



LIVINGOOD DAILY CHALLENGE

ADVANCED GUT RESET
WORKBOOK

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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

ADVANCED GUT RESET WORKBOOK OVERVIEW

Time Frame: 1-3 Months In A Row

Resources Needed:

Livingood Daily Para + Candi Cleanse or Support
Livingood Daily Detox Bundle
Livingood Daily Collagen + Multi
Livingood Daily GI Support
Livingood Daily Greens + Superfoods
Livingood Daily Omegas + Turmeric
Livingood Daily Vitamin D + Immune Complex
Ingredients for 3-Day Juice Cleanse and Bone Broth (If Not Using Livingood Daily Collagen + Multi)

Nutrition Focus: Anti-Inflammatory Meal Plan

Protocol Summary:

In Phase 1, during the first 4 weeks, you are focusing on eliminating your trigger and supporting the body's natural ability to remove heavy metals, yeast, parasites, chemicals and other toxins from the system. Use the recommended supplements and follow the anti-inflammatory meal plan during this time.

Phase 2 is a complete gut cleanse using easy ingredients. No whole food is consumed but the simplicity of the ingredients makes it easy to do for any person. However, you must be disciplined and willing to part with your addiction to food for a few days to properly remove all the built up waste. Ideally this 3-day period is done while you are able to rest and be near a restroom.

Once the gut is cleansed it must be sealed and repaired. Collagen and amino acids are your body's building blocks for repairing tissue. Collagen delivers high amounts of both nutrients along with essential minerals to replenish the body. To prevent muscle wasting during the first 6 days of no food, collagen also contains high amounts of glycine to help maintain muscle.

Now that you've reconnected the brain to the gut, removed the damage to the gut, and started repairing, it is now time to replace gut-damaging foods with gut friendly foods and figure out which affect YOU the most.

In order to restore balance and health to the gut and body, healthy bacteria are needed to repopulate the gut. This is the first step in rebuilding your immune system through the gut. We will concentrate on getting in good probiotics through fermented foods or supplementation.

Lastly, now that the gut is cleared of toxins and good bacteria has been replenished, you need to determine food sensitivities. Food must now be gradually added back into your diet. Every day, you will introduce one food group at a time and note your body's response to the reintroduction.

Next Steps:

Once you have gone through reintroduction, if you have a negative response to a particular food, keep discontinuing the use of that food group and go back to the Challenge Meal Plan while keeping out foods that you're sensitive to. If your gut is still off, continue the Advanced Gut Reset Workbook for back to back months. Lastly, if you feel like you have met your health goals with healing your gut, then return back to the Challenge Meal Plan and we recommend revisiting the Advanced Gut Reset Workbook as needed.

5 FOUNDATIONS OF REAL HEALTH

There are 5 areas to fix and work on when it comes to health...

FOOD

The goal 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.

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.

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 get inspired, reduce stress, and get perspective to focus on experiencing real health.

FILTERS

It's impossible to avoid all toxins but two major things can be done to detox your body. Each day reduce toxin exposure in your life and optimize your body's filters (liver, kidneys, gut, etc.) to remove the toxins already in you.

FRAME

Your body is your home. If you wear it out where will you live? Your joints make up your frame and protect your organs, nervous system, and most important body parts. Learning to rehab and take care of these joints ensures they do not fail you or restrict you from daily living.

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 in moderation and must be organic. This is due to the fact that pigs eat almost anything. We want their diets to be more clean, so organic is a must. The same applies to shellfish.

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.

THE CAUSE IS THE CURE

Nearly 50 million Americans suffer with autoimmune conditions. Most are misdiagnosed, undiagnosed, or just medicated and left to suffer. With "sick care" as the only option for most this guide and resources were designed to help shed light on your issues and give you hope. Just finding and managing disease with drugs and surgery isn't good enough if you want to experience real health. The purpose of this guide is to dig deeper and with your doctors figure out the cause of your autoimmune issue to hopefully [un]diagnose you and break free from drugs.

Understand Your Gut "Trigger"

The first step to getting to and fixing the cause of your issues and to keep them away is to know if you have a problem. Understanding which type(s) of gut triggers you struggle with the most helps to address your underlying cause faster to achieve the best results

Build Health

Regardless if the diagnosis is bad or you have many layers to your condition the one thing we all have to do to get health is to build it. This guide is not meant to replace your doctor nor provide medical advice for your condition or diagnose. However, work with your doctor for the knowledge and results but a drug, surgery, or test does not BUILD health. Only you can do that!

I hope this empowers you to get the most out of your approach so you can find answers and better yet never end up with disease in the first place. Remember, you are the solution to real health!

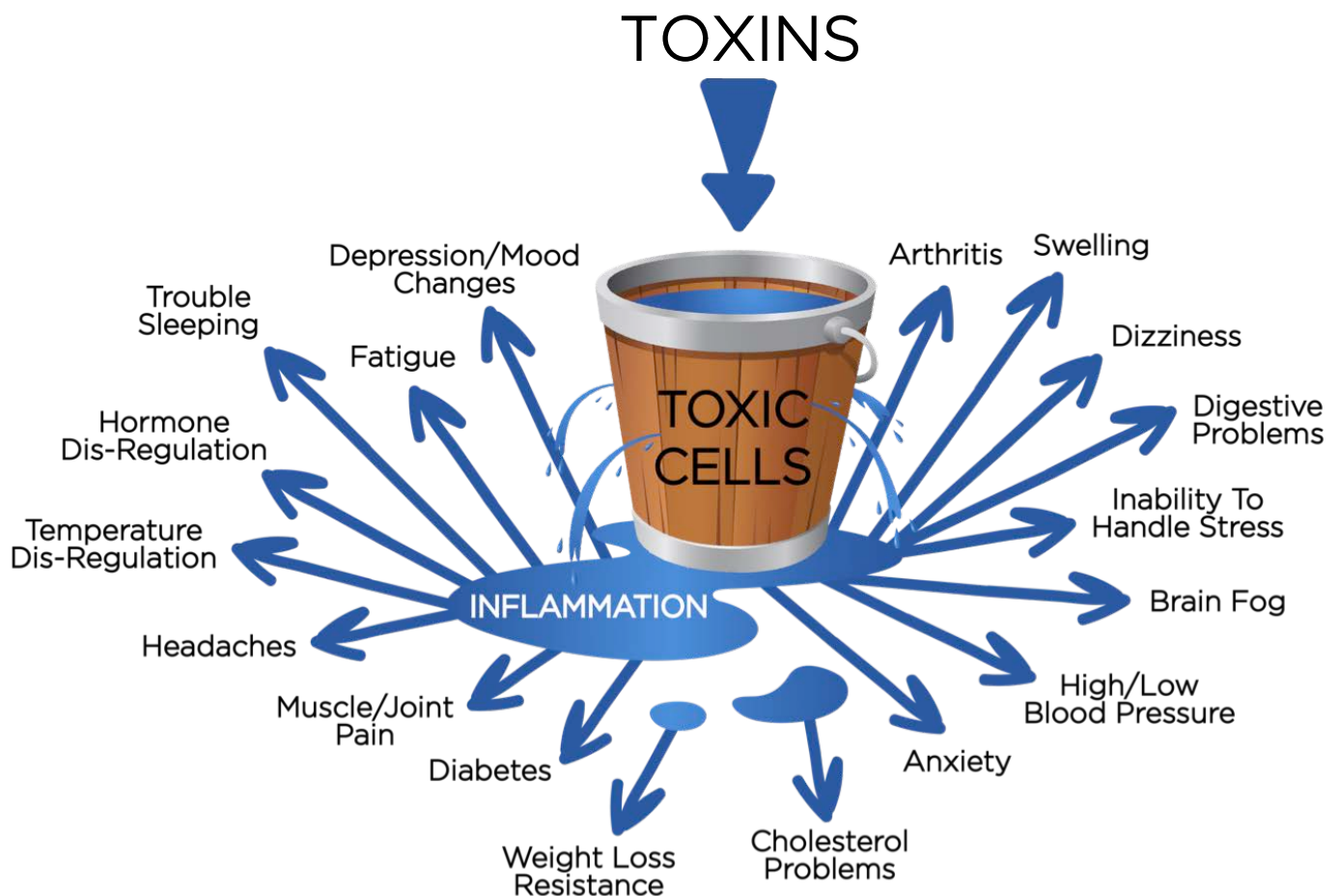
Dr. Livingood

Note: Please consult with overseeing physician before making any changes to medications, supplementations, or diet. This information is not meant to treat any medical condition.

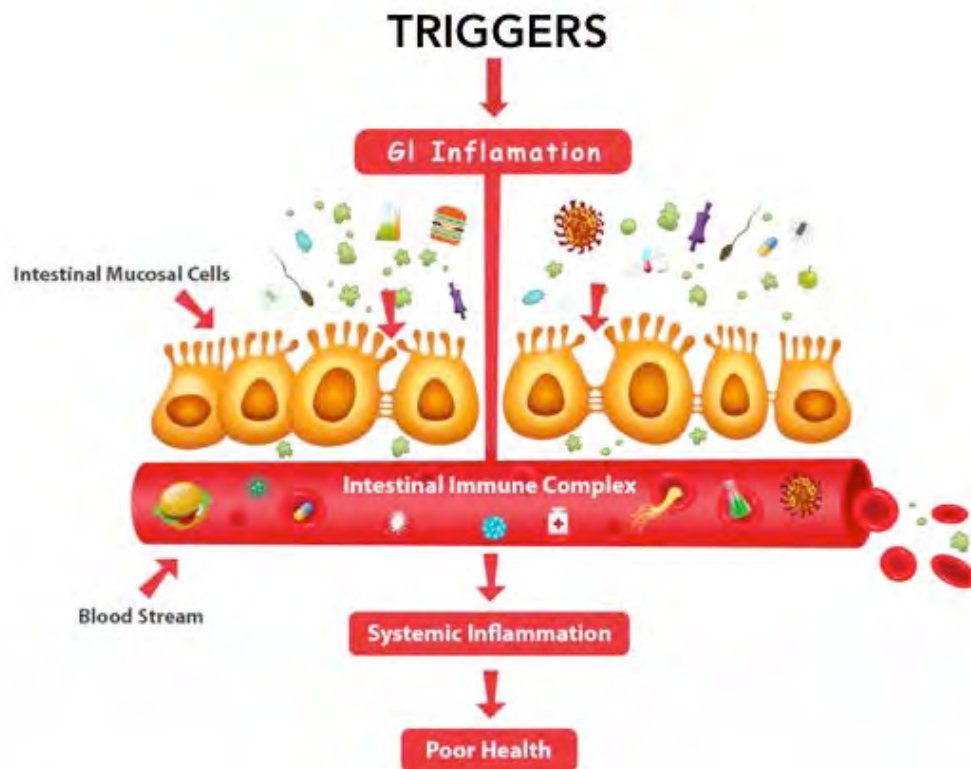
Do I Have a "Gut" Problem?

In today's world there are a variety of things reeking havoc on your gut. This isn't referring to the extra 20 pounds on your mid section, although you'll need to address that too, the "gut" I am referring to is your extremely complex and vital digestive system. Referred to as the "second brain", damage to the gut can lead to a host of problems and disease. Largely responsible for critical functions of the body and the immune system, your gut oversees your body's vitamin and mineral absorbency, hormone regulation, digestion, vitamin production, immune response, and ability to eliminate toxins, not to mention your overall mental health.

