



Navigating the **Ketogenic Diet** *Recipe Book*



The Ketogenic Diet Recipe Book

These recipes fall into the category of the micronutrient dense ketogenic style nutritional program to help you balance your blood sugar and thrive in life. You will find green drinks, super smoothies, snack foods, tasty sugar-free desserts and dinner options.

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Resource Guide:

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 be sure you have stevia with it.

High Quality Protein Powder: We recommend either a non-denatured, grass-fed whey protein or an organic pea, brown rice or hemp protein powder. Be sure the powder is from a reputable brand.

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

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.

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.

Raw Cacao Powder: This is raw chocolate. Raw chocolate is very rich in anti-oxidants and benefits circulation and brain function. This tastes slightly bitter on its own but tastes great when used in the various recipes in this program. Be sure to get raw cacao for the best health benefits.

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.

Herbamare: This is a fantastic all-purpose herb mix that contains sea salt, organic celery leaves, organic leek, organic cress (water and garden), organic onion, organic chive, organic parsley, organic lovage, organic garlic, organic basil, organic marjoram, organic rosemary, organic thyme, kelp (with trace iodine).

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.

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.

Inner Eco Coconut Water Kefir: This is a coconut water kefir, also called coconut water vinegar, that acts as a great starter for producing your own coconut water kefir such as our recipe in this booklet. You can find this at your local Whole Foods or at most health food stores.

Baking Powder, Baking Flower and Baking Soda: We recommend Bob's Red Mill as a superior brand for these baking necessities.

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.



Chocolate Chia Super Smoothie Ingredients:

1-2 cups of organic almond or coconut milk
1 tbsp of raw cacao powder
1 tsp of chia seed
1 tsp of flax seed
1 tbsp of coconut butter
½ cup of blueberries
1 scoop of high quality protein powder

Optional Ingredients:

½ avocado
½ tsp of vanilla

Servings: 1-2

Chocolate Chia Super Smoothie Instructions:

Combine all ingredients and blend in a high speed blender.
Add more/less liquid and ice depending on how thick you like it.



Blueberry Pudding Ingredients

1 cup coconut milk
2 small avocados
1/2 cup of wild blueberries
4 tbsp. ground chia seed
1 scoop high quality protein powder
1/4 tsp. pink salt
1/2 tbsp. of organic vanilla extract
Liquid stevia (to preferred taste)

Servings: 2

Blueberry Pudding Instructions

Blend all ingredients together in a vita mix or blender.
Refrigerate for 12 hours.
Your pudding is ready!



SuperCharged Blueberry Shake Ingredients:

½ cup of frozen organic blueberries
1 cup of unsweetened Coconut Milk (carton)
2-3 tbsps of coconut butter
1 tbsp of Turmeric Powder
4 tbsps of high quality protein powder
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.



Chocolate Raspberry Cream Ingredients

- 4oz of frozen organic raspberries
- 1 Can of Organic coconut cream (made with full-fat coconut milk – check instructions below)
- 3 tbsps of Raw Cacao Powder
- 1 Scoop of high quality protein powder
- Stevia to Taste
- 1 tbsp of Turmeric
- Pinch of Pink Salt and Pinch of Black Pepper

Chocolate Raspberry Cream Instructions

Turn the coconut milk can upside down and put in the refrigerator for 12 hours or so. This separates the cream from the water in the milk. When you open the can (from the bottom – which is now the top, if that makes sense) you will notice the water on the top. Pour the water in a glass cup and keep as it is good for smoothies and shakes. Scoop out the creme as that is what you will use for this recipe.

Put all the ingredients into blender and blend until smooth and creamy. Add more or less stevia and pink salt until you get the desired taste you want.



Beautiful Berry Chia Smoothie Ingredients

- 1 can of full-fat organic coconut milk
 - 6 tbsp of chia seeds
 - 1 scoop high quality protein powder
 - 1 cup of organic raspberries or blueberries (fresh or frozen)
 - Liquid stevia to taste
- Servings:** 2

Beautiful Berry Chia Smoothie Instructions

1. Blend the coconut milk, protein powder, vanilla, and berries (blueberries or raspberries, whichever you choose) together.
2. Pour the coconut berry mixture into a mason jar or other container and add the chia seeds. May need multiple jars.
3. Slightly stir the chia seeds in the coconut milk until the chia seeds are evenly distributed in the mixture.
4. Place mixture in fridge for 2 hours or overnight.
5. Layer chia pudding in another glass with more berries or simply top with fruit and nuts, enjoy!



