



# **BULLETPROOF CYCLICAL KETO MEAL PLAN**

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**A Week of Delicious  
Meals, Plus Recipes**

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**The ketogenic diet is an amazing way to burn fat, boost brain power and perform at your peak ... but you need to choose the right foods to maximize your results.**

Cyclical keto is an easy way to get the fat-burning benefits of keto, without the side effects of restricting carbs long-term. Cyclical keto is a form of carb cycling in which you eat slightly more carbs one day per week. It's already built into the Bulletproof Diet.

The Bulletproof Diet is a cyclical ketogenic diet that helps you eat nutrient-packed ingredients at every meal. You'll find that your food not only tastes good, but gives you boundless energy and focus — all with minimal cooking time.

This meal plan includes 6 days of ketogenic meals, with one higher-carb day. To practice carb cycling, simply replace your protein with clean, Bulletproof-friendly carbs once a week.

Different from other cyclical keto meal plans, Bulletproof's carb cycling day coincides with a protein fast. Limiting protein to 15-25 grams once a week triggers autophagy. Autophagy is a detox process your body undergoes to clean out damaged cells and regenerate new ones. On this day, you enjoy high-fat foods throughout the day, and moderate carbs in the afternoon and evening.

Note: By design, the Bulletproof Diet doesn't count calories. That means you can eat until you're satisfied, listen to your body and make adjustments to your plan as needed.

**Here's a cyclical keto meal plan for the week full of simple, Bulletproof and totally delicious meals. Let us know what you think!**

**#BeBulletproof**

# Monday



## Breakfast

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Bulletproof Coffee



## Lunch

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Keto Chopped Salad with Quick Creamy Dressing

## Dinner

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Keto Breakfast Tacos With Bacon and Guacamole, green salad dressed with olive oil and apple cider vinegar

**Tip:** Make extra bacon to use on Tuesday and Wednesday

## Dessert

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Chocolate Cookie Dough Keto Ice Cream



# Tuesday



## Breakfast

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Bulletproof Coffee



## Lunch

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One-Pan Keto Egg Roll in a Bowl



## Dinner

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Cauliflower Bread With Crispy Bacon, Poached Eggs, and Avocado; lightly steamed organic spinach with butter



## Dessert

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Vanilla Turmeric Anti-Inflammatory Keto Fat Bombs

# Wednesday



## Breakfast

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Bulletproof Coffee



## Lunch

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Keto Collagen Bread, lightly toasted, stacked with bacon, spring greens and avocado

**Tip:** Save part of your collagen bread loaf for Thursday



## Dinner

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Low-Carb Shrimp Pad Thai with a side of buttered and salted steamed cauliflower rice



## Dessert

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1-2 squares quality dark chocolate (at least 78% cacao)

# Thursday



## Breakfast

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Bulletproof Coffee



## Lunch

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Keto Smoked Salmon Canapes With  
Lemon-Dill Aioli; handful of pili nuts



## Dinner

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Keto Hamburger Salad



## Dessert

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Collagen Protein Bar with ghee spread  
on top

# Friday



## Breakfast

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Bulletproof Coffee



## Lunch

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Keto Halibut Ceviche (make in the morning to have it “cooked” by lunch time); celery and cucumbers dipped in guacamole



## Dinner

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Baked Wild Salmon with Asparagus and Fennel

## Dessert

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Double Chocolate Chip Keto Cookies





# Saturday



## Breakfast

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Bulletproof Coffee



## Lunch

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Chocolate Coconut Keto Smoothie Bowl  
(omit collagen protein)



## Dinner

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Keto Coconut Braised Pork Chops with  
steamed bok choy



## Dessert

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Sugar-Free Chocolate Truffles

# Sunday

## (Carb Cycling & Protein Fast Day)



### Breakfast

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Bulletproof Coffee (omit collagen, if using on other days of the week)



### Lunch (eaten in the late afternoon)

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Oven-Baked Sweet Potato Fries With Garlic & Chive Aioli (full batch — not just a serving); iceberg salad with avocado



### Dinner

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Rosemary-Sage Butternut Squash Fritters; buttered white rice



### Dessert

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Berry Sorbet

The keto diet is short for “ketogenic diet.” It’s a high-fat, lower-carb way of eating that has the potential to turn your body into a fat-burning machine.

### **How does the ketogenic diet work?**

The keto diet changes the way your body converts food into energy. Normally, your body turns carbohydrates (think bread and pasta) into glucose for energy. Eating a lot of fat and very few carbs puts you in ketosis, a metabolic state where your body burns fat instead of carbs for fuel. On the keto diet, people report fat loss, more energy, fewer cravings and more brain power.

### **Why cyclical ketosis is better**

Not everyone can tolerate a standard keto diet. Some people just need more carbs to keep their body functioning properly. That’s why Bulletproof advocates a cyclical ketogenic diet, where you load up on carbs one day per week, and cycle in and out of ketosis.

The next section contains easy and delicious recipes for your keto days and your carb refeed days. They’ll keep you within the keto guidelines without ever leaving you feeling deprived. As a bonus, you’ll notice there are enough desserts to keep your sweet tooth satisfied for a long time to come.

Congratulations on your new journey.  
You’ll be glad you took that first step!

# Bulletproof Coffee

**Start to Finish:** 5 minutes

**Serves:** 1

## Ingredients:

2 ½ heaping tablespoons  
ground Bulletproof  
Coffee Beans

1 teaspoon – 2 table-  
spoons Brain Octane  
MCT oil

1-2 tablespoons grass-fed,  
unsalted butter or 1-2  
teaspoons of grass-fed  
ghee

## Instructions:

1. Brew 1 cup (8-12 ounces) of coffee using filtered water with 2 ½ heaping tablespoons of freshly ground Bulletproof Coffee Beans.
2. Add 1 teaspoon to 2 tablespoons of Brain Octane MCT oil (start small – it's powerful!)
3. Add 1-2 tablespoons of grass-fed, unsalted butter or grass-fed ghee. Make sure your butter is unsalted. Salty coffee is gross.
4. Mix it all in a blender for 20-30 seconds until it looks like a creamy latte. Enjoy!

## Nutritional Information (Per Serving):

Calories: 230.0

Total Fat: 25.0g

Monounsaturated Fat: 0.0g

Sodium: 105.0mg

Vitamin A: 0%

Iron: 0%

Protein: 0.0 g

Saturated Fat: 22.0g

Dietary Fiber: 0.0 g

Potassium: 0.0mg

Vitamin C: 0%

Total Carbohydrate: 0.0g

Polyunsaturated Fat: 0.0g

Cholesterol: 30.0mg

Sugars: 0.0g

Calcium: 0%



# Keto Chopped Salad With Quick Creamy Dressing

**Start to Finish:** 15 minutes

**Serves:** 2

## Ingredients:

### Salad:

2 cups leafy greens

2 pastured-raised eggs, medium-boiled, chopped or halved

4 ounces smoked wild salmon, separated into pieces (or substitute wild canned fish, shredded chicken or canned sardines)

½ avocado, cubed

Handful of raw cashews, sunflower seeds or walnuts

¼ cucumber, thinly sliced

2 radishes, chopped or thinly sliced

2 tablespoons **Quick Pickled Veggies**

Handful of organic crumbled feta or raw goat cheese (optional, if you tolerate dairy)

### Quick Salad Dressing

½ avocado (use the remaining half from your salad)

3 tablespoons olive oil, Brain Octane MCT oil or a mix of both

2 tablespoons apple cider vinegar

1 to 2 teaspoons cilantro or parsley

Sea salt

## Instructions:

- To make the salad:** In a large bowl, combine the greens, eggs, fish and avocado with the nuts, cucumber, radish and pickled veggies. Add cheese (if using) and mix together until well combined.
- To make the quick dressing:** Use a whisk or immersion blender to blend together the avocado, oil, apple cider vinegar, herbs and salt until smooth and creamy. Toss the salad with the dressing and serve.

