



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.

Table of Contents:

| | | |
|----|-----------|---|
| Pg | 1 | Table of Contents |
| | 2-3 | Resource Guide |
| | 4 | Super Smoothies |
| | 5 | Chocolate Chia Super Smoothie |
| | 6 | Blueberry Pudding |
| | 7 | SuperCharged Blueberry Shake |
| | 8 | Chocolate Raspberry Cream |
| | 9 | Beautiful Berry Chia Smoothie |
| | 10 | Fat Burning Berry Shake |
| | 11 | Chocolate Coconut Pudding |
| | 12 | Chocolate Avocado Pudding |
| | 13 | Blueberry Coconut Parfait |
| | 14 | Anti-Oxidant Drinks & Juices |
| | 15 | De-Inflaming Lemonade |
| | 16 | Matcha Green Tea |
| | 17 | SuperCharged Lemon Mint Water |
| | 18 | Creamy Cinnamon Coffee |
| | 19 | Coconut Dandelion Coffee |
| | 20 | Anti-Inflammatory Milk |
| | 21 | SuperCharged Detoxifying Green Drink |
| | 22 | Cancer Fighting Green Juice |
| | 23 | Gut Cooling Juice |
| | 24 | Liver Cleanse Juice |
| | 25 | Coconut Water Kefir |
| | 26 | SuperCharged Chicken Broth |
| | 27 | Snacks & Side Dishes |
| | 28 | Turmeric Paste |
| | 29 | Protein Popping Power Balls |
| | 30 | Super Raw Pumpkin Seed Butter |
| | 31 | Not Nut Butter |
| | 32 | Super Raw Living Pesto |
| | 33 | Grainless Kale Flat Bread |
| | 34 | Arugula, Spinach and Kale Chips |
| | 35 | Coconut Flour Bread |

| | |
|----|-----------------------|
| 36 | Coconut Flour Gravy |
| 37 | Main Courses |
| 38 | Brain Boosting Omelet |
| 39 | Chicken Avocado Chili |
| 40 | Coconut Curry |

| | |
|-----------|------------------------------------|
| 41 | Chicken Lo Mein |
| 42 | Naked Kale Burger Saute |
| 43 | Coconut Thai Turkey |
| 44 | Beef and Buttered Broccoli |
| 45 | Taco Lettuce Wraps |
| 46 | Super Brain Salmon Burger |
| 47 | SuperCharged Burger |
| 48 | SuperCharged Egg Drop Soup |
| 49 | Broccoli Cream Soup |
| 50 | SuperCharged Salad |
| 51 | Spinach Pancakes |
| 52 | Sugar-Free Healthy Desserts |
| 53 | Chocolate Fudge |
| 54 | Collagen Marshmallows |
| 55 | SuperCharged Oreos |
| 56 | Turmeric Cream Cups |
| 57 | Coconut Cream Cups |
| 58 | Coconut Flour Cookie |

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 organic almond or coconut milk (carton) 1 Tbsp. raw cacao powder
1 tsp. chia seed
1 tsp. flax seed
1 Tbsp. coconut butter ½ cup blueberries
1 scoop of high quality protein powder

Optional Ingredients:

½ avocado
½ tsp. organic vanilla extract Ice

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

1 cup canned, organic, full fat, coconut milk
2 small avocados
1/2 cup 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 taste)

Servings: 2

Instructions

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



SuperCharged Blueberry Shake

½ cup frozen organic blueberries
1 cup unsweetened coconut milk (carton)
2-3 Tbsp. coconut butter
1 Tbsp. turmeric powder
4 Tbsp. high quality protein powder
Handful spinach
Liquid stevia to taste
Pinch pink salt and pinch of black pepper

Servings: 1

Instructions

Blend all ingredients 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

4oz. frozen organic raspberries

1 can organic coconut cream (made with full-fat coconut milk – check instructions below) 3 Tbsps. raw cacao powder

1 scoop high quality protein powder Liquid stevia to taste

1 Tbsp. turmeric

Pinch pink salt and pinch of black pepper

Servings: 2

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 cream, as that is what you will use for this recipe.

Put all the ingredients into blender and blend until smooth and creamy.