Fat Burning Berry Shake Ingredients

1/2 can of organic full-fat Coconut Milk
1 Scoop of high quality vanilla protein powder
1/2 cup of frozen raspberries or strawberries
1 tsp of Cinnamon
Pinch of Cayenne Pepper
Stevia to taste

Servings: 1-2

Fat Burning Berry Shake Instructions

Put all the ingredients in together, mix and enjoy!
If you want to use the carton coconut milk, I would suggest adding in 1 tbsp of coconut oil or coconut butter for more coconut fats.



Chocolate Coconut Pudding Ingredients:

- 1 cup of full-fat organic coconut milk (in a can)
- 2 tbsps of raw cacao powder
- ½ tsp of vanilla
- 1 tbsp of organic beef gelatin
- 1 tbsp of purified water
- 4 drops of stevia (or to your preferred taste)

Optional:

- 1 scoop of high quality protein powder

Chocolate Coconut Pudding Ingredients:

1. Add the coconut milk, cocoa, and sweetener to a pan over medium heat and stir with a whisk.
2. Mix the gelatin and water in small bowl. The gelatin will absorb the water. Stir until it starts to clump.
3. Add the gelatin to the pan and stir until dissolved.
4. When the coconut milk mixture is warm transfer into two small coffee mugs or pudding cups.
5. Place in the fridge for 30-45 minutes (or freezer for faster setting).

Serve and enjoy!



Chocolate Avocado Pudding Ingredients

- 1 Avocado
- 1 tbsp of Extra Virgin Coconut Oil
- 2-4 tablespoons of Raw Cacao powder (depending upon how chocolaty you want it)
- 1-2 cups of organic unsweetened almond or coconut milk in carton
- 1 large scoop of chocolate high quality protein powder

Servings: 2

Optional Ingredients:

- 1-2 Tbsp of fresh ground flax, hemp or chia seed
- Additional Stevia for taste – I recommend pure stevia in a liquid dropper

Chocolate Avocado Pudding Directions

Put all ingredients together into a blender and spin it until whipped up. Be sure you have enough almond/coconut milk in it to make it blend smoothly. May need to scrape protein and cacao powders off of the side to ensure they don't clump into the side of the blender. Great to serve this with berries or in a grain-free pie crust.

Additional Tips: This recipe can also be used with a grain-free almond flour or coconut flour based pie crust for a raw chocolate pudding cake.



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!



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 every day.



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.



Matcha 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

Matcha Green Tea Instructions:

Option one.

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 broil 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 Ingredients

- 1 cup of organic coffee
- 1 tbsp grass-fed 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!



Coconut Dandelion Coffee Ingredients:

1 packet of Dandy Blend instant herbal beverage
¼ cup of organic coconut milk or 2 tbsps of coconut oil or MCT oil

Few drops of stevia

Optional:

Cinnamon

Pink salt

Servings: 1-2 cups of Coffee

Coconut Dandelion Coffee Instructions:

Warm filtered water until it is hot and add it to packet of Dandy Blend until the cup is ¾ full.
Then add in ¼ cup of coconut milk



Anti-Inflammatory Milk Ingredients

2 cups of full fat organic coconut milk (can)

1 tsp of turmeric

1 tsp of ginger

1 tsp of black pepper

Stevia to sweeten

Top with cinnamon

Servings: 1 cup

Anti-Inflammatory Milk Instructions

1. In a saucepan add all ingredients (except honey) and whisk to combine
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.
3. Add honey and stir, top with cinnamon and coconut whip cream and enjoy!
4. To make coconut whip cream, place a can of coconut milk in the fridge over-night, and scrap the top off in the morning for topping tea, fruit.



SuperCharged Detoxifying Green Drink

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

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

If you want this to purely ketogenic you can do it without the apple and add an extra cucumber

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)



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!

Liver *Cleanse* Juice

Juice the Following:

2 Cucumbers

5 Stalks Celery

3 Dandelion Greens

1 Handful Parsley

Juice from 1 Lemon

** Dandelion greens support healthy bile flow, removes toxins and improves liver function.*

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Liver Cleanse Juice Instructions

Put all ingredients in juicer or blender until smooth and creamy. I usually juice the lemon with the peel as the peel is rich in bioflavonoids. If you desire to do this, it is best to get the lemon organic. I recommend getting all the ingredients organic if possible. If it isn't possible, then peel the outer skin of the lemon and cucumbers. Wash off the dandelion greens, celery and parsley as well as possible.