## Nutritional Information (Per Serving):

Calories: 331.8  
Polyunsaturated Fat: 6.7 g  
Sodium: 1,520.3 mg  
Dietary Fiber: 5.4 g  
Vitamin C: 22.3 %

Total Fat: 22.6 g  
Monounsaturated Fat: 7.8 g  
Potassium: 532.5 mg  
Sugars: 1.7 g  
Calcium: 10.1 %

Saturated Fat: 5.9 g  
Cholesterol: 209.0 mg  
Total Carbohydrate: 10.2 g  
Vitamin A: 133.3 %  
Iron: 12.4 %



# One-Pan Keto Egg Roll in a Bowl

**Start to Finish:** 15 minutes

**Serves:** 2

## Ingredients:

1 tablespoon coconut oil

3 garlic cloves, finely sliced (optional)

3-inch fresh ginger root, grated

5 ounces 80/20 grass-fed ground beef

1/3 medium red cabbage, finely shredded

1 1/2 tablespoons coconut aminos

2 medium carrots, grated (optional)

1 medium kohlrabi, outer skin removed sliced into 1/4-inch matchsticks

1 fennel bulb, finely sliced

Sliced green onion, fresh dill, pomegranate seeds (optional), and lemon wedges to serve

## Instructions:

1. In a wide saucepan on medium heat, add coconut oil.
2. When oil has heated, add garlic and ginger. Stir for 2 minutes until softened.
3. Increase the temperature of the pan to medium-high heat.
4. Add ground beef and break up into crumbles. Cook for an additional 2 minutes.
5. Place cabbage and fennel in the pan. Stir and continue cooking for 2 minutes.
6. Add coconut aminos and carrot (if using). Cook for 2 more minutes.
7. Remove crack slaw from the heat. Add kohlrabi and a squeeze of lemon juice.
8. Divide among two plates.
9. Add garnishes, season to taste, and serve warm.

## Nutritional Information (Per Serving):

Calories: 448.5

Fiber: 8.7g

Fat: 25.7g

Monounsaturated Fat: 10.5g

Salt: 333.5mg

Vitamin C: 132.1mg

Protein: 23g

Sugar: 16.7g

Saturated Fat: 10.9g

Trans Fat: 0g

Potassium: 1444.1mg

Calcium: 167.9mg

Carbs: 23.5g

Net Carbs: 14.8g

Polyunsaturated Fat: 1.8g

Cholesterol: 62.4mg

Vitamin A: 12752.5mg

Iron: 4.2mg



# Keto Hamburger Salad

**Start to Finish:** 30 minutes

**Serves:** 2

## Ingredients:

3/4 pound pastured ground beef

2 cloves of garlic, minced

1 yellow onion, divided

1 teaspoon dried thyme

1 teaspoon dried oregano

Salt and pepper to taste

1/2 teaspoon chilli flakes (optional)

2 tablespoons **grass-fed ghee** or coconut oil for cooking

Arugula

1 avocado, sliced

4 slices high-quality pastured bacon

Optional: Avocado oil mayo or aioli of choice

## Instructions:

1. Divide yellow onion into quarters. Dice one quarter finely, and cut the remaining quarters into slices. Set slices aside.
2. In a bowl, combine chopped onion with garlic, ground beef, and all spices until combined. Divide mixture into four parts, and form the parts into patties.
3. In a frying pan on medium heat, add oil or ghee and swirl to coat the pan.
4. When pan has heated, add patties and cook until browned on one side. Flip and continue cooking.
5. While burgers cook, add remaining onions to the pan. Lightly salt the slices and stir occasionally to caramelize.
6. In the same or a different pan, add bacon slices and cook until slightly crisp.
7. Divide arugula between two plates, then top with two patties each, caramelized onions, avocado slices, and aioli. Serve hamburger salad warm.

## Nutritional Information (Per Serving):

Calories: 632  
Carbohydrates: 15.3g  
Net Carbs: 6.6g  
Potassium: 1262mg

Total Fat: 43g  
Dietary Fiber: 8.7g  
Protein: 48.7g  
Calcium: 80mg

Sodium: 694mg  
Sugars: 0.2g  
Cholesterol: 134mg  
Iron: 30mg



# Wild Bakes Salmon With Asparagus & Fennel

**Start to Finish:** 40 minutes

**Serves:** 4

## Ingredients:

21 oz wild salmon  
(keta / king / sockeye)

2 cups asparagus

1/2 cup fennel, thinly sliced

2 medium avocados

1 tablespoon coconut aminos

1 tablespoon dried kelp

1 teaspoon Himalayan pink salt

1 tablespoon fresh lemon juice

1 tablespoon extra virgin olive oil

Fennel fronds

Chili flakes (optional)

## Instructions:

1. Add salmon to large bowl, then add marinade ingredients. Coconut aminos, dried kelp, honey, salt and lemon juice. Mix well and allow to infuse for 20 minutes.
2. Preheat oven to 350 degrees Fahrenheit.
3. Steam the asparagus and allow to cool.
4. Add the sliced fennel to a heat-proof oven pan and then add the salmon on top.
5. Place oven tray in center of oven and cook for around 10 minutes until cooked through.
6. Halve and slice the avocados and place on the plate or serving board and then transfer the salmon with fennel.
7. Drizzle with extra virgin olive oil and garnish with fennel fronds, chili flakes and Himalayan pink salt to taste.