Your body is made of trillions of cells. Like little buckets that hold all your nutrients, function, and also waste. If too much additional waste "leaks" into the cells and can't be properly drained then the buckets get too full and eventually the toxins spill over in the body and cause all types of disease and conditions. Are your buckets toxic?



LEAKY GUT



Permeability Problems

The gut is the gateway for the required nutrients and needed raw materials to build health to get in. It is also responsible for repelling and getting rid of any waste and toxins that should not get in. Several lifestyle factors and chemicals we ingest cause cracks in this defense system. The digestive "mesh" meant to protect us comes loose and "leaky", allowing things to get in which are not meant to be there.

The good news is you can improve this permeability problem. Avoiding causing any further damage is step one and increasing foods that heal and support your gut is step two. Below are the top five gut destroyers to avoid and the top 5 gut healing foods.

WHAT TRIGGERS YOUR POOR GUT HEALTH?



Estrogen dominance, estrogen deficiency, thyroid, and/or low testosterone problems leading to a bloated gut, unbalanced reproductive system and skin issues.

Imbalance in the adrenal, gut, & brain relationship due to combos of anxiety, depression, sleep deprivation, and excess cortisol. (stress hormone)



Overloaded and backed up body filters (liver, kidneys, lymph, skin and digestive tract) leading to a toxic and damaged system. Potential heavy metals, chemicals, glyphosate, drug, etc toxicity.

Compromised immune function weakening the bodies defense through an overworked system, viral exposure, nutrient deficiency, or secondary response from another trigger.



Systemically inflamed and irritated system that can be silent or known. Potential arthritic, heart, digestive, or other organ irritations or disease.

Imbalance of healthy bacteria with foreign invaders. Candida, fungus, bacteria, viruses and parasites are the usual suspects.



Toxic Gut Top 5 to Avoid

1. Antibiotics - All drugs have a negative impact on the digestive tract. Antibiotics specifically destroy your "good" gut flora while trying to destroy "bad" bacteria. They are nuclear bombs for your gut.
2. Sugar - You consume 152 pounds of sugar in a year according to the Department of Health and Human Services. Sugar destroys gut flora, feeds inflammation, and when consumed in the form of gluten, leaves residues that your gut can't digest.
3. Dairy - You are not what you eat, you are what you eat ate. All meat and dairy products are loaded with hormones, antibiotics, and chemical laced foods. These chemicals destroy the flora and irritate the gut.
4. Food Allergies - Sensitivities to nuts, nightshades, sweeteners, eggs, and more cause irritation issues and back up healthy digestive systems.
5. Pesticides - Monsanto, the maker of Round Up, was found guilty in a court of law because a man contracted cancer when exposed to high amounts of their pesticide which contains high amounts of the gut destroying chemical glyphosate. Glyphosate is sprayed on nearly every non-organic produce.

Top 5 Gut Healing Foods

1. **Collagen** - The framework and building block of all the tissue in the body, collagen is responsible for sealing up the permeability issues as you age. Bone broth or a [hormone and antibiotic free clean powder form here](#) are ideal daily.
2. **L-Glutamine** - This amino acid repairs the mucous lining that defends toxins from entering the system and nurtures healthy gut flora. Green food, [green juice](#), and beets are great sources.
3. **Digestive Enzymes** - You are not what you eat you are what you absorb. Breaking down and digesting food is crucial for building health and detoxing. Digestive enzymes power this breakdown and are found in high amounts in papaya, pineapples, or [in this easy to use greens powder](#).
4. **Fermented Foods** - Restoring proper gut flora is crucial to rebuild the immune system and power of the gut. Fermented foods contain high amounts of these friendly microbes. Try flavored sauerkraut, kombucha, kefir, or kimchi.
5. **MSM** - MSM found in garlic and Brussels sprouts help detox the gut and supports gut repair. [Check out Dr. Livingood's comprehensive Gut Health Formula](#).

After overseeing 25,000 individual patients and leading hundreds of thousands of people to real health the number one thing that makes ANY health process successful is accountability.

Procrastination Is The Thief Of Health

To truly get real gut health you need to change YOU. Your habits. Your whole health. That takes time, simplicity, encouragement, support, and accountability. The road to drug-free, gut health freedom, like thousands have achieved through this guide, is not a straight path. Autoimmune and gut health can be frustrating. You will make mistakes, fall off track, stumble, and go through fear. Without proper support this stops many on their journey. That doesn't have to be you! Join the Livingood Daily Challenge now and we'll help guide you every step of the way!

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GUT DE-STRESSING BREATHING EXERCISES

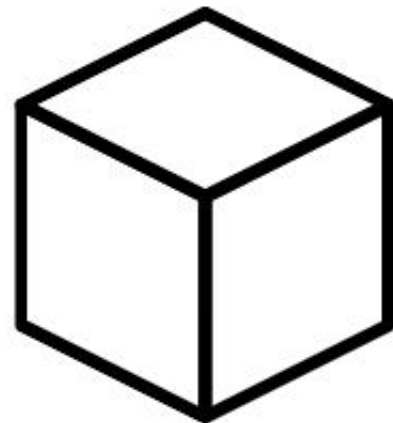
Do either form of breathing for :60 seconds, 3 times a day, or 3:00 minutes 1 time a day.

Boxed Breathing

Boxed breathing is a stress-reducing breathing technique in which you make a "box" with your breath.

Here is how to do boxed breathing:

1. Inhale through your nose for 4 seconds
2. At the top of the breath, hold for 4 seconds
3. Exhale through the nose or mouth for 4 seconds
4. Repeat steps 1-3 for a total of :60 seconds



Paced Breathing

Paced breathing is a simple way to reduce stress. Here is how to do it:

1. Inhale through your nose for 5 seconds
2. Once the lungs are full, exhale through the nose or mouth for 5 seconds
3. Repeat steps 1 and 2 for a total time :60 seconds



—ANTI-INFLAMMATORY FOOD LIST—

Ideally all natural, best is organic. Don't forget the [Clean 15, Dirty Dozen!](#)

GOOD FOODS

FATS

Animal Fat
Avocado
Coconut Butter
Coconut Milk
Coconut Oil
Lard
Macadamia Oil
MCT Oil
Olive Oil
Palm Oil
Tallow

FERMENTED

Fermented Veggies
(Carrot, Beet, etc.)
Kombucha
Miso
Natto
Olives
Pickles
Pickled Beets
Sauerkraut
Tamari
Tempeh
Water Kefir

FISH (Wild Caught)

Anchovies
Cod
Flounder
Grouper
Haddock
Halibut
Herring
Mackerel
Mahi-Mahi
Perch
Red Snapper
Salmon
Sardines
Tilapia
Trout
Tuna

FRUITS

Apple
Apricot
Avocado
Banana
Blackberry
Blueberry
Cherry
Clementine
Coconut
Date
Dried Fruit
Fig
Grape
Grapefruit
Kiwi
Lemon
Lime
Mango
Melon
Nectarine
Orange
Papaya
Peach
Pear
Plum
Pineapple
Pomegranate
Raspberry
Strawberry
Tangerine

HERBS

Basil
Chives
Cilantro
Dill
Lemongrass
Marjoram
Mint
Parsley
Rosemary
Sage
Thyme

MEATS

Beef
Bison
Buffalo
Chicken
Duck
Elk
Fish (see list)
Goat
Goose
Lamb
Pork
Sausage
Seafood
Shellfish
Sheep
Turkey
Venison

OFFAL

Bone Broth
Bone Marrow
Heart
Kidney
Liver
Tripe

PANTRY ITEMS

Apple Cider Vinegar
Arrowroot Powder
Canned Fish
Coconut Flour
Coconut Flakes
Coconut Vinegar
Coconut Aminos
Dried Fruit
Honey
Maple Syrup
Olives

SPICES

Cinnamon
Cloves
Garlic
Ginger
Saffron
Sea Salt
Shallots
Turmeric

VEGETABLES

Artichoke
Arugula
Asparagus
Beets
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Chard
Collard Greens
Cucumber
Egg Plant
Fennel
Garlic
Jicama
Kale
Kimchi
Leek
Lettuce
Mushroom
Onion
Parsnip
Radish
Rhubarb
Rutabaga
Sauerkraut
Shallot
Spinach
Squash
Sweet Potato
Swiss Chard
Turnip
Watercress
Yam
Zucchini

—ANTI-INFLAMMATORY FOOD LIST—

Ideally all natural, best is organic. Don't forget the [Clean 15, Dirty Dozen!](#)

AVOID

ALCOHOL

Beer
Champagne
Hard Cider
Liquor
Malt Beverages
Wine

DAIRY

Butter
Cheese
Cream
Cream Cheese
Ghee
Milk
Yogurt

GRAINS

Amaranth
Barley
Buckwheat
Bulgur
Corn
Farro
Kamut
Millet
Oats
Rice
Rye
Sorghum
Spelt
Teff
Wheat

NSAIDS

Aspirin
Ibuprofen

OILS

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

PROCESSED LUNCH MEAT

All

PROCEED WITH CAUTION

Some people may be sensitive to these foods. If unknown, it may be best to avoid them until you know for sure.

BEANS & LEGUMES

Adzuki Beans
Black Beans
Black Eyed Peas
Chickpeas
Fava Beans
Garbanzo Beans
Green Beans
Kidney Beans
Lentils
Lima Beans

EGGS

Chicken
Duck
Egg White
Egg Yolk
Goose
Quail

MISCELLANEOUS

Coffee
Couscous
Dark Chocolate /
Cacao (>70%)
Gogi Berries
Quinoa

NIGHTSHADES

Bell Pepper
Black pepper
Cayenne
Chili Pepper
Chipotle
Eggplant
Habanero
Jalapeño
Paprika
Poblano
White Potato
Sweet Pepper
Tomatillo
Tomato

NUTS & SEEDS

Almond
Anise
Brazil
Canola
Caraway
Chia Seeds
Cocoa
Coriander
Cumin
Fennel
Fennugreek
Flax Seeds
Hazelnut
Hemp
Macadamia
Mustard
Nutmeg
Peanut
Pecan
Poppy
Pumpkin
Sesame
Sunflower
Walnut

FOOD LIST

MEATS

Beef/Buffalo/Venison
Ideally all natural, Best is 100% grass-fed and organic

Chicken/Eggs
Ideally all natural, Best is organic and pasture raised

Fish/Shellfish
Wild Caught

Lamb
Ideally all natural, Best is 100% grass-fed and organic

Turkey
Ideally all natural, Best is organic and free range

In Moderation

Pork
Ideally all natural, Best is organic

Avoid

Grain Fed
Farm-Raised Fish
Farm-Raised Shellfish
Soy Alternatives

VEGETABLES

Arugula
Asparagus
Beans
Bell Peppers
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Celery
Chicory
Collard

Cucumbers
Dandelion
Eggplant
Fennel
Garlic
Green Beans
Jalapeno Peppers
Kale
Kohlrabi
Lettuce
Mushrooms
Mustard

Onions
Parsley
Radishes
Shallots
Snow Peas
Spinach
Sprouts
Turnips
Water Chestnuts
Zucchini