Cancer Fighting Green Juice

1 Cup Broccoli
1 Cup Cucumber
2 Cups Romaine Lettuce
1/2 Cup Cilantro
1/2 Green Apple* (optional)
1 Lime



Cancer Fighting Green Juice Instructions:

Put all ingredients in juicer or blender until smooth and creamy. I usually juice the lime with the peel as the peel is rich in bioflavonoids. If you desire to do this, it is best to get the lime organic. I recommend getting all the ingredients organic if possible. If it isn't possible, than peel the outer skin of the lime, apple and cucumber and rinse the lettuce, broccoli and cilantro real well.



Coconut Water Kefir Ingredients:

- 1 large, clean glass bottle
- 4 tbsp of Coconut Kefir Starter (Inner Eco shown above can be found in health food stores)
- Coconut Water

Coconut Water Kefir Instructions:

Take the coconut kefir starter and a little bit – at least 4 tbsp. You could pour more...the more kefir starter you put in the faster the fermentation process.

Then add the coconut water until the glass bottle is close to full. Close lid tightly and keep out in room temperature for 24 hours. Open lid and taste – it should be effervescent and fizzy. If not, let it sit out and ferment some more. If it is effervescent than put it in the refrigerator and cool and use as you wish.

The coconut water kefir will create a white culture film at the bottom of the bottle. This is the beneficial organisms in what is called a SCOBY – Symbiotic Colony of Bacteria and Yeasts. This collects at the bottom of the bottle where they break down the sugars and release enzymes and organic acids that are highly beneficial for human health. So it may look gross...but it is extremely healthy for the body.

Once you make one batch of coconut water kefir you can use some of each bottle as a starter for another bottle. You can continue to work with the offspring of the original but if you get lots of different color floaties in the kefir than you should wash out that bottle and restart. Also, a putrid smell would be another indication of a time to clean and change the bottle.

You can also add Ginger – about 2-4 oz of fresh ginger grated and let that ferment with the coconut water for a Coconut Ginger Ale.



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.



Turmeric Paste Ingredients:

- | | |
|--|---------------------|
| 1/2 tsp ground black pepper | 1 tsp ginger powder |
| 1/2 tsp cinnamon | 1/4 tsp pink salt |
| 1/2 cup turmeric powder | 1/2 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.



Protein Popping Power Balls Ingredients

- 1 cup coconut butter (softened)
- 1 tsp. organic vanilla extract
- 1 scoop of high quality protein powder
- 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

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



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.



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
- ½ tsp. pink salt
- ½ tsp. vanilla
- 1 tsp of organic cinnamon
- 1 tsp of organic nutmeg

Not Nut Butter Instructions

1. 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.
2. Serve with berries or cucumber slices
3. 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.



SuperRaw Living Pesto Ingredients

- 1 avocado
- 3 oz. grass-fed raw cheddar cheese
- Juice from one lemon
- 2 cloves of garlic
- 8 large fresh basil leaves

SuperRaw Living Pesto Instructions:

Blend ingredients in vita mix until creamy and smooth.
Get a spiralizer and cut zucchini into thin noodle like strips
Place spiralized zucchini in large bowl with pink salt.
Let noodles sit for 20-30 minutes.
Drain water and add pesto.

Servings: 2



Grainless Kale Flat Bread Ingredients

- 2 cups of packed kale
 - ½ large onion
 - 1 cup of sunflower seeds
 - 1 cup of walnuts
 - 1 tsp pink salt
 - 2 pasture-raised eggs
 - 2 tbsps of grass-fed butter/ghee or coconut oil
 - ½ tsp of lemon juice
- Servings:** 6

Grainless Kale Flat Bread Instructions

1. Measure out ingredients and combine in blender or food processor.
2. Blend Until a smooth dough like consistency is formed and all chunks are blended. This could take several minutes, and it is good to stop and keep scraping the sides down to make sure it is all blended.
3. Spread the mixture out onto a well-greased pan or stone with coconut oil or butter. Spread the mixture using a spatula to create an even spread on the pan. You want to get it pretty thin and as even as you can.
4. Bake for 50-65 minutes at 300 depending on how thin/thick you made it.



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.