Add stevia and pink salt to taste.



Beautiful Berry Chia Smoothie

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

Instructions

Blend the coconut milk, protein powder, vanilla, and berries together.

Pour the coconut berry mixture into a mason jar(s) or other container and add the chia seeds.

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!



Fat Burning Berry Shake

1/2 can organic, full-fat, coconut milk

1 scoop high quality vanilla protein powder 1/2 cup frozen raspberries or strawberries 1 tsp. cinnamon

Pinch cayenne pepper Liquid stevia to taste

Servings: 1-2

Instructions

Mix all the ingredients together, 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

1 cup canned organic, full-fat, coconut milk
2 Tbsp. raw cacao powder
½ tsp. organic
vanilla extract 1
Tbsp. organic beef
gelatin 1 Tbsp.
filtered water
4 drops liquid stevia (or to taste)

Optional:

1 scoop of high quality protein powder

Servings: 2

Instructions:

Add the coconut milk, cacao, vanilla and stevia to a sauce pan over medium heat and stir with a whisk. Mix the gelatin and water in small bowl. The gelatin will absorb the water. Stir until it starts to clump. Add the gelatin to the pan and stir until dissolved.

When the coconut milk mixture is warm transfer into two small coffee mugs or pudding cups. Place in the refrigerator for 30-45 minutes (or freezer for faster setting).

Serve and enjoy!



Chocolate Avocado Pudding

1 avocado

1 Tbsp. extra virgin coconut oil

2-4 Tbsp. raw cacao powder (depending upon how chocolaty you want it) 1-2 cups organic unsweetened almond or coconut milk in carton

1 large scoop of chocolate high quality protein powder

Servings: 2

Optional Ingredients:

1-2 Tbsp. fresh ground flax, hemp or chia seed
Additional liquid
stevia for taste

Instructions

Put all ingredients together into a blender and whip. 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.

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

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

Instructions

Put blueberries, water, salt and stevia into the blender first, then add the 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

1 cup fresh squeezed lemon juice: (4-6 lemons)
4-6 cups filtered water (to taste)

1 tsp. ground turmeric

1

tsp.

cinn

amo

n

Pinc

h

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

Place all ingredients in a blender and blend until everything has dissolved and is 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

Juice from 1
organic lemon
Organic mint
leaves
12 drops berry (or flavor of your choice) stevia
1 drop citrus fresh essential oil
Organic lemons, limes and
raspberries (optional) 8 oz. filtered
water
Servings: 1-2

Instructions:

Mix all ingredients together.

Squeeze additional lemon and lime in water and add raspberries if you like.

Add mint leaves on top at the end. Serve room temperature, chilled or over ice

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

1 cup filtered hot water
½ tsp. matcha green tea or
1-2 tea bags 1 tsp. extra
virgin coconut oil
½ tsp. grass-fed ghee
2 Tbsp. canned, organic, full-fat,
coconut milk ¼ – ½ tsp. organic,
vanilla extract
Liquid stevia to taste

Instructions:

Option one.

In a small saucepan, bring water and coconut milk to a slight boil. Add in matcha tea and stevia and stir until fully mixed.

Add coconut oil, ghee and tea mix 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. Add coconut milk and stevia and return 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 stevia and stir until well combined. Then whisk until frothy OR place in blender and blend until frothy.



Creamy Cinnamon Coffee Ingredients

1 cup organic coffee
1 Tbsp. grass-fed
butter/ghee 1/4
tsp. organic
cinnamon
1 tsp. organic extra virgin
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, grass-fed 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

1 packet [Dandy Blend](#) instant herbal beverage
¼ cup organic coconut milk or 2 tbsps. extra virgin coconut oil or MCT oil
Liquid stevia to taste
Filtered water

Optional:

Cinnamon
Pink salt

Servings: 1-2 cups of Coffee

Instructions:

Warm filtered water until it is hot and add it to packet of Dandy Blend until the cup is $\frac{3}{4}$ full. Stir in $\frac{1}{4}$ cup of coconut milk. Season with salt and cinnamon.



