

12 RECIPES TO HEAL LEAKY GUT



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12 RECIPES TO HEAL LEAKY GUT

My obsession with digestive health all started when I went through my own challenges with irritable bowel syndrome and small intestinal bacterial overgrowth (SIBO). For years after my major struggles, I continued to battle with persistent yeast that has at times sapped my energy and made life unpleasant.

By consuming recipes such as what is in this booklet and the step by step gut healing protocol in our digestive health restoration program, I have been able to overcome these health issues and improve my digestion, energy, brain function, immune system and overall quality of life.

As my life and health began to take off, I started attracting clients from all over the world that were suffering with debilitating conditions. I found that most of the time, these cases had severe leaky gut syndrome as an underlying root cause of whatever other issues they were dealing with.

In order to get more people well, in a quicker and easier fashion, I had to develop great recipes and a specific digestive health restoration program. Over the years, I have changed so many things in my never-ending quest to perfect a general program that will help the vast majority of the clients I work with.

However, everyone is unique and your own genetic makeup, microbiome and biochemistry is unlike anyone else on the planet. Therefore, you will have your own unique results from this program.

Recipes such as this come from 10+ years of obsessive study, learning from the top experts in digestive health, functional nutrition, functional medicine and leaky gut correction. If you consume these types of recipes and follow the digestive health program diligently you will have a greater than 90% chance of overcoming your digestive symptoms and improving your overall quality of life.

It won't always be easy though, as the program requires a rigid food restriction plan for roughly 30 days and this could last for months. You won't be able to eat many foods you always thought were healthy for you and that you loved so much!

You will have to give up sugar, starches and other common food sensitivities. You will either fall in love or hate bone broth and chicken soup!

But if you take advantage of all the information and strategies in this booklet along with the rest of the Digestive Restoration Plan, you will give yourself the greatest chance to change your microbiome, fix your leaky gut and maximize your life energy!

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before doing any of these health strategies.

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RESOURCE GUIDE

These ingredients are used in many of the recipes on this plan. You can find recommended brands in the blue link that is provided in each product narrative. Additionally, [Thrive Market](#) is a buying club where you can get many of these things at a discounted rate.

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 Butter and Ghee: Ghee is clarified butter. Grass-fed butter is full of healing nutrients but it also contains trace amounts of casein, whey and lactose. Most people tolerate grass-fed butter and [Kerry Gold](#) is a good brand you can pick up at your local health food store (make sure it says “milk from grass-fed cows” on the label. If you don’t tolerate dairy well, we strongly recommend ghee. Ghee is completely free of casein, whey and lactose. 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.

Bone Broth Protein: Key amino acids necessary for healthy gut lining, joints, skin and overall healing. This is rich in minerals and the amino acid glycine which enhances liver detoxification and overall energy production. Look for the Pure or Turmeric flavor [here](#)

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 through Kettle and Fire with 6-10 grams of collagen protein per serving. This is an excellent product! They have multiple types as listed [here](#)

Grass-fed Beef Bone Broth - [here](#)

Organic Chicken Bone Broth - [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. Here is a [great brand recommendation](#).

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. You can [find this here](#)

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 salt in your dish. The salt acts to blunt the aftertaste of the stevia.

Specialty Flavors: Sweet Leaf has multiple specialty flavors and we use them in some of the recipes in this booklet.

Chocolate Flavored Stevia	Link here
Vanilla Flavored Stevia	Link here
Cinnamon Flavored Stevia	Link here
Lemon Flavored Stevia	Link here
Hazelnut Flavored Stevia	Link here
Grape Flavored Stevia	Link here
Root Beer Flavored Stevia	Link here
Berry Flavored Stevia	Link here
English Toffee Flavored Stevia	Link here
Coconut Flavored Stevia	Link here
Chocolate Raspberry Stevia	Link here
Apricot Nectar Flavored Stevia	Link here



SweetLeaf®

Stevia Sweetener



Monk Fruit: Monk fruit is a melon-like fruit found indigenously (and almost exclusively) in southeast Asia. It is all natural and has no impact on our blood sugar. You can read about the health benefits of monk fruit [here](#)

The most popular and easiest to use form of monk fruit is called [Lakanto](#) and is a combination of the sugar alcohol erythritol and monk fruit. The combination of these 2 sweeteners forms a great flavor. For some people, erythritol contributes to stomach bloating and gut irritation. For these people, you can find a really good [pure monk fruit](#) here but it is slightly bitter.

