



**THE  
CANCER CLEANSE  
PROGRAM**



**RECIPE BOOK**



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# The Super Brain Recipe Book

These recipes fall into the category of the **micronutrient dense ketogenic style nutritional program** to help you balance your blood sugar, improve your brain function 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:

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

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

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

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

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

**High Quality Protein Powder:** We recommend either a collagen protein, grass-fed whey protein or an organic pea, brown rice or hemp protein powder. Our absolute favorite protein is [bone broth protein](#) which you can find [here](#). Be sure the powder is from a reputable brand. We also have the [Gut Healing Protein](#) in the Gut Healing Protein pudding recipe. You can find all of our recommended proteins on [DrJockers.com 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. Here is a [great brand recommendation](#).

**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. Here is a [great brand recommendation](#).

**Stevia:** This is a natural sweetener that is 100 times stronger than sugar and has no ill effect on blood sugar. This is the preferred sweetener we use in this program. We recommend the Sweet Leaf brand of liquid stevia droplets for highest quality. You can [find this here](#)

We find that people like the flavor of the liquid dropper better than the white powder. If you are noticing an unwanted aftertaste, try adding a bit more salt in your dish. The salt acts to blunt the aftertaste of the stevia.

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

- Chocolate Flavored Stevia [Link here](#)
- Vanilla Flavored Stevia [Link here](#)
- Cinnamon Flavored Stevia [Link here](#)
- Lemon Flavored Stevia [Link here](#)
- Hazelnut Flavored Stevia [Link here](#)
- Grape Flavored Stevia [Link here](#)
- Root Beer Flavored Stevia [Link here](#)
- Berry Flavored Stevia [Link here](#)
- English Toffee Flavored Stevia [Link here](#)
- Coconut Flavored Stevia [Link here](#)
- Chocolate Raspberry Stevia [Link here](#)
- Apricot Nectar Flavored Stevia [Link here](#)



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

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

**Beef Gelatin:** Grass-fed beef gelatin is a thick and gelatinous form of collagen protein. We use this as a thickening agent in several recipes including the chocolate coconut pudding. For this recipe, you will [need this product](#).

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

**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). You can [find this here](#)

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

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

**Coconut Aminos:** This is a soy sauce alternative made out of coconut. It is soy-free, hypoallergenic and well-tolerated by most individuals. Great for stir-fry's, meat dishes and any other places you would want to use soy sauce. [Here is the brand](#) we recommend

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

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

**InstaKetone Bars:** These bars are perfect for a ketogenic diet as they are made out of good fat, fiber and have the added benefit of exogenous ketones. [Find these here](#)

**Chocolate Chips:** The sugar-free chocolate chips that we recommend are the Lily's dark chocolate that you can [find here](#)

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

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

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

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

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

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

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

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





## Chocolate Chia Super Smoothie

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  
1 scoop of high quality protein powder

### **Optional Ingredients:**

½ avocado  
½ tsp. organic vanilla extract  
Ice

**Servings:** 1-2

## Instructions

**Step #1:** Combine all ingredients and blend in a high speed blender.

**Step #2:** Add more/less liquid and ice depending on how thick you like it.





## Coffee Collagen Pudding

1 cup of unsweetened organic coconut milk  
1 ripe Hass avocado  
1 scoop of Bone Broth Coffee Protein  
1 tbsp of coconut oil or MCT Oil

### **Optional Ingredients:**

Extra liquid stevia (English Toffee flavor) to taste  
Pinch of Himalayan salt  
Top with coconut flakes and a few organic berries

**Servings:** 1-2

## Instructions

**Step #1:** Put all the ingredients in a strong blender such as a Vita Mix and blend up until thick and creamy. It may take some mixing around with a spoon and a few blender start and stops to get it to the creamy texture you want it.



## Chocolate Raspberry Cream

¼ can 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 (1/2 cup is very satiating due to all the healthy fat)

## Instructions

**Step #1:** 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.

**Step #2:** 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.

**Step #3:** Put all the ingredients into blender and blend until smooth and creamy.



## Gut Healing Protein Pudding

1 large ripe avocado or 2 small  
1 cup of coconut milk in the carton  
1-2 tbsps of coconut oil  
1-2 scoops of Gut Healing Protein

### **Optional Ingredients:**

1 scoop of Bone Broth Protein (Vanilla, Banana, Turmeric or Pure)  
1 tbsp of MCT Oil (instead of coconut oil)

**Servings:** 2 (1/2 cup is very satiating due to all the healthy fat)

**Time to Make:** 5 mins

## Instructions

**Step #1:** Put all ingredients in blender and blend on high until fully whipped. You will most likely need a strong blender to get the full whipped pudding texture.

**Step #2:** Put the coconut milk and avocado in first and the oils and powders in second in order to get less powder or oil build up on the sides or bottom of the blender.



## Fat Burning Berry Shake

1/2 can organic, full-fat, coconut milk  
1 scoop high quality vanilla protein powder  
1/4 cup frozen raspberries or strawberries  
1 tsp. cinnamon  
Pinch cayenne pepper  
Liquid stevia to taste

**Servings:** 1-2 (1 cup is very satiating due to all the healthy fat)

**Warning:** Berries are higher in carbs so wait until you are keto adapted before doing this recipe. In general, berries are low-glycemic and very nutrient dense so they can be a part of a healthy ketogenic diet but in small moderation such as 1/4 cup 1-3 times per week.

## Instructions

**Step #1:** Mix all the ingredients together, and enjoy!

**Step #2:** 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  
½ tsp. organic vanilla extract  
1 Tbsp. filtered water

**Optional:**

1 scoop of high quality protein powder

2 Tbsp. raw cacao powder  
2 Tbsp. organic beef gelatin  
4 drops liquid stevia (or to taste)

**Servings: 2** (1/2 cup is very satiating due to all the healthy fat)

## Instructions:

**Step #1:** Add the coconut milk, cacao, vanilla and stevia to a sauce pan over medium heat and stir with a whisk.

**Step #2:** 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.

**Step #3:** When the coconut milk mixture is warm transfer into two small coffee mugs or pudding cups.

**Step #4:** Place in the refrigerator for 30-45 minutes (or freezer for faster setting).

**Step #5:** 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 (1 cup is very satiating due to all the healthy fat)

### **Optional Ingredients:**

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

## Instructions

**Step #1:** 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  
**Servings:** 4-6 (1/2 cup is very satiating due to all the healthy fat)

## Instructions

**Step #1:** Put blueberries, water, salt and stevia into the blender first, then add the coconut butter and blend.

**Step #2:** 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.

**Step #3:** 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  
Pinch pink salt  
**Servings:** 4-6

1 tsp. cinnamon
½ tsp. liquid stevia (or to taste)

### Optional:

1 tsp. ground/fresh ginger  
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.

1 Tbsp. extra virgin coconut oil
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## Instructions

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

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





## SuperCharged Lemon Mint

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

## Instructions

**Step #1:** Mix all ingredients together.  
**Step #2:** Squeeze additional lemon and lime in water  
**Step #3:** Add mint leaves on top at the end (this is optional).  
**Step #4:** Serve room temperature, chilled or over ice.



## Keto Matcha Green Tea

1 cup filtered hot water  
½ tsp. matcha green tea or 1-2 tea bags  
1 tsp. extra virgin coconut oil or MCT oil  
½ tsp. grass-fed butter or ghee (optional)  
2 Tbsp. canned, organic, full-fat, coconut milk  
Liquid stevia to taste  
**Servings:** 1 cup

## 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.



## Turmeric Fat Burning Coffee

2 cups of organic coffee  
¼ tsp of turmeric  
¼ tsp of cinnamon  
1 tsp of [MCT oil](#) (or coconut oil)  
1 tsp of grass-fed butter  
Dash of sea salt (best is pink salt)  
1 squirt of vanilla stevia  
1 squirt of English toffee stevia

**Servings:** 2 cups of fat burning coffee

## Instructions

**Step 1:** Brew 2 cups of coffee  
**Step 2:** Pour into a glass blender while it is still hot  
**Step 3:** Add all the ingredients and blend

You can make more depending upon how much you want, simply multiply the recipe. Be sure to use a glass blender for this recipe as you wouldn't want to pour hot coffee into a hard plastic blender as it will cause the plastic chemicals to leach into the blender.