In Moderation

Artichokes
Beets
Carrots
Jicama
Squash
Sweet Potatoes
Tomatoes

Avoid

Corn
Potatoes

FRUITS

Ideally all natural, Best is organic

Acai Berries
Avocado
Blackberries
Blueberries
Granny Smith Apples

Grapefruit
Lemon
Lime
Raspberries
Strawberries

Avoid Until Goal is Hit

Apricots
Bananas
Cherries
Dates
Dried Fruit
Goji Berries
Grapes
Kiwi
Mangoes
Melon

Nectarines
Oranges
Papaya
Peaches
Pears
Pineapple
Plums
Prunes
Red Apples
Watermelon

DAIRY

Ideally all natural, Best is organic, full fat, and raw

Almond Milk
Butter
Cashew Milk
Cheese
Coconut Milk
Cream
Ghee

Goat Milk
Goat Milk Cheese
Goat Milk Yogurt
Hemp Milk
Kefir
Organic Milk

In Moderation

Goat Milk Yogurt

Avoid Until Goal is Hit

Organic Yogurt

Avoid

Conventional Dairy
Margarine
Shortening
Soy
Yogurt

FOOD LIST

(continued)

NUTS, SEEDS, & FLOUR

Best is raw, organic and/or sprouted with no added oils

Almonds/Almond Flour	Pecans	Almond Butter
Brazil Nuts	Pine Nuts	Cashew Butter
Cashews	Pistachios	Macadamia Butter
Chia Seeds	Pumpkin Seeds	Peanut Butter (Organic or Valencia)
Coconut Flakes/Flour	Sesame Seeds	Sunflower Seed Butter
Flax Seeds	Sunflower Seeds	Tahini (Raw)
Hemp Seeds	Walnuts	
Macadamia Nuts		

Avoid
Peanut Butter
(Non Organic)

NUT BUTTERS

OILS

Ideally all natural, best is unrefined and cold pressed

Do Not Heat

Flaxseed Oil

Low Heat

Butter/Ghee

Grapeseed Oil

High Oleic/
Organic Sunflower Oil

Olive Oil (Low/Medium)

High Heat

Avocado Oil

Coconut Oil

Avoid

Canola Oil

Corn Oil

Cotton Seed Oil

Rapeseed Oil

Rice Bran Oil

Safflower Oil

Soybean Oil

Non-Organic
Sunflower Oil

Vegetable Oil

In Moderation

Adzuki Beans

Black Beans

Chickpeas/
Chickpea Flour

Kidney Beans

Legumes

Lentils

Lima Beans

Pinto Beans

White Beans

BEANS

SWEETENERS

Allulose

Erythritol

100% Stevia

Monk Fruit

Xylitol (In Moderation)

Avoid Until Goal is Hit

Organic Maple Syrup
(Grade A/B)

Raw Honey

Avoid

All Added Sugars

Artificial Sweeteners

Aspartame

Dextrose

Fructose

Glucose

Maltodextrin

Splenda

Sucrose

Avoid Until Goal is Hit

Barley

Brown/Wild Rice

Buckwheat

Cassava

Ezekiel 4:9 Bread

Millet

Quinoa

Rye

Spelt

Steel Cut Oats

Tapioca

Sprouted Grain Bread

Whole/Wild Grains

GRAINS

BEVERAGES

**Best is unsweetened, raw, or organic
with no added sugars**

Herbal Tea

Low Sugar Fruit/
Vegetable Juice

Organic Coffee

Water (Infused, purified,
and/or sparkling)

Avoid Until Goal is Hit

Coconut Water

Fermented Drinks

Fruit/Vegetable Juice

Zevia/Stevia Sweetened
Soda

Best is all natural or organic

Apple Cider Vinegar

Balsamic Vinegar

Guacamole

Herbs/Spices

Hummus (No bad oil)

Mayonnaise
(Avocado-oil based)

Mustard

Olive Oil

Salsa

Sea Salt
(Celtic or Himalayan)

Soy Sauce
(Liquid Aminos,
Wheat Free)

CONDIMENTS

1. Reconnect (Ongoing)

The first R of the Gut Reset is to Reconnect to the source of real health and disconnect from the sick care model of treating symptoms and disease with drugs and surgeries or waiting to get sick. Remember, the greatest doctor in the world is YOU, we just need to give you what your body needs to thrive and do its job!

2. Remove | Phase 1 [Day 1-28]

Protocol

1 Serving of the Following Supplements:

[Para + Candi Cleanse](#)

[Detox Bundle](#)

[Greens + Superfoods](#) (If not using greens or for additional probiotics, add in 1-2 servings of fermented food or [Pre + Pro + Post Biotics Blend](#))

The Following Supplements As Needed (all are **OPTIONAL**):

[De-Stress](#) for Stress Support

[Vitamin D + Immune Complex](#) for Extra Immune Support

[Omegas + Turmeric](#) for Inflammation

[Immune Support](#) for Virus Removal

[Men's/Women's Hormone Support](#) for Hormonal Support

Follow the [Anti-Inflammatory Food List](#), or see pages 4-5

Remove | Phase 2 [Day 29-31]

Option 1 | Juice

Option 2 | Lemon & Sea Salt

Keys to Remember:

- You do not need to chug the juice or water, just sip slowly throughout the day.
- Use only one juice for the entire three days.
- Only consume juice and water. Do not eat anything else. If you're really hungry, at the end of the day you may eat the matching whole fruit as the juice (apples with apple juice, etc.)
- Chew your juice. Swish around each mouthful, as to start the digestive procedure first with saliva.
- You may not make it all the way through the entire gallon of juice and gallon of water each day, even when following the schedule.
- Medications should still be taken as directed by your medical provider.
- *Disclaimer: If dealing with diabetes, kidney problems, heart problems, or other health concerns, please contact your overseeing physician before starting.*

ADVANCED
GUT RESET

3. Repair | Collagen Fast [Day 32-34]

Protocol

4-6 [Collagen + Multi](#) smoothies and/or cups of bone broth

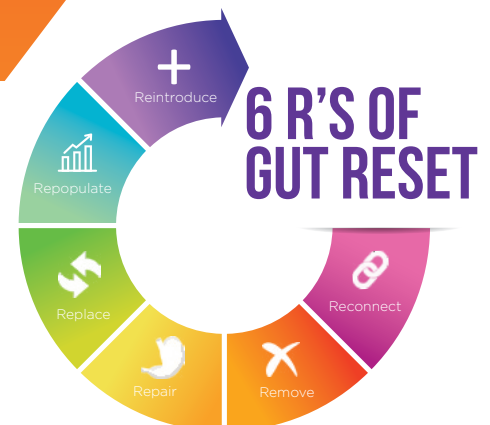
1 Serving of the Following Supplements:

[GI Support](#)

[Greens + Superfoods](#) (If not using greens or for additional probiotics, add in 1-2 servings of fermented food or [Pre + Pro + Post Biotics Blend](#))

[Omegas + Turmeric](#)

[Vitamin D + Immune Complex](#)



ADVANCED GUT RESET

4. Replace | Remove/Replace Anti-Inflammatory Food List [Day 35-50]

15-Day Gut Healing Diet

The first step is to remove any gut inflaming foods.

All should be removed for up to 15-Days to identify sensitivities and allow a full recovery.

- See the Anti-Inflammatory List on the following pages for the foods to avoid
- Focus on eating veggies, fats, clean meats, fruits, and fermented foods.



4



5

5. Repopulate [Day 37+]

- 1-2 Capsules [Vitamin D + Immune Complex](#) (4,000ius - 8,000ius)
- 1 scoop of [Greens + Superfoods](#), or fermented food daily for probiotic intake.

OR

- 1 serving of [Pre + Pro + Post Biotics Blend](#) in water or juice

6. Reintroduce [Day 51+]

Now that the gut is cleared of toxins and good bacteria has been replenished, you need to determine food sensitivities. Food must now be gradually added back into your diet. Each day you will introduce one food group at a time and test your sensitivity to that group.

8-Day Reintroduction Plan

- Day 1 - Fruits & Veggies
- Day 2 - Grains & Starches
- Day 3 - Nuts & Seeds
- Day 4 - Beans & Legumes
- Day 5 - Meat & Fish
- Day 6 - Dairy
- Day 7 - Spices, Condiments, & Beverages
- Day 8 - Sweeteners

6+



Click
to visit the
store page!



PHASE 1 OVERVIEW

WEEK

1

Berry Smoothie Bowl
Create Your Own Salad
Balsamic Chicken with Brussels Sprouts

1

Pineapple Smoothie Bowl
Leftovers
Brisket Tacos

2

Green Pineapple Banana Smoothie
Create Your Own Salad
Slow Cooker Beef Stew

3

Turmeric Ginger Coolada
Mediterranean Zucchini Noodle Salad
Pesto Chicken & Greek Green Beans

4

Blueberry Nut Butter Smoothie
Create Your Own Salad
Chicken Lo Mein & Veggie Noodles

5

Turmeric Smoothie
Leftovers
Greek Turkey Burgers & Tzatziki Sauce

6

Anti-Inflammatory Blueberry Muffins
Create Your Own Salad
Turmeric Chicken & Broccoli

7

WEEK

2

Berry Smoothie Bowl
Mediterranean Zucchini Noodle Salad
Pesto Chicken & Greek Green Beans

8

Pineapple Smoothie Bowl
Create Your Own Salad
Teriyaki Chicken & Riced Cauliflower

9

Green Pineapple Banana Smoothie
Leftovers
Veggie & Bean Soup

10

Turmeric Ginger Coolada
Create Your Own Salad
Lemon Herb Salmon/Chicken & Zucchini

11

Blueberry Nut Butter Smoothie
Leftovers
Greek Turkey Burger & Tzatziki Sauce

12

Turmeric Smoothie
Create Your Own Salad
Turmeric Chicken & Broccoli

13

Anti-Inflammatory Blueberry Muffins
Leftovers
Asian Salmon/Chicken & Sweet Potato Chips

14

WEEK

3

Berry Smoothie Bowl
Create Your Own Salad
Balsamic Chicken with Brussels Sprouts

15

Pineapple Smoothie Bowl
Leftovers
Brisket Tacos

16

Green Pineapple Banana Smoothie
Create Your Own Salad
Slow Cooker Beef Stew

17

Turmeric Ginger Coolada
Mediterranean Zucchini Noodle Salad
Pesto Chicken & Greek Green Beans

18

Blueberry Nut Butter Smoothie
Create Your Own Salad
Chicken Lo Mein & Veggie Noodles

19

Turmeric Smoothie
Leftovers
Greek Turkey Burgers & Tzatziki Sauce

20

Anti-Inflammatory Blueberry Muffins
Create Your Own Salad
Turmeric Chicken & Broccoli

21

WEEK

4

Berry Smoothie Bowl
Leftovers
Slow Cooker Beef Stew

22

Pineapple Smoothie Bowl
Create Your Own Salad
Asian Salmon/Chicken & Sweet Potato Chips