## Nutritional Information (Per Serving):

Calories: 537.7  
Fiber: 24.9g  
Fat: 24.6g  
Monounsaturated: 13.7g  
Sodium: 562.6mg  
Vitamin C: 21.7mg

Protein: 50.9g  
Sugar: 11.9g  
Saturated Fat: 1.55g  
Trans fat: 0g  
Potassium: 1689.7mg  
Calcium: 631.7mg

Carbs: 38.1g  
Net Carbs: 13.1g  
Polyunsaturated: 5g  
Cholesterol: 0mg  
Vitamin A: 1049.1iu  
Iron: 12.2mg



# Keto Coconut Braised Pork Chops

Start to Finish: 30 minutes

Serves: 4

## Ingredients:

Four 1-inch thick bone-in pastured pork chops (about 2.5 pounds)

1 can full-fat coconut milk (BPA-free)

5 kaffir lime leaves, or zest and juice from 2 limes

2 stalks lemongrass, sliced, or a 2-inch knob of fresh ginger, sliced

2 teaspoons sugar-free fish sauce

Zest and juice of 1 lime (in addition to lime leaves)

2 tablespoons avocado oil or ghee

Salt to taste

## Instructions:

1. Season your pork chops generously with salt to taste.
2. Heat a large pan with the avocado oil over medium high heat until very hot. Sear the pork chops on both sides for 2-3 minutes or until light brown on both sides.
3. Remove the pork chops from the pan and reduce the heat to medium. Add lemongrass and sauté for 1-2 minutes or until fragrant.
4. Add your coconut milk and kaffir lime leaves, stirring to deglaze. Once the liquid comes to a boil, reduce the heat to a light simmer and place your pork chops into the liquid.
5. Simmer uncovered for 10-15 minutes or until the pork chops are cooked through and an internal thermometer reaches 145 degrees.
6. Add lime zest, juice and fish sauce over pork chops, swirling in the pan to incorporate into the braising liquid.
7. Remove pork chops and allow to rest for 5 minutes, then serve with the braising liquid spooned on top.

## Nutritional Information (Per Serving):

Calories: 610

Fiber: 2.6g

Fat: 57g

Sodium: 1025mg

Iron: 3mg

Protein: 22g

Sugars: 4.6g

Saturated Fat: 34g

Potassium: 577mg

Carbs: 7.3g

Net Carbs: 4.7g

Cholesterol: 71mg

Calcium: 46mg



# Keto Breakfast Tacos With Bacon and Guacamole

**Start to Finish:** 15 minutes

**Serves:** 2 (1 taco per serving)

## Ingredients:

- 1 tablespoon Brain Octane Oil
- 2 pasture-raised eggs
- 1 tablespoon grass-fed ghee
- 1 medium organic avocado
- 1/4 teaspoon Himalayan pink salt
- 1/4 cup chopped organic romaine lettuce
- 2 slices cooked uncured all natural bacon
- 3 tablespoons diced cooked organic sweet potatoes
- Optional: garnish of organic micro cilantro

## Instructions:

1. Heat a small skillet to medium heat and add 1 tablespoon of ghee.
2. Crack one egg into the center of the skillet and pierce the yolk.
3. Cook the egg for approximately 1-2 minutes on each side or until solid but not overcooked. Remove from pan and place on a paper towel or parchment paper-lined plate.
4. Repeat with other egg. These will be your taco shells.
5. In a small bowl, mash avocado along with 1 tablespoon of Brain Octane Oil plus Himalayan pink salt.

## Assemble:

1. Divide avocado mixture evenly and spread half on each egg taco shell.
2. Top each taco with half of the chopped romaine lettuce.
3. Place one slice of bacon and half of the diced sweet potatoes on each taco.
4. Garnish with optional micro cilantro and a tiny sprinkle of Himalayan pink salt.
5. Fold in half and eat as a taco.

## Nutritional Information (Per Serving):

Calories: 387	Protein: 11g	Carbs: 9g	Fiber: 5g
Net Carbs: 4g	Sugar: 0g	Sugar Alcohol: 0g	Fat: 35g
Saturated Fat: 16g	Polyunsaturated: 3g	Monounsaturated: 10g	Trans fat: 0g
Cholesterol: 210g	Sodium: 525mg	Potassium: 369mg	Vitamin A: 71%
Vitamin C: 11%	Calcium: 2%	Iron: 9%	



# Low-Carb Shrimp Pad Thai With Shirataki Noodles

**Start to Finish:** 20 minutes

**Serves:** 3

## Ingredients:

2 7-ounce packages shirataki fettuccini noodles

18 medium-size, wild-caught shrimp

2 pastured eggs, beaten

1 ½ tablespoons Brain Octane Oil, divided

2 tablespoons coconut aminos

1 lime, juiced and divided

1 teaspoon cashew butter

1 clove garlic, pressed or finely minced

¼ teaspoon crushed red pepper

¼ cup cilantro

2 green onions, chopped

Sea salt

4 cashews, crushed (optional garnish)

## Instructions:

1. Prepare shirataki noodles according to package directions (rinse for 15 seconds, then boil for 2 minutes in a pot of boiling water, then drain the noodles and place them in a dry skillet (no oil) over medium heat and “dry roast” them for 1 minute). Set aside.
2. In a small bowl, mix ¾ tablespoon Brain Octane Oil, coconut aminos, ½ of the lime juice, cashew butter, garlic and crushed red pepper. Set aside.
3. Heat a large skillet over medium heat and add remaining ¾ tablespoon Brain Octane Oil, shrimp and a pinch of sea salt. Cook for approximately 1 ½ to 2 minutes each side.
4. Move the shrimp to the side of the skillet and add the beaten eggs to the open area of the skillet. Quickly cook the eggs to a soft scramble, about 1 minute.
5. Add shirataki noodles, sauce mixture, cilantro and green onions to skillet with shrimp and eggs. Toss everything together and mix well. Heat until warmed through.
6. To finish, drizzle the rest of the fresh lime juice over entire skillet, taste for seasoning and add sea salt and/or more crushed red pepper if desired. Garnish with optional crushed cashews and serve.

## Nutritional Information (Per Serving):

Calories: 180  
Sugar: 3g  
Saturated Fat: 8g  
Cholesterol: 179g  
Vitamin C: 10%  
Calcium: 2%

Protein: 12g  
Sugar Alcohol: 0g  
Polyunsaturated: 1g  
Sodium: 283mg  
Calcium: 5%  
Iron: 9%

Carbs: 5  
Net Carbs: 5g  
Monounsaturated: 2g  
Potassium: 203mg  
Iron: 22%

Fiber: 0g  
Fat: 12g  
Trans fat: 0g  
Vitamin A: 7%  
Vitamin C: 11%



# Keto Smoked Salmon Canapes With Lemon-Dill Aioli

**Start to Finish:** 20 minutes

**Serves:** 24

## Ingredients:

1 organic English cucumber

1 - 4-ounce package thinly sliced cold-smoked wild-caught Alaskan Sockeye Salmon

1 small organic avocado, diced

2 tablespoons avocado oil mayonnaise

1 1/2 teaspoons Brain Octane Oil

1 teaspoon chopped fresh organic dill, plus more for garnish

Juice from 1 small organic lemon, divided

Flaky sea salt, for garnish

## Instructions:

1. Before slicing the cucumber, cut off both ends and, using the scoring part of a zesting kitchen tool, run it lengthwise down the cucumber removing a strip of peel. Do this in several places around the cucumber to add a decorative edge that will show once it's sliced into rounds. Skip this step if you don't care about the decorative part.
2. Slice the cucumber into 1/4-inch thick rounds and set aside. Depending on the size of the cucumber, you should end up with 24 slices.
3. Open smoked salmon and carefully separate the thin slices. Cut into 24 small pieces, one for each cucumber slice. Drape one piece of smoked salmon over each cucumber slice.
4. In a small bowl, toss the diced avocado with all but 1 teaspoon of the lemon juice. Then top each canape with a small chunk of the lemon juice-covered avocado.
5. In a small bowl, whisk together the mayo, Brain Octane Oil, fresh dill, and remaining 1 teaspoon of lemon juice until creamy. This is your easy lemon dill "aioli". Place a dollop on top of each canape.
6. Garnish each with a sprig of fresh dill and a light sprinkle of flaky sea salt.