## Creamy Cinnamon Coffee Ingredients

¾-1 cup organic coffee  
1 Tbsp. grass-fed butter/ghee  
¼ 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

**Servings:** 1 cup of coffee

## Instructions

**Step #1:** Make coffee as usual

**Step #2:** In a blender, combine coffee, grass-fed butter/ghee, organic cinnamon, organic coconut oil, nutmeg, and (optional) cinnamon bark essential oil.

**Step #3:** Blend together for about twenty seconds.

**Step #4:** 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 cup of coffee

## Instructions

**Step #1:** Warm filtered water until it is hot and add it to packet of Dandy Blend until the cup is ¾ full.

**Step #2:** Stir in ¼ cup of coconut milk.

**Step #3:** Season with salt and cinnamon.



## Anti-Inflammatory Milk

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

**Servings:** 1 cup of anti-inflammatory milk

## Instructions

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

**Step #2:** Heat over medium heat until it starts to bubble, then turn heat down to low and simmer for about 5 minutes so the flavors meld.

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

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



## SuperCharged Detoxifying Green Drink

1 organic lemon	2 cucumbers
½ bunch of dandelion greens	½ stalk of cilantro
½ bunch of bok choy	1 stalk Lacinato kale
2 (1 inch) pieces ginger root	

### 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 (1-2 servings)

## Instructions

**Step #1:** 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.

**Step #2:** 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 Juice Instructions:

**Step #1:** 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.

**Added Insight:** 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!

**Servings:** 4-6 oz of green juice



# 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

**Step #1:** 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.

**Additional Insight:** 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.



## Super Brain Green Juice

1 full bunch of organic celery  
1 organic cucumber  
½ bunch of organic cilantro  
4 large Swiss chard leaves + stems  
1 lemon  
1 lime  
1-2 inches of ginger

**Servings:** 8-16 oz of green juice (depending upon your juicer or blender)

## Instructions

**Step #1:** Chop up all the ingredients into smaller pieces.

**Step #2:** Slowly put all the ingredients into the blender one hand full at a time. Be sure to get a mix of everything into the blender with each handful.

**Added Insight:** For this recipe, we used the [Jay Kordich Power Grind Pro](#), which made over 3 cups of green juice!



## DIY Cashew Milk

1 cup of raw cashews  
4 cups of filtered water  
Pinch of Himalayan sea salt  
2 tsps of vanilla extract  
Liquid stevia to taste

**Servings:** 5 cups

## Instructions:

- Step 1:** Soak cashews in water for at least 4 hours, or overnight in the refrigerator.
- Step 2:** Take the cashews and 2 cups of water and put into a high-power blender. Begin on a lower setting and increase the speed until the cashews are fully pulverized.
- Step 3:** Slowly blend in 2 cups more of water, put in the vanilla extract, pink salt and stevia.
- Step 4:** You can store the milk in a covered container in the refrigerator. It should last for 3 days in the refrigerator.
- Step 5:** If you want to make this thicker and more concentrated, you can use less water or if you are looking to make it thinner, than use more water



## SuperCharged Chicken Broth

1 whole, pasture-raised chicken  
2-4 stalks organic celery, roughly chopped  
1 tsp. apple cider vinegar  
**Servings:** 1 1/2 gallons

1 small red onion, finely chopped.  
Pink salt to taste  
Filtered water  
**Ready In:** 48 Hours

## Instructions

**Step #1:** Wash the chicken. Deeply pierce the skin all over with a long serving fork (this is to let the juices deep down in the tissues to release over time), and place in a very large stock pot.

**Step #2:** Add a little salt and apple cider vinegar and then add water till it covers the chicken. Heat on the lowest setting possible and let it sit for at least 18 hours. The water should never boil but should just sort of bubble a little.

**Step #3:** Once the chicken has given up all its juices, take it out (it will fall apart so you will need to use a tool that can scoop it up) and set aside in a big bowl to cool off.

**Step #4:** Next add the veggies and let that simmer or bubble for another couple of hours or so. Turn off the heat then remove and discard the veggies.

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

**Step #6:** Put thoroughly cooled broth into containers in the fridge. After a day you can take them out and skim off the fat which can be saved in the freezer.

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



## Smoked Salmon Sushi Rolls

1 Avocado  
1 Cucumber  
Smoked Wild-caught Alaskan salmon  
2 tbsps of Primal Mayo (optional)  
1-2 Nori sheets

**Servings:** 6 (2" long) sushi rolls

## Instructions

**Step #1:** Slice the cucumber into strips  
**Step #2:** Mash the avocado with mayo and sea salt  
**Step #3:** Spread avocado mixture on Nori sheet  
**Step #4:** Add cucumber and smoked salmon.  
**Step #5:** Roll and Enjoy!

**Storage:** You can double the recipe to make more. If you make a bunch of these, you can store them in the refrigerator for up to 48 hours.



## Homemade Keto Crackers

½ cup of sunflower seeds

½ tsp of garlic powder

½ tsp of onion powder

½ cup of sesame seeds

2 tbsps of clean water

½ tsp of pink salt

**Servings:** About 12 small crackers (you can double the recipe to make more)

**Optional Ingredients:** You can use other nuts and seeds if you like.

## Instructions

**Step #1:** Turn the oven on and preheat it to 350 degrees

**Step #2:** Use a high speed blender or food processor and place the sesame seeds, herbs and sunflower seeds and blend until the flour has formed.

**Step #3:** Add in the water, 2 tbsps at a time (if you make larger batches), until the seeds all clump together in a ball.

**Step #4:** Take the dough and put it on parchment paper and roll it until it is very thin for crisper crackers. You can go up to 1/4" inch thick if you want sturdier crackers.

**Step #5:** Put the parchment paper and dough on a cookie sheet and cut into rectangles with a sharp knife or pizza cutter. Don't separate the dough yet though.

**Step #6:** Bake for 15-20 minutes or until golden brown. Take it out of the oven and give it time to cool on the cookie sheet and then break along the severed lines and serve.



## Raw Coconut Keto Bars

1 cup of shredded coconut  
½ cup of nut butter of your choice  
15 drops of vanilla stevia or 1 tsp of monk fruit  
½ cup of sugar-free dark chocolate chunks or chocolate chips  
**Servings:** About 10-12 coconut keto bars depending upon the size you make them

4 tbsps of virgin coconut oil, melted  
1 tsp of vanilla extract

## Instructions

- Step #1:** Put all ingredients in a mixing bowl and mix together
- Step #2:** Pour the ingredients onto a large piece of parchment paper and smooth it out so it is even.
- Step #3:** Put the parchment paper into the refrigerator and let it chill for 1-2 hours and the coconut oil will solidify.
- Step #4:** Cut into squares or whatever shapes you want
- Step #5:** Store in the refrigerator.

Feel free to use whatever nut butter you want ([almond](#), [cashew](#) or [coconut almond](#)). You can double this recipe to have more on hand as well. Use whatever organic low-sugar chocolate you have and crush into small pieces. The [Lily's chocolate chips](#) work great as well and they are sugar-free.