Sprouted Seeds: Sprouted seeds are used in many of these recipes. Sprouting seeds removes anti-nutrients and makes the nutrition in the seeds more bioavailable. You can find [sprouted pumpkin seeds here](#) and [sunflower seeds here](#) and [chia seeds here](#)

Dandy Tea: This is a great coffee alternative made out of dandelion root, barley root, rye root, chicory root and sugar beet. It is non-GMO and 100% gluten free. It tastes great, is free of caffeine and the dandelion is extremely supportive of liver and kidney health. If you love the taste of coffee but don't react well to it, than we highly recommend Dandy tea. You can find [this here](#)

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. [Here is the brand](#) we recommend.

Coconut Flakes: Coconut flakes are used in several of these recipes and are also a great snack. Here are the [large flakes](#) and here are the [finely shredded flakes](#).

Snack Bars: A good snack bar on this program are going to be Primal Kitchen Collagen Bars which come in a [coconut flavor](#) and a [chocolate flavor](#).

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](#)

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.



Organic Coffee: It is very important to get a high quality organic, mold-free coffee that is tested for pureness. The [Camano Island coffee here](#) is the very best that I have found.

Organic Matcha Green Tea: Matcha green tea contains 10 times more therapeutic anti-oxidants per oz than other forms of green tea. This is [the one](#) with the best purity.

Primal Mayo: This is an awesome mayonnaise alternative that is made with avocado oil and has great health benefits. You can [find it here](#)

Chipotle Lime Mayo: This is used in the Paleo Stuffed Mushrooms recipe and can be used in many other great recipes as it is a tasty fat source. You can find [it here](#)

Coconut Flour Wraps: These are low-carb, high good fat wraps that you can make fajita wraps with! Here are [the original](#) and here are the [turmeric flavored](#).

MCT Oil: This is a byproduct of coconut and palm oils that turns into ketones quickly. It has no flavor and can be used in cooking, smoothies or as a salad dressing. I use the [XCT brand](#) daily as it helps me stay in ketosis.

Baking Powder and Baking Soda: We recommend Bob's Red Mill as a superior brand for these baking necessities. Here is [baking powder](#) and [baking soda](#).

Fermented Beets with Carrots and Ginger: This is a powerful probiotic food that is great for reseeded the gut with organic acids, enzymes and probiotic colonies - [here](#)

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





BEAT DIGESTIVE PROBLEMS WITH A **LOW FODMAP DIET**

Digestive disorders can be extremely embarrassing and debilitating. Conditions such as irritable bowel syndrome, small bacterial overgrowth and colitis are extremely common and can be hard to get under control. Many of these individuals struggle even with the healthiest of diets. FODMAP is a program that works quite well for individuals struggling with digestive issues.

FODMAP is an acronym for Fermentable Oligo, Di- and Monosaccharides and Polyols. These are all types of sugar based carbohydrates that are found in certain foods and are challenging on the bowel. These sugars include glucose, fructose, galactans, polyols and lactose among others.