23

Green Pineapple Banana Smoothie
Leftovers
Veggie & Bean Soup

24

Turmeric Ginger Coolada
Create Your Own Salad
Shepherd's Pie

25

Blueberry Nut Butter Smoothie
Leftovers
Lemon Herb Salmon/Chicken & Zucchini

26

Turmeric Smoothie
Create Your Own Salad
Slow Cooker Beef Stew

27

Anti-inflammatory Blueberry Muffins
Leftovers
Brisket Tacos

28

PHASE 2 OVERVIEW

WEEK

5

			Repair	Repair	Repair	
Remove	Remove	Remove	Collagen Protein Banana Smoothie	Collagen Protein Banana Smoothie	Collagen Protein Banana Smoothie	Ease back into food with steamed veggies, fresh fruit, bone broth or chicken
No Food	No Food	No Food	Collagen Protein Berry Smoothie	Collagen Protein Berry Smoothie	Collagen Protein Berry Smoothie	
29	30	31	32	33	34	35

WEEK

6

Chocolate Almond Smoothie	Pineapple Smoothie Bowl	Chocolate Almond Smoothie	Turmeric Ginger Coolada	Blueberry Nut Butter Smoothie	Turmeric Smoothie	Anti-Inflammatory Blueberry Muffins
Chicken Salad	Create Your Own Salad	Leftovers	Create Your Own Salad	Leftovers	Create Your Own Salad	Leftovers
Grass Fed Burger & Zucchini Fries	Teriyaki Chicken & Riced Cauliflower	Balsamic Chicken & Asparagus	Lemon Herb Salmon/Chicken & Zucchini	Greek Turkey Burger & Tzatziki Sauce	Turmeric Chicken & Broccoli	Asian Salmon/ Chicken & Sweet Potato Chips
36	37	38	39	40	41	42

WEEK

7

Berry Smoothie Bowl	Pineapple Smoothie Bowl	Green Pineapple Banana Smoothie	Turmeric Ginger Coolada	Berry Smoothie	Turmeric Smoothie	Anti-Inflammatory Blueberry Muffins
Create Your Own Salad	Leftovers	Create Your Own Salad	Mediterranean Zucchini Noodle Salad	Tacos and Taco Salad	Leftovers	Create Your Own Salad
Balsamic Chicken with Brussels Sprouts	Brisket Tacos	Slow Cooker Beef Stew	Pesto Chicken & Greek Green Beans	Sheet Pan Chicken/Fish & Veggies	Greek Turkey Burgers & Tzatziki Sauce	Turmeric Chicken & Broccoli
43	44	45	46	47	48	49

WEEK

8

Berry Smoothie Bowl	Pineapple Smoothie Bowl	Green Pineapple Banana Smoothie	Turmeric Ginger Coolada	Blueberry Nut Butter Smoothie	Turmeric Smoothie	Anti-Inflammatory Blueberry Muffins
Leftovers	Create Your Own Salad	Leftovers	Create Your Own Salad	Leftovers	Create Your Own Salad	Leftovers
Slow Cooker Beef Stew	Asian Salmon/ Chicken & Sweet Potato Chips	Veggie & Bean Soup	Shepherd's Pie	Lemon Herb Salmon/Chicken & Zucchini	Slow Cooker Beef Stew	Brisket Tacos
50	51	52	53	54	55	56

WEEK

9

Berry Smoothie	Chocolate Almond Smoothie	The Ultimate Smoothie	Berry Smoothie
Leftovers	BBQ Chicken Salad	Leftovers	Fajita Salad
Sweet Potato Chili	Balsamic Chicken & Asparagus	Sheet Pan Chicken/Fish & Veggies	Sheet Pan Teriyaki Chicken & Veggies
57	58	59	60

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

GUT RESET JOURNAL GUIDE

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:

- ☐ 10 Minute-Workout
- ☐ Anti-Inflammatory Meal Plan
- ☐ 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- ☐ Stress Lowering Breathing Exercises
- ☐ One Additional Hour of Sleep

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 less bloating and my digestion is improving!

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:

Today I Feel:



I Feel This Way Because:

Use this space to track your progress as you add in new habits weekly. Take note of how your digestion and energy improves throughout your gut reset. How is your stress level and why?

Day 1 | Today's Date _____

Daily Objectives:

- o 10-Minute Workout
- o Anti-Inflammatory Meal Plan
- o 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- o 1 Serving of the Following Supplements:
 - o Livingood Daily Para + Candi Cleanse or Support
 - o Livingood Daily Detox Bundle
 - o Livingood Daily Greens + Superfoods
 - o (Optional): Your Trigger Specific Supplement

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 2 | Today's Date _____

Daily Objectives:

- o 10-Minute Workout
- o Anti-Inflammatory Meal Plan
- o 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- o 1 Serving of the Following Supplements:
 - o Livingood Daily Para + Candi Cleanse or Support
 - o Livingood Daily Detox Bundle
 - o Livingood Daily Greens + Superfoods
 - o (Optional): Your Trigger Specific Supplement

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 3 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 4 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 5 | Today's Date _____

Daily Objectives:

- o 10-Minute Workout
- o Anti-Inflammatory Meal Plan
- o 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- o 1 Serving of the Following Supplements:
 - o Livingood Daily Para + Candi Cleanse or Support
 - o Livingood Daily Detox Bundle
 - o Livingood Daily Greens + Superfoods
 - o (Optional): Your Trigger Specific Supplement

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 6 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 7 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 8 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 9 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 10 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 11 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 12 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 13 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 14 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 15 | Today's Date _____

Daily Objectives:

- o 10-Minute Workout
- o Anti-Inflammatory Meal Plan
- o 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- o 1 Serving of the Following Supplements:
 - o Livingood Daily Para + Candi Cleanse or Support
 - o Livingood Daily Detox Bundle
 - o Livingood Daily Greens + Superfoods
 - o (Optional): Your Trigger Specific Supplement
- o Gut De-Stressing Breathing Exercises
- o One Additional Hour of Sleep

Challenge Goals:

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

Today Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 16 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 17 | Today's Date _____

Daily Objectives:

- o 10-Minute Workout
- o Anti-Inflammatory Meal Plan
- o 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- o 1 Serving of the Following Supplements:
 - o Livingood Daily Para + Candi Cleanse or Support
 - o Livingood Daily Detox Bundle
 - o Livingood Daily Greens + Superfoods
 - o (Optional): Your Trigger Specific Supplement
- o Gut De-Stressing Breathing Exercises
- o One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 18 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 19 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 20 | Today's Date _____

Daily Objectives:

- o 10-Minute Workout
- o Anti-Inflammatory Meal Plan
- o 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- o 1 Serving of the Following Supplements:
 - o Livingood Daily Para + Candi Cleanse or Support
 - o Livingood Daily Detox Bundle
 - o Livingood Daily Greens + Superfoods
 - o (Optional): Your Trigger Specific Supplement
- o Gut De-Stressing Breathing Exercises
- o One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 21 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 22 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 23 | Today's Date _____

Daily Objectives:

- o 10-Minute Workout
- o Anti-Inflammatory Meal Plan
- o 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- o 1 Serving of the Following Supplements:
 - o Livingood Daily Para + Candi Cleanse or Support
 - o Livingood Daily Detox Bundle
 - o Livingood Daily Greens + Superfoods
 - o (Optional): Your Trigger Specific Supplement
- o Gut De-Stressing Breathing Exercises
- o One Additional Hour of Sleep

Challenge Goals:

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

Today Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 24 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 25 | Today's Date _____

Daily Objectives:

- o 10-Minute Workout
- o Anti-Inflammatory Meal Plan
- o 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- o 1 Serving of the Following Supplements:
 - o Livingood Daily Para + Candi Cleanse or Support
 - o Livingood Daily Detox Bundle
 - o Livingood Daily Greens + Superfoods
 - o (Optional): Your Trigger Specific Supplement
- o Gut De-Stressing Breathing Exercises
- o One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 26 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 27 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 28 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily Para + Candi Cleanse or Support
 - Livingood Daily Detox Bundle
 - Livingood Daily Greens + Superfoods
 - (Optional): Your Trigger Specific Supplement
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 29 | Today's Date _____

Daily Objectives:

- Optional: 10-Minute Workout
- Cleanse Option #1 or #2 (stick with the same cleanse option for all 3 days)

1

OPTION #1
Prune Juice

Morning

Quickly drink 16 oz prune juice.
Take 1-2 tbsp of avocado, olive, or macadamia nut oil.
Sip on 24-48 oz water and either Livingood Daily Greens + Superfoods, apple juice, or carrot juice.

Afternoon

Take 1-2 tbsp of avocado, olive, or macadamia nut oil.
Sip on 24-48 oz water and either Livingood Daily Greens + Superfoods, apple juice, or carrot juice.

Evening

Take 1-2 tbsp of avocado, olive, or macadamia nut oil.
Sip on 24-48 oz water and either Livingood Daily Greens + Superfoods, apple juice, or carrot juice.

2

OPTION #2
Sea Salt

Morning

Quickly drink 24-32 oz of warm water with 1.5-2 tsp salt mixed in.
Sip on 24-48 oz water and either Livingood Daily Greens, apple juice, or carrot juice.

Afternoon

Sip on 24-48 oz water and either Livingood Daily Greens + Superfoods, apple juice, or carrot juice.

Evening

Drink 1-2 tea bags of laxative tea.
Sip on 24-48 oz water and either Livingood Daily Greens + Superfoods, apple juice, or carrot juice.

Challenge Goals:

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

Today, I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 30 | Today's Date _____

Daily Objectives:

- o Optional: 10-Minute Workout
- o Cleanse Option #1 or #2 (stick with the same cleanse option for all 3 days)

1

OPTION #1
Prune Juice

Morning

Quickly drink 16 oz prune juice. Take 1-2 tbsp of avocado, olive, or macadamia nut oil.
Sip on 24-48 oz water and either Livingood Daily Greens + Superfoods, apple juice, or carrot juice.

Afternoon

Take 1-2 tbsp of avocado, olive, or macadamia nut oil.
Sip on 24-48 oz water and either Livingood Daily Greens+ Superfoods, apple juice, or carrot juice.

Evening

Take 1-2 tbsp of avocado, olive, or macadamia nut oil.
Sip on 24-48 oz water and either Livingood Daily Greens+ Superfoods, apple juice, or carrot juice.

2

OPTION #2
Sea Salt

Morning

Quickly drink 24-32 oz of warm water with 1.5-2 tsp salt mixed in. Sip on 24-48 oz water and either Livingood Daily Greens + Superfoods, apple juice, or carrot juice.

Afternoon

Sip on 24-48 oz water and either Livingood Daily Greens + Superfoods, apple juice, or carrot juice.

Evening

Drink 1-2 tea bags of laxative tea. Sip on 24-48 oz water and either Livingood Daily Greens + Superfoods, apple juice, or carrot juice.

Challenge Goals:

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

Today, I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 31 | Today's Date _____

Daily Objectives:

- o Optional: 10-Minute Workout
- o Cleanse Option #1 or #2 (stick with the same cleanse option for all 3 days)

1

OPTION #1
Prune Juice

Morning

Quickly drink 16 oz prune juice. Take 1-2 tbsp of avocado, olive, or macadamia nut oil.
Sip on 24-48 oz water and either Livingood Daily Greens + Superfoods, apple juice, or carrot juice.

Afternoon

Take 1-2 tbsp of avocado, olive, or macadamia nut oil.
Sip on 24-48 oz water and either Livingood Daily Greens + Superfoods, apple juice, or carrot juice.