## 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

**Step #1:** Warm up the coconut butter in a pan of warm water so that it is slightly soft.

**Step #2:** Mix all the ingredients together and roll into a ball.





## 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

**Servings:** 1/2 cup of not nut butter

## Instructions

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

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

**Step #3:** Serve with berries or cucumber slices



## SuperRaw Living Pesto

4 organic zucchini, spiralized

### **Pesto Ingredients:**

1 avocado

3 oz. grass-fed raw cheddar cheese

Juice from one lemon

2 cloves garlic

8 large fresh basil leaves

2 oz of water

**Servings:** 2 (About 2 cups)

## Instructions:

**Step #1:** Blend all pesto ingredients in vita mix until creamy and smooth.

**Step #2:** Get a spiralizer and cut zucchini into thin noodle like strips

**Step #3:** Place spiralized zucchini in large bowl with pink salt.

**Step #4:** Let noodles sit for 20-30 minutes.

**Step #5:** Add pesto to the noodles until all mixed in and then serve.



## Asian Cauliflower Fried Rice

1 ½ tbsps. of grass-fed butter/ghee or coconut oil  
Pink salt and pepper to taste

**Optional Ingredients:**

2 tps of turmeric  
2 additional tbsps. of grass-fed butter/ghee or coconut oil

1 head cauliflower  
2 tbsps of coconut aminos

½ tsp of ginger

**Servings:** 2-3 cups depending upon the size of the cauliflower

## Instructions

**Step #1:** Chop the cauliflower into large chunks and put into a blender or food processor. If you don't have a food processor, continue to chop the cauliflower into tiny pieces. Pulse the cauliflower until it is small and resembles rice.

**Step #2:** Freeze any leftovers if you are making in bulk.

**Step #3:** Heat the oil in a pan over medium heat until melted then add the cauliflower rice, salt, and pepper. Saute until tender- about 5 minutes.

**Step #4:** Place sautéed rice in a mixing bowl and put in optional ingredients if you like, melt the butter/ghee or coconut oil and mix in the ground turmeric and ginger.



## Paleo Stuffed Mushrooms

8-12 white mushrooms

½ pound of grass-fed buffalo sausage (or beef sausage or ground beef)

½ cup of chopped red onion

½ cup of chipotle mayo

**Servings:** 8-12 stuffed mushrooms

## Instructions

**Step #1:** Cut out the stems from the mushrooms

**Step #2:** Preheat your oven to 375°. Place the mushrooms on a baking sheet.

**Step #3:** Saute the sausage and onion until the meat is cooked through

**Step #4:** When the sausage is finished cooking, remove it from heat and stir in the mayo.

**Step #5:** Take this filling and spoon it into the mushroom caps

**Step #6:** Bake for 20-25 minutes or until you notice the stuffing beginning to brown nicely along with the mushrooms.



## Grainless Kale Flat Bread

2 cups packed 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:** 8-12 pieces depending upon the size of the flat bread pieces

## Instructions

**Step #1:** Combine all ingredients in a blender or food processor.

**Step #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.

**Step #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.

**Step #4:** Bake for 50-65 minutes at 300 depending on how thin/thick you made it.

**Step #5:** Cut into the size of pieces that you like.

You can store leftovers in the refrigerator



## Coconut Keto Ranch Dressing

½ cup of avocado oil may  
½ cup of full fat coconut milk  
½ tsp of onion powder  
1 tsp of garlic powder  
½ tsp of pink salt  
1 tbsp of dried parsley  
¼ tsp of black pepper

**Servings:** 1 cup of ranch dressing

## Instructions

**Step #1:** Mix the coconut milk and the mayo together and whisk until it is combined

**Step #2:** Add in onion powder, garlic powder, parsley, pink salt and better and mix well.

**Step #3:** Add more coconut milk to get it thinner and if you want to make it thicker than add in more mayo.

**Step #4:** Store in the fridge. It is thin at first but will get thicker as it sits in the refrigerator.



## Creamy Lemon SuperFood Guacamole

3 ripe avocados peel and mash.

1 organic lemon squeezed

2 Tbsp of organic apple cider vinegar

1/2 cup of organic coconut milk (full-fat in can)

1 tbsp of Fresh or ground oregano, dill and/or cilantro

1 tsp of pink salt

Serve with cucumbers, red cabbage, celery, keto crackers, bell pepper slices, etc.

**Servings:** 6 – A large bowl of guacamole

## Instructions

**Step #1:** Combine mashed avocado, lemon, apple cider vinegar & coconut milk and mix.

**Step #2:** Add in herbs and salt.

**Step #3:** Mix everything together until it appears homogenized.

**Step #4:** Serve with cucumbers, red cabbage, celery, bell peppers or keto crackers.

You could also serve it as a topping on coconut flour wrap fajitas, on salads or on meat.



## Cashew Artichoke Dip

2 cups of cashews	20 oz package of spinach	½ cup chopped onions
2 cloves of garlic crushed	1 tsp of pink salt	1 tsp of onion powder
½ tsp of garlic powder	Pinch of cayenne <u>cayenne</u>	1 tbsp of lemon juice
2 (14 oz) jars of artichoke hearts	<b>Optional:</b> 2 oz of grass-fed cheese	

**Servings:** 6 - A large bowl of dip

## Instructions

- Step #1:** Find a mixing bowl (about medium in size) and soak cashews in filtered water in the refrigerator overnight or for a minimum of 2 hours.
- Step #2:** When finished soaking, drain the cashews and put them in a food processor or high speed blender and put enough water to barely cover them in the blender/food processor.
- Step #3:** Blend until smooth
- Step #4:** If using frozen spinach, then defrost it and squeeze out the excess water.
- Step #5:** Drain and chop the artichokes
- Step #6:** Sauté the onions until translucent (10 mins). Add the garlic and cook for another min.
- Step #7:** Stir in the artichokes, salt, onion/garlic powder, pepper and cayenne and heat through
- Step #8:** Add in the spinach and lemon juice and stir until heated through.
- Step #9:** Stir in the cashew cream- heat until well mixed and softened.
- Step #10:** If adding cheese, add now until melted and well incorporated.
- OPTIONAL:** I like to take the mixture and throw it into my blender and pulse it for a minute or two to the mixture is creamier and well mixed together.





## Pumpkin Spice Donut Holes

3 heaping tbsp vanilla protein powder  
1 tbsp vanilla  
2 squirts cinnamon flavored liquid stevia  
2 squirts vanilla cream flavored liquid stevia  
1 tbsp pumpkin spice mix  
3 tbsp shredded coconut flakes

8 tbsp coconut butter  
Pinch of pink salt  
4-5 tbsp filtered water  
1 tbsp chopped pecans  
3 tbsp sprouted pumpkin seeds

**Servings:** Makes about 12-15 balls

## Instructions:

**Step #1:** Put all ingredients into a mixing bowl (you may need to put the coconut butter in convention oven for 5 mins on low heat to melt it a bit)

**Step #2:** Mix all ingredients (easiest if you use your hands)

**Step #3:** Get about a tbsp amount and pat into a ball

**Step #4:** Place onto a glass container or plate

**Step #5:** When all the balls are rolled, put the container in the refrigerator for about 30 mins (Once they are ready, you may want to keep this in a closed container to prevent the dough from becoming dry.)



## Homemade Keto Protein Bar

1 cup of nut butter (almond or cashew are most popular)  
4 tbsps of coconut oil (melted)  
2 scoops of vanilla flavored protein  
10-15 drops of vanilla stevia or 1 tsp of powdered stevia or monk fruit  
½ tsp of pink salt

### **Optional Ingredients:**

4 tbsps of sugar-free chocolate chips or cacao nibs  
1 tsp of cinnamon

**Servings:** 8 large or 12 medium protein bars

## Instructions

**Step #1:** Mix together all ingredients and press into a loaf pan or baking dish.

**Step #2:** Freeze until firm and cut into bars.

**Step #3:** Store in the refrigerator or freezer and enjoy when you want a delicious boost!

**Time to Prepare:** About 10-15 mins



## Chocolate Collagen Keto Granola

1 cup of organic coconut flakes  
1 cup of sprouted sunflower seeds  
1 cup of sprouted pumpkin seeds  
2-4 tbsps of chocolate bone broth protein  
2-4 tbsps of grass-fed butter, ghee or coconut oil  
**Servings:** 3 full cups of granola

## Instructions

**Step #1:** Preheat the oven to 350 degrees  
**Step #2:** Place the coconut, pumpkin seeds, sunflower seeds and bone broth protein into a blender or a food processor.  
**Step #3:** Pulse until the seeds and coconut are in small pieces.  
**Step #4:** Melt the grass-fed butter or coconut oil and then pour it onto the granola mix in the blender/food processor.  
**Step #5:** Pulse the entire mix together.  
**Step #6:** Line a baking pan with parchment paper.  
**Step #7:** Take the mixture and make any size chunks you like (could be large or small) and spread them out on the parchment paper.  
**Step #8:** Bake at 350 degrees for 10-15 minutes or until crunchy. Check them after 10 mins and see if they are crunchy or too the texture you like.



