




THE BULLETPROOF
30 DAY UPGRADE





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YOU'RE IN! WELCOME TO THE 30 DAY UPGRADE

Big change starts with small steps. You've just taken step one.

All it takes is one small action. Blend Brain Octane MCT oil in your coffee. Meditate. Add Collagen Protein powder to your smoothie. Walk after dinner. Make one small change, and you'll be Bulletproof.

This guide shows you how to do it.

The 30 Day Upgrade is based on the Bulletproof Diet: a science-backed approach to nutrition and wellness that helps you **burn fat, curb cravings and have more energy** for the things you love — no calorie counting required.

On the Bulletproof Diet, you eat fewer carbs, plenty of healthy vegetables and lots of high-quality fats. It's a **flexible, easy take on a cyclical ketogenic diet** — and it's what helped Bulletproof founder Dave Asprey lose more than 100 pounds while boosting his energy and focus. It's pretty awesome.

This is not your grandma's low-fat diet. Instead, you'll focus on eating **high-quality, nutrient-dense foods that fuel your brain and body, while ridding your life of the toxins and habits that are holding you back.**

People who have tried the Bulletproof Diet have reported things like:

- More energy
- Better focus and concentration
- Fat loss
- Muscle gain
- Fewer food cravings
- Improved mood
- Reduced inflammation
- Better sleep
- **And more.**

Prepare to unlock the endless power of you. **You can do this.**



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OVER THE NEXT FEW WEEKS, HERE'S WHAT WE'LL DO



Replace sugar with quality fats

Sugar comes in many hidden forms, including fruit juice, sports drinks, sauces and salad dressings. The problem is that **excess sugar can lead to energy crashes and cravings**. Over the next month, we'll replace sugar with quality fats like grass-fed butter, ghee, Brain Octane oil, XCT oil and coconut oil.



Switch to grass-fed meat and wild-caught seafood

The quality of your food matters. **Whenever possible**, choose pasture-raised, grass-fed meat like beef, lamb and bison. Pasture-raised eggs, pork, chicken, turkey and duck also make good clean sources of protein. Eat wild-caught fish and other seafood — not farmed.



Remove grains and gluten

This category includes corn, oats, barley and wheat. Gluten and grains can contribute to **nutrient deficiencies and inflammation** in some people, so we'll eliminate them for a short while. Once you're in maintenance mode, cycle them back in and see how you feel.



Avoid all synthetic additives, colorings and flavorings

This includes aspartame, MSG, dyes and artificial flavorings. Stick to real, whole foods whenever possible.



Eliminate legumes such as peanuts, beans and lentils

If you must have beans, soak, sprout (or ferment) and cook them yourself.



Remove all processed, homogenized, and pasteurized dairy

Most dairy products contain casein and lactose, two compounds that can cause inflammation and digestive distress in many people. Grass-fed butter has much lower levels of casein and lactose because of the churning process, which removes the buttermilk from the butterfat. If you want to keep some dairy products, opt for full-fat, raw dairy from grass-fed animals.

**OVER THE NEXT FEW WEEKS,
HERE'S WHAT WE'LL DO**



Limit fruit consumption to 1-2 servings per day

Fruit is an awesome treat, but it can be high in fructose — a type of sugar. Favor fruits like berries and lemons over higher-sugar fruits like watermelon and apples.



Cook your food gently, if at all

Smoking, frying and grilling can damage the proteins in your meat and produce carcinogens. Best to cook your food slow and low, at or under about 320°F. Do not use microwaves or fry your food.



Switch to organic produce

This is more important for some plants than others. We'll go through the ins and outs of choosing your veggies later.



Bonus tip: Enjoy your food!

These might sound like restrictions, but we ask that you give it a chance. Once you know your way around, you'll find that you're taking more pleasure in your meals than you've ever had before.



FAQ

Q: That's a lot. Do I have to do all 10 steps at once?

A: Nope. The 30 Day Upgrade eases you into these changes, adding a little over time. You can do everything at once, or take it day by day. Either way, you're Bulletproof.

Q: Where's the list of foods I'm not allowed to eat?

A: Standard diets are full of restrictions, and that's kind of a downer.

Reality is, there are a handful of foods that will set you back, but there are a zillion foods that will keep your game strong. So, the best way to approach your Upgrade is to focus on the foods that make you feel your best.

The 30 Day Upgrade's flexibility makes this even easier. Bulletproof foods and drinks actually exist on a spectrum: green, yellow and red:

Green Zone foods: These are foods that feed every cell in your body. Fill your plate up!

Yellow Zone foods: These foods may cause inflammation or digestive issues. See how they make you feel.

Red Zone foods: These are what we refer to as "kryptonite" foods, and you should avoid these as much as possible.

Throughout the month, we'll give you recipes, meal ideas and snack options that will keep you going strong.

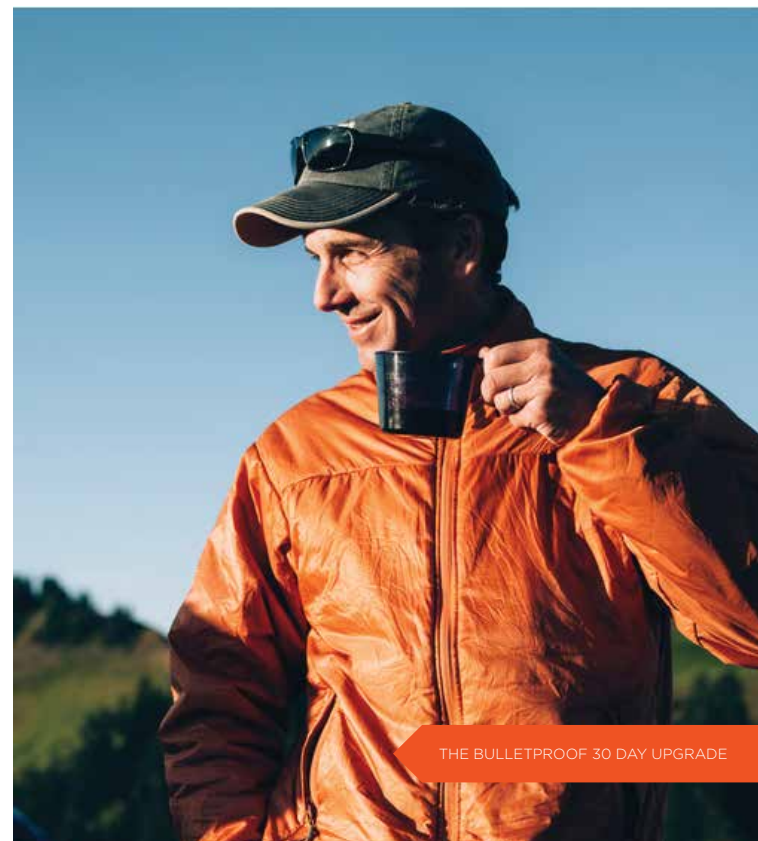
Q: Will implementing the first few Upgrade principles be enough to notice any difference?

A: Absolutely! You'll feel stronger and more energized by making even the smallest changes in the right direction. The more you do, the better you'll feel.

Q: What if I eat the wrong thing?

A: **This isn't one of those times you have to be perfect.** Make a promise to yourself that you won't beat yourself up when you eat a bite of something that "isn't Bulletproof." This is a journey, not a destination.

We know you can do this, and we want you to feel the unlimited power of being human, just like thousands of others who started right where you are and went for it.



BEFORE YOU GET STARTED



These few steps will make your upgrade go much more smoothly, and it'll give you a way to see if everything is working as it should.

1. Fill out your Pre-upgrade Check-in (at the end of this section)

Changes are subtle and gradual, and often, we don't notice the major improvements that took place because they happened slowly over time. To know whether or not something is working, we need to gather some data.

So, we're asking you to do a little inventory of how you feel, along with some standard metrics that indicate whether or not the changes are sticking.

Optional, but encouraged: Take three selfies to see how your body changes over time. Two will be full-body selfies: one straight-on, the other a profile. The third is a close-up of your bare face. This is for your eyes only, so that you can see your transformation right under your nose. No need to share with anyone!

After a few weeks, you'll do your post-upgrade check-in and compare notes. That's the best part!

BEFORE YOU GET STARTED



2. Find a partner to upgrade with you

It's nice to have someone to share this experience with. If you'd rather do this on your own, we're here to cheer you on every step of the way.

3. Get social

To stay looped, follow Bulletproof wherever you hang out online for the latest tips and updates. It'll keep you motivated and give you easy, delicious recipes ideas along the way.

Facebook: [facebook.com/Bulletproof/](https://www.facebook.com/Bulletproof/)

Instagram: [instagram.com/bulletproof/](https://www.instagram.com/bulletproof/)

Twitter: twitter.com/bpnutrition

Use the hashtag [#BeBulletproof](https://twitter.com/hashtag/BeBulletproof)

4. Clean out your trash stash

Chips. Soda. Canola and vegetable oil. Packaged foods. Bread. Donate it or give it away.

It's easy to say you won't eat it, but if it's there, you have to make the decision every time you walk by the pantry that you won't reach for a handful or one bite. That whittles away at your willpower. Get it out of sight for 30 days, then see how you feel.

5. Go grocery shopping

Next, stock your fridge with satisfying and delicious foods that won't tank your performance.

Peek ahead — at the end of this guide, you'll find a weekly meal plan and grocery list for the next month. Use that as a guide to fill your cart. You can also print and use the Bulletproof Diet Roadmap to stock up on green-zone foods.

After the first week, you'll be more familiar with the Roadmap and foods that jive with your system — and you can start to make your favorite recipes more Bulletproof.

After that, you're ready! Pick a day on your calendar that will be Day 1, and let's do this.

PRE-UPGRADE CHECK-IN

Complete this check-in before starting Week 1, Day 1.
Check all that apply to you and fill in the metrics at the bottom.