Evening

Take 1-2 tbsp of avocado, olive, or macadamia nut oil.
Sip on 24-48 oz water and either Livingood Daily Greens + Superfoods, apple juice, or carrot juice.

2

OPTION #2
Sea Salt

Morning

Quickly drink 24-32 oz of warm water with 1.5-2 tsp salt mixed in. Sip on 24-48 oz water and either Livingood Daily Greens + Superfoods, apple juice, or carrot juice.

Afternoon

Sip on 24-48 oz water and either Livingood Daily Greens + Superfoods, apple juice, or carrot juice.

Evening

Drink 1-2 tea bags of laxative tea. Sip on 24-48 oz water and either Livingood Daily Greens + Superfoods, apple juice, or carrot juice.

Challenge Goals:

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

Today's I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 32 | Today's Date _____

Daily Objectives:

- Optional: 10-Minute Workout
- 4-6 Livingood Daily Collagen Protein Smoothies and/or cups of bone broth
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex

Tips & Reminders:

If you cannot continue or have to go back to eating food, ease back in with fruits and steamed veggies for your first day of coming off the gut cleanse before continuing to eat again (still incorporate the supplementation).

Challenge Goals:

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

Today, I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 33 | Today's Date _____

Daily Objectives:

- o Optional: 10-Minute Workout
- o 4-6 Livingood Daily Collagen Protein Smoothies and/or cups of bone broth
- o 1 Serving of the Following Supplements:
 - o Livingood Daily GI Support
 - o Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - o Livingood Daily Omegas + Turmeric
 - o Livingood Daily Vitamin D + Immune Complex

Tips & Reminders:

If you cannot continue or have to go back to eating food, ease back in with fruits and steamed veggies for your first day of coming off the gut cleanse before continuing to eat again (still incorporate the supplementation).

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 34 | Today's Date _____

Daily Objectives:

- o Optional: 10-Minute Workout
- o 4-6 Livingood Daily Collagen Protein Smoothies and/or cups of bone broth
- o 1 Serving of the Following Supplements:
 - o Livingood Daily GI Support
 - o Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - o Livingood Daily Omegas + Turmeric
 - o Livingood Daily Vitamin D + Immune Complex

Tips & Reminders:

If you cannot continue or have to go back to eating food, ease back in with fruits and steamed veggies for your first day of coming off the gut cleanse before continuing to eat again (still incorporate the supplementation).

Challenge Goals:

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

Today, I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 35 | Today's Date _____

Daily Objectives:

- o Optional: 10-Minute Workout
- o Reintroduce Food Slowly | Recommended Meals Are On The Meal Plan
- o 1 Serving of the Following Supplements:
 - o Livingood Daily GI Support
 - o Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - o Livingood Daily Omegas + Turmeric
 - o Livingood Daily Vitamin D + Immune Complex

Tips & Reminders:

Be sure to ease back in with fruits and steamed veggies for your first day of coming off the gut cleanse before continuing to eat again (still incorporate the supplementation).

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 36 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 37 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 38 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 39 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 40 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 41 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 42 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 43 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 44 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 45 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 46 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 47 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 48 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 49 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 50 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 51 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 52 | Today's Date _____

Daily Objectives:

- o 10-Minute Workout
- o Anti-Inflammatory Meal Plan
- o 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- o 1 Serving of the Following Supplements:
 - o Livingood Daily GI Support
 - o Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - o Livingood Daily Omegas + Turmeric
 - o Livingood Daily Vitamin D + Immune Complex
- o Gut De-Stressing Breathing Exercises
- o One Additional Hour of Sleep

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 53 | Today's Date _____

Daily Objectives:

- o 10-Minute Workout
- o Anti-Inflammatory Meal Plan
- o 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- o 1 Serving of the Following Supplements:
 - o Livingood Daily GI Support
 - o Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - o Livingood Daily Omegas + Turmeric
 - o Livingood Daily Vitamin D + Immune Complex
- o Gut De-Stressing Breathing Exercises
- o One Additional Hour of Sleep
- o Day 1 Reintroduction: Fruits & Veggies

Tips & Reminders:

When reintroducing, you will know if you have a sensitivity if you experience any of the following symptoms or if your current symptoms worsen:

- Inflammation (headache, achy joints, joint pain)
- Digestive distress (stomach ache or cramps, constipation, diarrhea)
- Fatigue or brain fog

Challenge Goals:

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

Today Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 54 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep
- Day 2 Reintroduction: Grains & Starches

Tips & Reminders:

When reintroducing, you will know if you have a sensitivity if you experience any of the following symptoms or if your current symptoms worsen:

- Inflammation (headache, achy joints, joint pain)
- Digestive distress (stomach ache or cramps, constipation, diarrhea)
- Fatigue or brain fog

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 55 | Today's Date _____

Daily Objectives:

- o 10-Minute Workout
- o Anti-Inflammatory Meal Plan
- o 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- o 1 Serving of the Following Supplements:
 - o Livingood Daily GI Support
 - o Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - o Livingood Daily Omegas + Turmeric
 - o Livingood Daily Vitamin D + Immune Complex
- o Gut De-Stressing Breathing Exercises
- o One Additional Hour of Sleep
- o Day 3 Reintroduction: Nuts & Seeds

Tips & Reminders:

When reintroducing, you will know if you have a sensitivity if you experience any of the following symptoms or if your current symptoms worsen:

- Inflammation (headache, achy joints, joint pain)
- Digestive distress (stomach ache or cramps, constipation, diarrhea)
- Fatigue or brain fog

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 56 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep
- Day 4 Reintroduction: Legumes

Tips & Reminders:

When reintroducing, you will know if you have a sensitivity if you experience any of the following symptoms or if your current symptoms worsen:

- Inflammation (headache, achy joints, joint pain)
- Digestive distress (stomach ache or cramps, constipation, diarrhea)
- Fatigue or brain fog

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 57 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep
- Day 5 Reintroduction: Meat & Fish

Tips & Reminders:

When reintroducing, you will know if you have a sensitivity if you experience any of the following symptoms or if your current symptoms worsen:

- Inflammation (headache, achy joints, joint pain)
- Digestive distress (stomach ache or cramps, constipation, diarrhea)
- Fatigue or brain fog

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:



I Feel This Way Because:

Day 58 | Today's Date _____

Daily Objectives:

- o 10-Minute Workout
- o Anti-Inflammatory Meal Plan
- o 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- o 1 Serving of the Following Supplements:
 - o Livingood Daily GI Support
 - o Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - o Livingood Daily Omegas + Turmeric
 - o Livingood Daily Vitamin D + Immune Complex
- o Gut De-Stressing Breathing Exercises
- o One Additional Hour of Sleep
- o Day 6 Reintroduction: Dairy

Tips & Reminders:

When reintroducing, you will know if you have a sensitivity if you experience any of the following symptoms or if your current symptoms worsen:

- Inflammation (headache, achy joints, joint pain)
- Digestive distress (stomach ache or cramps, constipation, diarrhea)
- Fatigue or brain fog

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 59 | Today's Date _____

Daily Objectives:

- 10-Minute Workout
- Anti-Inflammatory Meal Plan
- 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- 1 Serving of the Following Supplements:
 - Livingood Daily GI Support
 - Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - Livingood Daily Omegas + Turmeric
 - Livingood Daily Vitamin D + Immune Complex
- Gut De-Stressing Breathing Exercises
- One Additional Hour of Sleep
- Day 7 Reintroduction: Condiments & Beverages

Tips & Reminders:

When reintroducing, you will know if you have a sensitivity if you experience any of the following symptoms or if your current symptoms worsen:

- Inflammation (headache, achy joints, joint pain)
- Digestive distress (stomach ache or cramps, constipation, diarrhea)
- Fatigue or brain fog

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Day 60 | Today's Date _____

Daily Objectives:

- o 10-Minute Workout
- o Anti-Inflammatory Meal Plan
- o 5 Foundations (Food, Fitness, Focus, Filters, Frame)
- o 1 Serving of the Following Supplements:
 - o Livingood Daily GI Support
 - o Livingood Daily Greens + Superfoods (If not using greens or for additional probiotics, add in 1-2 servings of fermented food)
 - o Livingood Daily Omegas + Turmeric
 - o Livingood Daily Vitamin D + Immune Complex
- o Gut De-Stressing Breathing Exercises
- o One Additional Hour of Sleep
- o Day 8 Reintroduction: Sweeteners

Tips & Reminders:

When reintroducing, you will know if you have a sensitivity if you experience any of the following symptoms or if your current symptoms worsen:

- Inflammation (headache, achy joints, joint pain)
- Digestive distress (stomach ache or cramps, constipation, diarrhea)
- Fatigue or brain fog

Challenge Goals:

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

Today I'm Grateful For:

Health Tracker:

Today I Feel:


-  +

I Feel This Way Because:

Coca Pulse Test

The Coca Pulse Test was developed in 1956 by Dr. Arthur F Coca, M.D. to test for causes in health conditions as symptoms of food allergies.

How to Perform the Test:

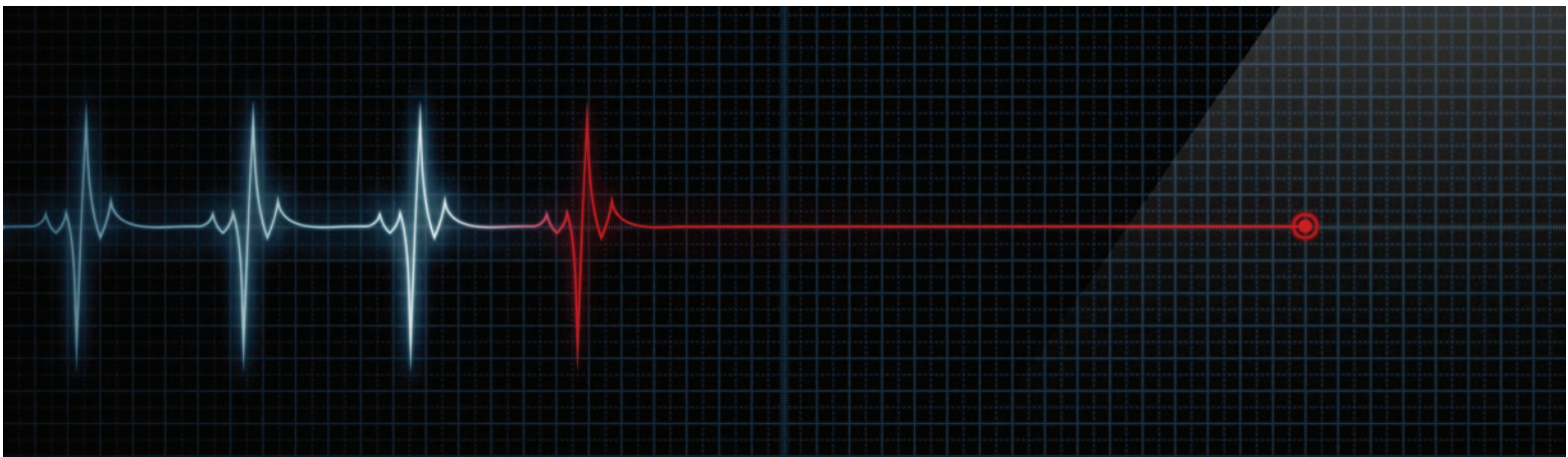
1. Obtain a small piece of food that you are going to test (Pick food from the 8-day Reintroduction plan test list located on the next few pages)
2. Sit still and check your resting heart rate with your Pulse Oximeter for a full 60-seconds
3. Record your resting heart rate on your test sheet
4. Once you've obtained your resting heart rate, place a small amount of the test food on your tongue. Keep it there for approximately 30-seconds before testing your pulse again
5. Check your pulse again for 60-seconds after the 30-seconds has passed
6. Record your heart rate in response to the food on your test sheet
7. Repeat these six steps with foods from your 8-Day Reintroduction list

Evaluating Test Results:

With each test, if your heart rate increase or decrease by 4-5 beats per minute (BPM) in comparison to your resting heart rate, that is an indication that your body is experiencing stress due to the food.