Anti-Inflammatory Milk

2 cups canned, full fat, organic, coconut milk

1 tsp. turmeric

1 tsp. ginger

1 tsp.

black

pepper

Liquid

stevia

to

taste

Top

with

cinna

mon

Servings: 1 cup

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 cream (if you would like) and enjoy!

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.



SuperCharged Detoxifying Green Drink

1 organic lemon

½ bunch of dandelion greens

½ bunch of bok choy

2 (1 inch) pieces ginger root

2 cucumbers

½ stalk of cilantro

1 stalk Lacinato kale

Optional:

1/2 granny smith apple

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

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

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)



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.*

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

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, than 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

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

Instructions:

Pour 4 Tbsp. of kefir starter into bottle. You could pour more... the more kefir starter you put in the faster the fermentation process.

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 ferment longer. If it is effervescent, then 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

1 whole, pasture-raised chicken
2 carrots, roughly 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

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. 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 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. 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

| | |
|--|----------------------------------|
| 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 extra virgin coconut oil |
| 1 and 1/2 cups filtered water, plus 1/2 cup more | |

Optional:

20 drops liquid stevia

Instructions:

Combine pepper, ginger, cinnamon and salt in a small bowl. Set aside.

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.

Add mixed spices and continue to cook and stir on low for 3 minutes, until you have a thick and smooth paste.

Turn off heat and add coconut oil. Continue to stir until completely smooth. Add optional sweetener or other herbs like cardamom 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, veggies, coconut 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

- 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

Instructions

Warm up the coconut butter in a pan of warm water so that it is slightly soft.

Mix all the ingredients together and roll into a ball.



Super Raw Pumpkin Seed Butter

1 cup raw
pumpkin seeds
¼ cup raw hemp
seeds
4 Tbsp. extra virgin coconut oil (pre-melted)
1 tsp. organic
vanilla extract 1/2
tsp. pink salt
1/2 tsp.
cinnamon
¼ cup
filtered
water

Instructions

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



Not Nut Butter

3 Tbsp. softened coconut butter (raw organic)
2 Tbsp. extra virgin coconut oil (melted is best)
1 scoop of high quality vanilla or chocolate protein powder
½ tsp. pink salt
½ tsp. organic
vanilla extract
1 tsp.
cinnamon
1 tsp. nutmeg

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



SuperRaw Living Pesto

4 organic zucchini, spiralized
1 avocado
3 oz. grass-fed raw cheddar cheese Juice from one lemon
2 cloves garlic
8 large fresh basil leaves

Servings: 2

Instructions:

Blend all 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.



Grainless Kale Flat Bread

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

Instructions

Combine all ingredients in a blender or food processor.

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.

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.

Bake for 50-65 minutes at 300 depending on how thin/thick you made it.



Arugula, Spinach and Kale Chips

2 cups spinach, kale and/or arugula greens

1 Tbsp. extra virgin coconut oil

(melted) ¼ tsp. seasoning of
choice

Pink salt to taste

Servings: 3-4

Instructions:

Preheat oven to 325

Place greens in a large bowl (Spinach, Arugula or Kale or all 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 greens will not crisp up in the oven. Sprinkle the veggies with seasonings and salt.

Arrange the veggies in a single layer (don't let them overlap) on a baking sheet lined with parchment paper or lightly oiled.

Bake for 10-12 minutes at 325.



Coconut Flour Bread Recipe

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

Servings: 5

Instructions

Pre-heat oven to 350 degrees.

Gather all ingredients and let sit out at room temperature for 5 min.
Place ingredients into Vita-mix, Blend Tech blender, hand blender or food processor. Blend until well combined and smooth.
Pour batter into well-greased 8.5 x 4 loaf pan.

Bake 25-30 minutes.



Coconut Flour Gravy

¼ cup grass-fed ghee or extra virgin
coconut oil 1 quart organic chicken
or beef stock
2 Tbsp. coconut flour
1 sprig thyme
1 tsp.
turmer
ic ½ -
1 tsp.
pink
salt 1
tsp.
orega
no
1 tsp. basil
Freshly ground black
pepper to taste **Servings:**
1 1/2 quarts

Instructions

Melt ghee or coconut oil 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 stirring occasionally. Remove from heat. Blend carefully in a blender until smooth or use an immersion blender. Add freshly ground pepper to taste.