Energy

- Tired all the time
- Must have coffee all day to keep up
- Must have coffee first thing to get going
- Mid-afternoon crash
- Insomnia, racing mind before bed
- Attention issues due to sleepy feeling

Digestion

- Bloating
- Abdominal discomfort
- Frequent diarrhea or constipation
- Acid reflux, heartburn, indigestion
- Gas pains or flatulence
- IBS or "nervous stomach"

Skin

- Cystic acne (red, painful)
- Hormonal acne (monthly)
- Psoriasis, eczema, rosacea, other skin issue
- Dry or oily skin
- Frequent rashes or flare-ups
- Scaly, flaky skin or dandruff

Moods

- Depression, disproportionate sadness
- Anxiety, feeling of impending doom
- Hormonal mood swings (monthly)
- General mood swings
- Anger, outbursts

Cognitive

- Brain fog, forgetfulness
- Attention issues not associated with fatigue
- Trouble focusing for extended periods
- Habit mix-ups, like putting the milk back in the pantry instead of the fridge

Musculoskeletal

- Backaches
- Headaches
- Painful, stiff or tight joints
- Neck soreness
- Arthritis

WEIGHT: _____

WAIST (in): _____

HIP (in): _____

WAIST-TO-HIP RATIO (waist/hip): _____

Waist measurement divided by hip measurement. This helps you see if any waistline shrinking is because of overall weight loss or due to reduced bloat (reduced digestive distress).

Medical concerns/chronic conditions:

WEEK 1



WEEK 1

Your time has arrived! Get ready to feel amazing.

Here's what we'll do this week. You can incorporate one new habit per day, or pick a few that work well together. It's up to you.

- Replace sugar with quality fats
- Switch to grass-fed meats and wild-caught seafood
- Remove grains
- Start intermittent fasting

Here's the thing: Day one will be easy. You'll be motivated and ready to do all the right things.

Sometime this week, your body will shift to burning fat for fuel instead of carbs (sugar). This a metabolic state called ketosis, and it's the secret to lasting energy and fewer cravings. The thing is, you might encounter sugar cravings and fatigue — aka the “keto flu.” [Read this article to learn more about keto](#) and how to power through the keto flu.

You can do it. Let's get to it.





Replace sugar with quality fats

Cutting back on sugar is one of the highest impact things you can do for your brain and body.

Sugar is everywhere, from fruits and sweeteners to pastries and dressings. When you eat sugar, your pancreas secretes a hormone called insulin. When your body makes insulin, your cells take up the available sugar for energy, and your blood sugar drops.

When your brain senses your blood sugar is lower than usual, it thinks you're running out of fuel and clamors for more sugar. And that's how a craving is born.

Here's the key to lasting energy and fewer cravings: keep your blood sugar steady. To do that, you'll get your body used to burning fat for energy. That's why you want to **eat less sugar and more quality fats**.

Think about how you feel after you eat a bowl of spaghetti, compared to how you feel after you've eaten steak with veggies and butter. After the pasta, you were probably stuffed for a little while, then a little tired. Then, you probably checked the fridge for leftovers.

You're not likely to do that after steak and veggies coated with quality fats. Fat keeps you full, and you won't need to eat as much or as often if you reach for quality fats instead of empty carbs and sugary snacks.

Fat doesn't spike your blood sugar like carbs or protein. Fat also slows the absorption of the carbohydrates that you eat alongside it, keeping blood sugar stable so your pancreas doesn't release as much insulin as it would if you ate the carbs by themselves.

On the Bulletproof Diet, you want about **50 to 70 percent of your daily calories from fat, 20 percent from protein, 20 percent from vegetables and 5 percent from carbs**. **Check out the Bulletproof Diet Roadmap at the back of this guide for a detailed breakdown.**

Switch to grass-fed meats and wild-caught seafood

Grass-fed meat isn't a luxury item — it's real meat. Compared to grain-fed meat, grass-fed meat contains more:

- Omega-3 fatty acids and **conjugated linoleic acid (CLA)**
- Carotenoids and trace nutrients
- Beneficial saturated fat

It also tastes way better. [Read this blog article for more details about grass-fed meat.](#)

As far as seafood goes, don't go near the farmed stuff.

Farmed fish can be higher in antibiotics and bacterial and heavy metal contamination, and unsustainable farm practices aren't good for the planet. Whenever possible, opt for grass-fed and wild-caught proteins — you'll taste (and feel) the difference.

Remove grains and gluten

Despite what you likely grew up hearing, grains are not the nutritional powerhouses they're claimed to be. Some grains are a decent source of carbs, and some are okay on occasion, as long as you tolerate them. For other people, though, grains can contribute to inflammation, gut issues, energy crashes and other sensitivities.

Here's why it's a good idea to avoid grains and see how you feel:

- **Phytic acid:** Grains are high in phytic acid, which can decrease the absorption of iron, zinc and calcium in the grains themselves or the foods you eat with them.
- **Lectins:** Grains are high in proteins called lectins, which can bind to the lining of your gut and contribute to low-grade intestinal inflammation.
- **Gluten and related proteins:** Gluten and other proteins found in many grains can contribute to inflammation and digestion issues in some people.

One exception: Many people generally tolerate white rice, which is why it's part of the Bulletproof Diet. More on that later.



Intermittent fasting

Intermittent fasting, also called IF, is pretty simple. You eat within a shortened period of time, and you fast the rest of the time. If you're not eating right now, you're fasting. And if you extend your fast a bit longer, you can benefit from it — namely, your energy, brain power and weight, among other benefits. (Bye, sugar cravings.)

In human and animal studies, intermittent fasting has been shown to have tons of benefits:

- **Weight management**
- **Helps prevent insulin and leptin resistance**
- **Promotes cellular repair (autophagy)**
- **Supports healthy aging**
- **Protects your cardiovascular system**
- **Promotes feelings of tranquility and alertness**
- **Increases lifespan and protects against disease**

Learn the full details about intermittent fasting

here. Worried about feeling hungry? On the Bulletproof Diet, you'll practice Bulletproof Intermittent Fasting. This means you start your day with a cup of Bulletproof Coffee, which keeps you full and energized all morning long.

How to start Bulletproof Intermittent Fasting:

Step 1: Finish dinner by 8 p.m.

Step 2: Drink Bulletproof Coffee in the morning. If you get hungry before you break your fast, have another cup. Avoid caffeine after 2 p.m. so you don't interfere with sleep. Recipe on next page.

Step 3: Break your fast around 12-2 p.m. By this time, you'll have fasted for 16 to 18 hours.

Step 4: Stop eating around 8 p.m. During your eating window, eat delicious and satisfying Bulletproof meals until you're full.

You can do this every day, or just a few days a week. If you follow the 30 Day Upgrade Meal Plan at the end of this section, you'll spend the next two weeks intermittent fasting so you can see how it benefits your brain and body.



WEEK 1



How to make Bulletproof Coffee - Official Recipe

Ingredients:

2 1/2 heaping tablespoons ground
Bulletproof Coffee Beans

1 teaspoon - 2 tablespoons **Brain Octane
MCT oil**

1-2 tablespoons grass-fed, unsalted butter
or **Grass-Fed Ghee**

Directions:

1. Make your coffee. Brew 1 cup (8-12 ounces) of coffee using filtered water with 2 1/2 heaping tablespoons of freshly ground Bulletproof Coffee Beans.
2. To a blender, add coffee and 1 teaspoon to 2 tablespoons of Brain Octane oil. If you're new to MCT oil, start small.
3. Add 1-2 tablespoons of grass-fed, unsalted butter or grass-fed ghee.
4. Blend for 20-30 seconds until it looks like a creamy latte. Enjoy!



How to find your ideal carb intake

High-fat, lower-carb diets have a number of known benefits for your body and mind. That's why ketogenic diets are so transformative for a lot of people. But carbs are not bad. You use them for energy, and carbs support systems in your body.

There is no one-size-fits-all approach to nutrition. It's important you find your body's sweet spot for carb intake. Most people do best eating somewhere between 30 to 150 grams of net carbs daily.

“Net carbs” means you subtract fiber and sugar alcohols (like xylitol) out of your daily carb count because they don't affect your blood sugar like bread and sugar do.

Here are three different approaches to high-fat, lower-carb diets:

Cyclical ketogenic diet

- This is what the 30 Day Upgrade is based on.
- Six days a week, eat approximately 50 grams of net carbs per day. On day seven, eat more carbs — approximately 150 grams of net carbs.
- Eating more carbs one day a week helps avoid the negative side effects of staying lower-carb for too long.

Full ketogenic diet

- Eat fewer than 50 grams of net carbs per day, every day.
- For some, eating so few carbs for too long can cause negative side effects like stomach issues and dry eyes. If you get any of these, you may do better with a cyclical ketogenic diet.
- Be sure to check food labels, including the carb count for your veggies, until you get a feel for eating keto. A food tracker app can help.

Moderately lower-carb diet

- Eat 100 to 150 grams of net carbs every day.
- Women often do best with this option — eating lower-carb can sometimes mess with hormonal function.
- The 100 to 150 grams range works well for athletes and active individuals, too.

Pay attention to how you feel. Are you sharpest with a weekly carb refeed, or do you do better on a full ketogenic diet? Do you burn out when you dip below 100 grams of net carbs per day? Find a good balance that works best for you, and talk to your doctor before you make any major changes.

WEEK 2



WEEK 2

You have your first week behind you! Just like that, you're 25 percent of the way through.

It flew by, right?

You've fallen into the groove of knowing what to eat, when to eat it. You've started to eliminate inflammatory foods. And if you're following the Bulletproof Diet, your body is switching to burning fat for fuel. If you're dealing with the keto flu, you're in the home stretch.

The upcoming changes are much smaller than the ones you already handled. At this stage in the game, you just have to keep rolling.

