



Digestive Health Recipe Guide

The Digestive Restoration Recipe Plan

These recipes are designed for phase I and II on the Digestive Restoration plan. This is a very restrictive plan in terms of the foods that are allowed, however, as you will soon discover, you can make some very tasty and enjoyable dishes.

As always, if you feel you are struggling with any of the particular ingredients than be sure to remove those and look for alternatives.

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Resource Guide

The Supercharged chicken broth is the first featured recipe and it is the staple of Phase I broth cleanse and the base for many other recipes in this booklet and you can use it for your own recipes in phase II and beyond. Feel free to make this with beef stock, turkey or duck stock as well.

*Be sure to do your best to only get organic products during the Restoration plan. It is especially important to reduce any exposure to pesticides/herbicides.

Canned & Carton Coconut Milk – You want to get this in a BPA-free can without Guar Gum. The best brand that I have found is Natural Value [here](#). I recommend getting this by the case as you will most likely use a lot of this during the plan. For Carton – [So Delicious Unsweetened](#) is the best because they have no sweetener and no carrageenan.

Himalayan Sea Salt: I recommend pink salts (Redmond’s Real Salt and Himalayan Sea Salt) as they have the most trace minerals and in their pure state. Here is the [brand](#) that I use.

Grass-Fed Ghee: Ghee is clarified butter. Grass-fed butter is full of healing nutrients but it also contains trace amounts of casein, whey and lactose. Ghee is completely free of casein, whey and lactose. If you have a dairy sensitivity, be sure to stick with ghee. My favorite brand of grass-fed ghee is Indian Pure Farms [here](#) as they are 100% grass-fed cows and they have all kinds of unique herbal blends. The only drawback is they are quite pricey. If you cannot afford that brand, try the Purity Farms brand [here](#)

Collagen Protein: This is grass-fed beef gelatin and is the best protein powder for healing the gut. You can find it on DrJockers.com – [store](#) It isn't flavored so you may have to add stevia to it to improve flavor of the shake.

Coconut Butter: This is similar to coconut oil but contains good coconut fibers. Here is my favorite brand [here](#)

Organic Chicken Broth: If you don't want to make your own broth (which is best), you can get it pre-made in a carton [here](#) with 9g of protein per serving. This is an excellent product!

US Wellness Meats: This company [here](#) has great pasture-raised poultry, duck, beef and many other healthy meat products. You can get a whole pasture-raised chicken, you can also get chicken or duck stock or gelatin and make your own broth with that. Many of my clients do this as it saves time over making your own broth.



Vegetables: Look to find these at your local health food store or even better would be from a local farmer or farmers market. If you cannot find them organic, peel off the outer layers or wash them with a natural veggie wash [here](#)

Coconut Flour: This is the fiber of the coconut and it can be used for baking! It is rich in good coconut fats and high quality fiber and is low carbohydrate and gluten-free. This is preferred over almond flour due to the quality of the fat and the lower quantity of anti-nutrients as compared to almond flour or other nut flours.

Stevia: This is a natural sweetener that is 100 times stronger than sugar and has no ill effect on blood sugar. This is the preferred sweetener we use in this program. We recommend the Sweet Leaf brand of liquid stevia droplets for highest quality. We find that people like the flavor of the liquid dropper better than the white powder. If you are noticing an unwanted aftertaste, try adding a bit more pink salt in your dish. The salt acts to blunt the aftertaste of the stevia.

Apple Cider Vinegar (ACV): This is a deeply fermented apple liquid vinegar that has a strong bitter flavor. It is rich in enzymes and organic acids. We recommend getting a raw, unpasteurized ACV with the "mother" intact for the best benefits. Bragg's ACV is our preferred brand.

Coconut Aminos: This is a soy sauce alternative made out of coconut. It is soy-free, hypoallergenic and well-tolerated by most individuals. Great for stir-fry's, meat dishes and any other places you would want to use soy sauce.

Thrive Market: This is an online [shopping community](#) where you can get discounted pricing on many of the non-perishable items such as olive oil, coconut oil, ACV, herbs, organic soaps and shampoos and so much more. They have great customer service and free shipping options.



SuperCharged Chicken Broth

SuperCharged Chicken Broth Ingredients:

1 whole pasture-raised chicken
2 carrots, roughly chopped
2-4 stalks organic celery, roughly chopped
Pink Salt, to taste
1 tsp of Apple cider vinegar
Filtered Water to cover

Servings: 1 1/2 gallons

Ready In : Overnight

SuperCharged Chicken Broth Instructions

Take the chicken and wash well. Deeply pierce the skin all over with a long serving fork (this is to let the juices deep down in the tissues to release over time), and place in a very large stock pot. Add a little salt and apple cider vinegar and then add water till it covers the chicken. Heat on the lowest setting possible and let it sit for at least 18 hours. The water should never boil but should just sort of bubble a little.

Once the chicken has given up all it's juices, take it out (it will fall apart so you will need to use a tool that can scoop it up) and set aside in a big bowl to cool off. Next add the veggies and let that simmer or bubble for another couple of hours or so. Turn off the heat then remove and discard the veggies.

Cool for a few hours and then pour through a cheese cloth-lined strainer to catch any tidbits still left in the pot. Put thoroughly cooled broth into containers in the fridge. After a day you can take them out and skim off the fat which can be saved in the freezer.