Brain Building Omelet

3 organic range eggs
3 Tbsp. grass-fed butter/ghee/coconut oil 1/2 cup
chopped red onions
8 organic scallions, chopped
1 cup chopped organic yellow pepper
6 cloves garlic, minced
1 Tbsp. thyme
1 Tbsp. oregano
1 Tbsp. basil
2 Tbsp. turmeric

Servings: 1-2

Optional: 2 oz. of grass-fed raw cheese

Instructions

Sauté onions, scallions 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

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

Instructions

Sauté onions and peppers in medium sauce pan in coconut oil or butter until onions become slightly soft.

Add broth, shredded chicken, salt and salsa. Stir to combine.

Bring to a boil over medium high heat, then cover and reduce heat to medium-low and simmer for at least 5 minutes.

Serve warm with avocado and cilantro for topping.



SuperCharged Coconut Curry

2 cups stir-fry veggies: broccoli, carrots and cauliflower (fresh or frozen)
1 can organic, full fat, coconut milk
chicken broth
1 cup bell peppers, diced
diced
½ tsp. pink salt & black pepper to taste
paste
4-5 cloves garlic, minced
3 Tbsp. grass-fed butter, ghee or coconut oil
2 cups cooked shredded organic chicken or grass-fed beef
spinach
1 head of cauliflower to make cauliflower rice

1 ½ cup organic
1 cup red onions,
2 ½ Tbsp. red curry
Juice of one lime
1 tsp. turmeric
1 cup of kale or

Servings: 3-4

Instructions

Add the coconut milk and chicken stock, curry paste, butter, turmeric, lime, garlic to a large stock pot. Cook for 5 minutes, stirring occasionally.

Then add the bell peppers and frozen or fresh veggie mix to the pot, stir. Bring to a low boil. Reduce temperature, cover and simmer for 5 minutes.

Remove the lid and stir in the chicken or beef. Cover and cook for 5 minutes. Serve over a bowl of cauliflower rice or by itself.

To Make Cauliflower Rice:

Place head of cauliflower in blender and pulse until it turns into the consistency of rice.

Either sauté 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

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

Instructions

Heat pan over high
heat. Add coconut
oil.
Sauté broccoli, celery and mushrooms for 2 minutes.
Add in almonds, cabbage, ginger, green onion, garlic and coconut aminos.

Cook for 2-3 minutes, until cabbage softens. Serve over cauliflower rice or eat alone.



Naked Kale Burger Sauté

1 lb. grass-fed ground beef
2 stalks Curly Kale
1 carrot grated
Bell peppers,
diced (any color)
Ginger root
grated to taste
1-2 cloves garlic, crushed
2 avocados sliced
½ stalk parsley cut into
small pieces 4 Tbsp.
extra virgin coconut oil
2-4 Tbsp. extra virgin olive oil
2 whole organic
lemons cut in half
Pink salt and black
pepper to taste

Optional: 2 oz. of grass-fed raw cheese

Servings: 4

Instructions

Form ground beef into 4 patties

Cook the patties in a stainless steel pan in 2 Tbsp. of coconut oil.

In a separate pan, sauté the curly kale and carrot in 2 Tbsp. of coconut oil until kale is wilted. Stir in diced peppers, ginger root and crushed garlic.

Serve the burger on the kale mix top with avocado slices and raw cheese, squeeze a half lemon and add olive oil on top. Season with salt and pepper and additional herbs of choice.

Garnish with parsley.



Thai Coconut Turkey

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 cup sliced mushrooms (crimini or baby
portabella) 1/2 cup scallions sliced into 1
inch pieces
2 Tbsp. coconut aminos
3 Tbsp. fresh
lime juice Pink
salt and pepper
to taste Chopped
cilantro to
garnish
Servings: 4
Ready In: 35 mins

Instructions

In medium skillet sauté turkey in coconut oil, until no longer pink, remove.

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

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.

Remove these 3 last ingredients and add turkey to milk/stock.