## Nutritional Information (Per Canape):

Calories: 28

Sugar: 0g

Saturated Fat: 1g

Cholesterol: 6g

Vitamin C: 1%

Protein: 1g

Sugar Alcohol: 0g

Polyunsaturated: 0g

Sodium: 63mg

Calcium: 0%

Carbs: 0g

Net Carbs: 0g

Monounsaturated: 0g

Potassium: 13mg

Iron: 0%

Fiber: 0g

Fat: 2g

Trans fat: 0g

Vitamin A: 1%

# Bulletproof Coffee Egg Latte

**Start to Finish:** 11 minutes

**Serves:** 1

## Ingredients:

8 ounces black coffee

1 tablespoon  
grass-fed butter

1 teaspoon Brain  
Octane Oil

2 pasture-raised eggs

1 scoop Vanilla  
Collagen Protein

1/4 teaspoon of  
cinnamon

## Instructions:

1. Add eggs, butter, oil and cinnamon to the blender.
2. Add coffee and blend for 45 seconds on high.
3. Add collagen protein and blend for 5 seconds on low.
4. Top with cinnamon.

## Nutritional Information (Per Serving):

Calories: 331

Fiber: 0g

Saturated Fat: 15g

Trans fat: 0g

Potassium: 138mg

Calcium: 6mg

Protein: 24g

Sugar: 0g

Polyunsaturated: 2g

Cholesterol: 402mg

Vitamin A: 21mg

Iron: 10mg

Carbs: 1g

Fat: 25g

Monounsaturated: 4g

Sodium: 280mg

Vitamin C: 0mg



# Cauliflower Bread With Crispy Bacon, Poached Eggs & Avocado

**Start to Finish:** 30 minutes

**Serves:** 2

## Ingredients:

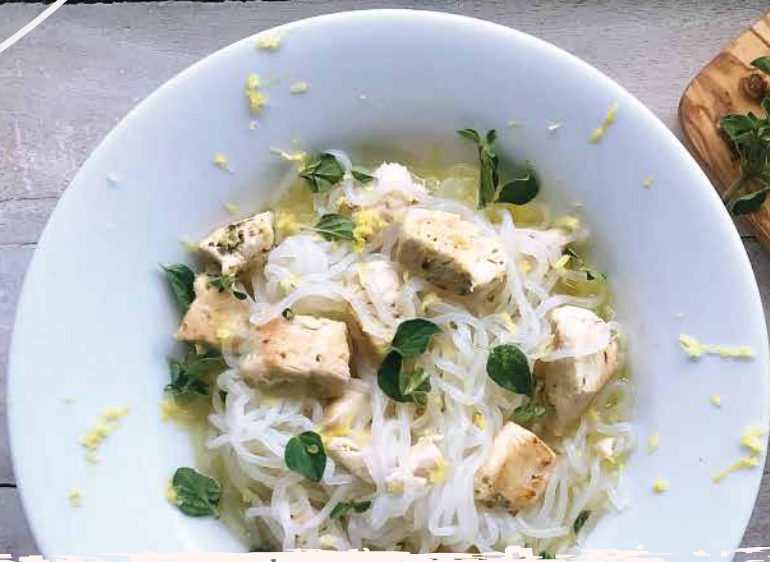
- 2 cups grated cauliflower
- 1-2 tablespoons of coconut flour
- ½ tsp salt
- 4 eggs
- ½ tsp garlic powder
- ½ - 1 Tbsp psyllium husk
- 3-4 slices of organic, chemical-free bacon diced
- ¼ spring onion, finely sliced
- 1 avocado

## Nutritional Information (Per Serving):

Calories: 498	Total Fat: 38g
Sodium: 1121mg	Carbohydrates: 14g
Dietary Fiber: 8.5g	Total Sugars: 3.4g
Protein: 27g	Potassium: 871mg

## Instructions:

1. Preheat the oven to 350F. Line two baking trays with baking paper.
2. Mix the 2 cups of grated cauliflower, salt, 2 eggs, 1 tablespoon of coconut flour, psyllium and garlic powder together. Add up to 1 tablespoon more of flour, if needed, to thicken.
3. Split the cauliflower mix in 2. Place each cauliflower blob onto one of the lined baking trays and use your hands or a spatula to shape the mixture into even rectangles. Try not to make them too thick as you want it to cook through, and try not to make it too thin otherwise they will fall apart.
4. Place them in the oven for 15 minutes.
5. Check the cauliflower toasts and rotate them in the oven. Bake for another 10 minutes, or until they're golden brown and cooked through.
6. Add the bacon to the second baking tray and spread it out. Place it in the oven and cook until it's golden brown.
7. Meanwhile bring a small saucepan of water to the boil and add a dash of apple cider vinegar and a pinch of salt.
8. When the water is boiling, crack 2 eggs into the water to poach. Cook them until the whites are fully cooked and the yolk is still slightly running.
9. Remove them with a slotted spoon and place them onto some paper towel to remove the excess water.
10. When the bacon and cauliflower toasts are ready, begin plating. Place the cauliflower toasts onto two plates. Top them with the poached eggs, crispy bacon, spring onion and avocado.
11. Serve and enjoy.



# Low-Carb Angel Hair Pasta With Lemon Chicken

Start to Finish: 20 minutes

Serves: 3

## Ingredients:

2 7-ounce packages shirataki angel hair noodles

1 lb. pastured chicken breast, cut into bite size pieces

1 tablespoon XCT Oil or other cooking oil

1 large clove organic garlic, minced

½ teaspoon dried oregano or 1 teaspoon minced fresh oregano (leaves only)

½ teaspoon Himalayan pink salt

1 large lemon, zested and juiced (keep zest separate from juice)

2 tablespoons grass-fed butter

1 tablespoon Collagelatin, or other grass-fed gelatin

1-2 tablespoons fresh oregano to finish (leaves only)

## Instructions:

1. Prepare shirataki noodles according to package directions (rinse for 15 seconds, then boil for 2 minutes in a pot of boiling water, then drain the noodles and place them in a dry skillet (no oil) over medium heat and “dry roast” them for 1 minute). Set aside.
2. Heat a large cast iron skillet to medium-high heat and add oil.
3. Add chicken, garlic, dried oregano and Himalayan pink salt to skillet and cook for approximately 8-10 minutes or until fully cooked stirring occasionally. Remove chicken from skillet leaving and set aside.
4. Lower heat under skillet to medium and add lemon juice to deglaze pan. Next add butter and stir until melted. Then whisk in Collagelatin to finish.
5. Add noodles and chicken back to skillet and toss to combine.
6. Serve topped with lemon zest and a garnish of fresh oregano.