Another helpful tip, you can also buy ice cube trays and freeze individual stock ice cubes, which is really handy if you find yourself needing to make soup for one, but only have containers of stock for 6.



Tasty Butternut Squash Soup

Tasty Butternut Squash Soup Ingredients:

- 4 pounds whole butternut squash (about 2 medium), halved lengthwise and seeds removed
- 4 tablespoons grass-fed ghee or coconut oil
- 1 tsp. rubbed sage
- 1 tsp of ginger powder
- 2 tsp of ground turmeric
- 4 cups organic pasture-raised chicken stock or vegetable stock
- 2 cups filtered water
- Pink salt and black pepper to taste
- 1 cup full-fat organic coconut milk

Servings : 6-8

Ready in : 1 hr. 20 min.

Roasted Butternut Squash Soup Instructions:

1. Heat the oven to 425°F, then line a baking sheet with aluminum foil. Place the squash pieces cut-side up on the baking sheet. Melt 2-4 tablespoons of the ghee or coconut oil and brush it over the tops and insides of the squash halves (alternatively, you can rub it on evenly with your fingers). Season generously with salt and pepper. Roast until knife tender, about 50 minutes to 1 hour.
2. Add the chicken stock and water in a large soup bowl, and bring to a boil over medium-high heat. Add in the squash and the coconut milk and reduce the heat to medium-low and simmer, stirring occasionally and breaking up any large pieces of squash, until the flavors meld together, about 15 minutes. Add in the sage, ginger, turmeric, salt and pepper and continue to mix.
3. Puree the soup in batches until smooth, and adjust seasoning if necessary. Serve.



SuperCharged Chicken Wonder Soup

SuperCharged Chicken Wonder Soup:

- 2 quarts organic, free-range chicken stock.
- 1/2 of the chicken used to make the stock, chopped
- 3 tbsp. coconut oil
- 1 cup carrots, diced
- 1 cup bok choy, diced
- 1 cup kale, shredded
- 1 cup fresh baby spinach, chopped
- 1/4 cup chopped parsley (or cilantro or Italian parsley if you like a little more spice)
- 1 tsp. rubbed sage (or 2 tbsp. fresh sage)
- 1 tsp. of ground coriander
- 1 tsp. dried thyme (1 tbsp. of fresh thyme)
- 1 tsp oregano
- Pink salt and black pepper, to taste

PrepTime: 10 mins

Cook Time: 20 mins

Servings: 6 (This recipe pictured used tomatoes but we are avoiding those on Phase I-II)

Instructions:

In a very large pot (I use a stock pot) sauté the carrots in the coconut oil. Once the carrots are limp, pour in the chicken stock.

Add the bok choy, kale and spinach and cook for a few mins. Stir in the chicken, then the spices and let that simmer for about 20 mins. Salt and pepper to taste.



SuperCharged Turmeric Zucchini Soup

SuperCharged Turmeric Zucchini Soup Ingredients:

2 pounds organic zucchini, trimmed and chopped
3 1/2 cups organic animal (beef, chicken or veggie) stock
1/2 cup organic coconut milk
1 tbsp. coconut oil
1 tsp apple cider vinegar
2 tsp. curry or turmeric powder
1/2 teaspoon pink salt
Pinch of black pepper
Chopped cilantro, garnish

Servings: 4-6

Ready In: 40 mins

Instructions

In a medium pot, heat the oil over medium-high heat. Add the zucchini and cook, stirring, until soft, about 3 minutes. Add the curry or turmeric powder and salt. Stir, and cook until fragrant, about 30 seconds. Reduce to medium heat, and cook, stirring occasionally, until soft, 5 to 6 minutes.

Reduce the heat and simmer until the zucchini is very tender, about 20 minutes.

Remove from the heat. With a hand-held immersion blender, or in batches in a food processor, puree the soup. Return to medium heat and stir in the coconut milk. Simmer for 3 minutes. Adjust the seasoning, to taste. Serve garnished with the cilantro.

This soup can also be served cold. If desired, simply refrigerate for 4-6 hours, until well chilled.



Thai Coconut Soup

Thai Coconut Soup Ingredients

- 1 quart chicken stock
- 1 stalk lemon grass, white part only, cracked open with the flat side of a knife
- 1 (3-inch) piece fresh ginger, peeled and thinly sliced
- 1 (13-ounce) can organic coconut milk
- 4 limes, juiced
- 2 cups shredded cooked turkey
- 2 tbsps of ground turmeric
- Pink salt and freshly ground pepper
- 1/4 cup chopped fresh cilantro leaves

Servings: 4

Prep Time: 20 mins

Thai Coconut Soup Instructions:

Bring the stock to the boil over medium heat in a soup pot. Add the lemon grass and ginger. Lower the heat to medium-low, cover, and gently simmer for 10 minutes to let the spices infuse the broth.

Uncover and stir in the coconut milk, turmeric, lime juice, and turkey. Simmer for 5 minutes to heat the chicken stock through; season with salt and pepper. Ladle the soup into a soup tureen or individual serving bowls. Garnish with cilantro. Be careful to avoid chewing the lemon grass or ginger. You could also remove these ingredients before stirring in the coconut milk.