Add vegetables to the milk and turkey mixture. Add lime juice and simmer for 10 min. Season with pink salt, coconut aminos and pepper, adjust taste with more lime or coconut aminos and spoon into bowls. Garnish with fresh cilantro.

Serve with cauliflower rice



Beef and Buttered Broccoli

1 lb. grass-fed beef, sliced into strips ¼ cup coconut aminos
3 Tbsp. grass-fed ghee
3 cloves chopped garlic
1 tsp. Herbamare
1 head broccoli chopped

Instructions

Add the coconut aminos, and grass-fed butter to the crockpot. Add garlic and Herbamare.

Toss meat in crockpot stir to coat. Cook on low for 6-8 hours.

Add broccoli about an hour before serving.

Serve over cauliflower rice if you like.



Taco Lettuce Wraps

2 lb. grass fed ground beef
1 cup grass-fed raw cheese
1 cup organic salsa
2 Tbsp. seasonings of your choice 1/4 cup
coconut aminos
1 cup chopped red onions
1 cup guacamole
2 heads organic butterleaf lettuce

Servings: About 8 lettuce wraps

Optional Ingredients:

1 cup coconut milk kefir as a sour cream alternative

Instructions

Cook ground beef in coconut oil, add seasoning and coconut aminos. Serve cooked beef in lettuce wraps and tops with remaining ingredients.



Super Brain Salmon Burgers

2 large Wild-Alaskan salmon fillets 1/2 cup red onion, finely chopped
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

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

1 lb. grass-fed beef
1 lb. asparagus
1/2 small red onion, diced
1 cup colored bell peppers diced
2 -4 Tbsp. extra virgin coconut oil
1 lemon
4 tsp. extra
virgin olive
oil Pinch
pink salt
Italian Herbs to season with
Servings: 2 - 4

Instructions

Form burgers and cook in 2tbsp. of coconut oil in a stainless steel pan. Place them on a plate in the oven at low temperature to keep warm. Sauté the asparagus and onions in the same pan with the juices of the meat. Add more coconut oil if needed. (Don't overcook the vegetables as it will burn and create black ash that is highly carcinogenic. It is better to keep at low to medium temps and cook for longer periods of time).

Serve the diced bell peppers on the side. Once meat and vegetables are on the plate squeeze 1/2 lemon over everything, then drizzle 2 sp. of olive oil on each burger. Salt to taste and add 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

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

Instructions:

Add coconut oil to a medium-sized sauce pan and melt over low/med heat. Sauté onions and celery and until soft.
Add the chicken broth, coconut aminos, pink salt, black pepper and olive oil.
Bring to a boil.

In a steady stream, very slowly, pour in the beaten eggs. To make thin streams or ribbons, gently stir the eggs in a clockwise direction until they form. Add in spinach and continue to stir until eggs are cooked and spinach is soft. Garnish with green onion and serve.



Broccoli Cream Soup

1 large head organic broccoli, chopped
2 cups fresh organic mushrooms, chopped
10 green onions finely chopped
2 cloves garlic, minced
10 Tbsp. grass-fed butter/ghee
1/2 cup canned, full-fat organic, coconut milk or coconut milk kefir
3 cups bone broth (chicken, beef, fish or vegetable)

Optional Ingredients:

2 cups grass-fed cheese (optional – only if you tolerate dairy well)

Servings: 6

Soup Instructions

In pan melt the butter/ghee.

Sauté broccoli, mushrooms, green onions, garlic for 15 minutes on medium heat.

Pour all ingredients from pan into large blender.

Blend coconut milk or kefir, bone broth and add cheese if desired.



The SuperCharged Salad

½ small bunch kale

1- 2 handfuls baby
spinach ¼ red onion,
diced

2-4 stalks celery, diced

½ red and ½ yellow (or orange) bell pepper,
diced 1 avocado cut into chunks

4 oz. grass-fed cheese cut into chunks

½ lemon squeezed 2 oz. extra virgin
olive oil Ground or shredded ginger on
top

Mediterranean herbs such as oregano, basil & thyme for aroma and taste

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

Servings: 2

Prep Time: 5 mins

Instructions

Into a salad bowl, place the vegetables, avocado, and cheese. Toss lightly to mix. Squeeze lemon over the salad, sprinkle herbs and drizzle olive oil over the top. Enjoy!