By the end of this week you will have:

- **Avoided all synthetic additives, colorings and flavorings**
- **Eliminated legumes such as peanuts, beans and lentils**
- **Removed processed, homogenized and pasteurized dairy**
- **Switched to organic produce**
- **Learned about the cooking methods to manage inflammation**

Avoid all synthetic additives, colorings and flavorings

Natural flavors

The term "natural flavors" covers a vast number of additives, some of which can wreck your gut, contribute to brain fog and inflammation and keep you from feeling your best. Why take the chance? It's better to know exactly what your food contains.

It's time to take a look at your food labels and avoid synthetic additives, colors and flavors in the ingredients list. The one exception is "natural flavors" derived from fruit and vegetable essences, like what you'll find in some sparkling waters and **Bulletproof FATwater**.

Nitrates and nitrites

Nitrates and nitrites are common in cured meats (that includes bacon). They keep meat pink and extend its shelf life. They also keep bacteria and fungi at bay.

Cooking nitrates and nitrites at high heat (think frying, charring and grilling) can create nitrosamines, which are cancer-causing chemicals that studies have implicated in cancer formation in over 40 animal species.

The bottom line: Whether it's labeled nitrate-free or not, buy pasture-raised bacon and cook it at low heat.

Artificial dyes and colors

Artificial dyes and food colorings are chemical-based additives that manufacturers use to make food look more appetizing — or if it's a food that's marketed to children, to make it look more fun.

Other countries have banned a long list of chemical-based dyes that the U.S. still uses. Researchers have linked synthetic dyes with asthma, cancer, DNA and chromosomal damage, nerve damage and more.

It's just not worth it.

Artificial sweeteners

Researchers have made the connection between chemical sweeteners and neurotoxicity, cancer, insulin dysregulation and more. But giving up sugar doesn't mean you have to give up sweet treats. There are sweeteners you can use in your treats that won't chip away at your health, and others that burden your body.

Sweeteners to avoid

High-fructose corn syrup

Aspartame

Saccharin

Sucralose

Acesulfame-K/Acesulfame Potassium

Agave

Fructose

Friendly sweeteners

Birch-derived xylitol

Erythritol

Stevia

Sorbitol

Maltitol

Non-GMO dextrose, glucose

Raw honey

Eliminate legumes such as peanuts, beans and lentils

Legumes have a lot of fiber, so you may have heard for years that beans are a healthy food. Fiber is good, but piling your plate with green-zone vegetables is a better way to get it.

You'll avoid legumes during your 30 Day Upgrade because they contain lectins and phytic acid, powerful antinutrients that cause stomach discomfort and interfere with nutrient absorption. After your Upgrade, try them again and see how you feel.



Remove processed, homogenized and pasteurized dairy

Most dairy products contain casein and lactose, two compounds that can cause inflammation and digestive distress in many people. Most people feel a lot better eliminating milk, cheese and other dairy products entirely, but if you want to keep some dairy products, opt for full-fat, raw dairy from grass-fed animals.

There are two exceptions you'll find in abundance on the Bulletproof Diet: grass-fed butter and grass-fed ghee.

Grass-fed butter has much lower levels of casein and lactose because of the churning process, which removes the buttermilk from the butterfat. People also generally tolerate ghee, even when they have problems with other dairy. Manufacturers remove the milk proteins and lactose in the process, leaving pure butterfat.

Switch to organic produce, at least for the Dirty Dozen

Whenever possible, buy organic produce. Here's why:

- **To support sustainable farming practices.** Sustainable farming practices keep small farmers happy and toxic chemicals out of our soil and water. A diverse crop rotation is more like what nature intended.

- **To help build better soil.** The soil is made up of trillions of living organisms — or at least should be. Chemicals that big agribusiness use are unquestionably toxic for soil bacteria, killing beneficial bacteria and bugs that help your food grow. Organic food supports healthy soil way more than conventionally-grown food.

A growing body of research is shedding light on the dangers of pesticides and herbicides in our food. The most widely used herbicide in the world, glyphosate, raises particular concern about its health effects.

Glyphosate has been classified by the World Health Organization as “probably carcinogenic to humans.” They based that classification largely on animal studies that showed that glyphosate caused tumor growth or higher incidence of cancer.

Glyphosate accumulates in sprayed food. Organic food, on the other hand, cannot be sprayed with glyphosate/Roundup, and people on an organic diet have significantly lower glyphosate residue in their systems.

The Environmental Working Group ranks produce according to its chemical residues and frequently updates its list of the “Dirty Dozen.” **You want to buy these items organic whenever possible.** Here's the list in 2019:

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes

Review your cooking methods

Just like the food choices you make, your choices in cooking method can push you toward your goals or hold you back. The Bulletproof Diet Roadmap lays out cooking methods in the same way it does with food types — green zone is great for you, and red zone may tank your performance.

Cooking damages proteins

Protein structure plays a huge role in the way your body uses it. Excessive heat denatures proteins, which means the protein loses its structure. That doesn't make the protein toxic, but it makes it difficult for your body to get full benefit from it.

High heat produces carcinogens

The high temps and burning action that comes with smoking, frying and grilling meat produce nasty compounds that you don't want anywhere near your food. Cooking this way allows amino acids, sugars and creatine to react, which produces heterocyclic amines (HCA). It also forms polycyclic aromatic hydrocarbons (PAH), which become a concern when burned particles stick to the outside of the meat, as it does with open-flame cooking. This process starts at around 320°F, so it's best to keep your cooking temps lower than that.

Heating oils and fats oxidizes them

Quality fats, like what you'll find in MCT oil and grass-fed butter, support your brain and energy levels. They also serve countless other functions in the body. But when you overheat your oils or deep-fry your food, you're bathing your food in oxidized fats, denatured proteins and glycated sugars. The high temperatures used during deep-frying produce a number of toxic compounds that may increase your risk of cancer.

You probably already know that you feel great after eating steamed vegetables and steak and not-so-great after eating a charred fast food burger and fries. Being Bulletproof means you're paying attention to what you eat and how it makes you feel. This doesn't mean you have to be perfect. It means you eat what works for you and your body, and if that means picking grilled over fried chicken, you'll feel the difference.



WEEK 3



WEEK 3

The first week came with the biggest habit changes, and it felt rough at times. The second week, you made some additional tweaks and worked out the kinks from Week 1.

Now, you're in the sweet spot.

You know what to do, you know what you like, and you're feeling it working. You might even see changes in your body, your focus and your day-to-day endurance.

Feels good, doesn't it?

For Week 3, you're not taking anything away. Now, it's time to level up by adding some easy but high-impact practices to your week.

This week, you'll work things into your life like:

•**Meditation.** You'll learn why and how to meditate, and you'll get some tips on how to do it more effectively.

•**Exercise.** You'll find out what kinds of movement will lead to increased strength and endurance, and you'll learn which types of exercise won't do you any favors.

•**Supplements.** You'll go through the list of the most impactful supplements and decide which ones will benefit you the most.

This week is going to be amazing! Let's do it.



Meditation

Meditation is a calming practice that, over time, keeps your emotional reactions in check, reduces unhelpful stress and steadies your mind under pressure.

Meditation has been around in some form or another for thousands of years of human practice in cultural and religious contexts, and more recently, it's been getting a more critical examination from scientific research.

There's a ton of research that says meditation can have an impact on almost anything you're looking to change in your body and mind — and some would even say soul.

Some of the benefits of meditation include:

- Lower blood pressure**
- Reduced inflammation**
- Enhanced immune function**
- Reduced fatigue**
- Lower levels of anxiety and depression**
- Lower stress**
- Improved mood**
- Better sleep**
- Elevated self-esteem**
- Stronger memory and problem-solving skills**
- Sharper concentration**
- More effective decision-making**



So, how do you meditate?

Here's the zero equipment, quick-start guide to meditation:

1. Find a quiet place to sit where you won't be disturbed for at least 10 minutes.
2. Sit comfortably, close your eyes, and try to focus on your breath for 10 minutes.
3. When your mind wanders, don't get upset with yourself. Just acknowledge wandering thoughts and return to your breathing.
4. Increase your duration as you get more comfortable with meditation.

It's a journey. Don't rush it, and find what works for you. Learning to be quiet and still is what matters most in the beginning.

Exercise

You're built to move, so it's no surprise that your body rewards you when you exercise. In your 30 Day Upgrade, focus on what feels good. You don't have to start hitting the gym every day. Some activity is better than nothing. Take a daily lunchtime walk. Join a yoga class or hiking group. Lift weights a few times a week. Find some form of movement that brings you joy.

Different kinds of exercise give you different benefits. Here's a quick primer.

Resistance training

As the name suggests, resistance training puts your muscles up against a force that resists movement — think weightlifting, kettlebell training and bodyweight workouts. Resistance training is typically brief and intense, driving your muscles to generate force from ATP stores instead of relying on oxygen. That brief, powerful stress to your system is great for you.

Resistance training increases metabolic rate, keeping you in a fat-burning state. It also improves insulin sensitivity, and to top it off, the muscle you build will burn fat for you while you rest.

Benefits of resistance training:

- Decreases anxiety
- Boosts memory and cognition
- Reduces fatigue
- Boosts mood
- Builds muscle

Endurance training

Endurance training boosts brain-derived neurotrophic factor (BDNF), a powerful little protein that speeds up learning, increases memory, protects your brain from damage and promotes neurogenesis (the growth of new brain cells).

Think **running, biking, swimming, dance** — anything that keeps you breathing heavily stresses your aerobic system and tests your endurance, bringing a new host of benefits to the table. The runner's high is real: moderate aerobic exercise improves mood, possibly in part by releasing feel-good endorphins.

Benefits of endurance training:

- Boosts brain power
- Improves mood
- Burns fat
- May support creativity

High-intensity interval training: the happy medium

Resistance and endurance training are both powerful ways to hack your biology, and each gives a unique set of benefits. ***Why not combine them?***

High-intensity interval training (HIIT) alternates between brief, strenuous exercise and active rest. Stringing exercises together and maintaining active rest keeps your heart and breathing rates up, so you also get the benefits of aerobic exercise.