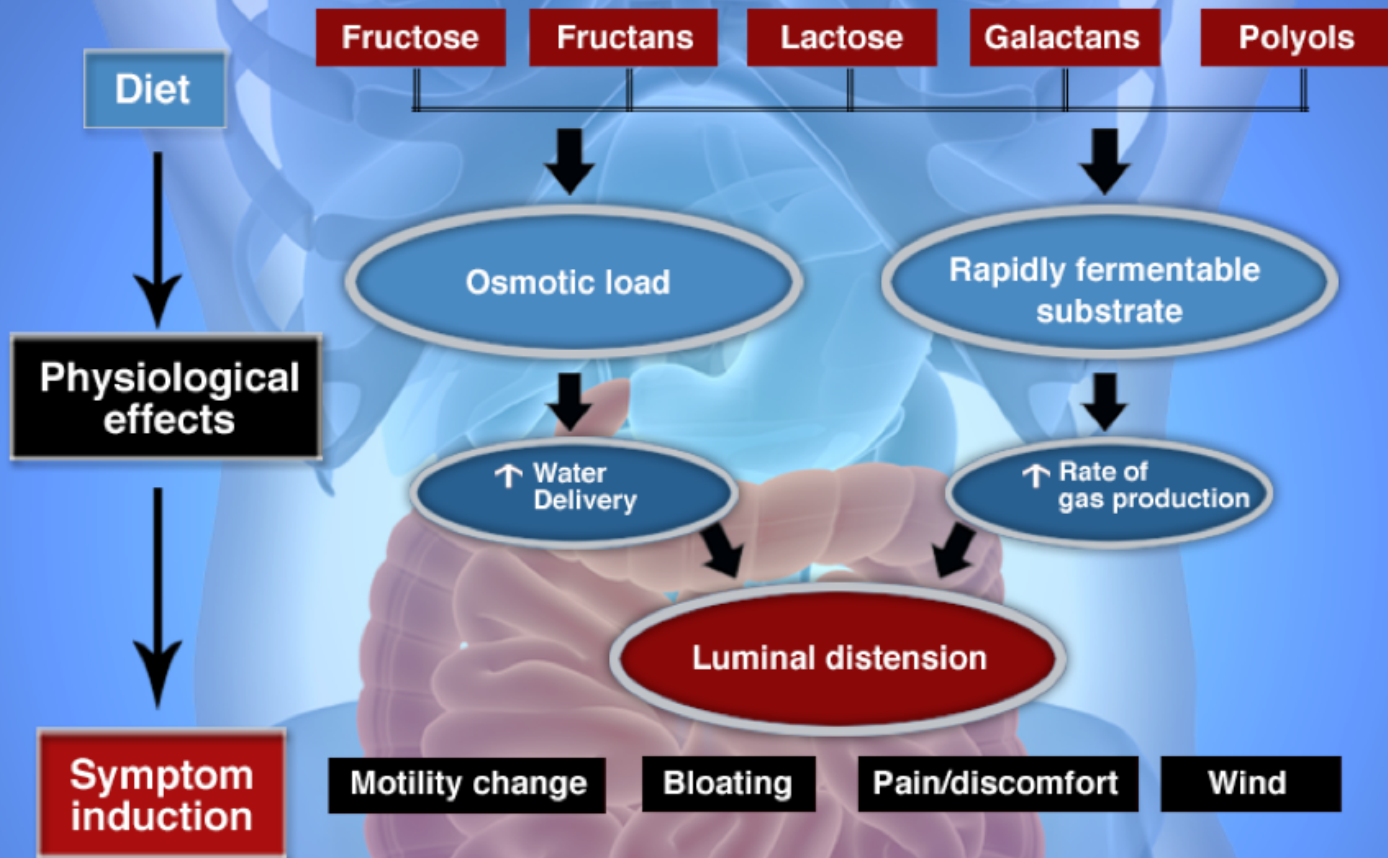


Figure 1. The theoretical basis for the relationship between FODMAPs and the genesis of functional gut symptoms.



The Symptoms of FODMAP Problems:

Individuals who struggle to digest these carbohydrates typically experience symptoms that include abdominal discomfort, bloating, cramping, nausea and/or pain after eating foods with these FODMAPS. These sugars are osmotic and pull water into the intestinal tract which accounts for the diarrhea. Most symptoms appear within 30 minutes to two hours after eating.

