



LIVINGOOD DAILY

GREENS RECIPE GUIDE

A MESSAGE FROM DR. LIVINGOOD

Care About Nutrients

Congratulations on getting [Livingood Daily Greens + Superfoods](#)! Are you lacking green food in your diet? Do you eat 6-8 servings of vegetables per day? Does your family? Let's face it, in today's world we lack nutrients to nourish and detox our bodies. Eating all our necessary fruits and vegetables becomes a challenge so I created a simple solution to get **50+ superfoods and 15 servings of fruits and veggies in 1 scoop**! This does not give you an excuse to eat poorly but it will help build health conveniently for you and the family.

I understand everyone has different taste buds but that is no excuse to not get your [Livingood Daily Greens](#) so we created this guide to help. In the following pages are easy [Livingood Daily Greens](#) recipes myself and family love, but before those here are a few easy ways to enjoy your new daily drink...

- Add 1 scoop of any flavor of [Livingood Daily Greens + Superfoods](#) into 12-24oz of water, green juice, nut milk, or beverage 1-2 times per day.
- Add a scoop of any flavor of [Livingood Daily Greens + Superfoods](#) to any smoothie recipe.
- Add 1/2 scoop of any flavor of [Livingood Daily Greens + Superfoods](#) to your coffee.
- Add a 1/2 scoop of any flavor of [Livingood Daily Greens + Superfoods](#) to your favorite kombucha or kefir drink.
- For an immune boost, mix 1/2 scoop of [Livingood Daily Greens](#) with 1 tsp of [Livingood Daily Vitamin C Powder](#) and/or 1-2 tbsp of apple cider vinegar.

Care About Nutrients!

Dr. Livingood





Immune Boosting Green Juice

Serves 1 | Total Time: 10 minutes

Juice all ingredients in a juicer. Stir and serve over ice if desired!

*Depending on juicer, you may need to peel the lemon but leave as much of the white pith on as you can. If you do not have a juicer, you can also put everything in a blender on high. Pour into a fine mesh strainer or through a nut milk bag for a less pulpy, silky smooth result.

4-6 celery stalks

1 cucumber

1 granny smith apple

2 cups spinach and/or kale

1 head of romaine lettuce

1 lemon*

1 scoop of [Livingood Daily Greens + Superfoods](#)

1 lime (optional)

1 small knob ginger (optional)



Berry Simple Smoothie

Serves 1 | Total Time: 10 minutes

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

Low Carb Plan Tip

Skip the 1/3 of a banana.

Vegetarian Plan Tip

Use a vegetarian protein or [Livingood Daily Greens](#) in place of the [Collagen](#).

1 cup spinach

1 can coconut milk

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

2 cups of frozen berries of choice (if using fresh berries, add 4 ice cubes)

1/3 of a frozen banana (optional)

1-2 - 1 Scoop [Livingood Daily Vanilla Collagen + Multi](#)

1/2 an avocado (cubed then frozen, optional for a thicker and smoother consistency)

1/2 - 1 scoop of [Livingood Daily Greens + Superfoods](#) to taste



Almond Joy or Mint Almond Joy Smoothie

Serves 1 | Total Time: 10 minutes

Put all ingredients into a high powered blender and blend until smooth. Can give or take amounts of smoothie ingredients to your liking! This smoothie is so good it could be a snack, drink, or dessert!

Anti-Inflammatory Plan Tip

Coconut, almond, cashew, and flax milk or butter are options for this plan as well as chocolate, cacao, and coffee, in moderation, if no known sensitivities.

Low Carb Plan Tip

Avoid bananas during a low carb plan. Opt for a few chunks of frozen avocado instead.

Vegetarian Plan Tip

Use the [Livinggood Daily Greens](#) in place of the [Collagen](#).