It's the happy marriage of two schools of fitness thought. The icing on the cake is that HIIT is efficient. There's no need for an hour in the weight room and another hour running; you'll be lucky if you make it past 15 minutes of HIIT when you first start out.

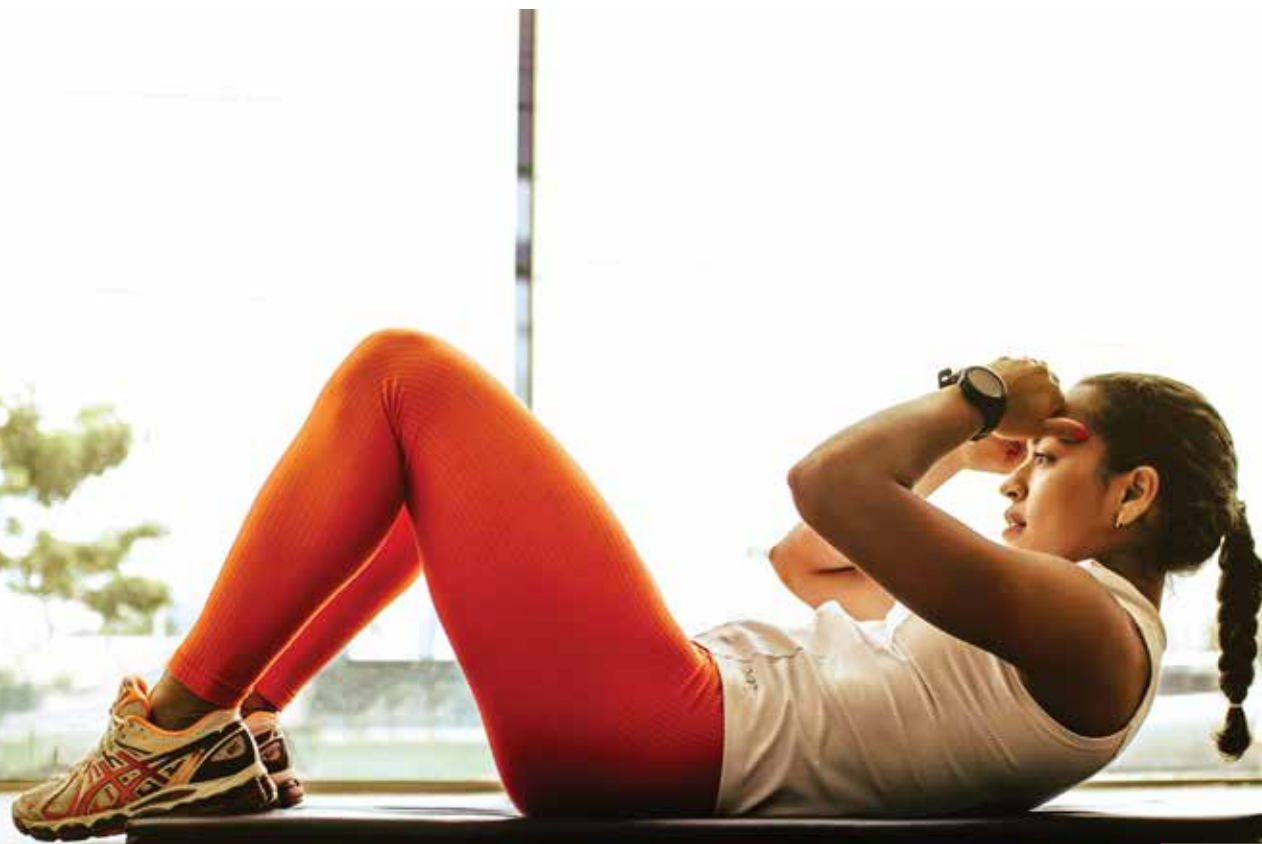
Once you get used to the alternating format, you can design your own HIIT workout with your favorite exercises, with or without equipment. **Here's one to get you started, no equipment necessary.**

Basic Bulletproof HIIT Workout

Do each exercise for 60 seconds. Between moves, walk in place for 30 seconds. Repeat two to three times.

Jog in place
Bodyweight squats
Push-ups
High jumps
Sit-ups
Burpees

HIIT it up a few times throughout Week 3 and beyond!



Supplements

Chances are, you've heard conflicting information about nutrient supplementation. With thousands of multivitamins, minerals and other unpronounceable supplements lining health food store shelves, it's no wonder people are confused.

Which of these pills and potions are legit, if any?

In a perfect world, you would get all of your nutrients from whole foods. But it's tough to get enough vitamins and minerals in your diet, especially as the Standard American Diet (SAD) shifts further and further away from nutrient-dense foods like high-quality animal protein and vegetables.

That's where supplements can help. It's a good idea to talk to your doctor before you change your diet. In general, almost everyone can benefit from adding these supplements to their daily routine:

Vitamin D

Vitamin K2

Vitamin A **(get all three in Vitamin ADK)**

Magnesium

Vitamin C

Iodine

Krill Oil

L-Tyrosine

Zinc + Copper

Methyl B-12

If you're in the mood to geek out, **[you can read up on why these are important here.](#)**

WEEK 4



WEEK 4

Welcome to the home stretch!

You're almost through your month of starting habits that make you feel superhuman.

Think about how you felt before you started, compared to how you feel now. What a difference!

Starting at Week 4, you enter **maintenance mode**. In maintenance mode, you have a couple of options.

If you're feeling the best you ever have and you don't want to change a thing, then keep on trucking.

If you're missing some of the foods that fall in the caution zone of the Bulletproof Diet Roadmap, this might be the time to test the waters and see how your body reacts to these foods. Remember, everyone's body is different.

Here's how to test yourself:

- Choose one food you want to test.
- Eat that food three days in a row.
- Pay close attention to your body and how it reacts. Use the Maintenance Mode Tracker at the end of this section to make a note of even the most subtle changes.

Important: Wait three more days before testing another food. It won't be completely out of your system, but you want to get as close to isolation as you can. Repeat until you've tested everything you want to test.

If you had a particularly strong reaction to something, go back to the way you were eating before maintenance mode until everything clears up. Then, you can resume your self-experimentation.

Test yourself and you'll end up with an eating style that's 100% customized to your individual biology.



30-DAY UPGRADE: COMPLETE! WHAT TO DO NEXT

Congrats! You did the entire 30 Day Upgrade with us!

We feel an incredible amount of gratitude that you put your trust in our principles and committed to a full month of changes. We took that responsibility seriously and structured the program around practices and habits that have helped thousands of people be more Bulletproof.

After completing the 30-Day Upgrade, you might notice the following:

- You have more energy to do the things you need to do and love to do.
- Some of those everyday discomforts show up less and less or are completely gone.
- You have a happier, friendlier outlook on life
- You have less stress and anxiousness.
- Your skin looks clearer and more vibrant
- Your clothes fit better

We're incredibly grateful that you joined us this month.

Now, what's next?

At this point, you know how it feels to operate at full power. You have an idea of what foods work well with your biology, and what foods slow down your operating system.

You have everything you need to decide where you go from here. True biohacking involves gathering information, testing yourself and taking what works and leaving the rest.

We may be biased, but we hope you keep going and never look back. If that's the route you take, you can find like-minded individuals over on Facebook, Instagram and Twitter to continue the journey with you. And you can always reach out at www.bulletproof.com/pages/customer-care to get more individualized answers to your questions as you go!

Many thanks again for starting your journey here.



POST-UPGRADE CHECK-IN

Complete this check-in once Week 4 is complete. Check all that apply to you and fill in the metrics at the bottom. **Then pull out your Pre-upgrade check-in and compare.**

Energy

- Tired all the time
- Must have coffee all day to keep up
- Must have coffee first thing to get going
- Mid-afternoon crash
- Insomnia, racing mind before bed
- Attention issues due to sleepy feeling

Digestion

- Bloating
- Abdominal discomfort
- Frequent diarrhea or constipation
- Acid reflux, heartburn, indigestion
- Gas pains or flatulence
- IBS or "nervous stomach"

Skin

- Cystic acne (red, painful)
- Hormonal acne (monthly)
- Psoriasis, eczema, rosacea, other skin issue
- Dry or oily skin
- Frequent rashes or flare-ups
- Scaly, flaky skin or dandruff

Moods

- Depression, disproportionate sadness
- Anxiety, feeling of impending doom
- Hormonal mood swings (monthly)
- General mood swings
- Anger, outbursts

Cognitive

- Brain fog, forgetfulness
- Attention issues not associated with fatigue
- Trouble focusing for extended periods
- Habit mix-ups, like putting the milk back in the pantry instead of the fridge
- Backaches
- Headaches
- Painful, stiff or tight joints
- Neck soreness
- Arthritis

WEIGHT:

WAIST (in):

HIP (in):

WAIST TO HIP RATIO (waist/hip):

Waist measurement divided by hip measurement. This helps you see if any waistline shrinking is because of overall weight loss or due to reduced bloat (reduced digestive distress).