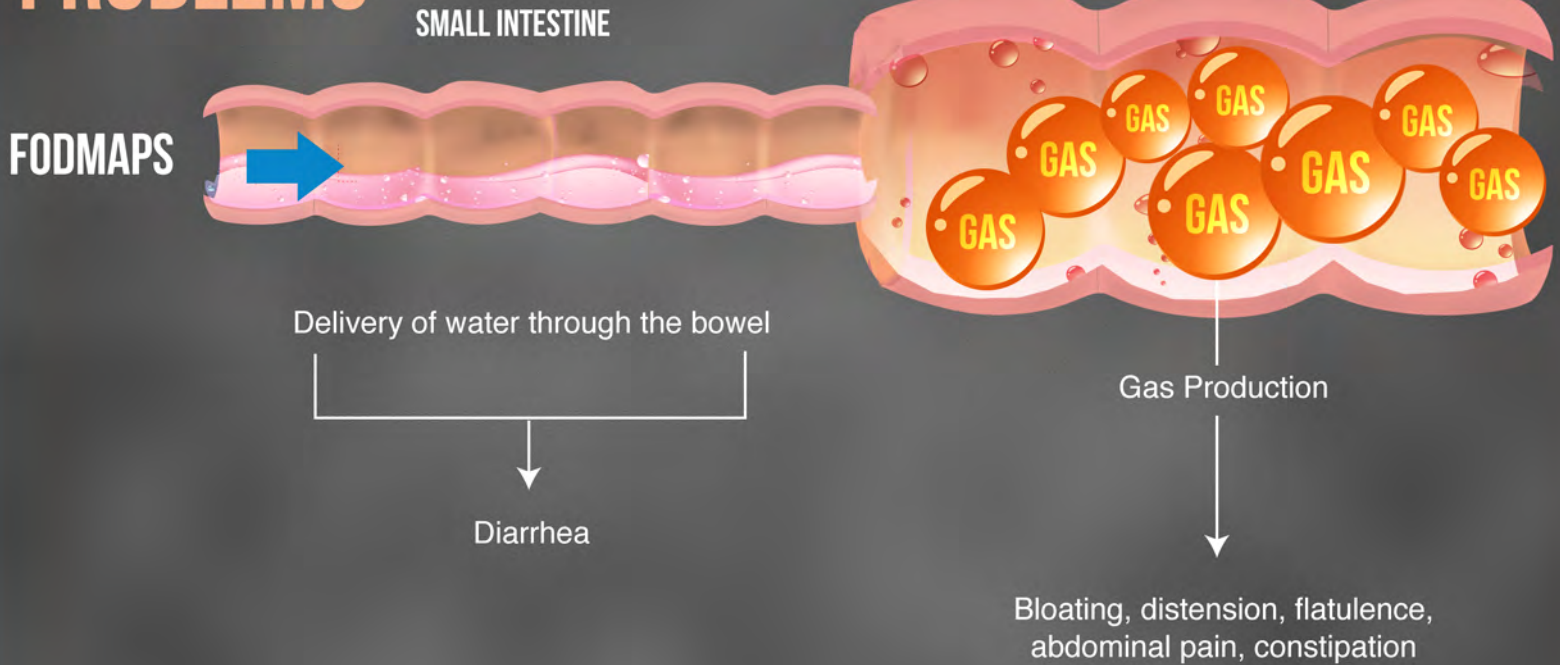
These individuals have a condition called small intestinal bacterial overgrowth (SIBO) in which their digestive system is loaded with pathogenic microbes. The FODMAP's are a fuel source for these microbes who release toxic byproducts as they metabolize the sugars. The toxicity that the microbes release causes the digestive discomfort and overtime leads to many different health challenges.

5 WAYS SIBO DEVELOPS



- 1 Diminished Stomach Acid
- 2 Poor Gut Motility
- 3 Intestinal Neuropathy
- 4 Physical Obstructions
- 5 Diverticuli

THE SYMPTOMS OF FODMAP PROBLEMS



The FODMAP Diet Restrictions:

The typical restrictions on a FODMAP diet include generally inflammatory foods such as gluten, unfermented soy, peanuts and often nightshade vegetables. The diet also removes foods high in fructose such as lots of fruit (often lemon/lime and small amounts of berries are tolerated), honey and agave nectar.

These individuals can only consume fermented dairy in the form of hard cheeses like cheddar, Swiss, blue cheese and feta. They do not do well with yogurts and kefir. They can very well tolerate pasture-fed butter and ghee. All the dairy should all be from grass-fed cows or goats.

Some individuals have a dairy intolerance typically related to the protein casein, so I recommend avoiding all the cheeses for at least the first 30 days and then you can begin to add back small amounts and see how you tolerate them.

Fructans are also known by the prebiotic inulin. This is a non-digestible fiber that is healthy for those with normal bowel flora. Fructans are found in wheat, onions, garlic, artichokes, asparagus, sugar snap peas, cabbage, shallot, leeks, cauliflower, mushrooms, pumpkin & green peppers are often not tolerated well.

Galactans are the primary carbohydrate found in beans, lentils and legumes. These are not tolerated well by individuals with digestive problems. Polyols include sugar alcohols such as sorbitol, mannitol, xylitol, maltitol and erythritol. Other foods that have polyols include pitted fruits like avocado, apricots, cherries, nectarines, peaches and plums.