Pumpkin Spinach Curry Chowder

Pumpkin Spinach Curry Chowder Ingredients:

- 1/2 of a cup organic plain (unsweetened) pumpkin (canned)
- 4 cups raw spinach (kale if needing a low oxalate plan)
- 3 cups shredded chicken or turkey
- 1 tbsp Virgin coconut oil or extra-virgin olive oil
- 2 cups of organic chicken broth/stock
- 1-2 tbsps of Curry powder or Turmeric powder
- Black pepper and pink salt to taste (I like a lot)

Servings: 4

Pumpkin Spinach Curry Chowder Directions:

1. Simmer the broth, pumpkin, spices for 5 mins
2. Add the chicken or turkey to the broth
3. Add in the spinach and turn the heat to high.
4. Let the soup come to a rolling boil for about 3-5 minutes until the meat is finished.
5. Pour the soup in the bowl and add coconut or olive oil
6. Add salt and pepper to taste

*The original recipe (picture) has red bell pepper and tomato in it – avoid these on phase I & II of the Digestive Restoration plan



Hemp Seed Cucumber Dill Soup

Hemp Seed Cucumber Dill Soup Ingredients:

3 large organic cucumbers, washed with skin
1/4 ginger
1 can organic coconut milk
1 1/2 cups unsweetened original hemp milk
~2 Tbsps extra virgin olive oil
Pinch dried spearmint leaves
Dash cayenne pepper (optional!)
Pink salt and pepper, to taste
Hefty pinch dried dill
4 fresh basil leaves
4-5 fresh mint leaves
1/4 c. shelled organic hemp seed (plus extra for topping)

Hemp Seed Cucumber Dill Soup Directions:

Wash, dry, and cut a whole cucumber into thirds or quarters. Add the cucumber and ginger root to your VitaMix or other blender. For about 30 seconds, blend on medium-hi while using the damper (or a long-handled spoon out of reach of the running blades) to compress the cucumber. Once the larger chunks of cucumber are chopped, turn off the blender.

Add in the hemp milk, coconut milk, olive oil and spices. Turn your blender to high and blend it for 1-2 minutes. I blend my soup until it is thoroughly mixed but there are still shreds of cucumber not pureed so it isn't just a single consistency. Serve cold, sprinkled with hemp seeds. This soup is quick and easy as a delicious, cooling appetizer or side soup.



Coconut Lime Seared Salmon

Coconut Lime Seared Salmon Ingredients:

2 fillets fresh or frozen (defrosted) wild caught Alaskan salmon with skin
Pink salt and black pepper
2 tbsps. extra virgin coconut oil for frying

Seasonings:

1 tsp. dried dill, ginger and lemon zest
Sprinkle dill, ginger, salt & pepper.

Coconut Lime Sauce:

1/2 can organic full fat coconut milk
1/4 c. fresh lime juice
Peel of fresh lime, grated for zest
Handful organic shredded coconut (extra for garnish)
Slices of fresh lime, garnish

Coconut Lime Seared Salmon Instructions:

Prepare your coconut sauce by combining and stirring all the coconut lime sauce ingredients in a large bowl. Once mixed, pour roughly two-thirds of the sauce on the salmon and cover the fish.

Coat your pan with coconut oil and fry the salmon for 2-3 minutes per side. Once the salmon is finished, remove it from the pan and drizzle the remaining coconut lime sauce over the salmon. Sprinkle the seasonings on top along with the coconut flakes and serve hot with a wedge of fresh lime.



SuperCharged Thai Coconut Turkey

SuperCharged Thai Coconut Turkey Ingredients:

4 cups organic coconut milk (2 cans)
1 cup organic chicken stock
1 pound pasture-raised turkey breast cut into strips
3 stalks lemongrass
10 thin slices fresh ginger
½ cup of green beans
2 carrots cut into long thin slices
2 tbsp. Coconut Aminos
3 tbsp. fresh lime juice
Pink salt and pepper
Chopped cilantro to garnish

Servings: 4

Ready In: 35 mins

SuperCharged Thai Coconut Turkey Instructions:

Combine coconut milk and stock and bring to a boil, add smashed lemongrass and ginger to milk/stock and simmer for 15 minutes

In a medium skillet saute green beans and carrots in 1 tablespoon coconut oil until tender. Add to the milk and turkey mixture. Add lime juice and simmer for 10 minutes.

Season with pink salt and pepper, adjust taste with more lime juice or coconut aminos and spoon into bowls. Garnish with fresh cilantro and lemon.



SuperCharged Zucchini Chicken

SuperCharged Zucchini Chicken Rolls Ingredients:

3 zucchinis, sliced 1/4-inch lengthwise (I use a mandoline for uniformity)
2-3 cup well-cooked pasture-raised chicken, shredded
1 tsp Rubbed Sage
1 tsp Cumin or turmeric
1 inch grated ginger
Pinch of Tarragon
1 Carrot - shredded
3-4 tbsp. coconut oil

SuperCharged Zucchini Chicken Rolls Instructions:

First, cut the zucchini length wise into long, thin (1/4" width by 4" long) slices. Then sauté the zucchini in coconut oil for several minutes on a medium-high heat. Cook up shredded chicken and shredded carrot and ginger in coconut oil on a skillet and add in spices.

Take the zucchini slices, add the chicken mixture and roll up into rolls secured with a tooth pick and bake in 300 degree oven for 20 mins. Serve warm.

*This picture shows the recipe on a red pepper sauce – we have that recipe on DrJockers.com but it is not recommended during phase I –II of Digestive Restoration plan.