MAITENANCE MODE TRACKER

When you're re-introducing some of the caution-zone foods, it's important to try them out one at a time with a short washout period in between, so that you know exactly what food is causing what symptoms. **See Week 4 for details.**

CAUTION-ZONE FOOD _____

- energy dip
- digestive discomfort
- skin reaction
- mood changes
- brain fog
- aches and pains

CAUTION-ZONE FOOD _____

- energy dip
- digestive discomfort
- skin reaction
- mood changes
- brain fog
- aches and pains

CAUTION-ZONE FOOD _____









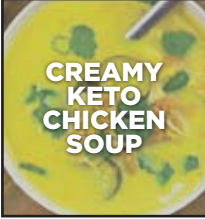
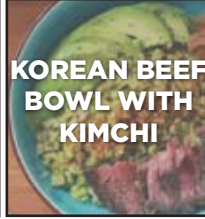

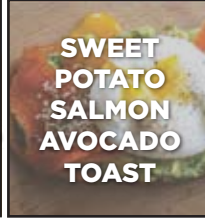


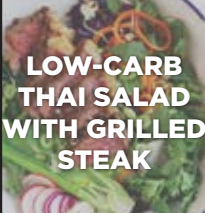

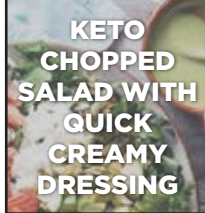




- energy dip
- digestive discomfort
- skin reaction
- mood changes
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- aches and pains

CAUTION-ZONE FOOD _____









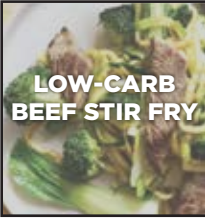
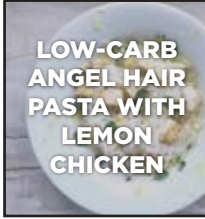
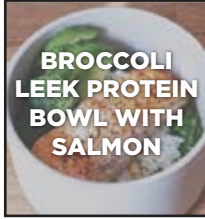
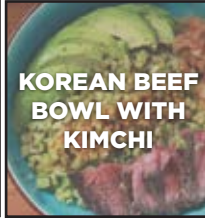

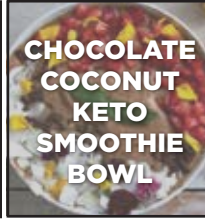
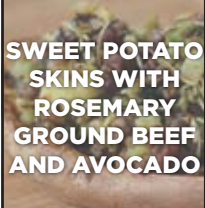


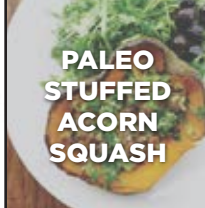
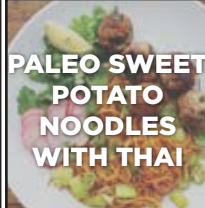

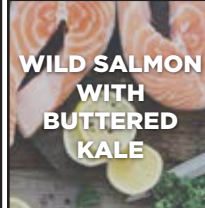
- energy dip
- digestive discomfort
- skin reaction
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- aches and pains

30 DAY MEAL PLAN

WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	 BULLETPROOF COFFEE	 BULLETPROOF COFFEE	 BULLETPROOF COFFEE	 BULLETPROOF COFFEE	 BULLETPROOF COFFEE	 BULLETPROOF COFFEE	 BULLETPROOF COFFEE
LUNCH	 PALEO STEAK BOWL	 CREAMY KETO CHICKEN SOUP	 KOREAN BEEF BOWL WITH KIMCHI	 CLEANSING GINGER CARROT SOUP	 SWEET POTATO SALMON AVOCADO TOAST	 VEGGIE BUDDHA BOWL	 GLUTEN-FREE VEGETABLE LATKES
DINNER	 LOW-CARB THAI SALAD WITH GRILLED STEAK	 SLOW COOKER POT ROAST AND BRUSSELS SPROUTS	 KETO CHOPPED SALAD WITH QUICK CREAMY DRESSING	 SIRLOIN STEAK WITH ROSEMARY-COFFEE MARINADE	 SHRIMP PAD THAI	 ROASTED BUTTERNUT SQUASH SOUP	 STEAK WITH CHIMICHURRI SAUCE

WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	 BULLETPROOF COFFEE	 BULLETPROOF COFFEE	 BULLETPROOF COFFEE	 BULLETPROOF COFFEE	 BULLETPROOF COFFEE	 BULLETPROOF COFFEE	 BULLETPROOF COFFEE
LUNCH	 PROSCIUTTO-WRAPPED BAKED EGGS WITH ASPARAGUS	 LOW-CARB BEEF STIR FRY	 LOW-CARB ANGEL HAIR PASTA WITH LEMON CHICKEN	 BROCCOLI LEEK PROTEIN BOWL WITH SALMON	 KOREAN BEEF BOWL WITH KIMCHI	 LOW-CARB VEGETARIAN RAMEN	 CHOCOLATE COCONUT KETO SMOOTHIE BOWL
DINNER	 SWEET POTATO SKINS WITH ROSEMARY GROUND BEEF AND AVOCADO	 STEAK WITH CHIMICHURRI SAUCE	 SPAGHETTI SQUASH WITH MEAT SAUCE	 PALEO STUFFED ACORN SQUASH	 PALEO SWEET POTATO NOODLES WITH THAI	 VEGGIE BUDDHA BOWL	 WILD SALMON WITH BUTTERED KALE

30 DAY MEAL PLAN

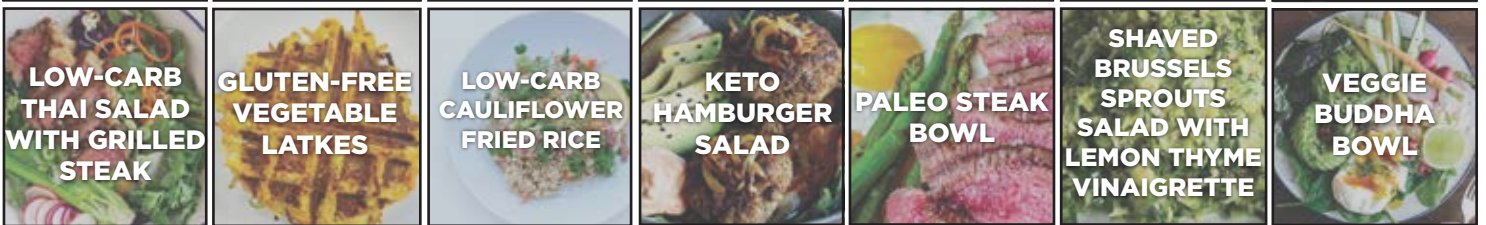
WEEK 3

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

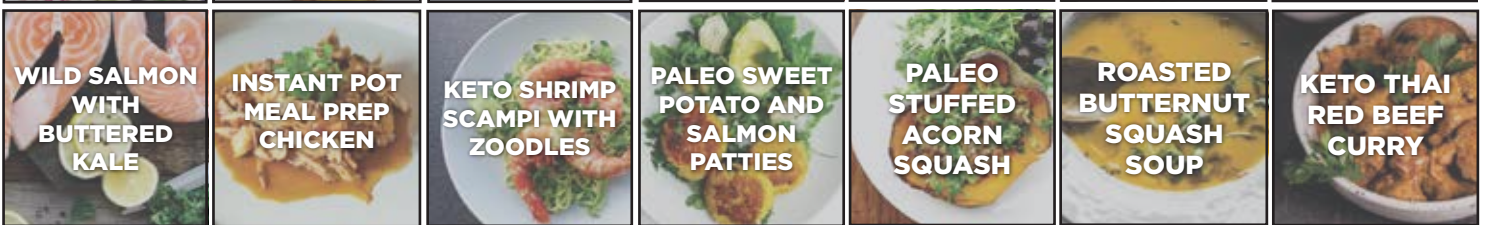
BREAKFAST



LUNCH



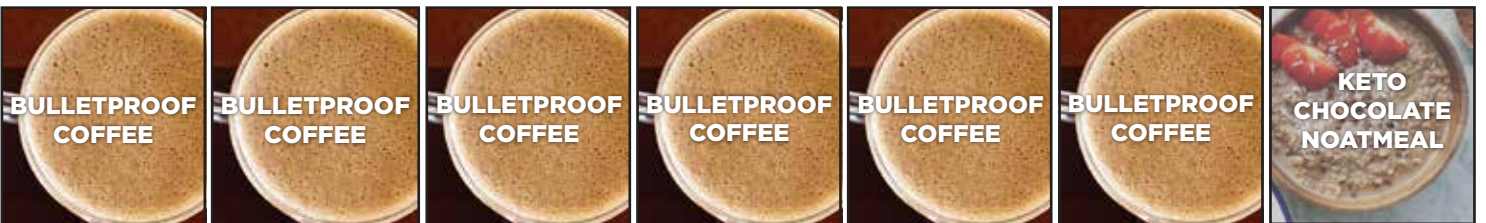
DINNER



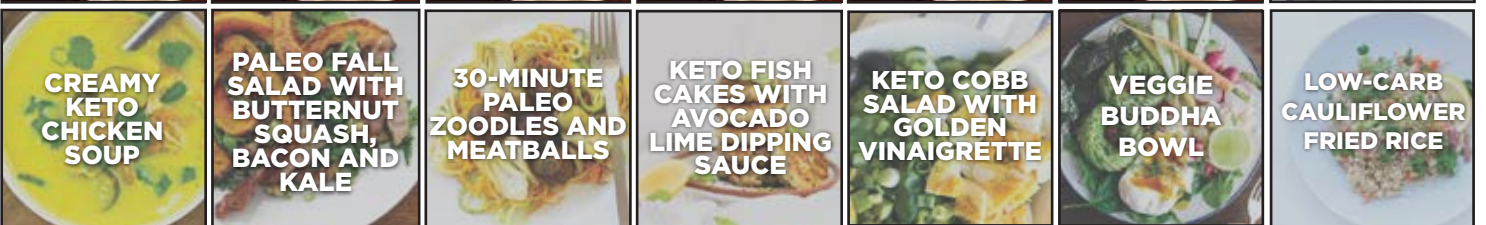
WEEK 4

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

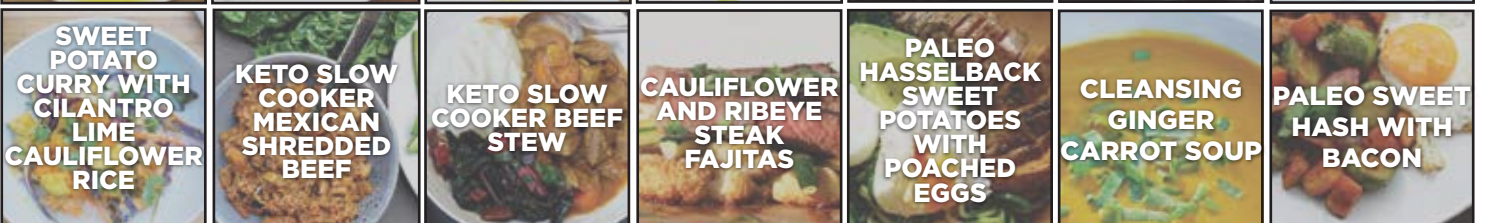
BREAKFAST



LUNCH



DINNER



RECIPES



Bulletproof Coffee

Serves: 1

Ingredients:

2 ½ heaping tablespoons
ground **Coffee Beans**

1 teaspoon - 2 tablespoons
Brain Octane 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 coffee beans. Use a French Press for ease of use and to preserve beneficial coffee oils that paper filters keep out.
2. Add 1 teaspoon to 2 tablespoons of Brain Octane Oil.
3. Add 1-2 tablespoons of grass-fed, unsalted butter or 1-2 teaspoons of 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 foamy latte.