1 cup unsweetened almond milk

1/2 frozen banana

2 large spoonfuls of almond butter

1 tbsp cocoa powder

1 tsp cinnamon

1 tsp vanilla extract

1/2 scoop [Livinggood Daily Chocolate Collagen + Multi](#)

1/2 scoop [Livinggood Daily Greens + Superfoods](#)

1/2 an avocado (cubed then frozen (optional))

Unsweetened shredded coconut (optional topping)



The Ultimate Smoothie

Serves 1 | Total Time: 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. Add more or less liquid to desired consistency and more or less ice to desired temperature.

Vegetarian Plan Tip

Use a vegetarian protein or [Livingood Daily Greens](#) in place of the [Collagen](#).

1/2 cup coconut milk

1/2 cup unsweetened vanilla almond milk

1 cup spinach

1 tbsp cocoa powder (especially if you do not add [chocolate Collagen](#))

2 tbsp cocoa nibs

2 tbsp whole flax seeds

2 tbsp chia seeds

1 tbsp maca root powder

1 scoop [Livingood Daily Greens + Superfoods](#)

1 tbsp coconut oil

1/2 cup water or nut milk (for desired smoothie consistency)

3-4 ice cubes

1 scoop of [Livingood Daily Collagen](#) (try 1/2 vanilla and 1/2 chocolate, optional)



Bulletproof Mint Latte

Serves 1 | Total Time: 5 minutes

Bring the water and nut milk to a boil (or you can just use 1 ½ cups of nut milk instead of water). Put all ingredients into a blender and blend on high until smooth and frothy!

Anti-Inflammatory Plan Tip

Nut milks are optional for this, in moderation, if no known sensitivities.

Vegetarian Plan Tip

Avoid [Collagen](#).

1/2 cup water

1 cup unsweetened nut milk

1/2 - 1 scoop [Livingood Daily Greens + Superfoods](#)

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

1 tbsp coconut oil

1 tbsp ghee or butter

1 tsp sea salt



Berry Smoothie Bowl

Serves 1 | Total Time: 10 minutes

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

Anti-Inflammatory Plan Tip

Coconut, almond, cashew, and flax milk or butter are optional for this as well as chocolate, cacao, and coffee, in moderation, if no known sensitivities.

Low Carb Plan Tip

Stick to berries only. Sub the half of a banana option with a few chunks of frozen avocado for extra fat.

1 cup coconut milk

1 ½ cups frozen berries or fruit of your choice

1/2 frozen banana (optional)

1/2 scoop [Livingood Daily Greens + Superfoods](#)

Optional toppings: fresh fruit sliced, chia seeds, sliced almonds or nuts, toasted or dried coconut flakes, granola, cacao nibs, Stevia-sweetened chocolate chips



DLG's Favorite Chia Seed Pudding

Serves 4 | Total Time: 5 minutes + 2 hours chill time

Put all ingredients in a blender and blend on high for 1-2 minutes until smooth. If you prefer the chia seeds not to be blended, just stir until well mixed. Pout into a container and refrigerate for a minimum of 2 hours up to overnight. Top with your favorite toppings and enjoy! Best if eaten within a couple of days.

Anti-Inflammatory Plan Tip

Coconut, almond, cashew, and flax milk or butter are optional, as well as chocolate, cacao, and coffee, in moderation, if no known sensitivities.

Low Carb Plan Tip

Remove the sweetener (honey, maple syrup, etc.) and use [Livingood Daily Greens](#)

Vegetarian Plan Tip

Approved for vegetarians that eat eggs and/or dairy.

1 can coconut milk

1/2 cup chia seeds

1/2 tsp vanilla extract

1 scoop [Livingood Daily Greens + Superfoods, Regular or Chocolate](#)

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

Cinnamon to taste (optional)

1 tbsp maple syrup (optional)

Toppings (optional): Berries, chopped nuts, unsweetened coconut flakes, cacao nibs



DLG's Anti-Inflammatory Porridge

Serves 1 | Total Time: 15 minutes

Combine cottage cheese and oil in a bowl and use a hand blender to blend until smooth. Stir in flax meal and turmeric, if using. Top with any of your favorite toppings and enjoy! This delicious breakfast treat for the whole family is easy to make and super nutritious. Used as a long-standing anti-cancer protocol, the combination of flax seeds, flax seed oil, and the sulfur from the cottage cheese make this a super food for your cells. It acts as a powerful anti-inflammatory to relieve aches, pains, and is good for the gut.