## 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:** 1 small loaf of bread – (8-12 slices depending upon thickness)

## Instructions

**Step #1:** Pre-heat oven to 350 degrees.  
**Step #2:** Gather all ingredients and let sit out at room temperature for 5 min.  
**Step #3:** Place ingredients into Vita-mix, Blend Tech blender, hand blender or food processor.  
**Step #4:** Blend until well combined and smooth.  
**Step #5:** Pour batter into well-greased 8.5 x 4 loaf pan.  
**Step #6:** Bake 25-30 minutes.



## Almond Butter Keto Bread

1 cup creamy coconut almond butter  
3 organic, pasture-raised eggs  
1/2 teaspoon baking soda  
1 tablespoon apple cider vinegar  
**Optional Ingredients:**  
10-20 drops of liquid vanilla stevia for flavor

Servings: 1 small loaf of bread (8-12 slices depending upon thickness)

## Instructions

**Step #1:** Begin by Preheating the oven to 350F.  
**Step #2:** Grease two 3-inch x 5 inch mini loaf pans.  
**Step #3:** Put all the ingredients in a food processor or blender and process until smooth.  
**Step #4:** Take 2 loaf pans and divide the batter equally between them.  
**Step #5:** Bake for 25 minutes, check with toothpick to make sure it is fully baked.



## Coconut Flour Gravy

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

## Instructions

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



## 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

**Step #1:** Sauté onions, scallions and garlic in pan on a low heat for 10 minutes.

**Step #2:** Add in eggs, (cheese if choosing this option) and herbs.

**Step #3:** Cook for 10 minutes and add in turmeric.



## Chicken Avocado Chili

5 cups chicken broth  
3 cups cooked shredded chicken or turkey  
1 cup chopped green scallions and spinach  
1 cup chopped onions  
½ cup chopped green bell peppers  
1 pinch pink salt  
1 avocado, diced  
**Servings:** 6 cups

## Instructions

**Step #1:** Sauté onions and peppers in medium sauce pan in coconut oil or butter until onions become slightly soft.

**Step #2:** Add broth, shredded chicken, salt and salsa. Stir to combine.

**Step #3:** 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.





## Coconut Curry

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

1 ½ cup organic chicken broth  
1 cup red onions, diced  
2 ½ Tbsp. red curry paste  
Juice of one lime  
1 tsp. turmeric  
1 cup of kale or spinach

**Servings: 5-6 cups**

**Options:** In the beginning phases, do not use carrots as they are too high in carbs. As you become keto-adapted...you could do a small amount of carrot on occasion.

## Instructions

**Step #1:** Add the coconut milk and chicken stock, curry paste, butter, turmeric, lime, garlic to a large stock pot. Cook for 5 minutes, stirring occasionally.

**Step #2:** 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.

**Step #3:** Remove the lid and stir in the chicken or beef. Cover and cook for 5 minutes.

**Step #4:** 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  
**Servings:** 6 cups, usually 2-3 servings

## Instructions

**Step #1:** Heat pan over high heat.  
**Step #2:** Add coconut oil.  
**Step #3:** Sauté broccoli, celery and mushrooms for 2 minutes.  
**Step #4:** Add in almonds, cabbage, ginger, green onion, garlic and coconut aminos.  
**Step #5:** Cook for 2-3 minutes, until cabbage softens. Serve over cauliflower rice or eat alone.



## Keto Chicken Fajita Salad

2 large chicken breasts	1/2 red, yellow & green bell pepper
1 clove of garlic	1/2 medium yellow or red onion
3 tbsps of olive, avocado or MCT oil	2 tsps of Mexican spice blend
Primal Kitchen Ranch dressing or coconut keto ranch dressing	
Mixed greens	<b>Servings:</b> 2 large salads

## Instructions

**Step #1:** Begin by preheating the oven to 400 degrees

**Step #2:** Chop the peppers into thin slices

**Step #3:** Mince garlic and chop the onion

**Step #4:** Cut the chicken into strips or you can also cut the chicken after it is cooked if you prefer. We get pre-cooked, pre-cut chicken which is great, but we often heat it up as well.

**Step #5:** In a mixing bowl, whisk together cumin, paprika, coriander, chili powders and 1 1/2 tsp salt and 1/2 tsp pepper and set it aside.

**Step #6:** Spread the bell peppers and onions onto baking sheet. Top this with chicken strips and then sprinkle garlic and seasoning evenly over chicken strips. Drizzle either olive oil, MCT oil or avocado oil on top of everything and toss the salad to evenly coat.

**Step #7:** Spread everything into an even layer working to keep the chicken from overlapping.

**Step #8:** Roast everything in a preheated oven, tossing once halfway through cooking until the veggies and chicken are tender and cooked through. This should be about 20-25 minutes.

**Step #9:** Place a handful of mixed greens on a plate and top with chicken & veggie fajita mix

**Step #10:** Drizzle the [Primal Kitchens Ranch](#) or coconut keto ranch dressing on top of everything and top it off with avocado or even better, a good guacamole.



## Naked Kale Burger Sauté

1 lb. grass-fed ground beef	2 stalks Curly Kale
1 carrot grated ( <b>not in early phases of keto diet</b> )	
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 plates

## Instructions

**Step #1:** Form ground beef into 4 patties

**Step #2:** Cook the patties in a stainless steel pan in 2 Tbsp. of coconut oil.

**Step #3:** In a separate pan, sauté the curly kale and carrot in 2 Tbsp. of coconut oil until kale is wilted. Only use carrot if you are fully keto-adapted and practicing intermittent fasting and high intensity exercise.

**Step #4:** Stir in diced peppers, ginger root and crushed garlic.

**Step #5:** Serve the burger on the kale mix top with avocado slices and raw cheese, squeeze a half lemon and add olive oil on top.

**Step #6:** Season with salt and pepper and additional herbs of choice.

**Step #7:** Garnish with parsley.



## SuperCharged Scottish Eggs

6 hard-boiled pasture-raised eggs  
1 lbs. grass-fed ground beef– pre-cooked  
1 egg white beaten with 1 tsp. water  
1/4 cup of almond or coconut flour for dredging  
Italian Herbs such as oregano, basil and thyme.  
½ tsp of pink salt

### **Optional Ingredients:**

Diced onion and garlic – put into the ground beef.  
Can also use onion/garlic powder

**Servings:** 6 Scottish Eggs

## Instructions

**Step #1:** Pre heat oven to 325 degrees.

**Step #2:** Shape ground beef around egg and dip in beaten egg white.

**Step #3:** Roll in almond/coconut meal with salt & herbs and place on parchment lined baking sheet.

**Step #4:** Bake in oven for 20 mins.



## Thai Coconut Turkey

- 4 cups (2 cans) organic, full fat, coconut milk
  - 1 lb. pasture-raised turkey breast cut into strips
  - 1/2 cup red pepper, diced
  - 10 thin slices fresh ginger
  - 1 cup sliced mushrooms (crimini or baby portabella)
  - 3 Tbsp. fresh lime juice
  - Chopped cilantro to garnish
  - 1 cup organic chicken stock
  - 2 Tbsp. extra virgin coconut oil
  - 3 stalks lemongrass
  - 1/2 cup scallions sliced into 1 inch pieces
  - 2 Tbsp. coconut aminos
  - Pink salt and pepper to taste
- Servings:** 4 plates  
**Ready In:** 35 mins