If you have the above response to a food, avoid that food then retest it again after one month. If when retested, you react again, test again one month later. If you have a response again, avoid that food completely. Use small amounts when testing.

Each month you should retest all foods that you responded negatively to. Once you no longer have an elevated/decreased heart rate in response to the tested food, you can gradually reintroduce that food back into your diet. You WILL need to test it again after one-month of reintroduction. Each time you increase the amount of that food back into your diet, do this test to monitor your body's response.



Coco Pulse Test | Food List

Fruits & Veggies	Heart Rate 1	Heart Rate 2	Heart Rate 3	Heart Rate 4	Reaction
Corn					
Tomato					
Eggplant					
Bell peppers					
Hot peppers					
Strawberry					
Banana					
Orange					
Peas					
Plum					
Grapes					
Pineapple					
Melon					
Carrots					
Spinach					
Beet					
Avocado					

Grains & Starches					
Sweet potato					
White potato					
Baker's yeast					
Brewer's yeast					
Rye					
Barley					

Wheat					
Oats					
Rice					
Quinoa					

Nuts & Seeds					
Almonds					
Peanuts					
Walnuts					
Cashews					
Pistashios					
Pecans					
Chia seeds					
Flax seed					

Legumes					
Lentils					
Blacke beans					
Navy beans					
Garbanzo beans					
Kidney beans					
White beans					
Northern beans					
Blackeyed peas					

Soybeans					

Meat/Fish					
Pork					
Beef					
Chicken					
Turkey					
Salmon					
Tuna					
White fish					
Shellfish					

Dairy & Fats					
Cow's Milk					
Cheese					
Butter					
Sour cream					
Yogurt					
Olive oil					
Coconut oil					
Avocado oil					

Beverages/Spices & Condiments					
Ketchup					
Mustard					
Mayo					
Dressing					
Pepper					
Cayenne pepper					
Cumin					
Ginger					
Oregano					
Thyme					
Rosmary					
Juice					

Sweetners					
Honey					
Agave					
Maple syrup					
Stevia					
Cane sugar					
Aspartame					

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Anti-Inflammatory Blueberry Muffins

Yields 8–10 muffins, 1–2 muffins per serving | 20 Minutes

3 "flax" eggs

4 tbsp coconut oil or butter
(melted) + 1 tsp to grease pan

1 tbsp apple cider vinegar

2 tsp vanilla extract

2 tbsp honey

2 cups almond flour

1/2 tsp baking soda

1/2 tsp sea salt

1 cup fresh or frozen blueberries

For flax eggs:

3 tbsp flaxseed meal

7.5 tbsp water

In a mixing bowl, stir together the eggs, coconut oil, apple cider vinegar, vanilla extract, and honey. Once combined, add the almond flour, baking soda and sea salt. Mix well and add your flavor of choice. Spoon the batter into muffin tins lightly greased with coconut oil. Bake at 350 degrees F for approximately 20 minutes or until golden brown and cooked through.



Berry Smoothie

Serves 1 | 10 Mintues

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

2 handfuls of spinach and/or kale

1 cup of coconut milk

1/2 cup of water (and/or ice to make thicker)

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

1 scoop Livingood Daily Collagen Protein Vanilla



Berry Smoothie Bowl

Serves 1 | 10 Minutes

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

1 cup full-fat coconut or unsweetened **nut** milk

1 1/2 cup frozen berries of choice (acai, blueberries, blackberries, strawberries, raspberries, etc)

1/2 fresh or frozen banana (optional)

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



Blueberry Nut Butter Smoothie

Serves 1 | 10 Minutes

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

1 large handful of spinach

1/4 – 1/2 cup full-fat coconut or unsweetened almond milk

1/2 – 1 cup frozen blueberries

1 heaping spoonful raw nut butter of your choice

1 scoop Livingood Daily Collagen Protein Vanilla

1 tsp cacao nibs (optional)

1 tsp flax and/or chia seeds (optional)

Ice (3 – 4 pieces)



Chocolate Almond Smoothie

Serves 1 | 10 Minutes

1 scoop Livingood Daily
Collagen Protein Chocolate

2-3 tbsp almond or nut
butter

1 cup unsweetened almond
or full-fat coconut milk

1/2 an avocado (optional)

3-4 ice cubes (optional)

*Try adding frozen
blueberries or a handful of
spinach for more nutrients!

Put all ingredients in a blender and
mix. Can add more or less almond
milk depending on the size of
smoothie desired.



Collagen Protein Banana Smoothie

Serves 1 | 10 Mintues

Put all ingredients into a high-powered blender and blend until desired consistency (add ice for desired consistency).

1 medium banana

1/4 – 1/2 cup canned full-fat coconut milk or unsweetened nut milk

1/2 – 1 scoop Livingood Daily Collagen Protein Vanilla

Add water and ice for consistency



Collagen Protein Berry Smoothie

Serves 1 | 10 Minutes

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

1 cup of frozen berries (mixed or your choice)

1/4 – 1/2 cup canned full-fat coconut milk or unsweetened nut milk

1/2 – 1 scoop Livingood Daily Collagen Protein Vanilla

Add water and ice for consistency



Green Pineapple Banana Smoothie

Serves 1 | 10 Minutes

Put all ingredients into a high-powered blender and blend until desired consistency (add ice for desired consistency).

1–2 cups of fresh spinach or 1/2 scoop or Livingood Daily Greens (Original or Berry)

1/4–1/2 cup full-fat coconut or unsweetened nut milk

1 fresh or frozen banana (optional)

1 tbsp chia seeds

1 cup frozen pineapple

Handful Mango chunks (optional)

Ice cubes (for desired consistency)

1 scoop Livingood Daily Collagen Protein Vanilla



Pineapple Smoothie Bowl

Serves 1 | 10 Minutes

Put all smoothie bowl ingredients into a high-powered blender and blend until thick smoothie-like consistency. For an even thicker consistency add more frozen fruit or ice. Pour into a bowl and top with your favorite toppings. Enjoy immediately!

1 frozen banana

1 cup frozen mango

1 cup frozen pineapple

1/4-1/2 cup canned full-fat coconut milk or unsweetened **nut** milk

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

Optional Toppings: coconut flakes & fresh fruit (banana, mango, pineapple, etc), chia seeds

Ice, optional for thicker consistency



The Ultimate Smoothie

Serves 1 | 10 Minutes

Put all ingredients except protein powder into a blender. Blend until smooth. Add protein powder and blend on low speed until it is all mixed in. Enjoy!!

1/2 cup coconut milk (full fat)
1/2 cup almond milk (I use unsweetened vanilla)
(can use 1 cup of the same milk if you prefer)
1 handful of organic spinach
1 scoop of Livingood Daily Collagen Protein (I love doing 1/2 vanilla 1/2 chocolate)
1 tbsp cocoa powder
(especially if you do not add chocolate protein)
1-2 tbsp organic raw cacao nibs
2 tbsp organic whole flax seeds
2 tbsp organic whole chia seeds
1 tbsp maca root powder
1 scoop of Livingood Daily Greens Powder
1 tbsp coconut oil
Approximately 1/4 - 1/2 cup water (to desired thickness of shake) (or more milk)
3-4 ice cubes



Turmeric Ginger Coolada

Serves 1 | 10 Minutes

Blend all ingredients in a high-powered blender until smooth consistency. Can sprinkle nutmeg on top for flavor and looks!

1 inch piece fresh turmeric peeled (or 1 tsp dried)

1 inch piece fresh ginger, peeled

1 frozen banana

1 cup fresh or frozen pineapple

1/4-1/2 cup canned full-fat coconut milk or unsweetened nut milk

1 tsp vanilla extract



Turmeric Smoothie

Serves 1 | 10 Mintues

Put all ingredients into a blender and blend until a smoothie-like consistency! Enjoy!

1/4-1/2 cup canned full-fat coconut milk or unsweetened nut milk

1/2 cup frozen pineapple or mango chunks

1 fresh banana

1 tbsp coconut oil

1 tsp turmeric

1/2 tsp cinnamon

1/2 tsp ginger

1 tsp chia seeds

1 tsp maca

1 scoop Livingood Daily Collagen Protein (vanilla)

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Asian Salmon/Chicken

Serves 2 | 30–35 Minutes

2 pieces of wild caught salmon
or free-range chicken breasts

1/4 cup honey

2 cloves garlic (minced)

2 tbsp Coconut Secret Aminos

1 tbsp vinegar

1 tbsp sesame oil

1 tbsp ginger (freshly grated)

2 green onions (thinly sliced)

Salt (to taste)

Preheat oven to 375 degrees F. Line a baking sheet with parchment paper. In a small bowl, mix together honey, garlic, aminos, rice vinegar, sesame oil, ginger, salt, and pepper. Place salmon onto the prepared baking sheet and fold up all 4 sides of the foil. Spoon the honey mixture over the salmon. Fold the sides of the foil over the salmon, covering completely and sealing the packet closed. Place into oven and bake until cooked through, about 15–20 minutes for the salmon and 25–30 minutes for the chicken. Open the packet and broil for 2–3 minutes, or until caramelized. Garnish with green onions and sesame seeds, if desired.

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



Balsamic Chicken & Asparagus

Serves 2-3 | 45 Minutes

1/4 cup balsamic vinegar

1/4 cup coconut oil, divided

1 tbsp. honey

1 tbsp Dijon mustard

2 cloves garlic, minced
pinch of crushed red pepper
flakes

2 lb chicken breast tenders

Salt and pepper (to taste)

1 lb asparagus, ends
trimmed

Cherry tomatoes, halved

Make vinaigrette: In a small bowl, whisk together balsamic, 2 tablespoons oil, honey, mustard, garlic, and red pepper flakes until combined. Set aside.

In a large skillet over medium heat, heat remaining oil. Add chicken, season with salt and pepper, and sear until golden, about 3 minutes per side. Remove from pan and set aside. To pan, add asparagus and tomatoes, season with more salt and pepper, and cook until asparagus is bright green and tomatoes are slightly wilted, 5 minutes or so.

Move veggies to one side, add chicken back in and pour in vinaigrette. Toss veggies and chicken slightly until chicken is cooked through and vinaigrette is thickened, 5 minutes more.



Balsamic Chicken with Brussels Sprouts

Serves 2–3 | 30 Minutes

To a large skillet, add 2 tablespoons avocado oil and Brussels sprouts with the cut side down, and cook over medium–high heat for about 4 to 5 minutes, or until seared and lightly golden brown. Toss and push brussels to the side of pan.