Servings: 4-6

Ready In: 40 minutes



Basil Coconut Crusted Salmon

Basil Coconut Crusted Salmon Ingredients:

Salmon Fillets

¼ cup of fresh basil

2 -4 tbsps of coconut oil

¼ cup of finely shredded coconut

1 tsp of lemon juice

Servings: 2

Prep Time: 10 mins

Cook Time: 15 mins

Instructions:

1. Pulse coconut flakes, basil, coconut oil, lemon juice in mini food processor or blender.
2. Add more coconut oil/lemon juice to get the thickness of the 'paste' you are looking for.
3. Spread the mixture on top of the salmon fillets and sprinkle extra coconut flakes
4. Bake at 400 degrees until done, about 15 minutes.
5. Serve with a small romaine lettuce and cucumber salad or with a lower protein soup such as the Turmeric Zucchini soup (also great on the Zucchini Pasta – just add some healthy protein).



Turkey Breakfast Sausage

Turkey Breakfast Sausage Ingredients:

2 pounds pasture-raised ground turkey
3/4 cup coconut oil (melted)
2 tsps Himalayan salt
2 tsps of ground turmeric
1 tsp of black pepper
2 tsps finely chopped fresh sage leaves
2 tsps finely chopped fresh thyme leaves
1/2 tsp finely chopped fresh rosemary leaves
1 tbsp stevia
1/2 tsp fresh grated nutmeg

Special Equipment: Hands and parchment paper

Turkey Breakfast Sausage Instructions:

Combine ground turkey with all other ingredients and chill for 1 hour. Using the fine blade of a grinder, grind the turkey. Form into long round sausage using parchment paper. Refrigerate and use within 1 week or freeze for up to 3 months. For immediate use, saute patties over medium-low heat.

You will have to keep out the eggs(as pictured) for phase I-III

Servings: 6-8

Ready in: 1 hr.



SuperCharged Zucchini Noodles

SuperCharged Zucchini Noodles Ingredients:

Zucchini or you can use Yellow Summer Squash (As much as you need. I've found that 2 medium zucchini or summer squash makes enough for one dinner serving)

Pink salt and pepper, to taste

Coconut Oil and/or Grass-fed Ghee– as much as you want to use

Olive oil – if you would like to top with that

Italian herbs: Basil, oregano, rosemary, thyme, etc.

Pink salt and pepper to taste

Special equipment: mandoline or julienne peeler, colander

Optional Ingredients:

Cooked, shredded chicken/turkey/duck

Ginger, turmeric and other approved herbs as desired

SuperCharged Zucchini Noodles Instructions:

Using the mandoline or peeler (or just a knife if that's all you have), slice the zucchini into noodles. Using paper towels, squeeze a good deal of moisture out of the noodles and then transfer them to the colander. Salt them and let stand for 15 minutes.

Preheat the oil in a skillet on high heat. Once again, take paper towels and squeeze the excess moisture out of the noodles, then add the noodles to the pan. Toss with the coconut or ghee and quickly fry for 1-2 minutes. Use a julienne peeler or spiral slicer to turn zucchini into delicious noodles, ready for any traditional topping!

This recipe takes about 20 minutes to prep and 5 minutes to cook.



Cilantro Sauce

Cilantro Sauce:

2 big bunches of organic cilantro
1 cup of FRESH organic chopped sage
1/2 cup FRESH organic chopped basil
1/2 cup FRESH organic chopped oregano

2 cups organic coconut vinegar or Apple Cider vinegar
1 peeled lemon (you might want to try to de-seed it too)

Cilantro Sauce Directions:

Blend in a blender.
Serve with veggies, on salads or with meats!



SuperCharged Coconut Flour Gravy

SuperCharged Coconut Flour Gravy Ingredients:

¼ cup grass-fed butter/ghee or coconut oil
1 quart organic chicken or beef stock
2 tablespoons coconut flour
1 sprig of thyme
1 teaspoon turmeric
1 teaspoon pink salt
1 teaspoon of oregano
1 teaspoon of basil
Freshly ground black pepper to taste

Servings: 1 1/2 quarts

SuperCharged Coconut Flour Gravy Directions:

Melt butter/ghee in a medium size saucepan. Sprinkle with salt. Stir in coconut flour and continue stirring until it thickens and slightly browns. Add stock, turmeric, oregano, basil and thyme. Simmer gently until sauce begins to thicken, 10 – 20 minutes. Remove from heat. Blend carefully in a blender until smooth or use an immersion blender. Add freshly ground pepper to taste. Harden in the fridge, so do not worry if the batter is sticky/wet.



Turmeric Paste

Turmeric Paste Ingredients:

1/2 tsp ground black pepper
1/2 tsp cinnamon
½ cup turmeric powder
1/2 tsp of cardamom

1 tsp ginger powder
1/4 tsp pink salt
½ cup coconut oil
1 and 1/2 cups filtered water, plus 1/2 cup more

Optional:

20 drops of stevia

Turmeric Paste Instructions:

1. Combine pepper, ginger, cinnamon, cardamom, and salt in a small bowl. Set aside.
2. Combine turmeric and 1 and 1/2 cups of water in a small pot, stirring constantly with a wooden spoon. Bring mixture to a very gentle simmer and add another 1/2 cup of water. Continue to stir with wooden spoon.
3. Add mixed spices and continue to cook and stir on low for 3 minutes, until you have a thick and smooth paste.
4. Turn off heat and add coconut oil . Continue to stir until completely smooth.
5. Add optional sweetener while mixture cools.

