



# DEFEATING **DIABETES**



## Anti-Inflammatory Blueberry Muffins

**Total Time: 20 Minutes**

**Yields: 8-10 Muffins**

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.

### **Ingredients:**

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





## Berry Smoothie Bowl

**Total Time: 10 Minutes**

**Total Servings: 1**

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!

### **Ingredients:**

1 cup full-fat coconut or unsweetened almond 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

**Total Time: 10 Minutes**

**Total Servings: 1**

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

### **Ingredients:**

- 1 large handful of spinach
- 1 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)



## Collagen Protein Berry Smoothie

**Total Time: 10 minutes**

**Total Servings: 1**

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

### **Ingredients:**

1 cup of frozen berries (mixed or your choice)

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

1/2-1 scoop Livingood Daily Collagen Protein Vanilla

Add water and ice for consistency





## Asian Salmon/Chicken

**Total Time: 30-35 Minutes**

**Total Servings: 2**

Preheat oven to 375° 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 parchment paper. Spoon the honey mixture over the salmon. Fold the sides of the parchment paper 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.

### **Ingredients:**

2 pieces of wild caught  
salmon or free-range chicken  
breasts  
1/4 cup honey (ideally once  
you've hit goals or on  
occasion)  
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)





## Balsamic Chicken with Brussels Sprouts

**Total Time: 30 Minutes**

**Total Servings: 2**

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.

### **Ingredients:**

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 (ideally  
once you've hit goals or on  
occasion)



## Chicken Lo Mein With Veggie Noodles

**Total Time: 30 minutes**

**Total Servings: 12 mini bites**

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.

### **Ingredients:**

2 organic chicken breasts,  
cut and cooked  
1 1/2 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





## Create Your Own Salad

**Total Time: 15 Minutes**

**Total Servings: 1**

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

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

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

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



## Greek Turkey Burger & Tzatziki Sauce

**Total Time: 30 Minutes**

**Total Servings: 2**

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.

### **Ingredients:**

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)





## Mediterranean Zucchini Noodle Salad

**Total Time: 15 Minutes**

**Total Servings: 2**

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.

### **Ingredients:**

#### **Salad:**

3 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)



## Pesto Chicken

**Total Time: 30 Minutes**

**Total Servings: 2**

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.

**Vegetarian Plan Tip:**

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

### **Ingredients:**

- 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
- 2 tbsp raw honey (ideally once you've hit goals or on occasion)
- 1/2 tbsp arrowroot powder (cornstarch alternative) mixed with 1/2 tbsp water, stir 1/2 cup green onion (garnish)





## Slow Cooker Beef Stew

**Total Time: 6-8 Hours Total**  
**Total Servings: 4**

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.

### Ingredients:

- 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



## Shepherd's Pie

**Total Time: 30 Minutes**

**Total Servings: 2**

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

### **Topping:**

Mashed Cauliflower Tatoes

1 head cauliflower

Salt and pepper, to taste

4 tbsp organic butter

Garlic powder (optional)

### **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





## Steamed or Sauteed Veggies

**Total Time: 10 Minutes**

**Total Servings: 1**

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

### **Ingredients:**

Broccoli

Cauliflower

Carrots

Zucchini

Green beans

Mushrooms

Onions Snap

Peas





## Teriyaki Chicken & Riced Cauliflower

**Total Time: 30 Minutes**

**Total Servings: 2**

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.

### **Ingredients:**

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

**Total Time: 35 Minutes**

**Total Servings: 2**

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. Sauté 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.

### Ingredients:

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)





## You-Pick-3

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

### Ingredients:

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