## Nutritional Information (Per Serving):

Calories: 325  
Sugar: 0g  
Saturated Fat: 9g  
Cholesterol: 20g  
Vitamin C: 10%

Protein: 39g  
Sugar Alcohol: 0g  
Polyunsaturated: 1g  
Sodium: 347mg  
Calcium: 0%

Carbs: 3  
Net Carbs: 2g  
Monounsaturated: 2g  
Potassium: 18mg  
Iron: 0%

Fiber: 1g  
Fat: 16g  
Trans fat: 0g  
Vitamin A: 7%

# Vanilla Turmeric Anti-Inflammatory Keto Fat Bombs

**Start to Finish:** 20 minutes

**Serves:** 5

## Ingredients:

1 Vanilla Shortbread Collagen Protein Bar

1/4 cup unsweetened coconut flakes, plus extra to garnish

1/4 teaspoon ground turmeric

1/4 teaspoon ground ginger

1 tablespoon Lemon FATwater, or filtered water

## Instructions:

1. Place the dry ingredients into a food processor. Blend until well mixed and crumbled.
2. Add the water to the food processor. Mix until dough forms.
3. Form five small balls out of the dough.
4. Roll the fat balls into more unsweetened coconut flakes.

## Nutritional Information (Per Serving):

Calories: 62  
Fiber: 2g  
Fat: 5g  
Sodium: 26mg

Protein: 3g  
Net Carbs: 1g  
Saturated Fat: 1g  
Potassium: 21mg

Carbs: 3g  
Sugar: 1g  
Cholesterol: 0g  
Iron: 1%





# Keto Collagen Bread

**Start to Finish:** 1 hour and 50 minutes (10 minutes active)

**Serves:** 1 standard size loaf - 12 slices

## Ingredients:

1/2 cup Unflavored  
Grass-Fed Collagen Protein

6 tablespoons almond flour

5 pastured eggs, separated

1 tablespoon unflavored  
liquid coconut oil

1 teaspoon aluminum-free  
baking powder

1 teaspoon xanthan gum

Pinch Himalayan pink salt

Optional: pinch of stevia

## Nutritional Information (Per Serving - 1 Slice):

Calories: 77	Protein: 7g
Carbs: 1g	Fiber: 1g
Sugar: 0g	Sugar Alcohol: 0g
Net Carbs: 0g	Fat: 5g
Saturated Fat: 2g	Polyunsaturated: 0g
Monounsaturated: 1g	Trans fat: 0g
Cholesterol: 77g	Sodium: 86mg
Potassium: 51mg	Vitamin A: 3%
Vitamin C: 0%	Calcium: 4%
Iron: 3%	

## Instructions:

1. Preheat oven to 325 degrees F.
2. Generously oil only the bottom part of a standard size (1.5 quart) glass or ceramic loaf dish with coconut oil (or butter or ghee). Or you may use a piece of parchment paper trimmed to fit the bottom of your dish. Not oiling or lining the sides of your dish will allow the bread to attach to the sides and stay lifted while it cools.
3. In a large bowl, beat the egg whites until stiff peaks form. Set aside.
4. In a small bowl, whisk the dry ingredients together and set aside. Add the optional pinch of stevia if you're not a fan of eggs. It'll help offset the flavor without adding sweetness to your loaf.
5. In a small bowl, whisk together the wet ingredients — egg yolks and liquid coconut oil — and set aside.
6. Add the dry and the wet ingredients to the egg whites and mix until well incorporated. Your batter will be thick and a little gooey.
7. Pour the batter into the oiled or lined dish and place in the oven.
8. Bake for 40 minutes. The bread will rise significantly in the oven.
9. Remove from oven and let it cool completely — about 1 to 2 hours. The bread will sink some and that's OK.
10. Once the bread is cooled, run the sharp edge of a knife around the edges of the dish to release the loaf.
11. Slice into 12 even slices.



# Quick Low-Carb Strawberry Jam

**Start to Finish:** 20 minutes (chilling time: 1 hour)

**Serves:** 16

## Ingredients:

1 cup chopped fresh organic strawberries

1 tablespoon fresh squeezed organic lemon juice

3-4 teaspoons birch xylitol (use more or less depending on the sweetness of your berries)

1 tablespoon Collagelatin or 1/2 tablespoon grass-fed gelatin

1 tablespoon water

## Instructions:

1. Place chopped strawberries, lemon juice and xylitol (start with the smaller quantity and add more later if needed) in a small saucepan over medium heat and stir to combine.
2. Continue cooking for approximately 15 minutes, stirring occasionally and mashing the strawberries with a potato masher or fork once they have started to soften.
3. Taste for sweetness, and add more xylitol if needed.
4. In a small bowl, whisk together the gelatin and water then pour immediately into the strawberry mixture and stir to combine.
5. Remove from heat and pour into a heat-safe container such as a mason jar (the half-pint size, wide-mouth jars work well for this).
6. Allow to cool, then cover with lid and refrigerate until jelly-like, approximately 1 hour.

## Nutritional Information (Per 1 tablespoon serving):

Calories: 9

Sugar: 0g

Saturated Fat: 0g

Cholesterol: 0g

Vitamin C: 10%

Calcium: 2%

Protein: 1g

Sugar Alcohol: 1g

Polyunsaturated: 0g

Sodium: 0mg

Calcium: 0%

Iron: 9%

Carbs: 1g

Net Carbs: 0g

Monounsaturated: 0g

Potassium: 16mg

Iron: 0%

Fiber: 0g

Fat: 0g

Trans fat: 0g

Vitamin A: 0%

Vitamin C: 11%



# Keto Frozen Lemonade Slushies

**Start to Finish:** 5 minutes

**Serves:** 2

## Ingredients:

3 organic lemons, juiced  
(approximately 4 ounces of  
lemon juice)

1 1/2 teaspoons birch xylitol

10-15 drops liquid lemon stevia  
(or use plain stevia and lemon  
zest, if you don't have lemon  
stevia)

1-2 teaspoons Brain Octane Oil  
or unflavored liquid coconut oil

2 ounces unsweetened almond  
milk

1 sprig fresh organic thyme,  
leaves only (plus more for  
garnish)

Ice

## Instructions:

1. Place all of the ingredients except the ice in a blender and blend for 10-15 seconds until well-blended.
2. Add one handful of ice and blend well. Add more ice cubes, 1-2 at a time if needed in order to reach desired consistency. Finished result should be like fine snow that stays gently packed together but is just starting to melt.
3. Taste for sweetness and add more no-sugar sweetener of your choice (such as xylitol or stevia) if desired.
4. Pour into two serving cups, garnish each with a sprig of fresh thyme and a lemon wheel, and serve.

## Nutritional Information (Per Serving):

Calories: 68

Sugar: 0g

Saturated Fat: 5g

Cholesterol: 6g

Vitamin C: 92%

Calcium: 2%

Protein: 1g

Sugar Alcohol: 3g

Polyunsaturated: 0g

Sodium: 20mg

Calcium: 6%

Iron: 9%

Carbs: 7g

Net Carbs: 3g

Monounsaturated: 0g

Potassium: 76mg

Iron: 1%

Fiber: 1g

Fat: 5g

Trans fat: 0g

Vitamin A: 2%

Vitamin C: 11%



# Keto Muddled Strawberry Margarita

**Start to Finish:** 5 minutes

**Serves:** 2

## Ingredients:

3 ounces good quality clear tequila

2 ounces fresh organic lime juice (or organic apple cider vinegar)

1/4 cup sliced organic strawberries, divided

2 teaspoons birch xylitol, divided

4 ounces sparkling mineral water

Ice

Lime wedge and whole strawberry, for garnish

## Instructions:

1. Gather two rocks glasses and place half of the strawberries plus 1 teaspoon of the xylitol in each glass. Muddle by gently pressing and mixing at the bottom of the glass using a cocktail muddler or you can use a fork and mash it.
2. Add half of the tequila and half of the apple cider vinegar or lime juice to each glass and stir.
3. Add ice to each and top off with sparkling mineral water.
4. Optional: add a garnish of a lime wheel and strawberry.