Spinach Pancakes

4 pasture-raised eggs
1/4 cup canned, full-fat, organic
coconut milk 1/2 tsp. pink salt
2/3 cup frozen organic
spinach 2 cloves garlic,
minced
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

Instructions

Blend eggs, coconut milk, salt, spinach, garlic and onion together in a blender or Vita-mix. Add coconut flour and baking powder and blend.

Melt coconut oil in stainless steel fry pan over medium to low heat. Drop batter into pan one heaping tablespoon at a time.

Sprinkle with black pepper.



Chocolate Fudge

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

Optional Ingredients:

1 tsp. organic vanilla extract
5 drops stevia extract

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 |

Chocolate- Sugar Free

| | |
|-----------------|------------------------|
| 1 cup water | 3/4 tsp. liquid stevia |
| 3 Tbsp. gelatin | 3 1/2 Tbsp. raw cacao |

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 temperature reaches just about boiling, remove from the heat.

Turn the mixer on low speed and, while running, slowly pour the 1/2 cup hot water down the side of the bowl into the gelatin mixture. Once you have added all of the water, add in vanilla extract or raw cacao and liquid stevia. . Increase the speed to medium-high for, beat 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 cut into desired shapes. Store in an airtight container in fridge.



SuperCharged Oreos

¼ cup of high quality vanilla protein powder

¼ tsp. liquid stevia

3 ½ Tbsp. almond butter

Filling:

3 Tbsp. coconut butter softened

3 tbsp. cacao powder

1 Tbsp. extra virgin coconut oil

Liquid stevia (flavor of your choice) to taste

Instructions:

In a large bowl, mix protein powder and cacao powder. Add in stevia.

Next add in your coconut oil and almond butter. Mix together until a thick batter forms. (see notes)

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 desired size of cookie.

Set in fridge or freezer to harden

To make filling mix coconut butter with sweetener of choice in bowl- (a few drops of stevia OR 1 tablespoon maple syrup.)

Place filling on one cookie and top with another 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 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

1.5 cups unsweetened shredded coconut
½ cup coconut butter
½ cup extra virgin
coconut oil 1 tsp.
organic lemon
juice
1/2 tsp. turmeric
1/2 cup grass-fed
butter or ghee
Pinch black pepper
20-25 drops liquid stevia (optional)

Turmeric Coconut Cream Cups Instructions

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

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

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

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

Place in freezer for about 20 minutes or until coconut is frozen. Store tightly sealed in refrigerator.



Coconut Cream Cups

1 cup coconut butter

¼ cup extra virgin coconut oil

¼ cup butter, grass-fed (or additional) coconut oil

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

20-25 drops liquid stevia

Instructions

Place all ingredients in a pan and heat on low heat and mix until well combined. Let cool for a few minutes and 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.

Place in the refrigerator for at least 30 minutes until they harden. Store in refrigerator.

Notes: Can also substitute 1 Tbsp. of xylitol in place of stevia.



Coconut Flour Cookie

1 cup coconut flour
½ cup grass-fed butter or extra virgin
coconut oil, melted 4 pasture-raised eggs
½ cup coconut flakes
Pinch pink salt
1 tsp. organic vanilla extract
1 – 2 tsp. liquid stevia to taste
½ – 1 cup organic unsweetened chocolate chips

Instructions

Preheat the oven to 375 degrees.

In a large bowl mix together the melted butter/coconut oil, eggs, vanilla extract and sea salt. Stir in the coconut flour, shredded coconut and chocolate chips.

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.

Bake for 12-15 minutes or until golden brown.

About Dr David Jockers DC, MS, CSCS

Dr. David Jockers is a 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 the author of “**SuperCharge Your Brain: The Complete Guide to Radically Improve Your Mood, Memory and Mindset,**” and the **SuperCharged Recipe book** with over 180 full-color recipes to help you take back control of your health.

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,” and “The Digestive Health Restoration Program” and “The AutoImmune Elimination Program” and the “Super Brain 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.