Paleo Steak Bowl

Serves: 1

Ingredients:

3-1/2 ounces steak
(top sirloin cap)

1 bok choy

4-5 asparagus stalks

1 pasture-raised egg

1/2 tablespoon **Grass-Fed
Ghee** or butter

Instructions:

1. Preheat a cast-iron pan to medium-high.
2. Place the steak on griddle pan, reduce temperature to medium, reduce temperature to medium and cook for 2 minutes (Tip: Remove steak from fridge roughly 1 hour before cooking to avoid overcooking and charring) on each side.
3. Remove from pan and rest on a wire rack over a warm plate.
4. Melt ghee in a small saucepan on medium heat. Crack the egg into the pan and cook for 2-3 minutes, or to your preference.
5. Lightly steam the greens (2-3 minutes max).
6. Plate up and season with salt and dressing of choice over the greens. Enjoy!

Recipe provided by Ryan Carter



Creamy Keto Chicken Soup

Serves: 6

Ingredients:

2 liters filtered water (about 8 1/2 cups)

1 whole chicken (pastured and organic preferred)

2 tablespoons apple cider vinegar

3 1/2 cups cubed fresh pumpkin (or two 15-ounce cans of canned pumpkin, BPA-free)

Juice from 1 lime

2 tablespoons finely chopped ginger

2 medium zucchinis

1/2 cup fresh parsley, finely chopped

1/2 cup fresh cilantro, finely chopped

2 teaspoons ground turmeric

1 cup coconut cream

2 teaspoons salt

2 shallots (optional)

4 cloves of garlic (optional)

1 teaspoon chili flakes (optional)

Black pepper, to taste

Instructions:

1. In a slow cooker or stock pot, add chicken and cover with water and apple cider vinegar. (Chicken may remain partially uncovered.)
2. Heat the pot or slow cooker on low heat and simmer for 4 hours, or until chicken can be pulled apart.
3. Carefully remove the chicken from the pot and set aside. Strain bone or skin fragments and reserve the remaining stock. Return stock to the pot and add pumpkin, zucchinis, and ginger. Simmer on low heat for about 15 minutes. Add zucchini and simmer an additional 15 minutes, or until pumpkin and zucchini are tender.
4. While vegetables cook, pull the meat off your chicken and set aside.
5. Once the pumpkin has softened, add the parsley, cilantro, shallots, lime juice, coconut cream and chicken to warm through.
6. Taste the mix and ensure the salt, lime juice and spices are adjusted to your liking.
7. Serve hot, garnished with extra fresh herbs.

Recipe provided by Sheridan Austin



Korean Beef Bowl with Kimchi

Serves: 1

Steak Ingredients:

4 oz grass-fed ribeye
1 teaspoon Himalayan pink salt

1/2 teaspoon black pepper

Rice Ingredients:

2 cups riced broccoli

1/2 teaspoon garlic powder

1/2 teaspoon Himalayan pink salt

1/2 teaspoon black pepper

1 tablespoon **Brain Octane Oil** or MCT oil

1 tablespoon avocado oil

1/4 cup chopped kimchi
1/4 avocado

Instructions:

Steak

1. Salt and pepper both sides of the steak, remove excess moisture with a paper towel and leave out of refrigerator to rest for 30 minutes.

2. Preheat the grill on medium-high.

3. Cook for 4 mins on each side or until internal temperature is 130 for medium rare (it will raise to 135 during the resting period). TIP: If you do not have a meat thermometer, flip your steak when you begin to see pools of steak juice on the uncooked side of the steak. The steak is complete when the consistency is the same as the soft flesh between your thumb and index finger.

4. Let steak rest for 5-10 minutes to retain juices.

5. Slice steak in 1/4-inch slices, against the grain of the steak for optimal tenderness.

Rice

1. Coat non-stick pan with one tablespoon of avocado oil and heat on medium.

2. Add broccoli rice, garlic powder, salt and pepper to pan and cook for 5-7 minutes.

3. Transfer rice to bowl and toss with Brain Octane Oil.

4. Top rice with avocado, kimchi, and sliced steak.

Recipe provided by Brent Totty



Cleansing Ginger Carrot Soup

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.

Recipe provided by Bare Nutrition Health



Sweet Potato Salmon Avocado Toast

Serves: 1

Avocado Mash Ingredients:

1/2 avocado

1/4 lemon

2 teaspoons Himalayan pink salt

1 tablespoon **Brain Octane Oil** or MCT oil

1 tablespoon minced cilantro

Toast Ingredients:

1 sweet potato, roughly 3.5" diameter

1 teaspoon **grass-fed ghee**

1 pasture-raised egg

2 ounces wild-caught salmon

1 tablespoon organic hemp seeds (optional)

Instructions:

1. Bring 1.5 quarts of water to a boil. Gently place egg in boiling water, cover with lid and set timer for 7 mins. If you prefer a less runny yolk, increase time to 9-10 minutes.
2. While the egg is cooking, slice sweet potato length-wise with a thickness close to 1/4" (The thinner the slice, the faster the potato will cook and also the lower the carb content).
3. Melt ghee in a non-stick pan over medium heat. Place sweet potato in the pan and cover. Cook for 3 minutes per side or until fork tender.
4. Mash avocado in a bowl until most large chunks are gone.
5. Add Himalayan pink salt and cilantro to the avocado, top with squeezed lemon and Brain Octane Oil. Stir until creamy.
6. Place sweet potato on a plate and spread with avocado.
7. Remove the egg from boiling water and run cold water over it until it is no longer hot to the touch. Gently remove the egg from its shell and place on top of your sweet potato and avocado.
8. Top with salmon and sprinkle with hemp seeds. Drizzle with extra Brain Octane Oil over your avocado toast for an added cognitive boost.

Recipe provided by Brent Totty



Veggie Buddha Bowl

Serves: 2

Ingredients:

2 poached pasture raised eggs

1 avocado, sliced

2 carrots

2 radish

1/2 cucumber

spinach leaves, lightly steamed

1/2 cup cauliflower rice, sauteed in **ghee**

Garnishes; fresh herbs, fresh lemon, salt to sprinkle on top, a drizzle of **Brain Octane Oil** on top

Optional add ins: 2 slices of pastured bacon

Instructions:

1. Add the spinach and cauliflower rice as the base of the bowl.
2. Begin to arrange the veggies and poached eggs on top.
3. Add your garnishes.
4. Serve and enjoy!

Recipe provided by Jordn Pie



Gluten-free Vegetable Latkes

Serves: 7

Ingredients:

1 zucchini

1 red bell pepper

2 sweet potatoes

1 cup carrots

1/2 onion

1 cup of broccoli slaw

3 large eggs

1/4 cup paleo all purpose flour

1 tsp baking powder

Instructions:

1. In a food processor, shred all your veggies. You can also finely chop them by hand or with a mandoline.

2. Preheat your waffle iron on around 5. If you don't have one you can make these into pancakes but they may not have the same consistency.

3. Mix your eggs, baking powder and flour in a large mixing bowl first, then add in the veggies. Mix until all the veggies are nicely coated.

4. Transfer the mixture into the waffle iron, pouring 2/3 cup at a time.

5. Cook until golden and lightly crispy. Serve immediately.

Recipe provided by Courtney Swan



Low-Carb Thai Salad With Grilled Steak

Serves: 2

Thai Salad Ingredients:

1 tablespoon coconut oil or **Grass-Fed Ghee**

1 head of bok choy, sliced lengthwise into quarters

1/4 medium red cabbage, roughly shredded

1 medium carrot, spiralized

Two 4-ounce top sirloin or hanger steaks (about 3/4-inch thick)

Optional: Fresh cilantro, sliced radishes, fresh lime juice, or chopped green onions to garnish

Marinade Ingredients:

2 tablespoons coconut aminos

1/2 tablespoon ground ginger

1/2 ground coriander

1 teaspoon raw honey

1/2 tablespoon fresh lime juice

1/2 teaspoon salt

Instructions:

1. In a bowl, combine marinade ingredients and whisk together. Add steaks to the bowl and mix with the marinade. Cover and marinate for 20 minutes. (If marinating longer, place steaks in your refrigerator.)
2. In a pan with a steamer basket, add 1 inch of water and bring to a boil. Add bok choy, reduce to a simmer, and steam for about 6 minutes, or until tender. Remove and set aside.
3. In a saucepan on medium heat, add coconut oil and saute the red cabbage until tender. Remove cabbage, add carrots to the pan, and saute for 2-3 minutes.
4. Preheat a cast iron griddle pan on medium-high heat. When it's hot, add the steaks and cook for 3 minutes. Flip steaks and cook for an additional 2 minutes.
5. Rest your steaks for 3-5 minutes, then then slice against the grain.
6. Assemble Thai salad: Arrange vegetables and top with steak. Add garnishes, if desired.

