\_\_\_\_

Daily Objectives:

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar       3-6 Servings Healthy Fats & Veggies       Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water
- Did My Paced Breathing To De-Stress
- 2 Servings of Detoxing Greens

Challenge Goals:

Write your goals for this 21 Day Challenge below as if you have already accomplished them.

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## Berry Smoothie

Serves 1 | 10 Minutes

2 handfuls of spinach  
and/or kale

1 can of full-fat coconut  
milk

1/2 cup of water

1-2 cups of frozen berries  
(if using fresh berries add  
3-4 ice cubes)

1 scoop Livingood Daily  
Collagen Protein Vanilla

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



## Cesar Salad

Serves 2 | 20 Minutes

Mix or blend all dressing ingredients together until smooth. Combine chicken, spinach, romaine, and dressing in a bowl with a lid and shake until completely covered. Add more parmesan cheese to the top before eating.

Vegetarian Plan Tip:  
Simply remove cooked chicken.

2 chicken breasts,  
cooked how desired

Organic spinach and  
romaine lettuce

Dressing:  
1/2 cup olive oil

1 lemon (juiced, can  
add zest as well)

1/3 cup parmesan  
cheese

4 tsp dijon mustard  
(no sugar)

1-2 garlic cloves or  
garlic powder

Worcestershire sauce,  
to taste (no sugar)

Salt and pepper, to  
taste



## Steak Fajitas

Serves 2 | 45 Minutes

2 tbsp coconut oil

1 medium sized steak of choice

1 small red onion

2 organic red bell peppers

1 organic green bell pepper

Spinach or romaine lettuce

Seasoning: 2 tbsp chili powder, 3 tbsp cumin, salt, pepper, garlic powder

Optional Toppings: raw organic cheddar cheese, black beans, organic sour cream, cilantro, cucumber, avocado, salsa

Saute steak in coconut oil over medium heat until cooked. Add vegetables and seasoning (may add a little water to help steam the vegetables) Cook until vegetables are tender. Put on a plate of spinach and top with desired toppings.

DAY 19 | Today's Date \_\_\_\_\_

Daily Objectives:

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar      3-6 Servings Healthy Fats & Veggies      Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water
- Did My Paced Breathing To De-Stress
- 2 Servings of Detoxing Greens

Challenge Goals:

Write your goals for this 21 Day Challenge below as if you have already accomplished them.

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## Egg Scramble

Serves 1 | 20 Minutes

**2 eggs**

**1/2 cup vegetables (bell peppers, spinach, zucchini, mushrooms, broccoli, onion, etc)**

**1/2 cup turkey bacon or turkey sausage, cooked (optional)**

**Salt, pepper (to taste)**

**2 tbsp coconut oil**

**Optional toppings:  
avocado, cheese,  
(cheddar, feta, goat, etc),  
chives**

Whisk eggs, veggies, pre-cooked meat, and seasonings in a bowl. In a medium pan, heat oil over medium-low heat. Cook 6-8 minutes until eggs are cooked through. Top with favorite toppings.

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



## Meatloaf

Serves 4 | 60 Minutes

Mix all ingredients well in a bowl. Transfer to a lightly coconut oil greased loaf pan, pack lightly. Bake 1 hour or until cooked through at 350 degrees F. Can top with a little ketchup if desired. Can serve with Mashed Cauliflower Tatoes recipe.

**1 1/2 pounds grass-fed ground beef**

**1 egg**

**1 small onion, diced**

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

**2 tbsp Braggs Liquid Amino Acids**

**2 tsp organic Worcestershire sauce**

**Salt, pepper, garlic powder, to taste**

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





## Cauliflower Tatoes

Serves 2 | 25 Minutes

**1 head cauliflower**

**Salt and pepper, to taste**

**4 tbsp organic butter**

**Garlic powder (optional)**

Steam cauliflower in steamer until tender. In blender mix cauliflower, butter and seasonings until smooth.

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

DAY 20 | Today's Date \_\_\_\_\_

Daily Objectives:

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar       3-6 Servings Healthy Fats & Veggies       Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water
- Did My Paced Breathing To De-Stress
- 2 Servings of Detoxing Greens

Challenge Goals:

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## Smoothie Bowl

Serves 1 | 15 Minutes

1 cup coconut or almond milk

1 1/2 cup frozen berries of choice (acai, blueberries, blackberries, strawberries, raspberries, etc. - can add 1/2 fresh or frozen banana for thicker consistency)

1/2 scoop Livingood Daily Collagen Protein Vanilla (optional)

Ice to thicken consistency, if desired

Optional Toppings: sliced fruit or berries, coconut flakes, chia seeds, cacao nibs or 70% or greater stevia sweetened dark chocolate chips

Put all ingredients in a high-powered blender or food processor and blend until thick, smoothie-like consistency. Add more ice or berries if you prefer thicker bowls. Pour the smoothie bowl mixture into a bowl and top with your favorite toppings! Enjoy immediately!