Transfer to clean glass jar. Mixture will thicken as it cools. Place lid on jar after mixture has completely cooled. Give a little shake to prevent separation and store in fridge for 2-3 weeks.

My favorite way to use the turmeric paste is to add it to a little warmed homemade coconut milk to make golden milk. You can use the paste to flavor stir fries, stews, soups, eggs, veggies, yogurt and anything else that makes you happy. I also love to just eat it by the spoonful from the fridge.



Beautiful Berry Chia Smoothie

Beautiful Berry Chia Smoothie Ingredients:

1 can of full-fat organic coconut milk
6 tbsp of chia seeds
1 scoop Collagen Protein or Super Digest Protein
1 cup of organic raspberries or blueberries (fresh or frozen)
Liquid stevia to taste

Servings: 2

Beautiful Berry Chia Smoothie Instructions:

Blend the coconut milk, protein powder, vanilla, and berries (blueberries or raspberries, whichever you choose) together.

Pour the coconut berry mixture into a mason jar or other container and add the chia seeds. May need multiple jars.

Slightly stir the chia seeds in the coconut milk until the chia seeds are evenly distributed in the mixture.

Place mixture in fridge for 2 hours or overnight.

Layer chia pudding in another glass with more berries or simply top with fruit and nuts, enjoy!



Vanilla Cinnamon Smoothie

Vanilla Cinnamon Smoothie

1/2 cup of full-fat coconut milk (organic in the can)
1 cup of filtered water
1-2 tbsps of coconut butter
1/2 tsp cinnamon
10 drops of vanilla stevia
1/2 tsp of vanilla extract
2-4 tbsps of collagen peptides

Servings: 1 large smoothie

Instructions:

Blend all ingredients and top with cinnamon! Enjoy!



SuperCharged Blueberry Shake

SuperCharged Blueberry Shake Ingredients:

½ cup of frozen organic blueberries
1 cup of unsweetened Coconut Milk (carton)
2-3 tbsps of coconut butter
1 tsp of Turmeric Powder
2-4 tbsps of Collagen protein or 2 scoops of Super Digest Protein
Big Handful of Spinach
Extra liquid stevia to taste
Pinch of Pink Salt and Pinch of Black Pepper

SuperCharged Blueberry Shake Instructions:

Take all the ingredients and put them in the blender and blend until smooth and creamy. I prefer to put the frozen berries in first and then the coconut milk, protein powder, stevia, turmeric and finally the spinach.



Anti-Inflammatory Milk

Anti-Inflammatory Milk Ingredients:

1 cup of full fat organic coconut milk (can)
1 tsp of turmeric
1/2 tsp of ginger
Pinch of black pepper
Stevia to sweeten
Top with cinnamon
Servings: 1 cup

Anti-Inflammatory Milk Instructions:

In a saucepan add all ingredients and whisk to combine

Heat over medium heat until it starts to bubble, then turn heat down to low and simmer for about 5 minutes so the flavors meld.

Add stevia and stir, top with cinnamon and coconut whip cream and enjoy!

To make coconut whip cream, place a can of coconut milk in the fridge over-night, and scrape the top off in the morning for topping milk.



SuperCharged Lemon Mint

SuperCharged Lemon Mint Ingredients:

Fresh juice from 1 organic lemon
Organic mint leaves
12 drops of berry (or flavor of your choice) stevia
1 drop citrus fresh essential oil
Organic lemons, limes and raspberries (optional)
8 oz of purified water

Servings: 1-2

SuperCharged Lemon Mint Instructions:

Get the water and mix all ingredients together. Squeeze lemon and lime in water and add raspberries if you like.

You can stir them in with a spoon. You may want fresh chilled water or ice in your water. Add mint leaves on top at the end.



Macha Green Tea

Macha Green Tea Ingredients:

1 cup of filtered hot water
½ tsp macha green tea or 1-2 tea bags
1 tsp of coconut oil
½ tsp of grass-fed ghee
2 tbsps of organic full-fat coconut milk
¼ – ½ tsp of vanilla
Stevia to taste

Macha Green Tea Instructions:

Option 1

In a small saucepan, bring water and coconut milk to a slight boil.
Add in matcha tea and sweetener and stir until fully mixed.
Add coconut oil, butter/ghee, and tea to a blender and blend for 30 sec- 1 min, until creamy.

Option 2

In a pan, bring water to a boil. Place tea bags in and let stand for 5 min.
Remove tea bags and add coconut milk and sweetener and bring to a slight boil.
Place all remaining ingredients into a blender and blend until creamy.

Option 3

Bring 1/2 cup coconut milk and 1/2 water to a slight boil. Add matcha green tea and sweetener and stir until well combined. Then whisk until frothy OR place in blender and blend until frothy.



Creamy Cinnamon Coffee

Creamy Cinnamon Coffee Ingredients:

1 cup of organic coffee
1 tbsp grassfed butter/ghee
1/4 tsp organic cinnamon
1 tsp organic coconut oil
dash of nutmeg
Liquid stevia to taste (I used English toffee flavored)
(optional) 1 drop cinnamon bark essential oil

Creamy Cinnamon Coffee Instructions:

*Make coffee as usual (Keurig coffee is fine, but be sure to buy organic coffee!)