## Nutritional Information (Per Serving):

Calories: 120  
Sugar: 1g  
Saturated Fat: 0g  
Cholesterol: 8g  
Vitamin C: 20%  
Calcium: 2%

Protein: 0g  
Sugar Alcohol: 4g  
Polyunsaturated: 0g  
Sodium: 3mg  
Calcium: 1%  
Iron: 9%

Carbs: 5g  
Net Carbs: 1g  
Monounsaturated: 0g  
Potassium: 53mg  
Iron: 1%

Fiber: 0g  
Fat: 0g  
Trans fat: 0g  
Vitamin A: 0%  
Vitamin C: 11%

# Chocolate Cookie Dough Keto Ice Cream

**Start to Finish:** 20 minutes

**Serves:** 2

## Ingredients:

2 ripe avocados,  
roughly diced and  
frozen

13 ounces coconut  
cream, frozen into ice  
cubes

1-2 tablespoons water  
or Brain Octane Oil

2-3 tablespoons cocoa  
powder (or more to  
taste)

2-4 tablespoons  
erythritol (or more to  
taste if needed)

2 teaspoons vanilla  
extract

1 Chocolate Chip  
Cookie Dough  
Collagen Protein Bar,  
chopped into small  
squares (you can use  
other flavors, too)

## Instructions:

1. Remove the frozen coconut cubes and avocados from the freezer and allow them to thaw slightly for 5-10 minutes.
2. Now add all of your ingredients (except chopped collagen bar), starting with 2 tablespoons of erythritol to a blender or food processor and blitz until it becomes a smooth and creamy. You may need to scrape down the sides of the bowl and re-blend a few times. If you're struggling to get it to blend into a smooth consistency, add 1 tablespoon of water or Brain Octane Oil very slowly until it forms a smooth ice-cream consistency.
3. Taste the ice cream and adjust the sweetness and cacao if needed.
4. When it's ready, scoop into two bowls, sprinkle the chopped bars on top and enjoy immediately.

## Nutritional Information (Per Serving):

Calories: 715	Total Fat: 70g	Sodium: 374mg
Carbohydrates: 22g	Dietary Fiber: 11.5g	Sugar Alcohol: 3g
Net Carbs: 2.5g	Total Sugars: 1.5g	Protein: 12.5g
Calcium: 51mg	Iron: 7.8mg	Potassium: 1012mg
Calcium: 34mg	Vitamin D: 0mcg	Cholesterol: 0mcg



# Keto Texas Sheet Cake With Chocolate Avocado Frosting

**Start to Finish:** 45 minutes

**Serves:** 12

## Ingredients:

### Texas Sheet Cake

- 1/2 cup coconut oil, melted
- 1/2 cup cold-brewed coffee
- 3 tablespoons cacao powder
- 1/2 teaspoon cinnamon
- 1 cup almond flour
- 1/2 cup coconut flour
- 1 teaspoon baking soda
- 1/4 cup liquid monk fruit extract
- 1 teaspoon vanilla extract
- “Buttermilk” (1/2 cup almond milk + 1 1/2 tablespoons apple cider vinegar)
- 2 eggs

### Chocolate Avocado Frosting

- 1/2 large avocado (about 3 tablespoons)
- 2 tablespoons cacao powder
- 1 tablespoon coconut oil
- 1/4 cup unsweetened lite coconut milk (or dilute 1/8 cup full-fat coconut milk with 1/8 cup water)
- 2 teaspoons liquid monk fruit extract

## Instructions:

1. Preheat the oven to 400 degrees.
2. In a small mixing bowl, combine coconut oil, cold brew, cacao powder, and cinnamon.
3. In a large mixing bowl, combine the almond flour, coconut flour, baking soda, and monk fruit extract.
4. In the small mixing bowl, whisk together the “buttermilk” (almond milk + apple cider vinegar), eggs, and vanilla extract, then add to the mixture in the large mixing bowl.
5. Mix everything until completely combined. You may use an electric mixer, but this works just as well mixing by hand.
6. Add the batter to a 9x13 baking dish and bake for 20 minutes.
7. Once finished, remove from the oven and allow to cool while you make the frosting.
8. Combine all frosting ingredients together and mix with a mixer, blender/food processor, or by hand until completely smooth.
9. Once the cake is completely cooled, spread the frosting, then cut into slices.

## Nutritional Information (Per Serving):

Calories: 208  
Fiber: 4g  
Fat: 18g  
Cholesterol: 31g  
Iron: 9g

Protein: 4g  
Net Carbs: 4g  
Saturated Fat: 10g  
Potassium: 98g

Carbohydrates: 8g  
Sugar: <1g  
Unsaturated Fat: 8g  
Calcium: 7g



# White Chocolate and Raspberry Keto Cake

**Start to Finish:** 80 minutes

**Serves:** 8

## Ingredients:

### Cake

5 ounces cacao butter, melted

2 ounces grass-fed ghee

1/2 cup coconut cream

1 cup green banana flour

3 teaspoons pure vanilla extract or 2 teaspoons vanilla powder

4 eggs

1/2 cup your choice granulated sweetener, such as Lakanto

MonkFruit

1 teaspoon baking powder

2 teaspoons apple cider vinegar

2 cup raspberries

### White chocolate sauce:

3 1/2 ounces cacao butter

1/2 cup coconut cream

2 teaspoons pure vanilla extract

Pinch of salt

## Cake Instructions:

1. Preheat oven to 280 degrees.
2. Combine all dry ingredients until thoroughly mixed through.
3. Leaving the raspberries aside, add all of the remaining ingredients and mix until well combined.
4. Line a small, 8-inch cake or loaf tin with baking paper, and pour in the cake mix. Scatter the raspberries (reserving some for garnishing) over the top of the cake mix. As the cake bakes, they will sink towards the bottom of the cake.
5. Place in your oven and bake for 1 hour, or until firm.
6. While it bakes, prepare the sauce.

## Sauce Instructions:

1. Combine all ingredients in a saucepan on low heat.
2. Use a fork to mix all ingredients well to ensure the cacao butter combines with the cream.
3. Remove from the heat and set aside to cool to room temperature. If it's too cool, it will harden, and if it is too warm, it will be slightly runny.
4. Drizzle on each individual piece of cake when serving, or drizzle over the top of the entire cake if this is what you prefer.
5. Scatter the cake with extra raspberries, and serve.
6. While it bakes, prepare the sauce.