## Instructions

- Step #1:** In medium skillet sauté turkey in coconut oil, until no longer pink, remove.
- Step #2:** In same skillet sauté mushrooms, red pepper and scallions until barely tender (3-4 min.)
- Step #3:** In stock pot combine coconut milk and stock and bring to a boil, add smashed lemongrass and ginger to milk/stock and simmer for 15 minutes.
- Step #4:** Remove these 3 last ingredients and add turkey to milk/stock.
- Step #5:** Add vegetables to the milk and turkey mixture. Add lime juice and simmer for 10 min.
- Step #6:** Season with pink salt, coconut aminos and pepper, adjust taste with more lime or coconut aminos and spoon into bowls. Garnish with fresh cilantro.
- Step #7:** Serve with cauliflower rice



## Beef and Buttered Broccoli

- 1 lb. grass-fed beef, sliced into strips
- ¼ cup coconut aminos
- 3 Tbsp. grass-fed butter or ghee
- 2 Tbsp of coconut oil
- 3 cloves chopped garlic
- 1 tsp. Herbamare or an herb mix with sea salt or pink salt
- 2 heads of broccoli chopped or 1 bag of frozen broccoli

**Servings:** 4 plates or bowls

## Instructions

- Step #1:** Add the coconut aminos, coconut oil and grass-fed butter or ghee to a crockpot.
- Step #2:** Add garlic and herbs.
- Step #3:** Toss meat in crockpot stir to coat.
- Step #4:** Cook on low for 6-8 hours.
- Step #5:** Add broccoli about an hour before serving.
- Step #6:** Serve over cauliflower rice if you like.

**Additional Insight:** Instead of the crockpot, you could steam broccoli until it is soft and add in the butter/ghee after it is finished. Cook the meat in a stainless steel pan with the 2 tbsps of coconut oil. Mix the meat and veggies together and add herbs and coconut aminos.



## Taco Lettuce Wraps

2 lb. grass fed ground beef	1 cup grass-fed raw cheese
2 tbsps of coconut oil	2 Tbsp. seasonings of your choice
1/4 cup coconut aminos	1 cup chopped red onions
1 cup guacamole	
2 heads organic butterleaf lettuce (these taste the best)	

**Servings:** About 8 lettuce wraps

### **Optional Ingredients:**

1 cup coconut milk kefir as a sour cream alternative  
Coconut flour wraps instead of lettuce wraps  
Can also do collard greens instead of lettuce wraps

## Instructions

**Step #1:** Cook ground beef in coconut oil, add seasoning and coconut aminos. Pour coconut oil on top of ground beef after it is cooked to add more fat.

**Step #2:** 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:** Enough for 4 people

**Prep Time:** 10 mins

**Cook Time:** 10 mins

## Instructions

**Step #1:** Peel off the scales of the salmon.

**Step #2:** Ground up the fillets in a large bowl and add remaining ingredients.

**Step #3:** Form into patties and cook in coconut oil.

**Step #4:** Serve with raw veggies



## Coconut Lime Seared Salmon

2 fillets fresh or frozen (defrosted) wild caught salmon with skin  
2 tbsps. extra virgin coconut oil for frying  
1 tsp. dried dill, ginger and lemon zest  
Pink salt and black pepper  
Sprinkle dill, ginger, salt & pepper.

**Servings:** 2 plates

## Coconut Lime Sauce

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

## Instructions

**Step #1:** Prepare your coconut sauce by combining and stirring all the coconut lime sauce ingredients in a large bowl.  
**Step #2:** Once mixed, pour roughly two-thirds of the sauce and salmon in a leak proof bag and let marinate for at least 30 mins and the flavors will meld together.  
**Step #3:** Coat your pan with coconut oil and fry the salmon for 2-3 minutes per side.  
**Step #4:** Once the salmon is finished, remove it from the pan and drizzle the remaining coconut lime sauce over the salmon. Sprinkle the seasonings on top along with the coconut flakes and serve hot with a wedge of fresh lime.



## SuperCharged Burger

½-1 lb. grass-fed beef  
1/2 small red onion, diced  
2 -4 Tbsp. extra virgin coconut oil  
4 tsp. extra virgin olive oil  
Italian Herbs to season with  
**Servings: 2 - 4**

1 lb. asparagus  
1 cup colored bell peppers diced  
1 lemon  
Pinch pink salt

## Instructions

- Step #1:** Form burgers and cook in 2tbsp. of coconut oil in a stainless-steel pan.  
**Step #2:** Place finished burgers on a plate in the oven at low temperature to keep warm.  
**Step #3:** 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.  
**Step #4:** Serve the diced bell peppers on the side. Once meet and vegetables are on the plate squeeze  
**Step #5:** 1/2 lemon over everything, then drizzle 2 sp. of olive oil on each burger.  
**Step #6:** 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!



## Cheesy Portabella Pizza

2 large Portabella mushrooms  
1 cup of raw, grass-fed of your choice  
2 tbsps extra virgin olive oil  
¼ tsp of pink salt  
¼ tsp of black pepper  
**Servings:** 2 small pizzas

3 chopped green onions (scallions)  
2 tbsps lemon juice  
1 clove of crushed garlic  
½ red bell pepper cut into small pieces  
1 tsp of freshly chopped basil

## Instructions:

- Step #1:** With a spoon, scrape the gills out until the underside is mostly clean. Place them on a foil lined rimmed baking sheet.
- Step #2:** Whisk together the olive oil, lemon juice, garlic. Brush mushroom caps inside and out with the olive oil mixture. Sprinkle evenly with salt and pepper.
- Step #3:** Pre-heat the broiler. Broil the mushrooms for 3-5 minutes until they are hot and the edges are starting to brown. They will start to release moisture and get juicy. Remove from the oven.
- Step #4:** Pre-heat the oven to 375. Fill the caps with the red peppers, cheese and onion. Sprinkle with the fresh basil.
- Step #5:** Bake for 12 minutes or until hot and the cheese has softened





## Turkey Breakfast Sausage

2 pounds pasture-raised ground turkey	3/4 cup coconut oil (melted)
2 tsps pink salt	2 tsps of ground turmeric
1 clove garlic diced up	1/4 red onion diced up
1 1/2 tsps freshly ground black pepper	
2 tsps finely chopped fresh sage leaves	
2 tsps finely chopped fresh thyme leaves	
1/2 tsp finely chopped fresh rosemary leaves	
1 tbsp stevia	
1/2 tsp fresh grated nutmeg	

**Special Equipment:** Hands and parchment paper

### Instructions:

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

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

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

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

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

**Servings:** 6-8

**Ready in:** 1 hr.



## 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	1 tsp. extra virgin olive oil
4 pasture-raised eggs (lightly beaten)	1 tsp. pink salt
½ tsp. ground black pepper	1 handful of organic spinach
2 Tbsp. of chopped green onions	

**Servings:** 4 bowls

### Instructions:

**Step #1:** Add coconut oil to a medium-sized sauce pan and melt over low/med heat.

**Step #2:** Sauté onions and celery and until soft.

**Step #3:** Add the chicken broth, coconut aminos, pink salt, black pepper and olive oil. Bring to a boil.

**Step #4:** 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.

**Step #5:** Add in spinach and continue to stir until eggs are cooked and spinach is soft.

**Step #6:** 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
- 3 cups bone broth (chicken, beef, fish or vegetable)
- Optional Ingredients:**
- 2 cups grass-fed cheese (optional – only if you tolerate dairy well)

**Servings:** 5-6 cups (This is very satiating with all the good fats)

## Soup Instructions

- Step #1:** In pan melt the butter/ghee.
- Step #2:** Sauté broccoli, mushrooms, green onions, garlic in the coconut oil for 15 minutes on medium heat.
- Step #3:** Pour all ingredients from pan into large blender.
- Step #4:** Pour coconut milk and bone broth into blender and blend everything
- Step #5:** Top with grass-fed cheese if desired.