The FODMAPS Diet

excess fructose	lactose	fructans	galactans	polyols
<p>Fruit apple, mango, nashi, pear, tinned fruit in natural juice, watermelon</p> <p>Sweeteners fructose, high fructose corn syrup, concentrated fruit sources, large servings of fruit, dried fruit, fruit juice</p> <p>Honey corn syrup, fruisana</p>	<p>Milk milk from cows, goats or sheep, custard, ice cream, yogurt</p> <p>Cheeses soft unripened cheeses, such as cottage cheese, cream, mascarpone, ricotta</p>	<p>Vegetables asparagus, beetroot, broccoli, brussel sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion, shallots, spring onion</p> <p>Cereals wheat and rye</p> <p>Fruit custard apple, persimmon, watermelon</p> <p>Misc. chicory, dandelion, inulin</p>	<p>Legumes baked beans, chickpeas, kidney beans, lentils</p>	<p>Fruit apple, apricot, avocado, blackberry, cherry, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon</p> <p>Vegetables cauliflower, bell pepper, mushroom, sweet corn</p> <p>Sweeteners sorbitol, mannitol, isomalt, maltitol, xylitol</p>



The Typical FODMAP Nutrition Plan:

The typical nutrition plan for someone struggling with digesting FODMAPs is somewhat restricted but not hard to figure out. Breakfast can include a protein shake with coconut milk and collagen or bone broth protein powder. One could also do turkey breakfast sausage cooked in coconut oil with sautéed kale or spinach, fresh squeezed lemon and herbs.

For lunch these individuals could do a big salad with olive oil and pasture-raised chicken or turkey. For dinner they could do a small salad with cucumbers and grass-fed beef or wild-Alaskan salmon or another quality animal protein with olive oil, fresh lemon and herbs. They could also do soups and stews with chicken, zucchini, carrots or squash and herbs.



Life After FODMAPs:

This nutrition plan does not have to be lifelong but should go on for at least 2 weeks and up to 3-6 months or so until the digestive system heals and repairs. The use of certain gut enhancing supplements that help to destroy pathogenic microbes and repair the gut lining will speed up the process.

Once you have done your time you can begin to add back one FODMAP category at a time to see what kind of issues you experience. It may only be a problem with one of the categories such as the galactans.

Many individuals with digestive problems at some point in their life notice they always function better by minimizing their exposure to FODMAPs. Many others find that the main culprit is lactose or fructose. By staying on a low lactose or fructose diet they are able to keep their digestive system under control.



Basic Digestive Health Support Pack



SuperCharged Chicken Broth

Ingredients

1 whole, pasture-raised chicken
1 small red onion, finely chopped.
2-4 stalks organic celery, roughly chopped
Pink salt to taste
1 tsp. apple cider vinegar
Filtered water

Servings: 1 1/2 gallons

Ready In: 48 Hours

Instructions

Step #1: Wash the chicken. 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.

Step #2: 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.

Step #3: Once the chicken has given up all its 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.

Step #4: 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.

Step #5: Cool for a few hours and then pour through a cheese cloth-lined strainer to catch any tidbits still left in the pot.

Step #6: 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.

Additional Insight: 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.



Thai Coconut Turkey

Ingredients

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4 cups (2 cans) organic, full fat, coconut milk
1 cup organic chicken stock
1 lb. pasture-raised turkey breast cut into strips
2 Tbsp. extra virgin coconut oil
1/2 cup red pepper, diced
3 stalks lemongrass
10 thin slices fresh ginger
1/2 cup scallions sliced into 1 inch pieces
1 cup sliced mushrooms (crimini or baby portabella)
2 Tbsp. coconut aminos
3 Tbsp. fresh lime juice
Pink salt and pepper to taste
Chopped cilantro to garnish

Servings: 4 plates

Ready In: 35 mins

Instructions

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Step #1: In medium skillet sauté turkey in coconut oil, until no longer pink, remove.

Step #2: In same skillet sauté mushrooms, red pepper and scallions until barely tender (3-4 min.)

Step #3: In stock pot combine coconut milk and stock and bring to a boil, add smashed lemongrass and ginger to milk/stock and simmer for 15 minutes.

Step #4: Remove these 3 last ingredients and add turkey to milk/stock.