## Nutritional Information (Per Serving):

Calories: 323  
Carbohydrates: 9.8g  
Total Sugars: 4.8g  
Potassium: 223mg  
Iron: 1mg

Total Fat: 31.5g  
Dietary Fiber: 3.2g  
Protein: 4g  
Vitamin D: 8mcg

Sodium: 55mg  
Net Carbs: 6.6g  
Cholesterol 82mg  
Calcium: 25mg



# Double Chocolate Chip Keto Cookies

Start to Finish: 20 mins

Serves: 10

## Ingredients:

- 2 cups blanched organic almond meal
- 1/4 cup grass-fed butter or ghee, melted
- 2 Tbsp Collagen Powder (or 1 Tbsp Collagelatin)
- 1/4 cup cocoa powder
- 1/2 - 3/4 cup Lakanto (or sweetener of choice)
- 1 tsp vanilla
- 1 egg
- 1/2 tsp baking powder
- 1 tsp apple cider vinegar
- 2 tsp cinnamon (optional)
- A pinch of salt
- 1/3 cup Chocolate Fuel Bar, or other high-quality dark chocolate, chopped

## Instructions:

1. Preheat the oven to 350F. Grease and line a baking tray with parchment paper.
2. Add all your ingredients to a food processor except the chocolate chips and collagen, and blitz to combine evenly.
3. Taste the dough and adjust the sweetness if needed.
4. Finally, add the chocolate chips and give the mix a gentle stir to combine the chips into the cookie dough.
5. Begin rolling the mixture into balls and place them onto the lined baking tray.
6. Press the balls as flat as you like, they won't rise much, so if you like them softer and more chewy, keep them quite full. However if you like a crunchier cookie, press them flat into even, well-formed cookies.
7. Place the cookies in the oven and bake for 10-12 minutes, or until golden brown.
8. Remove from the oven when they're ready and place the cookies onto a wire cooling rack. Please note: if you use the Collagelatin, these cookies are best eaten warm from the oven. When they cool down completely they will have a slightly firmer texture due to the gelatin.
9. Enjoy with a hot mug of bulletproof coffee.
10. Store the leftovers in an airtight container when they're completely cooled.

## Nutritional Information (Per Cookie):

Calories: 287  
Carbohydrates: 6.5g  
Protein: 6.5g

Total Fat: 16.5g  
Dietary Fiber: 4g  
Potassium: 280mg

Sodium: 154mg  
Total Sugars: 0.8g  
Magnesium: 333mg



A hand is shown holding a silver spoon over a white bowl filled with a vibrant yellow soup, garnished with finely chopped green herbs. In the background, a plate of golden-brown shrimp is visible on a wooden surface. The entire scene is set against a warm, slightly blurred background, with a white rectangular box containing the text overlaid in the center.

# PROTEIN FAST RECIPES



# Strawberries and Cream Rice Pudding

**Start to Finish:** 35 minutes

**Serves:** 4

## Ingredients:

- 1 cup cooked rice
- 1 cup full-fat organic coconut milk (the kind in a can, shake to mix)
- 3/4 cup sliced, fresh, ripe, organic strawberries
- 1 tablespoon grass-fed butter
- 1 teaspoon pure vanilla extract
- 1/4 cup birch xylitol
- 1/8 teaspoon ground cinnamon
- Tiny pinch Himalayan pink salt

## Instructions:

1. Place all of the ingredients in a saucepan over medium heat and stir to combine.
2. Cook, stirring occasionally until mixture has thickened and is creamy, approximately 25-30 minutes.
3. Serve warm topped with a fresh strawberry garnish and a drizzle of coconut milk if desired.

## Nutritional Information (Per Serving):

Calories: 260  
Fiber: 0g  
Net Carbs: 18g  
Polyunsaturated: 0g  
Cholesterol: 8g  
Vitamin A: 3%  
Iron: 4%

Protein: 1g  
Sugar: 3g  
Fat: 15g  
Monounsaturated: 0g  
Sodium: 40mg  
Vitamin C: 30%

Carbs: 30g  
Sugar Alcohol: 12g  
Saturated Fat: 13g  
Trans fat: 0g  
Potassium: 64mg  
Calcium: 1%

# Rosemary-Sage Butternut Squash Fritters

Start to Finish: 25 minutes

Serves: 6

## Ingredients:

3 cups spiralized organic butternut squash (about one large butternut squash), or one 10.7 ounce package butternut spirals

1 pastured egg, beaten

1/3 cup almond flour

3 large stems fresh organic rosemary, leaves only

5 leaves fresh organic sage, torn

1 teaspoon Himalayan pink salt

2 tablespoons grass-fed ghee

## Instructions:

1. In a large bowl, place all of the ingredients except the ghee. Mix well using your hands.
2. Divide equally making 6 patties. Set aside.
3. Heat a large cast iron skillet over medium heat and add the ghee.
4. Place patties in skillet working in batches if needed, and cook for 3 minutes per side or until lightly browned on each side.

## Nutritional Information (Per Serving):

Calories: 110

Fiber: 2g

Saturated Fat: 3g

Trans fat: 0g

Potassium: 15mg

Calcium: 4%

Protein: 3g

Sugar: 2g

Polyunsaturated: 0g

Cholesterol: 37mg

Vitamin A: 111%

Iron: 3%

Carbs: 8g

Fat: 8g

Monounsaturated: 0g

Sodium: 291mg

Vitamin C: 17%



# Oven-Baked Sweet Potato Fries With Garlic & Chive Aioli

Start to Finish: 45 mins

Serves: 2

## Ingredients:

2 sweet potatoes, sliced into fries

½ tsp salt

Optional spices to sprinkle on top: paprika, chilli, turmeric, garlic powder

Animal fat such as duck or bacon fat for cooking the chips in

## Aioli

Makes roughly ¾ cup

1 large egg yolk

½ garlic clove, crushed

1 Tbsp finely chopped fresh herbs such as chives

A pinch or two of salt

2-4 tsp lemon juice

1/3 cup light olive oil

1/3 cup Brain Octane Oil

## Instructions:

1. Preheat the oven to 400F.
2. Line a baking tray and place the sweet potato fries on top. Sprinkle them with your chosen spices (these are optional) and salt. Drizzle some melted fat on top and toss them around to ensure they're evenly coated.
3. Place fries in the oven to bake for 30-40 minutes or until golden brown and crispy. Make sure you keep an eye on them and turn them over around the halfway mark to allow for even baking.
4. Meanwhile use a hand mixer and slowly blend the egg yolk, garlic, salt and the lemon juice in a bowl until they're completely mixed.
5. Slowly begin to add in tsp of olive oil and a tsp of BOO. Blend this mix until the oil has thickened up a bit.
6. Add in another small amount of olive oil and BOO and blend again. Repeat this process until you reach your desired consistency. The key to making your own aioli is going slowly with the oils so they don't separate.
7. When the aioli is ready, stir through the fresh herbs. Place it in the fridge and wait for the sweet potato chips to be ready.
8. When the fries are ready, allow them to cool slightly. Then serve them up with the aioli and enjoy.