## The SuperCharged Salad

½ small bunch kale  
2-3 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 plates

**Prep Time:** 5 mins

## Instructions

**Step #1:** Into a salad bowl, place the vegetables, avocado, and cheese. Toss lightly to mix.

**Step #2:** Squeeze lemon over the salad, sprinkle herbs and drizzle olive oil over the top. Enjoy!



## 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

**Servings:** About 12 Fudge squares depending upon the size of the molds

## Instructions

**Step #1:** Melt the coconut butter to make it soft so it can be blended

**Step #2:** Mix all ingredients together in a blender or food processor or in a bowl with a mixing spoon.

**Step #3:** Scoop into candy molds and freeze for two hours.



## Chocolate Fudge Protein Squares

1 cup of coconut butter	½ cup of coconut oil
½ cup of grass-fed butter or ghee	¼ cup of cacao powder
1 tsp of vanilla extract	1/8 cup of water
15-20 drops of liquid stevia	

### Optional Ingredient:

2 scoops of chocolate bone broth protein (this is what actually gives it protein)

**Servings:** Makes 10-12 protein squares depending upon size of ice tray

## Instructions

**Step #1:** In a sauce pan, melt coconut oil, butter/ghee, water and whisk in the coconut butter followed by the stevia until it's all well mixed.

**Step #2:** Add in cacao powder, protein powder and any extras you want (cinnamon, vanilla, nuts)

**Step #3:** Carefully pour into the ice tray

**Step #4:** Place the tray in your freezer. You can keep them in the tray and just pop them out when you're ready to enjoy.



## Keto Collagen Chocolate Squares

½ cup of coconut oil  
½ tsp vanilla extract

5 tbsps of cacao powder  
2 tbsps of nut butter

### Optional Ingredients:

1 tbsp of MCT oil  
2 tbsps of chocolate bone broth protein

10-15 drops of chocolate stevia

Pinch of pink salt

\*\*If you use the chocolate bone broth protein, it is already flavored with stevia and tastes amazing, so you don't need to add in any additional stevia!

**Servings:** Makes about 12 (2" x 2" squares)

## Instructions

**Step #1:** Melt the coconut oil over low heat and add in the cacao powder, sweetener, vanilla extract, nut butter and protein powder. Be sure to whisk well to remove any lumps from the cacao and make sure that it mixes in well!

**Step #2:** Pour into a loaf pan lined with parchment paper.

**Step #3:** Refrigerate until it is firm (coconut oil naturally hardens when refrigerated)

**Step #4:** Cut into squares or any bar size you like

**Step #5:** Enjoy!!!



## Coconut Collagen Cookies

1 cup of sprouted pumpkin seeds or sunflower seeds

2 cups of coconut flakes

1 cup of cacao powder

4 tbsps monk fruit or 30 drops of stevia

**Servings:** 12 medium sized cookies

1 tsp of vanilla extract

3 tbsps coconut oil

2 tbsps of bone broth protein

## Instructions

**Step #1:** Put your seeds (pumpkin or sunflower) and coconut flakes into your blender or food processor and pulse until it takes on a flour like texture.

**Step #2:** Put in your bone broth protein or collagen protein, vanilla extract, raw cacao and monk fruit and combine it all together.

**Step #3:** If the recipe is too thick you can add in more coconut oil and if it is too runny, you can add in more bone broth protein or collagen. I would recommend just a little at a time until you get your desired consistency.

**Step #4:** Take a scoop with a mini ice cream scooper and scoop about 2-3 tbsps by hand and place on parchment paper.

**Step #5:** Shape the cookies into whatever shape or size you like by pressing down on them. The batter may be a bit runny, but don't worry about making them into perfect shapes. Our goal is nutrition, not looks.

**Step #7:** Place the cookies in the refrigerator until they are firm. Keep the cookies in the fridge to keep them fresh before eating them.



## Chocolate Avocado Truffles

1 avocado	¾ cup unsweetened dark chocolate
½ tsp vanilla extract	Pinch of cinnamon
1-2 tsp of cacao powder to coat	Pinch of pink salt
10-15 drops of stevia (chocolate flavor is best for these)	

**Servings:** Makes 10-12 truffles

## Instructions

**Step #1:** Melt dark chocolate slowly

**Step #2:** In a different bowl, mash avocado. When the chocolate is melted, combine it with the mashed avocado and stir them together. Then add in the vanilla, cinnamon and stevia.

**Step #3:** When this is combined and free of clumps, place in the refrigerator for about 30 minutes. When cooled and hardened, scoop it into 10-12 balls and roll them until they are smooth.

**Step #4:** Roll each ball in cocoa powder and serve.

**Step #5:** Place any leftover truffles in an air tight container in the refrigerator.



## SuperCharged Peppermint Patties

½ cup of coconut oil

½ tsp of vanilla extract

Pinch of pink salt

**Servings:** 6 cookies

20 drops of liquid stevia

3 drops of peppermint essential oil or peppermint extract

1 cup of sugar-free chocolate chips

## Instructions

**Step #1:** In a bowl, combine coconut oil, stevia, vanilla and peppermint essential oil. Mash the clumps of coconut oil against side of bowl until mixture is smooth. If your coconut oil is rock hard, you can warm it in a pan over low heat first

**Step #2:** To harden the mixture, place it in the fridge for a few mins and then remove.

**Step #3:** Take 1 tbsp of the mixture at a time and form into little balls and put on a plate lined with parchment paper.

**Step #4:** Put the plate in a freezer in order to firm up the batter. It takes 5-10 minutes. Then remove.

**Step #5:** Squish balls down into flat little patties on parchment paper (as thick or thin as you would like, I like them thicker)

**Step #6:** Melt the chocolate over low heat and add in 1 tbsp of coconut oil to the chocolate mixture to help it melt better. Once it is melted, allow it to cool.

**Step #7:** Dip patties into melted chocolate. You can use a spoon to drop patty into melted chocolate

**Step #8:** Place the patties onto parchment paper to harden and place in freezer for 7-15 minutes



## SuperCharged Oreos

¼ cup of high quality vanilla protein powder      3 tbsp. cacao powder  
¼ tsp. liquid stevia      1 Tbsp. extra virgin coconut oil  
3 ½ Tbsp. almond butter

### Filling:

3 Tbsp. coconut butter softened      Liquid stevia (flavor of your choice) to taste

**Servings:** 4-8 Oreos depending upon the size you want

## Instructions:

**Step #1:** In a large bowl, mix protein powder and cacao powder.

**Step #2:** Add in stevia.

**Step #3:** Next add in your coconut oil and almond butter.

**Step #4:** Mix together until a thick batter forms. (see notes)

**Step #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 desired size of cookie.

**Step #6:** Set in fridge or freezer to harden

**Step #7:** To make filling mix coconut butter with sweetener of choice in bowl (few drops of stevia)

**Step #8:** 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.

**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. 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.





## Chocolate Keto Brownies

½ cup of coconut almond butter

½ cup of mashed avocado

15 drops of chocolate stevia or 2 tbsps of monk fruit

3 tbsps of cacao powder

**Servings:** Makes 8 square shaped brownies

½ cup of chocolate chips

1 tbsp of coconut oil

## Instructions

**Step #1:** Begin by preheating the oven to 325° F

**Step #2:** Take a normal size loaf pan and grease with coconut oil or line w/parchment paper

**Step #3:** Combine the nut butter, coconut oil, cacao powder, sweetener and avocado into a blender or food processor and blend up.