Recipe provided by Ryan Carter



Slow Cooker Pot Roast and Brussels Sprouts

Serves: 2-4

Slow Cooker Pot Roast Ingredients:

- 1 pound bottom sirloin or skirt steak
- 2 tablespoons sea salt
- 1 tablespoon ground turmeric
- 1 teaspoon dried oregano
- 2 tablespoons **Brain Octane Oil** or MCT oil
- 3 tablespoons grass-fed unsalted butter
- 1.5 tablespoons apple cider vinegar

Slow Cooker Pot Roast Instructions:

1. Coat the steak with the salt, turmeric, and oregano.
2. Place the seasoned steak in the slow cooker and pour on the Brain Octane Oil.
3. Add the butter and cook on low for 6 to 8 hours or until the meat is shreddable.
4. After the meat is cooked, shred it with a fork and add the vinegar.

Brussels Sprouts Ingredients:

- 1 pound Brussels sprouts (halved)
- 2 tablespoons grass-fed unsalted butter or **Grass-Fed Ghee**
- 2 teaspoons sea salt
- 2 teaspoons ground turmeric

Brussels Sprouts Instructions:

1. Preheat the oven to 300F.
2. Place the sprouts in a baking pan with the butter.
3. Sprinkle on the salt and turmeric. Bake for 30 to 45 minutes.
4. Serve and enjoy.



Keto Chopped Salad with Quick Creamy Dressing

Serves: 2

Salad Ingredients:

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)

Salad Dressing Ingredients:

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:

1. 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.

2. 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.

Recipe adapted from Torie Borrelli, author of "The Mexican Keto Cookbook" and founder of The Vida Well



Sirloin Steak with Rosemary-Coffee Marinade

Serves: 2

Ingredients:

12 ounces grass-fed sirloin steak

1-3 ounce avocado, sliced

1 medium zucchini, sliced in ½-inch rounds

10 cups lacinato kale, chopped (can also use black or Russian kale)

2 ounces quality green olives, pitted and sliced

Few sprigs of rosemary

1/2 tablespoon grass-fed butter or **ghee**

2 ½ tablespoons **ground coffee**

Instructions:

1. Using a French press, pour 7 ounces of water over your ground coffee. Add rosemary sprigs while coffee is still hot to make an infusion.
2. Once coffee is completely cooled, pour over steak in a glass dish to marinate for a minimum of one hour. If cooking in an hour's time, leave the steak out at room temperature. Otherwise, refrigerate.
3. Remove the steak from the fridge and from the marinade. Pat steak dry and allow to come to room temperature.
4. Preheat a well-seasoned cast iron skillet to high.
5. Add the zucchinis and allow them to lightly brown on each side around — a few minutes on each side.
6. Sauté the kale in a wide saucepan with the butter on medium heat until slightly heated and remove.
7. Turn the griddle pan to medium and add the steak to the pan and leave for 2-3 minutes and then turn over and repeat.
8. Remove from the pan and allow to rest for at least half the cooking time.
9. Plate the vegetables, avocado and olives on the plate. Slice the steak and season to taste.

Recipe provided by Ryan Carter



Shrimp Pad Thai

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**

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.

Recipe provided by Veronica Culver



Roasted Butternut Squash Soup

Serves: 4

Ingredients:

4 1/2 pounds whole butternut squash

3 tablespoons grass-fed ghee, melted and divided

4 cups pastured chicken stock

1/2 cup full-fat canned coconut milk (BPA-free)

Salt to taste

Fresh thyme leaves or extra virgin olive oil to garnish

Instructions:

1. Preheat your oven to 425 degrees.
2. Peel your butternut squash, cut in half lengthwise, and scoop out the seeds. Rub them all over with 1 tablespoon of your ghee and roast them cut side down on a baking sheet lined with foil for 45 minutes to 1 hour or until completely soft.
3. In a high powered blender (or in a soup pot with an immersion blender), add roasted butternut squash and 1 cup of chicken stock. Blend until mostly combined, then continue adding stock 1 cup at a time until you achieve a consistency you like. You can use less stock if you want a thicker soup.
4. With your blender on medium speed, slowly stream in the coconut milk and remaining 2 tablespoons of ghee. Season with salt to taste.
5. Serve roasted butternut squash soup with fresh thyme leaves and extra virgin olive oil drizzled on top.

Recipe provided by Joshua Weissman



Steak With Chimichurri Sauce

Serves: 2

Steak Ingredients:

16 oz quality steak
(allow it to come to
room temperature)

Grass-Fed Ghee or
butter for cooking

1 sprig of thyme
or rosemary

Salt to season

Chimichurri Sauce Ingredients:

16 oz quality grass-fed
2 1/2 cups of fresh basil
leaves (or 1 bunch)

1 cup fresh mint leaves

Juice of 1 lemon or lime

1/2 cup **Brain Octane Oil**
or MCT oil

Pinch of salt

Steak Instructions:

Put the basil and mint leaves
in blender and blitz until
they're broken down.

Add the remaining chimichurri
sauce ingredients and blend
together until combined.

Pour the chimichurri sauce into
a pouring jug and set it aside.

Heat a frying pan to medium
heat. Once the pan has heated
up, add the butter or ghee and
herbs.

Add the steak to the frying
pan and cook on both sides
until golden brown and cooked
to your liking.

When the steaks are ready,
remove the frying pan from
the heat and allow the steaks
to rest for 5 minutes.

Serve the steaks with the
chimichurri sauce on top.

Mashed Cauliflower Ingredients:

1 medium head
cauliflower, roughly
chopped into florets

Chicken bone broth
or filtered water
for boiling cauliflower

3-4 tablespoons
grass-fed butter
or **Grass-Fed Ghee**

Salt to taste

Creamy Mashed Sweet Potatoes Instructions:

1. Add cauliflower florets to a
small saucepan. Fill your pan
half full with bone broth or water.

2. Bring heat to a boil, then reduce
to a simmer and cook cauliflower
until tender. (About 10 minutes.)

3. Drain bone broth into another
container to drink or use in a
different recipe. If using water,
simply drain and discard.

4. Add cooked cauliflower to a
food processor or blender with
butter or ghee and salt to taste.
Blend until completely smooth
and creamy. (You can also use a
potato masher, but mashed
cauliflower may have lumps.)

5. Serve warm with additional
butter or ghee.

Chimichurri recipe provided by Jordan Pie



Prosciutto-Wrapped Baked Eggs with Asparagus

Serves: 2

Ingredients:

6 pasture-raised eggs

6 slices (3.5 ounces)

quality prosciutto or Italian dried ham

8 ounces of asparagus

A few sprigs of fresh marjoram

1 tablespoon of grass-fed butter or **ghee**

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Using a muffin tray, use a tiny portion of butter to grease each hole to avoid sticking.
3. Lay the prosciutto down and around the hole so that the bottom and sides are covered.
4. Add a few sprigs of marjoram to the bottom.
5. Add one egg per muffin hole.
6. Transfer to the oven and bake for 10 - 12 minutes until just set.
7. Remove and allow to cool for a few minutes.
8. Steam asparagus and then dress in butter.
9. Add all ingredients to plate and enjoy.

Recipe provided by Ryan Carter



Low-Carb Beef Stir Fry

Serves: 2

Ingredients:

1/2 cup zucchini, spiralized into 6-inch noodles

1 bunch baby bok choy

1/4 cup organic broccoli florets

8 ounces grass-fed flank or skirt steak, sliced against the grain into thin strips

One 1-inch knob of ginger, peeled and cut into thin strips

2 tablespoons avocado oil

or grass-fed **ghee**

2 teaspoons coconut aminos

Instructions:

1. Chop the end of the stem off your bok choy and discard.
2. In a heated pan, add 1 tablespoon of oil or ghee and sear your steak on medium-high heat, 1-2 minutes on each side.
3. Reduce heat to medium. Add remaining ghee, broccoli, ginger and coconut aminos to the pan. Cook for one minute, stirring frequently.
4. Stir in bok choy and cook for another minute.
5. Stir in zucchini and cook until the noodles are at your desired preference. Watch closely, because they cook quick!

Recipe provided by Rosie Tran, Kale In The Clouds



Low-Carb Angel Hair Pasta with Lemon Chicken

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 or ghee

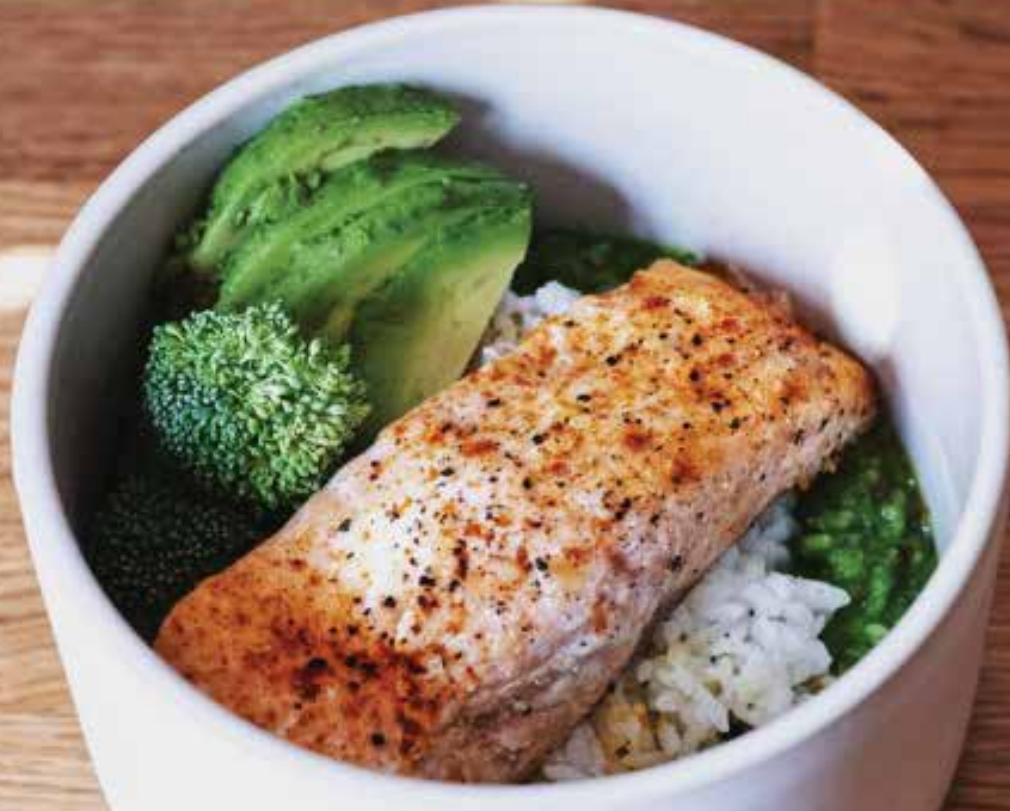
1 tablespoon **Collagelatin**, or other grass-fed gelatin

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.