Coconut Flour Bread Recipe Ingredients

1 cup of cashew or almond butter
¼ cup of coconut flour
5 pasture-raised eggs
½ tsp of aluminum-free baking powder
½ tsp of baking soda
2 tsp apple cider vinegar

Servings: 5

Coconut Flour Bread Recipe Instructions

1. Pre-heat oven to 350 degrees.
2. Gather all ingredients and let sit out at room temperature.
3. Place ingredients into vitamix or blend tech blender. Can also use hand blender or food processor
4. Blend until well combined and smooth.
5. Pour batter into well-greased 8.5 x 4 loaf pan.
6. Bake 25-30 minutes.



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
Pinch of black pepper
1 teaspoon of oregano
1 teaspoon of basil
Freshly ground black pepper to taste
Servings: 1 1/2 quarts

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.



Brain Building Omelet Ingredients

- 3 organic range eggs
- 3 tbsp. grass-fed butter/ghee/coconut oil
- 1/2 cup chopped red onions
- 8 organic chopped green onions
- 1 cup chopped organic yellow pepper
- 6 clove of minced garlic
- 1 tbsp. organic thyme
- 1 tbsp. organic oregano
- 1 tbsp. organic basil
- 2 tbsp. turmeric

Servings: 1-2

Optional: 2 oz of grass-fed raw cheese

Brain Building Omelet Directions:

Saute onions, green onions and garlic in pan on a low heat for 10 minutes.
Add in eggs, (cheese if choosing this option) and herbs.
Cook for 10 minutes and add in turmeric. You will Love This!



Chicken Avocado Chili Ingredients

5 cups of chicken broth
3 cups of cooked shredded chicken or turkey
1 cup of green salsa
1 cup of chopped onions
½ cup of chopped green bell peppers
1 pinch of pink salt
1 avocado, diced
Servings: 3

Chicken Avocado Chili Instructions

1. Add onions and peppers to a pan and fry in coconut oil or butter until onions become slightly soft.
2. Add peppers, onions, shredded chicken, salt and salsa to a medium saucepan, and stir to combine.
3. Heat over medium-high heat until boiling, then cover and reduce heat to medium-low and simmer for at least 5 minutes.
4. Serve warm with avocado and cilantro for toping



SuperCharged Coconut Curry Ingredients

- | | |
|---|----------------------------------|
| 1 can full fat coconut milk | 1 ½ cup of organic chicken broth |
| 2 cups of stir-fry veggies: broccoli, carrots and cauliflower | |
| 1 cup of diced up bell peppers | 1 cup of diced up red onions |
| ½ tsp of pink salt & taste of black pepper | 2 ½ tbsp. of red curry paste |
| 4-5 cloves of minced garlic | Juice of one lime |
| 3 tbsps of grass-fed butter, ghee or coconut oil | 1 tsp of turmeric |
| 2 cups of shredded organic chicken or grass-fed beef | 1 cup of kale or spinach |
| 1 head of cauliflower to make cauliflower rice | Servings: 3-4 |

SuperCharged Coconut Curry Instructions

1. Start by cooking the meat of your choice.
2. Remove the cooked meat and set a side in a bowl.
3. Add the coconut milk and chicken stock to a large pot along with the curry paste, butter, turmeric, lime, garlic. Cook for 5 minutes, stirring occasionally.
4. Then add the frozen or fresh veggie mixes to the pot, stir, and cover while cooking for 5 minutes. If you added sweet potato, cook until soft.
5. Remove the lid and stir in the chicken, beef, or beans. Cover and cook for the last 5 minutes.
6. Serve over a bowl of cauliflower rice or by itself.

To Make Cauliflower Rice:

1. Place head of cauliflower in blender and pulse until it turns into the consistency of rice.
2. Either saute on low heat in coconut oil until soft, or steam until it becomes the softness you wish (does not take long)



SuperCharged Chicken Lo-Mein Ingredients

- 1-2 cups of shredded chicken
- ¼ cup of chopped almonds
- ½ cup of chopped green onions
- ½ cup of mushroom (shitake)
- 2 cloves of garlic, minced
- ¼ cup of celery, chopped
- 2 cups of broccoli or cauliflower
- 2 cups of shredded cabbage
- 1 tbsp of ginger, minced
- 1 tbsp of coconut oil
- ¾ tbsp. of coconut aminos
- ¼ tsp of pink salt

SuperCharged Chicken Lo-Mein Instructions

1. Cut broccoli and mushrooms into bite sized pieces and cook and shred chicken.
2. Thinly slice 2 cups of cabbage.
3. Chop almonds, green onion, celery.
4. Mince or chop garlic and ginger.
5. Heat pan over high heat.
6. Add coconut oil, then add meat if you do not already have it cooked. Cook meat for 3-5 minutes.
7. Add in broccoli, celery and mushrooms and cook for 2 minutes
8. Add in almonds, cabbage, ginger, green onion and garlic and coconut aminos. Cook for 2-3 minutes, until cabbage softens. Serve over cauliflower rice or eat alone.