Step #5: Add vegetables to the milk and turkey mixture. Add lime juice and simmer for 10 min.

Step #6: Season with pink salt, coconut aminos and pepper, adjust taste with more lime or coconut aminos and spoon into bowls. Garnish with fresh cilantro.

Step #7: Serve with cauliflower rice



Not Nut Butter

Ingredients

3 Tbsp. softened coconut butter
(raw organic)
2 Tbsp. extra virgin coconut oil
(melted is best)
1/2 scoop of high quality vanilla or
chocolate protein powder
1/2 tsp. pink salt
1/2 tsp. organic vanilla extract
1 tsp. cinnamon
1 tsp. nutmeg

Servings: 1/2 cup of not nut butter

Instructions

Step #1: It is key to melt the coconut oil and soften the coconut butter first or it is impossible to blend up properly.

Step #2: Mix all ingredients together in a blender.



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 4 limes, juiced
1 (13-ounce) can unsweetened
coconut milk
Pinch of black pepper
2 cups shredded cooked turkey
2 tbsps of ground turmeric
1/4 cup chopped fresh cilantro leaves
1/2 tsp of pink salt or to taste

Servings: 4

Prep Time: 20 mins

Instructions

Step #1: Bring the stock to the boil over medium heat in a soup pot.

Step #2: 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.

Step #3: Uncover and stir in the coconut milk, turmeric, lime juice, and turkey.

Step #4: Simmer for 5 minutes to heat the chicken stock through; season with salt and pepper.

Step #5: Ladle the soup into a soup tureen or individual serving bowls. Garnish with cilantro.

**Be careful to avoid chewing the lemongrass or ginger. You could also remove these ingredients before stirring in the coconut milk.



Coconut Flour Gravy

Ingredients

¼ cup grass-fed ghee or extra virgin coconut oil
2 cups of organic vegetable stock (or chicken or beef stock)
2 Tbsp. coconut flour
1 sprig thyme
1 tsp. turmeric
½- 1 tsp. pink salt
1 tsp. oregano
1 tsp. basil
Freshly ground black pepper to taste

Servings: 2 cups

Instructions

Step #1: Melt ghee or coconut oil in a medium size saucepan. Sprinkle with salt.
Step #2: Stir in coconut flour and continue stirring until it thickens and slightly browns.
Step #3: Add stock, turmeric, oregano, basil and thyme.
Step #4: Simmer gently until sauce begins to thicken, 10 – 20 minutes stirring occasionally.
Step #5: Remove from heat. Blend carefully in a blender until smooth or use an immersion blender. Add freshly ground pepper to taste.
Step #6: 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.



Cinnamon Coconut Smoothie

Ingredients

1/2 cup of full-fat coconut milk (organic in the can)
1/2 cup of filtered water
1/2 tsp cinnamon
1/4 tsp of vanilla
20 drops of vanilla stevia or to taste
Pinch of pink salt
2 tbsp of almond butter or 1 handful of walnuts and/or almonds

Optional:

1 scoop of Apple Cinnamon Bone Broth Protein

Servings: 1 large smoothie or 2 small

Instructions

Step #1: Gather all ingredients
Step #2: Prepare all the ingredients
Step #3: Blend all ingredients and top with cinnamon!
Step #4: Serve and Enjoy!



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
Pinch of freshly ground black pepper
1/2 tsp fresh grated nutmeg
2 tsps finely chopped fresh sage leaves
2 tsps finely chopped fresh thyme leaves
1/2 tsp finely chopped fresh rosemary leaves

Special Equipment: Hands and parchment paper

Servings: 6-8

Ready in: 1 hr.

Instructions

Step #1: Combine ground turkey with all other ingredients and chill for 1 hour.

Step #2: Using the fine blade of a grinder, grind the turkey.

Step #3: Form into long round sausage using parchment paper.

Step #4: Refrigerate and use within 1 week or freeze for up to 3 months.

Step #5: For immediate use, saute patties over medium-low heat.

*You will have to keep out the eggs (as pictured) if you are sensitive to them.



Anti-Inflammatory Milk

Ingredients

1 cup canned, full fat, organic, coconut milk
1/2 tsp. turmeric
1/2 tsp. ginger
Pinch of black pepper
Liquid stevia to taste
Top with cinnamon

Servings: 1 cup of anti-inflammatory milk

Instructions

Step #1: In a saucepan add all ingredients and whisk to combine

Step #2: 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.