In a blender, combine coffee, grassfed butter/ghee, organic cinnamon, organic coconut oil, nutmeg, and (optional) cinnamon bark essential oil. Blend together for about twenty seconds.

Pour the coffee into a mug and enjoy!



De-Inflaming Lemonade

De-Inflaming Lemonade Ingredients:

1 cup of fresh squeezed lemon juice: (4 -6 lemons)

4-6 cups of clean water (to taste)

1 tsp of ground turmeric

1 tsp of cinnamon

Pinch of pink salt (Himalayan Salt)

½ tsp of liquid stevia (or to taste)

Servings: 4-6

Optional: 1 tsp ground/fresh ginger

1 tbsp of coconut oil and pinch of black pepper – this will dramatically improve the absorption of the turmeric curcuminoids which absorb best with good fats and piperine, which is the main ingredient in black pepper.

De-Inflaming Lemonade Instructions:

Put all of the following ingredients in a blender and turn on medium mode until everything has dissolved and mixed. Drink this regularly. We have heard many reports of people with crippling pain improving significantly when they drink this everyday.



Healthy Sports Drink

Healthy Sports Drink Ingredients:

16 oz. coconut water
1/2 cup organic blueberries (could use other berries as well)
1 tsp. vanilla
1 drop orange essential oil
1 drop peppermint essential oil
1 drop lemon essential oil
1 pinch of pink salt
2 cups ice cubes

Instructions:

Put all the ingredients together in a blender and blend up.
If berries cause you to bloat or contribute to other digestive issues than take them out of the recipe.



SuperCharged Detoxifying Green Drink

SuperCharged Detoxifying Green Drink

1 Lemon	2 cucumbers
½ bunch of dandelion	½ stalk of cilantro
1/2 granny smith apple	½ bunch of bok choy
2 (1 inch) Ginger root	1 Stalk Lacinato kale

Serving Size: This makes about 8-12 oz of juice

Detoxifying Green Drink Instructions:

Cut everything up into small pieces as this will be easier on your juicer. Add things together in small proportion. So I might cut the lemon and apple into 8 chunks and add in 2 chunks of lemon, 1 chunk of apple, some cilantro, some cucumber, etc.

With this recipe – I like to do about 4 loads. So I proportion everything to get as even an amount as possible of each thing into 4 loads.

Gut Cooling Juice



1 Cucumber

1 Head Fennel

1-2 Handfuls of Mint Leaves

1 Inch Sliced Ginger

1/2-1 Lemon* (optional)

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Gut Cooling Green Juice Instructions:

Take all the ingredients and either juice in a juicer or blend in a strong blender like a VitaMix. I usually juice the lemon with the peel as the peel is rich in bioflavonoid anti-oxidants. If you desire to do this, you want to get an organic lemon. It is highly recommended to get all the ingredients organic if possible. If it isn't possible, than peel the outer skin of the lemon and cucumber and rinse the fennel and mint leaves.

If you have ever had acid reflux, gallbladder issues and other digestive disorders this recipe will help to cool your gut and improve your digestion. Enjoy!



Not Nut Butter

Not Nut Butter Ingredients:

- 3 tbsp. softened coconut butter (raw organic)
- 2 tbsp. virgin coconut oil (melted is best)
- 1 scoop of high quality vanilla protein powder (Collagen or Super Digest Protein)
- ½ tsp. pink salt
- ½ tsp. vanilla
- 1 tsp of organic cinnamon
- 1 tsp of organic nutmeg

Not Nut Butter Instructions:

Mix all ingredients together in a blender. It is key to melt the coconut oil and soften the coconut butter first or it is impossible to blend up properly.

Serve with berries or cucumber slices

This recipe used a chocolate protein but since we are avoiding chocolate on phase I & II, the color will be lighter. We bumped up the cinnamon & nutmeg on this recipe to darken the color.



SuperCharged Zucchini Fries

SuperCharged Zucchini Fries Ingredients:

3 zucchini (1 lb.)
1 cup coconut flour
4 tbsps of EV coconut oil
2 tsp. Himalayan Pink Salt
2 teaspoons dried oregano powder
2 teaspoons turmeric powder
Pinch of black pepper
1 teaspoon dry mustard powder
1/8 teaspoon dried dill weed

Servings: 8

Prep Time: 20 mins

Instructions:

Heat oven to 450°F. Trim the zucchini by cutting crosswise in half, then cutting each piece into 1/4-inch sticks. Add flour, 2 tbsps of melted coconut oil and spices into a large ziplock bag; shake gently to combine. Melt 1-2 tbsps coconut oil and dip zucchini in it.. Using tongs, place 1/4 of the zucchini in bag; close bag and shake to evenly coat. Spread onto baking sheet that has been smothered with extra coconut oil. Repeat with remaining zucchini.

Bake for 12 to 13 min. or until golden brown, turning the baking tray 180 degrees after 7 min to facilitate even baking. Remove the baked fries from the oven, and serve them with your favorite dipping sauce.



Zucchini Squash Chips

Zucchini Squash Chips Ingredients:

2-3 organic zucchini and/or yellow squash
1 tbsp of either olive oil, coconut oil or grass-fed butter/ghee
Pink salt (Himalayan salt) for flavor
Italian style herbs sprinkled over (oregano, basil, thyme, rosemary, etc)

Zucchini Squash Chips Instructions:

Line a baking sheet with parchment paper, and set aside.

Using either a mandoline or a knife, thinly slice the zucchini. The thinner the slices, the better they'll crisp up in the oven.