Add remaining 1 tablespoon avocado oil (plus more if necessary) on bare side of the pan and add the chicken, shallots, salt, and pepper. Cook for about 4 to 5 minutes or until chicken is almost cooked through.

Add in the balsamic vinegar and honey. Stir to combine.

Reduce heat to medium–low and simmer for about 2 to 3 minutes or until chicken is cooked through and brussels sprouts are crisp–tender.

3 tablespoons avocado oil, divided;
plus more if necessary

Brussels sprouts, trimmed and halved
lengthwise

1 lb chicken breast, diced into bite–
sized pieces

1 large shallot, peeled and diced
small

Salt and pepper (to taste)

1/4 cup balsamic vinegar

1 tablespoons honey



BBQ Chicken Salad

Serves 2 | 25 Minutes

Bake the chicken until cooked through. You can also grill it for added flavor. Shred the cooked chicken breast and mix well with the BBQ sauce (add more if desired). Put over a bed of spinach or put into your wrap of choice. Add cheese, toppings, and ranch dressing and toss until coated if making a salad.

Slow Cooker Option:

You can also add chicken in a slow cooker with the BBQ sauce and cook slowly on low heat for 4-6 hours

Anti-Inflammatory Plan Tip:

Watch ingredients in the BBQ sauce. Avoid cheese and peppers all together. Tomatoes are an option for this plan, in moderation, if no known sensitivities. Also, avoid egg-based dressings.

Vegetarian Plan Tip:

Simply remove chicken.

2 chicken breasts (cooked how desired)

1 cup BBQ Sauce

4 cups spinach

1/4 cup organic cheddar cheese (shredded)

1/2 cup cabbage (shredded)

1/2 cup cucumbers (diced)

1/2 cup organic non-GMO corn (optional)

1/2 cup red bell peppers (diced)

1/4 cup tomatoes (diced)

1/4-1/2 cup Homemade Ranch Dressing (see recipe page 73)



Brisket Taco Salad and Tacos

Serves 4 | 6–8 Hours Total

Put brisket meat in a crock pot on medium for 6–8 hours with a very small amount of water and approximately 1/3 of the jar of salsa verde (cook until tender and easy to pull apart with a fork). Once meat is done put in a lettuce wrap or on bed of spinach and top with cheese and salsa and any other desired toppings.

1 lb grass-fed brisket
(approximately 1/4–1/2 pound per person)

1 jar salsa verde

Optional toppings: Avocado, salsa verde, sour cream, red onion, cilantro, lime, shredded lettuce, spinach, lettuce wraps



Chicken Lo Mein With Veggie Noodles

Serves 2 | 30 Minutes

2 organic chicken breasts,
cut and cooked

12 oz carrot noodles or other
vegetable noodle

1 1/2 cup crimini mushrooms,
sliced

1 cup Bok Choy, cut

1 cup broccoli, cut

1/2 small onion, cut

1 cup snap peas

Sauce

1/2 cup Bragg's Coconut
Aminos

2 tbsp avocado oil

2 tbsp tapioca flour or
arrowroot powder

Place the veggie noodles on a baking sheet and cook at 450 degrees F for approximately 10 minutes, until soft. Set aside. (You can also saute them on the stove for a few minutes, but be careful not to overcook them).

In a frying pan, saute the vegetables in 1–2 tablespoons avocado oil or water. Cook for about 5 minutes until soft. Set aside.

Using a hand blender puree ingredients for the sauce. Thicken sauce over medium heat in a sauce pan, stirring consistently, until the sauce thickens and is smooth. Do not over cook the sauce otherwise it will become too thick. If this happens, just add more water a little at a time.

In a serving bowl, add the noodles, vegetables, cooked chicken, and pour the sauce over top. Serve with sesame seeds and chopped green onion, if desired.



Chicken Salad

Serves 2-4 | 10 Minutes

2-4 cooked chicken breasts

2 cups celery, diced

1/2 cup chopped walnuts or
slivered almonds

2 tsp lemon juice or apple
cider vinegar

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

Salt and pepper, to taste

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.



Create Your Own Salad

Serves 1 | 15 Minutes

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

Mediterranean Style: chicken, cucumbers, tomatoes (optional), red onion, kalamata olives

Simple Salad: meat or fish, any vegetables left over in your fridge, variety of raw veggies

Sweet & Nutty: meat of choice, berries & nuts



Grass Fed Burger

Serves 3-4 | 20 Minutes

1 - 1 ½ lbs grass-fed beef

Salt, pepper, garlic salt, to taste

Romaine lettuce leaves

Optional Toppings: ketchup (watch ingredients), organic cheese, mustard, pickles, onion, 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

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

Vegetarian Plan Tip:

Opt for a black bean burger. Heat the olive oil in a skillet over medium-high heat.

Saute the onion until soft, about 5 minutes, then add in the garlic and stir for one more minute. Remove from the heat.

In a large bowl, combine the sauteed onion and garlic, beans, sweet potato, ground flax, cumin and salt. Use a fork to stir the mixture, mashing the beans to help the batter stick together.

Scoop out the black bean mixture and use your hands to shape it into a burger about 3/4-inch thick. Line a baking sheet with parchment paper. Bake the burgers at 350°F for 15 minutes, then use a spatula to gently flip them over and bake for another 5 to 10 minutes.



Greek Turkey Burger & Tzatziki Sauce

Serves 4 | 30 Minutes

1 lb ground turkey

Salt, pepper, garlic salt (to taste)

Romaine lettuce leaves

Tzatziki Sauce:

1 cup plain almond or coconut yogurt

1/2 cucumber (diced)

1 tbsp extra-virgin olive oil

2 tbsp lemon juice

1 pinch garlic powder

Sea salt

1/4 cup fresh parsley (chopped)

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

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. Prepare the tzatziki sauce by grating the cucumber. Gather the cucumber together and place in a paper towel and press the water out of the shredded cucumber and place in a medium size bowl. Add the yogurt, garlic, fresh dill, and salt and mix well. Cover and refrigerate for 30 minutes or up to 3 days.

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.



Greek Green Beans

Serves 2 | 10 Minutes

2 cups fresh green beans
(ends trimmed off)

Seasoning: salt, pepper,
parsley, basil, oregano (dry or
fresh)

Steam green beans until tender.
Sprinkle seasoning over the green
beans with desired amount of each
seasoning. These are so simple and
so yummy!



Lemon Chicken & Brussels Sprouts Slaw

Serves 4 | 45 Minutes

Preheat oven to 450°. In a large, ovenproof skillet over medium-high heat, heat 2 tbsp avocado oil. Pat chicken breasts dry with paper towels and season generously with salt and pepper. Sear chicken breasts, 4 to 5 minutes to create a nice, golden crust. Flip chicken breasts and add garlic and lemons to pan (place in oil so they crisp up a bit as well); cook 3 more minutes. Add chicken stock and place skillet in the oven. Roast, 15 to 17 minutes, or until a meat thermometer says 165° internal temperature at deepest part of breast. Remove from oven and let sit, 5 minutes. In a small bowl, whisk together lemon juice and remaining 3 tbsp avocado oil. In a large bowl, toss Brussels sprouts, lemon vinaigrette, and Parmesan, then season with salt and pepper. Serve chicken with roasted lemons, garlic, and rosemary and Brussels sprouts slaw.

5 tbsp avocado oil,
divided

4 chicken breasts

Salt and pepper (to taste)

6 cloves garlic, smashed

1 small lemon, thinly sliced,
plus the juice of 1 lemon

1/2 cup chicken broth

1 lb Brussels sprouts, thinly
sliced

1/4 cup freshly grated
Parmesan



Lemon Herb Salmon/Chicken & Zucchini

Serves 2 | 30–45 Minutes

Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray. In a small bowl, whisk together brown sugar, lemon juice, Dijon, garlic, dill, oregano, thyme and rosemary, season with salt, to taste. Set aside. Place zucchini in a single layer onto the prepared baking sheet. Drizzle with olive oil and season with salt and pepper, to taste. Add salmon in a single layer and brush each salmon filet/chicken breast with herb mixture.

For fish: Place fish into oven and cook until the fish flakes easily with a fork, about 16–18 minutes.

For chicken: Place chicken into oven and cook for 22–26 minutes.

2 zucchini, chopped

2 tablespoons olive oil

1 tablespoons Swerve brown sugar, packed

1 tablespoons freshly squeezed lemon juice

1/2 tablespoon Dijon mustard

1/2 teaspoon dried dill

1/2 teaspoon dried oregano

1 minced garlic clove

1/4 teaspoon dried thyme

1/4 teaspoon dried rosemary

Salt (to taste)

2 (5-ounce) salmon fillets or 2 chicken breast



Mashed Cauliflower

Serves 3-4 | 15 Minutes

1 head cauliflower

4 tbsp butter

Salt and pepper (to taste)

Garlic powder (optional)

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

Anti-Inflammatory Plan Tip:
Sub the butter for avocado oil.

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



Mediterranean Zucchini Noodle Salad

Serves 2 | 15 Minutes

Salad:

2 medium zucchini
(spiralized) (or box of
pre-spiralized)

1/2 cup black olives or kalamata
olives (sliced)

15 ounces artichoke hearts
(drained and diced)

1 cup cherry tomatoes
(halved – optional)

1/2 cup cucumber (diced)

Salt (to taste)

Dressing:

2 tbsp extra virgin olive oil

1 tsp apple cider vinegar or 1 tsp
balsamic vinegar

Sea salt and garlic powder (to
taste)

In a large bowl, combine spiralized
zucchini, olives, artichoke hearts,
tomatoes, and salt.

Combine dressing ingredients in a
separate bowl and whisk together. Pour
dressing over zucchini and toss to coat.



Pesto Chicken & Greek Green Beans

Serves 2 | 30 Minutes

In a small pan, cook chicken with 1/4 cup chicken broth until liquid is absorbed and chicken is lightly brown. Set chicken aside and deglaze pan with remaining 1/4 cup chicken broth. Add spinach and fresh basil and cook for 1 minute. Remove from heat. Puree spinach with garlic, lemon juice, Bragg's and spices. Add sauce to chicken, simmer 1–2 minutes and serve with any vegetable side.

Greek Green Beans:

Heat 1/2 tablespoon of olive oil in a pan. Add green beans, garlic, and sea salt. Saute for 6–10 mins, or desired level of crisp.

- 2 organic chicken breasts
- 1 cup organic spinach
- 1/4 cup organic chicken broth
- 1 tsp lemon juice
- 1 tsp Bragg's Coconut Secret Organic Aminos
- 7 basil leaves (minced)
- 2 cloves of garlic
- 1/4 tsp garlic powder and salt

Greek Green Beans:

- 1 lb organic green beans, cut in half
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon minced garlic
- 1/4 teaspoon sea salt



Pot Roast and Steamed Veggies

Serves 3-4 | 10 Minutes Prep + 7-8 Hours Cook Time

1 beef roast or brisket

1 container beef bone broth

Salt, pepper, garlic powder
(to taste)

Any vegetable that you
prefer: onion, carrots,
broccoli, cauliflower, potatoes,
etc.

Put the roast, bone broth (or approximately 1/2 - 1 cup of water), and seasoning of choice in a crockpot / slow cooker on low for 7-8 hours or high for 4-5 hours. Can steam vegetables in the slow cooker or separately until soft. Easy!