Naked Kale Burger Saute Ingredients

- 1 lb of grass-fed ground beef
- 2 stalks of Curly Kale
- Bell Peppers – Any color
- 1 carrot grated
- Ginger root grated to taste
- 1-2 cloves of garlic – crushed
- 2 Avocados sliced
- ½ stalk of parsley cut into small pieces
- 4 Tbsps of Coconut oil
- 2-4 Tbsps of Extra Virgin Olive Oil
- 2 full lemons cut in half
- Pink salt and black pepper to taste
- Servings:** 4

Naked Kale Burger Saute Instructions

1. Beet grass-fed beef into 4 quarter pound patties
2. Using a stainless steel pan, heat 2 tbsps of coconut oil until melted and place beef on pan and cook until it is finished the way you like it.
3. In a separate pan, put down 2 tbsps of coconut oil and saute the curly kale and carrot. Once finished put the diced peppers, ginger root and crushed garlic.
4. Place burger on the saute and add avocado slices, raw cheese chunks (if you do dairy), squeeze a half lemon and add olive oil on top. Add pink salt and pepper. Top with parsley.

You can add optional herbs as you wish.



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
1 minced fresh chile
1 cup sliced mushrooms (crimini or baby portabella)
1/2 cup scallions (green onions), sliced into 1 inch pieces
1/2 cup red pepper, diced
2 tbsp. Coconut Aminos
3 tbsp. fresh lime juice
Pink salt and pepper
Chopped cilantro to garnish

Servings: 4

Ready In: 35 mins

Thai Coconut Turkey Instructions

1. Combine coconut milk and stock and bring to a boil, add smashed lemongrass, ginger and chiles to milk/stock and simmer for 15 minutes. Remove these 3 last ingredients and add turkey to milk/stock.
2. In a medium skillet saute mushrooms, scallions and diced red pepper in 1 tablespoon olive oil until barely tender, about 3-4 minutes. Add to the milk and turkey mixture. Add lime juice and simmer for 10 minutes.
3. Season with pink salt and pepper, adjust taste with more lime or fish sauce and spoon into bowls. Garnish with fresh cilantro.
4. Serve with cauliflower rice (recipe on DrJockers.com)



Beef and Buttered Broccoli Ingredients

- 1 lb of grass-fed beef, sliced into strips
- ¼ cup of coconut aminos
- 3 tsps of grass-fed butter or ghee
- 3 cloves of chopped garlic
- 1 tsp of Herbamare
- 1 head broccoli chopped

Beef and Buttered Broccoli Instructions

1. Add the coconut aminos, grass-fed butter to the crockpot
2. Add garlic and herbamare
3. Toss meat in crockpot to coat
4. Cook on low for 6-8 hours
5. Add broccoli about an hour before serving
6. Serve over cauliflower rice (recipe on DrJockers.com) if you like.



Taco Lettuce Wraps

2 lb. green fed ground beef
2 tbsp. organic seasoning
1/4 cup coconut aminos
1 cup grass-fed raw cheese
1 cup organic salsa
1 cup chopped red onions
1 cup guacamole
2 heads of organic butterleaf lettuce

Servings: About 8 lettuce wraps

Optional Ingredients:

1 cup Coconut Milk kefir as a sour cream alternative

Taco Lettuce Wraps Instructions

1. Cook ground beef in coconut oil and add seasoning and coconut aminos.
2. Once ground beef is done cooking put some in a piece of lettuce and tops with remaining ingredients.