Preheat the oven to 225F for 10 minutes and blot the slices dry with additional paper towels to remove the excess moisture.

Lay out the slices evenly on the baking sheet. Brush the olive oil/melted coconut oil/or melted ghee evenly over the tops of the slices, then sprinkle with your seasonings of choice.

Bake for about 2 hours, or until they've reached your desired crispiness.



Italian Sweet Potato Fries

Italian Sweet Potato Fries

- 1 large sweet potato
- 2 tsps of grass-fed butter or coconut oil
- ¼ tsp of Pink salt
- Italian herbs to taste (thyme, basil, oregano, rosemary, etc)

Instructions:

1. Preheat your oven to 400°. Cut sweet potato in the size fries you wish. Easiest to do by cutting it in half lengthwise and continue to do so with each piece.
2. In a medium bowl, toss sweet potatoes with butter or coconut oil, salt and the desired herbs to taste.
3. Spread potatoes on a baking sheet. Avoid crowding so potatoes get crisp. Bake 15 minutes. Turn and bake an additional 15 minutes or so. Ovens may vary so keep an eye on them and be sure to cut all the potatoes the same size to ensure even cooking.



Arugula, Spinach and Kale Chips

Arugula, Spinach and Kale Chips Ingredients:

2 cups of spinach, kale and/or arugula

1 tbsp of coconut oil

¼ tsp seasoning of choice

2 bunches of kale

1 tbsp of coconut oil

¼ tsp seasoning of choice

Servings: 3-4

Arugula, Spinach and Kale Chips Instructions:

Spinach, Arugula or Kale Chips (whatever you like or all 3):

1. Preheat oven to 325
2. Place spinach in a large bowl
3. Add coconut oil and mix with your hands until each leaf is lightly coated in oil. Be careful not to use too much oil or the spinach will not crisp up in the oven.
4. Sprinkle the veggies with seasonings and salt.
5. Arrange the veggies in a single layer (don't let them overlap) on a baking sheet lined with parchment paper or lightly oiled.
6. Bake for 10-12 minutes at 325.



Super Raw Pumpkin Seed Butter

Super Raw Pumpkin Seed Butter Ingredients:

- 1 cup raw pumpkin seeds
- ¼ cup raw hemp seeds
- 4 tbsp coconut oil (pre-melted)
- 1 tsp vanilla
- 1 tsp pink salt
- 1 tsp cinnamon
- ¼ cup of filtered water

Super Raw Pumpkin Seed Butter Instructions:

Blend all ingredients together in a food processor until smooth and creamy. Typically takes about 5-8 minutes.



Protein Popping Power Balls

Protein Popping Power Balls Ingredients:

1 cup coconut butter (softened)
1 tsp. organic vanilla extract
1 scoop of Collagen Protein or Super Digest Protein
½ cup raw coconut flakes
½ cup of raw chia seed
1 tsp. pink salt

Servings: Makes 8 small balls

Protein Popping Power Balls Instructions:

Warm up the coconut butter so that it is slightly soft
Mix all the ingredients together and roll into a ball.



Collagen Marshmallows

Collagen Marshmallows Ingredients:

Vanilla- Sugar Free

1 cups water	3/4 tsp liquid stevia
3 tbsp grass-fed beef gelatin	1 tsp vanilla extract

Collagen Rich Marshmallows Instructions

Place the 3 tbsp gelatin into the bowl of a mixer along with 1/2 cup water. Mix together and let sit for 5 minutes to gel. Get the whisk attachment if using a machine or ready or get out a hand mixer. In a small saucepan , heat up 1/2 cup water over medium high heat. Once the water reaches just about boil temperature, remove from the heat.

Turn the mixer on low speed and, while running, slowly pour the hot water down the side of the bowl into the gelatin mixture. Once you have added all of the water, add in vanilla extract and liquid stevia, and increase the speed to medium. Beat at medium-high for 1-2 minutes than increase speed to high. Continue to whip until the mixture becomes slightly thick, approximately 7-10 minutes.

Use any pan- a bread loaf pan works well. Lightly grease your pan with some coconut oil. Once your marshmallow mixture is starting to look like it has some body to it, pour the mixture into the pan. Allow to sit in fridge until set. Once marshmallows have set for a few hours you can start to cut into desired shapes. Store in an airtight container in fridge.



Blueberry Coconut Parfait

Blueberry Coconut Parfait Ingredients:

1 cup of organic coconut butter
1/2 cup of fresh or frozen blueberries
1/2 cup of clean water
6 drops of vanilla stevia (or to your taste)
Pinch of pink salt (Himalayan)
Raspberries or extra blueberries for topping

Blueberry Coconut Parfait Instructions:

Put blueberries, water, salt and stevia into the blender first, then add the coconut cream or coconut butter and blend. You will need to hand mix with a spoon while the blender is going. This is very challenging on the blender because the coconut cream/butter is so thick.

A high quality vita-mix is best for the blending process. Once everything is mixed together, put berries on top and enjoy! You can also put in the freezer for a while and then pull it out and place it in the refrigerator for an hour to thaw out. This is the most popular way to have this as it is cool and tasty!