Sheet Pan Chicken/Fish & Veggies

Serves 2 | 45 Minutes

Place all ingredients in a large crockpot or pot. Add more water if needed to cover the bones. Bring to a boil and occasionally remove the fat off of the surface. Reduce to a low simmer, cover in a large bowl combine all chopped veggies and chicken/fish. Pour oil and spices* over veggie and chicken mixture and coat evenly. Place on a lined baking sheet and bake at 400 degrees F for approximately 30 minutes until chicken is fully cooked through and veggies are soft.

Feel free to use whatever veggies you have on hand and need to use up.

*You can use any combo of the following spices you have on hand:

1 tsp cumin
1 tsp garlic powder
1 tsp onion granules
1 1/2 tsp paprika
2 tsp fresh thyme
2 tsp fresh rosemary
1/4 tsp ground ginger
Salt and pepper, to taste

Vegetarian Plan Tip:
Remove chicken, roast more veggies, and serve with cauliflower rice or quinoa.

2 organic chicken breasts or thighs (or try a fresh, wild-caught fish)

4-6 tbsp avocado oil or olive oil

Combo of spices to the right

6 rainbow carrots (sliced in half)

1 bunch asparagus (cut into bite-sized pieces)

1 zucchini (cut into thick chunks)

1 yellow squash (cut into thick chunks)

1/2 lb brussels sprouts (cut bottom off and slice in half)

1 red onion (diced)

3 garlic cloves (crushed - optional)



Sheet Pan Teriyaki Chicken & Veggies

Serves 2 | 45 Minutes

Combine ingredients and make Teriyaki sauce on the next page. Slice the chicken breasts in half, long way to thin them out. Toss chicken and veggies in teriyaki sauce and add to a sheet pan in a single layer. May need to drizzle more oil on the vegetables, if desired. Bake at 375 degrees F for approximately 30 minutes or until chicken is cooked and vegetables are browned. Top with green onion and sesame seeds, if desired.

Anti-Inflammatory Plan Tip:
Avoid sriracha/hot sauce.

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

2 organic chicken breasts or thighs (or a wild-caught fish)

2 cups broccoli florets

1/2 lb carrots (sliced into thick slices)

1 cup snap peas

4 tbsp Coconut Secret brand aminos (teriyaki flavored)

2 tbsp olive oil

1 tbsp sesame oil (optional, can use all olive oil)

2 tsp sriracha sauce (optional - or hot sauce)

2 cloves garlic (minced - or 1/2 tsp garlic powder)

Green onions + sesame seeds (optional for topping)



Shepherd's Pie

Serves 2-3 | 30 Minutes

Follow recipe for mashed caulifloweratoes and set aside.

Brown hamburger, add in onion, carrots, peas and let steam until tender, approximately 10 minutes.

In separate saucepan, simmer beef broth, onion 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 caulifloweratoes. Cook at 350 degrees F until warm throughout or until top starts to brown.

Topping:
Mashed Caulifloweratoes

Inside:
1 lb grass-fed beef

1/2 onion (diced)

3 carrots (diced)

1 cup peas

Sauce:
2 cups beef bone broth

1/2 onion (diced)

1 cup cauliflower rice

Salt, pepper, and garlic powder (to taste)

2 tsp worcestershire sauce

4 tbsp butter

1/2 cup arrowroot powder



Slow Cooker Beef Stew

Serves 4 – 6 | 6 – 8 Hours Total

Place all ingredients into a slow cooker. Cook on low for 6–8 hours. Top with sour cream if desired and serve.

Vegetarian Plan Tip:

Replace meat with 2 cups of veggies of your choice from the Replace Food List.

2lbs grass – fed beef stew meat
4 carrots, coarsely chopped
2 cups beef broth
2 tablespoons Worcestershire sauce
2 tablespoons balsamic vinegar
6 ounces tomato paste
2 cups fire – roasted tomatoes (optional)
1 cup mushrooms, sliced
1 onion, sliced
1 teaspoon garlic powder
1 teaspoon onion powder
2 tablespoons fresh dill, chopped
3 sprigs thyme
3 bay leaves
2 tablespoons avocado oil
4 tablespoons arrowroot powder
1 teaspoon sea salt



Steamed or Sauteed Veggies

Serves 1 | 10 Minutes

Chop up 2–3 cups of the veggies of your choice from the list and lightly steam until veggies are soft or sautee for 4–5 minutes in 1–2 tbs of extra virgin olive or avocado oil. Season with salt and pepper.

Broccoli
Cauliflower
Carrots
Zucchini
Green beans
Mushrooms
Onions Snap
peas



Sweet Potato Chips

Serves 3-4 | 2 Hours

Slice the sweet potatoes as uniformly and thin as possible. You can also use a mandoline slicer or peeler. The thinner the slice, the crisper it will be. Toss the sweet potatoes in the coconut oil until lightly coated and sprinkle with sea salt. Lay out the potatoes in a single layer on a baking sheet and bake for approximately 2 hours at 250 degrees F. Flip them half way through. Remove from oven and let rest for about 10 minutes before removing them from the pan and eating to allow them to crisp up!

2 sweet potatoes

2 tbsp coconut or avocado oil

1/4 tsp sea salt



Sweet Potato Chili

Serves 3-4 | 45 Minutes

2 tbsp coconut oil

1 medium onion, chopped

1 bell pepper, chopped

3 cloves garlic, minced

1 tbsp tomato paste

1 lb clean turkey sausage or ground beef

1 tbsp chili powder

1 tsp dried oregano

1/2 tsp garlic powder

1/4 tsp cayenne (optional)

Salt

4 large sweet potatoes, peeled and cubed into 1" pieces

3 cups chicken, beef, or vegetable broth

1 (14.5-oz.) can diced tomatoes

In a large pot over medium heat, heat oil. Add onion and bell pepper and cook until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute more, then add tomato paste and stir until well coated. Add sausage/beef and cook, breaking up meat until cooked through. Add chili powder, oregano, garlic powder, salt, and optional cayenne. Add sweet potatoes, broth, and tomatoes and bring to a boil. Reduce heat and let simmer, covered, until sweet potatoes are tender, about 15 minutes.

Vegetarian Plan Tip:
Replace meat with 2 cups of steamed cauliflower florets.



Tacos and Taco Salad

Serves 2-4 | 20 Mintues

Brown hamburger in coconut oil. Mix in seasoning. Use romaine lettuce wraps (or cabbage) as “taco shells” or put on a bed of spinach to make taco salads.

Vegetarian Plan Tip:
Substitutue the ground beef for steamed cauliflower florets.

2 tbsp coconut oil

1-2 lbs grass-fed ground beef

1 small onion, finely chopped

2 tbsp chili powder

2 tbsp cumin powder

Salt and pepper (to taste)

Garlic powder (to taste)

Spinach or Romaine lettuce leaves

Optional Toppers: organic cheese, black beans, organic sour cream, salsa, cilantro, cucumber, bell pepper, avocado



Teriyaki Chicken & Riced Cauliflower

Serves 2 – 3 | 30 Minutes

In a small bowl, mix together all of the sauce ingredients.

On the stove, cook cubed chicken in avocado oil until cooked through (can add a couple of tablespoons of the sauce to the chicken to add flavor if you want). Add the broccoli florets to the chicken and cook for 3 – 4 minutes. Add the remainder of the sauce to the pan and turn to cook on high allowing the sauce to bubble and thicken (approximately 1 – 2 minutes). Add a little water at a time, as needed, if the sauce is too thick. Add riced vegetable of choice to the pan and toss for 1 – 2 minutes.

Vegetarian Plan Tip:

Replace meat with 2 cups of veggies of your choice from the Replace Food List.

2 organic chicken breasts (cut into chunks)

2 cups broccoli florets

Cauliflower or other veggie of choice (riced)

Sauce:

1/2 cup water

1/3 cup Bragg's Coconut Secret Organic Aminos

1 tbsp honey

2 tbsp vinegar

1 tbsp arrowroot powder

2 garlic cloves (minced)

1/2 tsp ginger (grated or a little less if powder)



Turmeric Chicken & Broccoli

Serves 2 | 35 Minutes

Mince the garlic and ginger together to form a chunky paste, set aside. Mix the spice blend with the cumin, chile and turmeric, set aside.

Saute the onions in the coconut oil until softened, about 5 minutes. Add the ginger and garlic paste and cook 1 minute more. Add the spice blend and cook 1 minute.

Add the chicken and broccoli and cook until the chicken is no longer pink in the center and the broccoli is tender. Cut the lemon in half and squeeze over the skillet to release as much juice as possible, being careful to keep the seeds out of the pan. Stir all ingredients to combine.

Note: There will be very little leftover cooking liquid. If you prefer more sauce, add chicken stock or coconut milk in small amounts until it's your desired consistency.

Vegetarian Plan Tip:

Replace meat with 2 cups of veggies of your choice from the Replace Food List.

2 organic chicken breasts
(cubed)

1 large head broccoli (cut into
chunks)

2 cloves garlic (minced)

2-inch piece of fresh ginger root
(minced)

1 – 2 tbsp turmeric

1 tsp cumin

1/2 tsp chile powder

3 tbsp coconut oil

1 small onion (cut)

1 lemon

Chicken stock or coconut milk
(optional)



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.



You – Pick – 3

Raw veggies & guacamole
Raw veggies & hummus
Turkey & hummus roll ups
Olives
Berries
Apple slices with almond butter
Nuts
Side salad with leftover meat and veggies
Pickles
Smoothie

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



Zucchini Fries (Vegetable Fries)

Serves 2 | 30 Minutes

1 cup almond flour

**Salt, pepper, garlic powder
(or cajun spice, check
ingredients)**

2 organic eggs (beaten)

**1 large zucchini (try any
vegetable such as
asparagus, green beans, etc)**

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 F for 20-30 minutes or until brown and crispy.

NEXT STEPS

- 1 Once you've completed Reintroduction move onto one of the following steps:
 - If you found sensitivities to any foods, discontinue eating them and go back to the Challenge Plan.
 - If gut and inflammation issues have not improved, repeat another full cycle of the Gut Reset Track.

You can repeat this track 1-2 times per year based on gut health needs.

- 2 Below are the supplements we recommend for continued gut health & support:

Livingood DailyOmegas + Turmeric - Help maintain healthy cardiovascular function, normal healthy digestive

Livingood Daily Collagen + Multi - Ultra-clean source of protein and essential vitamins & minerals your body needs! a premium-quality collagen protein formulated to enhance your digestive health.

Livingood Daily Greens + Superfoods - Nutrient-rich, antioxidant, anti-inflammatory superfood that can help to support heart health and digestion, supercharge your energy, enhance detoxification, and nourish your cells.

Livingood Daily Vitamin D + Immune Complex- Contains ingredients like Magnesium and Vitamin K2 to help your body fully absorb and utilize Vitamin D

Livingood Daily Detox Bundle - We recommend doing a detox cleanse only every 90 days.

Livingood Daily Para + Candi Cleanse - can be paired with Livingood Daily Detox Bundle every 90 days for a powerful combination to support advanced gut healing and detoxification.

Optional: Livingood Daily GI Support - Continue taking to maintain gut health with this comprehensive support with ingredients like L-Glutamine & MSM

CONGRATULATIONS

Congratulations! You have started a habit of building real health. 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?





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

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