Step #3: Add stevia and stir, top with cinnamon & coconut cream (if you would like) and enjoy!

Step #4: To make coconut cream, place a can of coconut milk in the fridge over-night and scrape the top off in the morning for topping.



De-Inflaming Lemonade

Ingredients

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1 cup fresh squeezed lemon juice:
(4 -6 lemons)
4-6 cups filtered water (to taste)
1 tsp. ground turmeric
1 tsp. cinnamon
Pinch pink salt
½ tsp. liquid stevia (or to taste)

Servings: 4-6

Optional:

1 tsp. ground/fresh ginger
1 Tbsp. extra virgin coconut oil

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.

Instructions

.....

Step #1: Place all ingredients in a blender and blend until everything has dissolved and is mixed.

Step #2: Drink this regularly. We have heard many reports of people with crippling pain improving significantly when they drink this every day.



Turmeric Coconut Cream Cups

Ingredients

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1.5 cups unsweetened shredded coconut
½ cup coconut butter
½ cup extra virgin coconut oil
1 tsp. organic lemon juice
1/2 cup grass-fed butter or ghee
1/2 tsp. turmeric
1 tsp of liquid stevia or monk fruit
(optional)
Pinch black pepper

Servings: Makes about 12 cream cups

Instructions

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Step #1: Melt butter or ghee on low and mix in the turmeric and black pepper- stir until well combined and set aside.

Step #2: Place shredded coconut, coconut butter, coconut oil, lemon juice and stevia into a food processor and blend until well mixed.

Step #3: Use spoon to scoop out about 2 tablespoons worth of coconut mixture and place into silicone or regular muffin tin.

Step #4: Then spoon about 1 tablespoon of turmeric liquid onto your coconut cups until the coconut is completely covered.

Step #5: Place in freezer for about 20 minutes or until coconut is frozen.

Step #6: Store tightly sealed in refrigerator.

Additional Insight: These are super satiating, 1 or 2 of these will go a long way!



Blueberry Coconut Parfait

Ingredients

1 cup of coconut cream concentrate
or 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

Instructions

Step #1: Gather all the ingredients
Step #2: Put blueberries, water, salt and stevia into
the blender first, then add the coconut cream
or coconut butter and blend.
Step #3: 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.

Notes: 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 this 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 Zucchini Soup

Ingredients

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

Servings: 4-6

Instructions

Step #1: In a medium pot, heat the oil over medium-high heat. Add the onions and garlic and cook, stirring, until soft, about 3 minutes. Add the curry or turmeric powder, salt, stir, and cook until fragrant, about 30 seconds.

Step #2: Add the zucchini, reduce to medium heat, and cook, stirring occasionally, until soft, 5 to 6 minutes. Add the stock and bring to a boil. Reduce the heat and simmer until the zucchini is very tender, about 20 minutes.

Step #3: 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.

Step #4: Adjust the seasoning, to taste. Serve garnished with the cilantro.

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

About Dr. David Jockers DNM, DC, MS

Dr. David Jockers is a doctor of natural medicine, a functional nutritionist and corrective care chiropractor. He currently owns and operates Exodus Health Center Kennesaw, Georgia and runs one of the hottest natural health websites in DrJockers.com with over 1 million monthly visitors.

Dr Jockers is a world-renowned expert in the area of ketosis and the ketogenic diet. He is the developer of the best selling [“Navigating the Ketogenic Diet” E-course](#) and the lead formulator of the revolutionary new product KetoEdge.

KetoEdge is a revolutionary product designed for the high achiever who wants to improve their health and get the most out of life. This proprietary formula of exogenous ketones, adaptogens, amino acids and phospholipids will help you get an extraordinary edge in life.

He has developed 6 revolutionary online programs with thousands of participants. These programs include E-guides, recipe guides, meal plans and video instructions including “The Sugar Detox,” “The Cancer Cleanse,” “Navigating the Ketogenic Diet,” “The Digestive Health Restoration Program,” “The AutoImmune Elimination Program,” and “The Super Brain Program.”

Dr Jockers is also a sought-after speaker around the country on such topics as weight loss, brain health, healing leaky gut, thyroid function, natural detoxification and disease prevention.



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