Super Brain Salmon Burgers Ingredients

2 large Wild-Alaskan salmon fillets
1/2 cup red onion, chopped finely
1/2 cup fresh organic cilantro, chopped
1/2 cup fresh organic parsley, chopped
4 garlic cloves, minced
2 organic eggs
4 tbsp. Chia Seeds

Servings: 4

Prep Time: 10 mins

Cook Time: 10 mins

Super Brain Salmon Burgers Instructions

Peel off the scales of the salmon.
Ground up the fillets in a large bowl and add remaining ingredients.
Form into patties and cook in coconut oil.
Serve with raw veggies



SuperCharged Burger Ingredients

- 1 lb grass-fed beef
 - 1 lb asparagus
 - 1/2 small red onion diced
 - 1/2 multi-colored bell peppers diced
 - 2 -4 tablespoons of EV coconut oil
 - 1 lemon
 - 2 cap-fulls of EV Olive oil
 - Pinch of pink salt
 - Italian Herbs to season with
- This should be a complete meal for 2 with possible leftovers

SuperCharged Burger Directions

Using a stainless steel pan and 2 tablespoons of coconut oil cook up meat and pack into burgers. Then put them into oven at low temperature on a plate to keep warm. Saute the asparagus and onions in the same pan with the juices of the meat. Some may want to include more coconut oil but you should have enough of the beef fat and coconut oil to marinate the asparagus and onions in while they cook. Don't overcook anything as it will burn and create black ash that is highly carcinogenic. So better to keep at low-medium temps and cook for longer periods of time.

Dice up bell peppers to make a colorful side dish. Put everything on plate and squeeze 1/2 lemon over everything and put a cap-ful or 2 Tbsp of EV olive oil on the meal. Put pink salt to taste and a generous amount of Italian herbs for added aromatic properties, anti-oxidants and good taste. This meal shouldn't take more than 20 minutes to make unless you are doing multiple servings. Enjoy!



SuperCharged Egg Drop Soup Ingredients:

- ½ diced onion
 - 1 stalk of organic celery
 - 1 tbsp of grass-fed butter/ghee or coconut oil
 - 1 tsp of coconut aminos
 - 4 cups of pasture-raised chicken broth
 - 4 pasture-raised eggs (lightly beaten)
 - 1 tsp organic olive oil
 - 1 tsp of pink salt
 - ½ tsp of ground black pepper
 - 2 tbsp of chopped green onions
 - 1 handful of organic spinach
- Servings: 2**

SuperCharged Egg Drop Soup Instructions:

1. Add coconut oil to a medium-sized pot and warm over low/med heat. Add onions and celery and saute until soft.
2. Add the chicken broth, coconut aminos, pink salt, black pepper and olive oil. Bring to a boil.
3. Very slowly pour in the beaten eggs in a steady stream. To make thin streams or ribbons, gently stir the eggs in a clockwise direction until they form.
4. Add in spinach and continue to stir until eggs are cooked and spinach is soft.
5. Garnish with green onion and serve.



Broccoli Cream Soup Ingredients

- 1 large head organic broccoli
- 2 cups fresh organic mushrooms
- 10 green onions chopped finely
- 2 cloves garlic (minced)
- 10 tbsp. organic pasture raised-butter/ghee
- 1/2 cup full-fat organic coconut milk or coconut milk kefir
- 3 cups bone broth (chicken, beef, fish or vegetable)
- 2 cups grass-fed cheese (optional – only if you tolerate dairy well)

Servings: 6

Broccoli Cream Soup Instructions

- Chop broccoli up.
- Saute broccoli, mushrooms, green onions, garlic and butter for 15 minutes on medium heat.
- Pour all ingredients from pan into large blender.
- Blend coconut milk, bone broth and add cheese in.



The SuperCharged Salad Ingredients

½ Small bunch of kale
1-2 Handfuls of baby spinach
¼ Red onion diced
2-4 Stalks of celery diced up
½ Red and Yellow bell pepper diced up
1 Avocado cut into chunks
4 oz of grass-fed cheese cut into chunks
½ Lemon squeezed on top
2 oz of olive oil over the salad
Ground or shredded ginger on top
Mediterranean herbs such as oregano, basil & thyme for aroma and taste

Servings: 2

Prep Time: 5 mins

Options: If sensitive to dairy, can try goat cheese or some chicken or eggs.

The SuperCharged Salad Instructions

Put all the ingredients into a salad and toss it around to give it a great appearance. Then squeeze lemon, apply herbs and olive oil to the top. Enjoy!