**Step #4:** Stir in the chocolate chips and pour the entire mixture into the loaf pan.

**Step #5:** The batter is going to be very thick. Take the back of a spoon and do your best to level out the batter across the pan as evenly as possible.

**Step #6:** Bake for 20 minutes and then take out of the oven and allow to cool.



## Turmeric Coconut Cream Cups

1.5 cups unsweetened shredded coconut  
½ cup extra virgin coconut oil  
½ cup grass-fed butter or ghee  
20-25 drops liquid stevia (optional)

½ cup coconut butter  
1 tsp. organic lemon juice  
½ tsp. turmeric  
Pinch black pepper

**Servings:** Makes about 12 cream cups

## Instructions

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

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

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

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

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

**Step #6:** Store tightly sealed in refrigerator.

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



## Coconut Cream Cups

1 cup coconut butter  
½ cup extra virgin coconut oil  
½ 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

**Servings:** Makes about 12 cream cups

## Instructions

**Step #1:** Place all ingredients in a pan and heat on low heat and mix until well combined

**Step #2:** 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.

**Step #3:** Place in the refrigerator for at least 30 minutes until they harden.

**Step #4:** Store in refrigerator.

**Additional Insight:** These are super satiating as they are very rich and full of healthy fat calories. 1 or 2 of these will go a long way!



## Frozen Keto Almond Butter Cups

4 tbsps of coconut almond butter                      1 tbsp of coconut oil  
½ cup of sugar-free chocolate chips              Pinch of pink salt  
5-10 drops of chocolate stevia or to taste

**Servings:** 12 ice cup sized cups

## Instructions

**Step #1:** Get an ice cube tray and grease it with coconut oil

**Step #2:** Mix the chocolate and coconut oil and melt it on low heat

**Step #3:** Pour half of the coconut-chocolate melted mix into the ice cube tray – so you layer the bottom of each section of the ice tray. This will form the bottom layer of the cups.

**Step #4:** Mix together the almond butter and stevia

**Step #5:** Put the almond butter on the coconut-chocolate mix in each of the sections of the ice tray. This will form the middle section of the cups.

**Step #6:** Cover all the cups with the remaining chocolate, which will make up the top of the cups.

**Step #7:** Place the ice tray in the freezer for 10-20 minutes and then they should be ready to enjoy!

**Step #8:** Keep in the freezer to keep them good until you have them. Take out about 30 minutes before enjoying to let thaw out so they are easier to remove from the ice tray.



## Chocolate Coconut Keto Fudge Pops

1 (13 oz) can of organic full-fat coconut milk  
2 scoops of chocolate bone broth protein

1 tsp of organic vanilla extract  
Dash of pink salt

### Optional Ingredients

Instead of the BB Choc you could do

10-15 drops of chocolate flavored stevia and  $\frac{1}{4}$  cup of raw cacao powder

**Servings:** Makes about 4-6 pops depending upon the size of your molds

## Instructions

**Step #1:** Put all the ingredients in the blender together and process on high speed for about 60 seconds until it is completely blended.

**Step #2:** Make sure the taste is right for you...you may want to add a little more stevia or BB Chocolate (which is naturally flavored with stevia and monk fruit) or if you are sensing a bit of bitterness, add in a bit more salt).

**Step #3:** Divide the mixture evenly into the molds for the popsicles.

**Step #4:** Freeze for 3-4 hours before serving so it takes on the popsicle consistency.

**Step #5:** To take it out of the mold, you may want to let it sit out for 20 mins and/or run warm water on the outside of the mold for 10-20 seconds and it should provide some easy give so it slides out.



## Coconut Milk Ice Cream

2 cans of full fat organic coconut milk  
1 tsp of vanilla extract  
½ tsp of stevia  
Pinch of pink salt

**Servings:** 2 cups (the coconut fat is super satiating)

## Instructions

**Step #1:** Place a sheet of parchment paper on deep baking dish. Pour the coconut milk onto the parchment paper and then freeze for several hours, until hard.

**Step #2:** Once frozen, pull the coconut milk off the parchment paper and break into chunks.

**Step #3:** Add coconut and other ingredients to blender.

**Step #4:** Process until smooth, scooping down the sides as necessary.

**Step #5:** Process until you have achieved your desired ice cream texture.

Serve immediately- keep in freezer.



## Chocolate Coconut Milk Ice Cream

2 cans of full-fat organic coconut milk  
4 tbsps of raw cacao powder  
5-15 drops of chocolate stevia  
1 tsp of vanilla extract  
Pinch of pink salt

**Servings:** 2 cups (the coconut fat is super satiating)

## Instructions

**Step #1:** Place a sheet of parchment paper on deep baking dish. Pour the coconut milk onto the parchment paper and then freeze for several hours, until hard.

**Step #2:** Once frozen, pull the coconut milk off the parchment paper and break into chunks

**Step #3:** Add coconut and other ingredients to blender.

**Step #4:** Process until smooth, scooping down the sides as necessary.

**Step #5:** Process until you have achieved your desired ice cream texture.

Serve immediately- keep in freezer.



## Coconut Whipped Cream

2 cans of full-fat organic coconut milk

1/8 tsp of vanilla extract

5-10 drops of liquid stevia

**Optional Ingredients:**

½ tsp of cinnamon

**Servings:** 2 cups

## Instructions

**Step #1:** Put the coconut milk can in the refrigerator for at least 24 hours to chill. If you enjoy this recipe, then it is a good idea to keep a few cans in the fridge at all times so you always have it available.

**Step #2:** Put a mixing bowl in the freezer to chill it for about 1 hour before making this recipe.

**Step #3:** Open the can and scoop out the solid white coconut cream, you can discard the leftover water or use it for something else.

**Step #4:** Beat the cream with an electrical hand mixer until it is fully smooth. Add in vanilla and your preferred sweetener to your desired taste.

**Step #5:** Put the whipped cream in the refrigerator until you are ready to use it. It will firm when chilled but will soften at room temperature.





## Coconut Protein Cookies

1.5 cups of shredded coconut flakes  
½ cup of high quality protein powder  
1 tsp of vanilla  
1 tbsp of coconut oil

½ cup of sunflower seeds  
10-15 drops of liquid stevia  
1 tsp of cinnamon

**Servings:** 18 cookies

## Instructions:

**Step #1:** Pre-heat oven to 300 degrees. Roughly chop sunflower seeds or other nuts you may wish to use in the blender until broken up in chunks.

**Step #2:** Place all ingredients into a bowl and stir together, if you notice that it is too crumbly, then try adding in another tablespoon of coconut oil.

**Step #3:** Scoop cookies onto cookie tray. Gently press the cookies down to flatten.

**Step #4:** Bake for about 15 minutes. Makes about 18 cookies.

**Additional Insights:** You can use 2 cups coconut shreds if you do not have/want sunflower seeds. You can use any other kind of nut or seed. You can use any sort of flavored or unflavored protein powder to change up the flavor. You can **put the coconut whipped cream** in between to make an incredible coconut cookie sandwich!



## Turmeric Keto Cookies

1 cup of shredded coconut flakes  
3 tbsps of tahini  
1 scoop of turmeric bone broth protein powder (or 1 tbsp of turmeric and 1 scoop of your sugar-free protein powder.

2 tsps of coconut oil

1 tsp of liquid stevia or monk fruit

### **Optional Ingredients:**

You can trade out the tahini for almond butter, cashew butter or slightly melted coconut butter

**Servings:** 6 cookies

**Time to Make:** 10-15 Mins

### **Instructions:**

**Step #1:** Begin by combining 1 cup of coconut flakes with the coconut oil in a food processor or high-speed blender.

**Step #2:** Blend on high until the coconut takes on a coconut butter like consistency. Should be creamy and smooth.

**Step #3:** Blend the tahini or nut butter of your choice until it is well mixed

**Step #4:** Pour the mixture in a bowl and add in the turmeric and protein and the sweetener. Mix up with a fork until it creates a batter. It is normal for it to be crumbly.