## Nutritional Information (Per Serving):

Calories: 356  
Total Carbs: 21g

Total Fat: 28.5g  
Dietary Fiber: 4g

Sodium: 415mg  
Protein: 1g

# Keto Berry Sorbet

**Start to Finish:** 25 minutes

**Serves:** 1

## Ingredients:

1/2 cup frozen blackberries

1/2 cup frozen raspberries

6 tablespoons Lemon  
FATwater, or filtered water

1 teaspoon MitoSweet, or  
stevia

## Instructions:

1. Place all ingredients into a blender. Blend until completely smooth.
2. Place in the freezer for 20 minutes to harden.
3. Serve with fresh berries on top, if desired.

## Nutritional Information (Per Serving):

Calories: 67

Fiber: 8g

Sugar: 6.5g

Cholesterol: 0g

Iron: 6%

Calcium: 4%

Protein: 2g

Sugar alcohol: 1.5g

Fat: 0g

Sodium: 43mg

Vitamin A: 2%


Carbs: 16g

Net carbs: 6.5g

Saturated Fat: 0g

Potassium: 205mg

Vitamin C: 32%



**CARB  
REFEEDING  
RECIPES**



# Purple Sweet Potato Salmon Sushi Roll

Start to Finish: 25 mins

Serves: 2

## Ingredients:

2 medium sized purple sweet potatoes

1 red bell pepper (optional)\*

1 yellow bell pepper (optional)\*

4 oz wild-caught, sashimi-grade salmon

1 avocado

1 cucumber

2 Nori sheets

Sushi mat

Pink Himalayan sea salt

Brain Octane Oil or MCT oil

## Instructions:

1. Steam the purple sweet potato until soft (the skin will easily come off). While the sweet potato is steaming, cut the veggies and salmon into thin slices.
2. Once the sweet potato is done steaming, strip off the skin and mash the potato.
3. Once cooled, spread out a nori sheet over a sushi mat. Spread the sweet potato over the entire nori sheet.
4. Pile your veggies and salmon in the middle of the nori sheet and roll up as tightly as possible. It will look like a sushi burrito.
5. Transfer the sushi roll onto a cutting board and slice into sushi pieces. Make sure you're using an extra-sharp knife to keep the roll intact.
6. Drizzle with Brain Octane Oil and top with pink Himalayan sea salt.

\*A note on peppers: Peppers, like other vegetables in the nightshade family, are suspect on the Bulletproof Diet. They contain lectins, which may cause inflammation in sensitive people. You may experience brain fog, sore joints, bad skin, or even migraines. Lectins are a common autoimmune trigger that has been linked to a significant percentage of rheumatoid arthritis cases and is a trigger for skin problems.

## Nutritional Information (Per Serving):

Calories 391.25  
Sugars 9.8

Carbohydrates: 43.4  
Fat 15.5 (Saturated 2.2)

Fiber 11.4  
Protein 20.2

# Tangerine Creamsicle Avocado Smoothie

**Start to Finish:** 5 minutes

**Serves:** 1

## Ingredients:

1/2 cup full-fat coconut milk

1 cup water

2 frozen steamed  
cauliflower florets

1/2 cup of ice

3 small tangerines

1/2 frozen avocado

2 scoops of Vanilla Collagen  
Protein Powder

2 scoops of Whey Protein

## Instructions:

1. Add all ingredients except the collagen protein to a blender.
2. Blend for 45 seconds on high.
3. Add collagen protein and blend for 5 seconds on low.

## Nutritional Information (Per Serving):

Calories: 546

Fiber: 8g

Saturated Fat: 16g

Trans fat: 0g

Potassium: 777mg

Calcium: 919mg

Protein: 32g

Sugar: 21g

Polyunsaturated: 1g

Cholesterol: 41mg

Vitamin A: 4mg

Iron: 4mg

Carbs: 44g

Fat: 93g

Monounsaturated: 4g

Sodium: 403mg

Vitamin C: 441mg





# Cleansing Ginger Carrot Soup

**Start to Finish:** 45 min (20 active)

**Serves:** 4

## Ingredients:

- 1 tablespoon coconut oil
- 6 large carrots, peeled and chopped
- 1 large sweet potato, peeled and chopped
- 3 cups bone broth or veggie broth (for vegan version)
- 1 cup full-fat coconut milk
- 1 teaspoon grated ginger
- 1 teaspoon turmeric
- 1 tablespoon dried parsley
- 1 tablespoon dried oregano
- 1/2 cup chopped green onion, for topping
- Himalayan sea salt to taste

## Instructions:

1. Heat large pot with coconut oil. Once pot is hot, add in chopped sweet potato and carrots. Sauté on medium heat until soft. Reduce the heat to low.
2. Add ginger, turmeric, parsley, oregano and sea salt. Let carrots and sweet potatoes cook in the spice mixture for 2-3 more minutes.
3. Reduce heat to simmer. Add bone broth and coconut milk. Allow to simmer for about 30 minutes.
4. Remove from heat and transfer to blender (or use an immersion blender). Pulse until you reach a creamy consistency.
5. Serve in bowls, topping each serving with green onion and a drizzle of coconut milk.

## Nutritional Information (Per Serving):

Calories: 268	Protein: 10g	Carbs: 21g
Fiber: 5g	Sugar: 8g	Fat: 17g
Saturated Fat: 10g	Polyunsaturated: >1g	Monounsaturated: 0g
Trans fat: 0g	Cholesterol: 0g	Sodium: 364mg
Potassium: 482mg	Vitamin A: 453.7%	Vitamin C: 12.9%
Calcium: 5.8%	Iron: 11%	

# Green Banana Pancakes

Start to Finish: 20 minutes

Serves: 2

## Ingredients:

1 large green banana, peeled

1 egg

3 tablespoons coconut flour

1 teaspoon arrowroot starch or cassava flour

Small pinch of salt

1/8 teaspoon stevia powder

1 teaspoon baking soda

Grass-fed butter or ghee, or coconut oil for greasing

## Instructions:

1. Mash the banana with a fork until it's as smooth as you can get it, and most of the lumps are gone.
2. In a separate bowl, prepare dry ingredients: Whisk together coconut flour, arrowroot or cassava, salt, baking soda, and stevia until combined.
3. Crack your egg into your banana mixture and whisk to combine. Then add dry ingredients to your liquid mixture. Whisk together until combined. If your batter is too thick, you can add 1 teaspoon of water at a time until it's the correct consistency.
4. Heat a medium-sized skillet over medium heat and grease with butter, ghee, or coconut oil. When your skillet is hot, pour pancakes into the pan (about 3 tablespoons of batter per pancake). Cooking banana pancakes 2-3 minutes per side until they are golden brown on the outside and cooked on the inside.
5. Serve banana pancakes with pats of butter or strawberry jam.

## Nutritional Information (Per Serving):

Calories: 282  
Cholesterol: 112mg  
Sugars: 7.4g  
Protein: 7g  
Calcium: 18mg

Total Fat: 16.2g  
Total Carbs: 30.3g  
Sugar Alcohols: 0g  
Sodium: 113mg  
Vitamin D: 16mcg

Saturated Fat: 9.5g  
Fiber: 10.6g  
Net Carbs: 19.7  
Potassium: 244mg  
Iron: 1mg