Spinach Pancakes Ingredients

4 organic (pasture-raised) eggs
1/4 cup full-fat coconut milk
1/2 tsp. pink salt
2/3 cup frozen organic spinach
2 cloves of garlic
1/2 cup onion chopped
1/3 cup coconut flour
1/2 tsp. baking powder
black pepper to taste
1 tbsp. extra-virgin coconut oil
Servings: About 3 pancakes

Spinach Pancakes Directions

1. Blend, eggs, coconut milk, salt, spinach, garlic and onion together in a blender or vita mix.
2. Add coconut flour and baking powder and blend.
3. Melt a tbsp. of coconut oil on medium to low stove.
4. Drop batter in by heaping tbsp. at a time.
5. Sprinkle with black pepper.



Chocolate Fudge Ingredients

1 cup softened raw coconut butter
1/2 cup softened coconut oil
1/2 cup raw cacao powder
1/2 tsp. pink salt

Optional Ingredients:

1 tsp. organic vanilla extract
5 drops stevia extract

Chocolate Fudge Instructions

Mix all ingredients together.
Scoop into candy molds and freeze for two hours.



Collagen Marshmallows Ingredients

Vanilla- Sugar Free

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

Sugar Free Chocolate

1 cup water	3 tbsps gelatin
3 1/2 tbsps raw cacao	3/4 tsp liquid stevia

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 then 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.



SuperCharged Oreos Ingredients:

¼ cup of vanilla flavored protein powder

¼ tsp of liquid stevia

3 ½ tbsps of almond butter

Filling:

3 tbsps coconut butter

3 tbsps of cacao powder

1 tbsp of coconut oil

Few drops of stevia (flavor of your choice)

SuperCharged Oreos Instructions:

1. In a large bowl, place protein powder and cacao powder and mix
2. Add in your sweetener. I used liquid stevia, but if you wanted to use another sweetener like maple syrup or honey, you can adjust your wet ingredients, either by omitting the coconut oil or reducing the almond butter, or both.
3. Next add in your coconut oil and almond butter.
4. Mix together until batter forms. Add more protein powder if too runny, and more coconut oil or maple syrup if too dry.
5. Either place batter in a mini muffin tin lined with parchment paper to form cookie shape or form by hand by place drops of batter on parchment paper and pressing down by hand to form the size of cookie you would like
6. Set in fridge or freezer to harden
7. Make filling by mixing coconut butter with sweetener of choice in bowl- a few drops of stevia OR 1 tablespoon maple syrup.
8. Place filling on cookies and top with cookie. Enjoy! Keep in refrigerator.

Special Notes:

The texture of the cookie batter could be different depending on a few factors: Your almond butter could be on the thick side or runny. Protein powders can have different textures. If you use maple syrup instead of stevia.

To Fix This- if your batter is too runny- add more protein powder or almond butter. If batter is too dry, add more melted coconut oil or maple syrup. Play around until the batter taste and is a good texture to make the cookies. They will harden in the fridge, so do not worry if the batter is sticky/wet.



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.

Notes: Can also use 2 tablespoons of raw, local honey or grade B maple syrup or 1 tbsp of xylitol if you don't want to use stevia. Honey and maple syrup do contain sugar.



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.

Notes: Can also use 2 tablespoons of raw, local honey or grade B maple syrup or 1 tbsp of xylitol if you don't want to use stevia. Honey and maple syrup do contain sugar.



Coconut Flour Cookie Ingredients

- 1 cup of coconut flour
- ½ cup of grass-fed butter or coconut oil
- 4 pasture-raised eggs
- ½ cup of coconut flakes
- Pinch of pink salt
- 1 tsp of vanilla
- 1 – 2 tsps of liquid stevia to taste
- ½ – 1 cup of organic unsweetened chocolate chips

Coconut Flour Cookie Instructions

1. Preheat the oven to 375 degrees.
2. Melt the honey or syrup and butter together in a small pot.
3. In a large bowl mix together the butter, raw honey or syrup, eggs, vanilla extract and sea salt.
4. Stir in the coconut flour, shredded coconut and chocolate chips.
5. Line a baking sheet with parchment paper and form batter into bite size balls- just press together in your hands or scoop and press and shape into whatever you shape or size you would like
6. Bake for 12-15 or until golden brown.

About Dr David Jockers DC, MS, CSCS

Dr. David Jockers is a Maximized Living doctor, functional nutritionist, corrective care chiropractor, 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 “NaturalNews,” “The Truth About Cancer” and “PrimalDocs” which are three of 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 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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