Low Carb Plan Tip

Remove the sweetener (honey, maple syrup, etc.) and use [Livinggood Daily Greens](#) to sweeten.

Vegetarian Plan Tip

Approved for vegetarians that eat eggs and/or dairy.

6 tbsp organic cottage cheese (or kefir)

3 tbsp organic flax oil

1/2 scoop [Livinggood Daily Greens + Superfoods](#)

3 tbsp organic flax seeds (ground up into meal)*

*Do not include flax seeds if you have colorectal cancer or a colostomy.

Toppings: (optional)

2 tbsp almond butter

1 tbsp coconut mana or butter

1/2 cup berries of choice

1 tbsp honey



Mint Ice Cream

Serves 2-4 | Total Time: 15 minutes + chill time

Put all ingredients into a high-powered blender and blend until smooth consistency. Pour the blended mixture into an ice cream maker*. Follow the instructions on the ice cream maker.

*If you don't own an ice cream maker, you can add the mixture to a freezer-safe container and freeze. Once every hour, remove from freezer and stir/whisk to incorporate air. Repeat until mostly firm (6-8 hours). Then continue freezing until completely firm before serving. The results won't be quite as creamy, but it will still work!

Low Carb Plan Tip

Avoid maple syrup and add [Livingood Daily Greens](#) to sweeten.

Vegetarian Plan Tip

Approved for vegetarians that eat eggs and/or dairy.

2 cans coconut milk or coconut cream

2 tbsp butter (melted)

1-2 scoops of [Livingood Daily Greens](#) + [Superfoods](#)

2 tsp vanilla extract

1/2 tsp sea salt

Optional: 1/4 cup maple syrup (or you can use 2 droppers full of Stevia, or 1/4 cup coconut sugar, or 1/4 cup almond butter)



Homemade Popsicles (continued on next page)

**Yields 6 Popsicles | Total Time: 15 minutes
+ freeze time**

Put all ingredients in a blender then fill Popsicle molds. Store in freezer and enjoy within 6 months.

Anti-Inflammatory Plan Tip

Coconut milk is optional for this as well as chocolate, cacao, and coffee, in moderation, if no known sensitivities.

Low Carb Plan Tip

Avoid the honey or maple syrup and use [Livingood Daily Greens](#) to sweeten.

Berry Base:

1 can coconut milk

2 tbsp maple syrup (optional)

1 tsp vanilla extract (optional)

**1-2 - 1 scoop [Livingood Daily Greens](#)
+ [Superfoods](#)**

Berry:

2 cups berries of choice

1 tbsp lime juice (optional)

Fruit:

2 cups fruit of choice (pineapple, mango, banana, etc.)



Homemade Popsicles (continued from previous page)

Put all ingredients in a blender then fill Popsicle molds. Store in freezer and enjoy within 6 months.

Chocolate Base:

1 can coconut milk
2 tbsp honey or maple syrup (optional)
1 tsp vanilla extract (optional)
1/2 - 1 scoop [Livingood Daily Chocolate Greens + Superfoods](#) (optional)

Chocolate Crunch:

1 scoop [Livingood Daily Regular or Chocolate Greens + Superfoods](#)
1/4 cup Stevia-sweetened chocolate chips
3 tbsp cacao nibs

Chocolate Fudgsicle:

1 scoop [Livingood Daily Chocolate Greens + Superfoods](#)
1/2 - 1 avocado
Pinch of salt

Chocolate Coffee:

2 cups organic coffee (cold) or
1-2 tsp instant organic coffee or espresso powder

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