Turmeric Coconut Cream Cups

Turmeric Coconut Cream Cups Ingredients

1.5 cups unsweetened shredded coconut
½ cup Coconut Butter
½ cup Coconut Oil
1 tsp lemon juice
1/2 tsp turmeric
1/2 cup grass-fed butter or ghee
Pinch of black pepper
20-25 drops Stevia extract optional

Turmeric Coconut Cream Cups Instructions

1. Melt butter or ghee on low and mix in the turmeric and black pepper- stir until well combined.
2. Place shredded coconut, coconut butter, coconut oil, lemon juice and stevia into a food processor and blend until well mixed.
3. Use spoon to scoop out about 2 tbsps worth of coconut mixture and place into silicone or regular muffin liners.
4. Once all your muffins liners are filled, melt butter or ghee and mix in spices.
5. Use a spoon again to scoop out about 1 tablespoon of turmeric liquid and pour onto your coconut cups until the coconut is completely covered. Repeat on all your coconut cups.
6. Place in freezer for about 20 minutes or until chocolate is frozen.
7. Keep in fridge.



Coconut Cream Cups

Coconut Cream Cups Ingredients

1 cup coconut butter

¼ cup extra virgin coconut oil

¼ cup butter, grass-fed or more coconut oil

¼ tsp cinnamon or vanilla bean powder OR 2 drops lemon essential oil to make lemon version

Pinch of pink salt

20-25 drops Stevia extract

Coconut Cream Cups Instructions

1. Place all ingredients in a pan and heat on low heat and mix until well combined
2. Let cool for a few minutes and then pour into mini muffin forms or an ice cube tray. You should be able to fill each one with 2 tablespoons of the mixture to get 12 servings.
3. Place in the fridge for at least 30 minutes and let it solidify.
4. Store in fridge.



Coconut Milk Ice Cream

Coconut Milk Ice Cream Ingredients:

- 2 cans of full fat coconut milk
- 1 tsp of vanilla
- ½ tsp of stevia

This makes 4 servings

Coconut Milk Ice Cream Instructions:

1. Place a sheet of parchment paper on deep baking dish. Pour the coconut milk onto the parchment paper and then freeze for several hours, until hard.
2. Once frozen, pull the coconut milk off the parchment paper and break into chunks.
3. Add coconut and other ingredients to blender.
4. Process until smooth, scooping down the sides as necessary.
5. Process until you have achieved your desired ice cream texture.
6. Serve immediately- keep in freezer.

Additional Notes:

You will need a high speed blender to do this. A food processor will work as well. Using the parchment paper is a must! It will stick to glass and plastic and you will never be able to get it off without melting it (trust me 😊)



Coconut Flour Donut Holes

Coconut Flour Donut Holes Ingredients:

- 3 tbsp of coconut flour and/or protein powder
- 8 tbsps of coconut butter (melted)
- 1 tsp of vanilla
- Pinch of pink salt
- 4-5 tbsps of filtered water
- 10-15 drops of liquid stevia

Instructions:

1. In a bowl place coconut flour (or protein powder) and coconut butter.
2. Add in vanilla extract and stevia (or other sweetener).
3. Stir and mash together
4. Add water and mash and stir until batter forms- the batter will be thick.
5. Form into balls
6. Enjoy! Store in fridge.

You can also use a high quality protein powder with the coconut flour to increase the protein content.



Shopping List

[Pumpkin Puree](#)

[Coconut Flour](#)

[Baking Powder](#)

[Coconut Milk](#)

[Arrowroot Powder](#)

[Cinnamon](#)

[Ground Cloves](#)

[Ground Ginger](#)

[Ground Nutmeg](#)

[Pink Salt](#)

[Grade B Maple Syrup](#)

[Vanilla Extract](#)

[Coconut Oil](#)

[Grass-fed Butter](#)

[Chocolate Chips](#)

[Chocolate Stevia](#)

[Cacao Powder](#)

[Dried Goji Berries](#)

[Sunflower Seeds](#)

[Walnuts](#)

[Pumpkin Seeds](#)

[Almonds](#)

[Coconut Flakes](#)

[Protein Powder](#)

[Almond Butter](#)

[Vanilla Bean Powder](#)

About Dr David Jockers DC, MS, CSCS

Dr. David Jockers is a Maximized Living doctor, functional medicine practitioner, corrective care chiropractor, nutritionist, exercise physiologist and certified strength & conditioning specialist. He currently owns and operates Exodus Health Center in Kennesaw, Georgia and runs one of the hottest natural health websites in DrJockers.com

His experience working with thousands of individuals has given him a level of expertise in the field. He has had the privilege of traveling to London with the Maximized Living wellness advisory council to help the USA athletes win the gold in 2012.



He is a leading writer for the top online health publications in the world. He is also on the expert panel for the popular “South African Journal of Natural Medicine.” He has well over 1200 professionally published natural health articles all over the internet and in-print magazines

Dr Jockers is the author of “SuperCharge Your Brain: The Complete Guide to Radically Improve Your Mood, Memory and Mindset.” He has also authored “Super Immunity: The Path to Never Get Sick Again.”

He has created 4 revolutionary online health programs with thousands of participants. These programs include E-guides, recipes guides, meal plans and video instructions including “The Sugar Detox,” “The Cancer Cleanse,” “Navigating the Ketogenic Diet,” and “The Digestive Health Restoration Program.”

He is a sought after speaker around the country on such topics as weight loss, brain health, functional medicine, natural detoxification and disease prevention.

Dr Jockers does local and long-distance consultations to help customize specific lifestyle plans to improve performance and beat chronic disease.

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