## Turkey Bacon Cheeseburger Casserole

Serves 6 | 60 Minutes

Make cauliflower mashed potatoes and set aside. Cook turkey bacon in large skillet and set aside, keep the bacon grease in pan. Add ground beef to the same skillet and cook until browned. Add the seasonings and set aside. For the sauce: add butter in a pan and stir in the flour over low heat (can use the same pan as hamburger if you want more flavor). Cook until the flour has absorbed the butter and then add heavy cream and mustard. Cook until the sauce thickens. In a 9x13 baking dish place half of the sauce on the bottom of the dish. Spread the cauliflower potatoes as evenly as possible in the dish. Sprinkle half of the bag of cheese over the potatoes. Sprinkle on the ground beef. Pour the other half of the sauce over the beef. Sprinkle remaining cheddar cheese over the sauce and sprinkle the top with the bacon. Cover and bake on 350 degrees F for approximately 30 minutes. Allow to cool a bit before serving.

**1 package of Turkey Bacon, cooked and cut into bite-sized pieces**

**1 1/2 lb Grass Fed Beef**

**1 head Cauliflower, cooked and made into mashed cauliflower potatoes**

**Salt, Pepper, Garlic Powder, Onion Powder (optional)**

**Sauce:  
3 tbsp yellow mustard  
2 tbsp Butter**

**1 1/2 cup organic heavy cream**

**1/3 cup coconut flour**

**1 (8 ounce) package organic cheddar cheese**



DAY 21 | Today's Date \_\_\_\_\_

Daily Objectives:

- Watched Daily Teaching
- Completed 10-Minute Workout + Ab Bonus
- No Sugar      3-6 Servings Healthy Fats & Veggies      Clean Protein
- Drank 1/2 My Body Weight In Ounces Of Water
- Did My Paced Breathing To De-Stress
- 2 Servings of Detoxing Greens

Challenge Goals:

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## Vegetable Omelet

Serves 1 | 15 Minutes

**3 eggs**

**1 cup vegetables (bell peppers, spinach, onion, broccoli, mushrooms, asparagus, etc)**

**Salt, pepper (to taste)**

**2 tbsp coconut oil**

**1/2 cup organic cheese of choice (cheddar, feta, goat cheese, etc)**

**Optional toppings:  
avocado, chives, organic cheese**

Whisk eggs, veggies, and seasonings in a bowl. In medium pan, heat oil over low-medium heat. Cook 3-4 minutes until mostly cooked, flip the omelet and finish cooking 2-3 minutes. Top with favorite toppings. Can add the cheese in the middle or on top.

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



## Grill Fish or Meat & Vegetable of Choice

Serves 2 | 30 Minutes

Pretty simple here! Grill and season your chicken as desired. Season as desired or add a little organic butter on top! Prepare your vegetables as desired, cube and saute, bake, grill, etc.

**2 organic chicken breasts**

**Salt, pepper, garlic powder (to taste)**

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



# CONGRATULATIONS

Congratulations! You have started a habit of building real health. However, health is a journey, not a destination, and you're just getting started! Keep the course, continue to build health, and take care of your biggest asset... you!

Don't leave others behind! Now that you know what you know, help someone. 99% of people have never experienced real health the way you just have. There are thousands of people within a ten-mile radius of you right now praying and pleading for an answer to their health problems. If they keep waiting for and managing sickness and disease they will keep having sickness and disease. If they build health they'll get health. Their answer may just be in your seat.

## **YOU ARE THE SOLUTION!**

You could save their life just by inviting them to the challenge and it doesn't cost you a thing to do it. So your last challenge today is, who is one person you will share this information with? Will you be the solution for real health care?



# LET'S CELEBRATE

## LIFE CHANGE IS WORTH CELEBRATING!

Enter to win and vote for the Challenge Champion!

## TO ENTER TO WIN THE \$500 GRAND PRIZE:

In the Facebook group, film and post a 60 second or less video and include your written testimonial answering the following 3 questions:

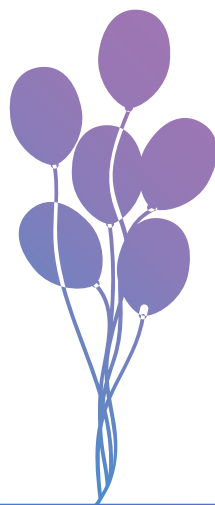
1. What were your problems before the challenge?  
(ex. pain, weight, meds, disease, conditions, etc.)
2. What results have you seen throughout the challenge?  
(ex. weight loss, energy, off medications, lower blood pressure, improved blood work, etc.)
3. What would you say to someone thinking about doing the challenge?

## TO VOTE FOR THE CHALLENGE CHAMPION:

Voting will be live in your Livingood Daily Challenge Facebook group during the final week.

## ANNOUNCING THE CHALLENGE CHAMPION:

The winner of Challenge Champion will be announced in your Livingood Daily Challenge Facebook group during the final week!



# NEXT STEPS

Congratulations on finishing your Livingood Daily Challenge! This was your Quickstart on your journey to experience real health. It's a journey because we never arrive; there is always a next step for all of us when it comes to health. If you stop your new healthy habits what happens? You go back to where you came from and no one wants that. Have you hit your ultimate health goal yet? Chances are no but you are now ready to go further on this journey and get more advanced. Because of that, we have 2 simple next steps for you:

There are still layers to your health that need to be built on:

- 1** If you love having access to the 10-Minute Workouts, Recipes, and Real Health Solutions, you have the opportunity to be a part of the **Beyond Supplements Program**. All you need is a supplement subscription (30/60/90 days) and you'll gain access to the Exclusive Livingood Daily Member's area!
- 2** Get **your consult** with our certified coaches to dive deep into your health and determine your next steps towards REAL health.