**Step #5:** Scoop out 2 tbsps and form them into the shape of a cookie or ball by squeezing them in your hand. Store in the fridge and they will solidify and take on a great texture. Enjoy!!



## Coconut Short Bread Cookies

6 tbsp of coconut flour  
4 large tbsp. of grass-fed butter (melted)  
15 drops of vanilla stevia  
¼ tsp of vanilla extract

**Servings:** Makes about 5-6 cookies

### Instructions:

- Step #1:** Turn the oven on and preheat to 350 degrees
- Step #2:** Mix all the ingredients together until it has the consistency of a thick paste
- Step #3:** Shape the batter into balls and place on a lined baking sheet.
- Step #4:** Press the cookies down gently on the tops with a fork or a knife.
- Step #5:** Bake the cookies for 8-10 minutes until they are lightly browned on the bottom
- Step #6:** Let the cookies cool completely on the pan, otherwise they will crumble.



## Keto Chocolate Chip Cookies

1 cup organic almond butter	2 squirts liquid vanilla stevia
3 squirts liquid stevia	1/4 cup golden monk fruit
1 tsp vanilla extract	1/2 tsp baking soda
1/4 cup stevia chocolate chips	1/2 tsp pink salt
1/4 cup chopped organic walnuts	1 pasture-raised egg

**Servings:** 21 cookies

## Instructions

**Step #1:** Preheat oven to 350 degrees.

**Step #2:** Line cookie sheet with parchment paper.

**Step #3:** Using an electric hand-held mixer, mix all ingredients together except for the walnuts and the chocolate chips

**Step #4:** Add in the walnuts and chocolate chips and mix together with a spoon.

**Step #5:** Place 1 heaping tablespoon of cookie dough batter onto parchment paper and repeat until you run out, spacing the cookies about 1/2 inch apart. (Flatten the cookies into a round shape—not a ball shape.)

**Step #6:** Bake in oven for 10 minutes. Insert a fork or a toothpick inside a cookie *gently*. If no batter comes off, pull the cookies out. Otherwise, you can try cooking it another minute or so.

**Step #7:** Take cookie sheet out of the oven. Let the cookies cool off for about 20 minutes (still sitting on the cookie sheet).

**Step #8:** After about 20 minutes, place the cookies onto a cooling rack, using a spatula. The cookies will harden and become less crumbly as they cool off.



## Cashew Cookie Dough Bars

1 ½ cup of cashew flour	1 ½ tbsp. of coconut flour
2 tsps of vanilla extract	1/3 cup of coconut oil
Large handful of dark chocolate chips	10-15 drops of liquid stevia
Pinch of pink salt	

**Servings:** 8-12 cookies

## Instructions

**Step #1:** Take the cashew flour, salt and coconut flour and mix into one bowl.

**Step #2:** Add in the chocolate chips and wet ingredients and mix.

**Step #3:** Once it is mixed together well, press the dough into a glass pan.

**Step #4:** Chill it is firm and then cut it into squares.

**Additional Insights:** You can make cashew flour by grinding up 1.5 cups cashew until a flour consistency, it is okay to have some pieces in it. Adjust the sweetness to your preference. If you like it less sweet leave out the stevia or go up to 10 drops. If you want it sweeter, use 15 and possibly even 20 drops. The pinch of salt helps to remove any bitter aftertaste from the stevia.



## Keto Chocolate Cake

3 full squirts of chocolate stevia      1 cup of coconut flour      1 tsp of pink salt  
16 organic, pasture-raised eggs      1 tsp of baking powder      1 cup of raw cacao powder

### **Frosting Ingredients:**

½ cup of raw cacao powder      3 small ripe Hass avocados      1/8 tsp of pink salt  
¼ cup of coconut oil (melted)      2 full squirts of chocolate stevia

**Servings:** 1 large cake with roughly 8 large square pieces.

## Cake Instructions

**Step #1:** Begin by preheating the oven to 350 degrees

**Step #2:** Mix both the wet and dry ingredients together separately

**Step #3:** Combine the dry and wet ingredients together

**Step #4:** Coconut flour can often be very tough to mix so you can use a blender or food processor but only blend it until it is mixed together and be careful not to overdo it.

**Step #5:** Grease a large baking pan (9×13) or 2 small pans and pour in the batter.

**Step #6:** Bake the mixture for 35-40 minutes (25-30 minutes if using smaller pans). Check if the cake is done by putting a toothpick to see if it comes out clean to ensure it is cooked through.

**Step #7:** Let the finished cake cool and top it with the chocolate frosting

## Frosting Instructions

**Step #1:** Mix all the ingredients together in a food processor until it is all whipped up.

**Step #2:** You can serve this immediately and store it in the refrigerator for up to a week.

**Step #3:** If you want to store it longer, you can put it in the freezer.

**Step #4:** Make sure the cake cools down before applying the frosting or it will melt.



## Chocolate Keto Brownie

10 1/2 oz stevia sweetened chocolate chips  
3 hass avocados, pitted and peeled  
3/4 cup monk fruit  
1 tsp vanilla extract  
1/2 cup unsweetened cocoa powder  
1 tbsp purified water

2 heaping tbsp. coconut oil  
1 dash of pink salt  
3 squirts of liquid stevia  
3 organic eggs  
1/2 cup less 1 tbsp coconut flour  
**Servings:** 24 Brownies

## Frosting Ingredients

1 medium-sized hass avocado  
2 tbsp xylitol or 2 extra squirts of liquid stevia  
5 squirts of liquid stevia  
(optional) 1 tbsp grass-fed butter

3 tbsp unsweetened cocoa powder  
5 heaping tbsp. monk fruit  
1 dash of pink salt  
(optional) Pecans to place on top of brownies

## Instructions

- Step #1:** Preheat the oven to 400 degrees F.
- Step #2:** Line the base and sides of a 9 x 13 in pan with parchment paper, allowing some overhang.
- Step #3:** Melt the chocolate chips and coconut oil in a small pan on low heat, stirring until smooth. Then remove from heat and set aside.
- Step #4:** Place the avocado into a food processor or blender and process/blend until smooth.
- Step #5:** Stir the avocado, monk fruit, liquid stevia, and vanilla extract into the cooled chocolate.
- Step #6:** Next, beat in the eggs. (I prefer to use an electric blender while making these brownies.)
- Step #7:** Stir in the coconut flour, cocoa powder, and water until the batter is smooth.
- Step #8:** Pour batter into prepared pan and spread to cover the pan and fill the corners. Smooth the top.
- Step #9:** Bake for 14 minutes or until the top is firm to the touch.
- Step #10:** Remove from oven and cool completely in the pan before lifting the brownie from the pan.

## For the Avocado Frosting

**Step #1:** Place frosting ingredients in a food processor or blender.

**Step #2:** Process/Blend, scraping down the sides as needed until very smooth.

**Step #3:** Spread over completely cooled brownies.

**Step #4:** Cut the brownie into 24 pieces. I store mine in an air-tight container in the refrigerator since it contains avocados. I'd recommend not keeping them over 3 days unless you are freezing extra batches.

## About Dr. David Jockers DNM, DC, MS

**Dr. David Jockers** is a doctor of natural medicine, a functional nutritionist and corrective care chiropractor. He currently owns and operates Exodus Health Center 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,” “The Digestive Health Restoration Program,” “The AutoImmune Elimination Program,” and “The Super Brain Program.”

Dr Jockers is also a sought after speaker around the country on such topics as weight loss, brain health, healing leaky gut, thyroid function, natural detoxification and disease prevention. He currently owns and operates Exodus Health Center in Kennesaw, Georgia.



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