Recipe provided by Veronica Culver



Broccoli Leek Protein Bowl with Salmon

Serves: 1

Ingredients:

1/2 head of broccoli, roughly chopped

1 stalk celery, roughly chopped

1/4 trimmed leek, cleaned and sliced

Pinch each of chopped fresh rosemary, chili powder, and curry powder

Cayenne pepper to taste (optional)

4 ounces wild-caught salmon

1/4 avocado, sliced

Cilantro, sliced green onions, and sliced watermelon radishes to taste

1-2 tablespoons **Brain Octane Oil**

Cooked and cooled white rice (optional), seasoned with ground turmeric to taste

Instructions:

1. Cook salmon using your favorite method (poaching is recommended).

2. While salmon cooks, prepare broccoli leek base. Season a pot of water generously with salt and bring to a boil. Add broccoli, celery, and leeks and boil for 10 minutes, or until soft.

3. Drain veggies and reserve about 1/2 cup of the cooking liquid.

4. Transfer veggies to a blender and blend until fully pureed, adding a tablespoon of cooking water at a time until it reaches a veggie mash consistency. (You can also do this in your cooking pot with an immersion blender.) Add rosemary, chili powder, curry powder, and cayenne (if using), and mix well.

5. Add broccoli leek base to a bowl and top with rice, cooked salmon, avocado, and remaining veggies. Drizzle with Brain Octane Oil and serve warm.

Recipe provided by Amanda Suazo



Korean Beef Bowl with Kimchi

Serves: 1

Steak Ingredients:

4 oz grass-fed ribeye

1 teaspoon Himalayan pink salt

1/2 teaspoon black pepper

Rice Ingredients:

2 cups riced broccoli

1/2 teaspoon garlic powder

1/2 teaspoon Himalayan pink salt

1/2 teaspoon black pepper

1 tablespoon **Brain Octane Oil**
or MCT oil

1 tablespoon avocado oil

1/4 cup chopped kimchi

1/4 avocado

Instructions:

Steak

1. Salt and pepper both sides of the steak, remove excess moisture with a paper towel and leave out of refrigerator to rest for 30 minutes.

2. Preheat the grill on medium-high.

3. Cook for 4 mins on each side or until internal temperature is 130 for medium rare (it will raise to 135 during the resting period). TIP: If you do not have a meat thermometer, flip your steak when you begin to see pools of steak juice on the uncooked side of the steak. The steak is complete when the consistency is the same as the soft flesh between your thumb and index finger.

4. Let steak rest for 5-10 minutes to retain juices.

5. Slice steak in 1/4-inch slices, against the grain of the steak for optimal tenderness.

Rice

1. Coat non-stick pan with one tablespoon of avocado oil and heat on medium.

2. Add broccoli rice, garlic powder, salt and pepper to pan and cook for 5-7 minutes.

3. Transfer rice to bowl and toss with Brain Octane Oil.

4. Top rice with avocado, kimchi, and sliced steak.

Recipe adapted from Brent Totty

Low-Carb Vegetarian Ramen

Serves: 4

Ramen Ingredients:

4 cups filtered water

1 tablespoon sugar-free red curry paste, or chili-infused oil (ingredients below)

2 cups full-fat canned coconut milk (BPA-free)

1 tablespoons coconut oil (exclude if preparing chili-infused oil)

1 cup purple cabbage, chopped

1 cup large shredded rainbow carrots

1 cup halved brussel sprouts, halved

4 pastured eggs

2 large zucchinis, spiralized

2 teaspoon ground ginger

1 teaspoon ground turmeric

1 teaspoon garlic powder

Himalayan salt and pepper to taste

Optional: Fresh lime juice or cilantro to garnish

Chili-infused oil Ingredients:

1 tablespoon coconut oil

1/4 - 1/2 teaspoon red chili flakes

Instructions:

1. In a large pot, add water and bring to a boil.

2. While water begins boiling, prepare chili-infused oil (if using). Heat oil in a small pan on medium heat. When hot, add chili flakes and gently sizzle for about 5 minutes. Remove from heat and set aside.

3. When water is boiling, add coconut milk and spices and reduce heat to medium.

4. Add cabbage, carrots, and brussels sprouts, plus coconut oil and curry paste (if not using chili-infused oil).

5. Cook for about 20 minutes, or until vegetables are tender.

6. While cooking, soft boil the eggs. Fill a separate small pot with water and bring to a boil. Once boiling, reduce to a rapid simmer, add eggs, and cook for 6 minutes. Remove immediately and drench in ice water to stop the cooking process.

7. When vegetables in the pot are tender, add zucchini and cook for 3-4 more minutes.

8. Serve vegetarian ramen with a peeled and halved soft boiled egg, lime juice, cilantro, and chili-infused oil.

Recipe adapted from Bare Nutrition



Chocolate Coconut Keto Smoothie Bowl

Serves: 1

Ingredients:

3/4 cup full-fat canned organic coconut milk (BPA-free)

2 tablespoons unsweetened raw cacao powder or unsweetened cocoa powder

15-20 drops liquid coconut stevia (or plain stevia to taste)

Handful of ice (just enough to thicken)

2 scoops collagen protein

Instructions:

1. Place all of the ingredients except the collagen in a blender and blend well.
2. Add the collagen and gently pulse until blended to avoid damaging delicate proteins.
3. Place in a bowl and add optional garnishes. Enjoy immediately, or chill in the freezer for 30 minutes for a thicker consistency.

Recipe provided by Veronica Culver



Sweet Potato Skins With Rosemary Ground Beef and Avocado

Serves: 1

Ingredients:

1 medium sweet potato

3 ounces ground beef

1 tablespoon of
fresh rosemary

1 tablespoon of
Grass-Fed Ghee

1 teaspoon of sea salt

1 cup riced broccoli

1/2 avocado

Sweet Potato Skins Instructions:

1. Preheat the oven to 375 degrees.
2. Place the washed sweet potato on a baking sheet, and bake for 50 minutes or until fork tender
3. Slice the potato lengthwise and scoop out about two-thirds of the cooked flesh of the potato (the mashed sweet potato is a great leftover to use for sweet potato cakes or in smoothies)
4. Place the potato skins back into the oven for 10 minutes

Rosemary Ground Beef and Avocado Instructions:

1. Melt ghee in a pan on low to medium heat.
2. Add ground beef to the pan and cook for 4 minutes.
3. Add riced broccoli and cook for another 4 minutes.
4. Add rosemary and diced avocado to the pan, reduce heat to low and cover for 2 minutes.
5. Fill sweet potato skins with the the rosemary beef and avocado. Salt to taste.

Recipe provided by Brent Totty



Spaghetti Squash with Meat Sauce

Serves: 2

Ingredients:

1 large or 2 small spaghetti squashes

2-4 fresh rosemary sprigs

1/2 pound 80/20 grass-fed ground beef

1 1/2 tablespoons grass-fed **ghee**

1 scallion, thinly sliced

1 leek, thinly sliced

1 teaspoon dried thyme

1 1/2 teaspoons dried oregano

14 ounces tomato passata in a glass jar, or chopped peeled tomatoes (canned, BPA-free)

A small handful of fresh basil and flat leaf parsley leaves

1 tablespoon extra virgin olive oil

Instructions:

1. Preheat the oven to 350 degrees. Slice the ends off your squash, then cut in half lengthwise and use a spoon to remove seeds and stringy parts.

2. Line a baking tray with greaseproof paper or foil. Rub 1/2 table-spoon of ghee on the greaseproof paper to avoid sticking. Scatter the rosemary sprigs on top of the tray where squash will rest, then place the squash halves flesh side down on top of the rosemary. Bake in oven for 30-40 minutes, or until tender.

3. While squash roasts, prepare the meat sauce. In a wide saucepan on medium heat, add remaining ghee and swirl to coat the pan. When the pan has heated, add leeks and saute for 5 minutes to soften.

4. Add the ground beef and dried herbs. Brown the meat for a few minutes, breaking it up with a spoon or spatula.

5. Add the tomato passata or chopped tomatoes. Bring the sauce to a slight boil, then reduce to a light simmer. Allow sauce to stew for about 20 minutes.

6. Remove the squash from the oven and allow to cool for 5 minutes. Using a fork, scrape away at the flesh to separate the strands.

7. Divide the squash between two plates and top with meat sauce. Garnish with a scattering of fresh basil, parsley, thinly sliced scallion and a drizzle of extra virgin olive oil. Season to taste with salt.

Recipe provided by Ryan Carter



Paleo Sweet Potato Noodles with Thai Meatballs

Serves: 2

Ingredients:

8 ounces ground pasture raised pork, beef, bison, or venison

1 tablespoon freshly ground coriander seeds

1 teaspoon ground ginger

A handful of fresh cilantro leaves

2 tablespoon coconut oil or grass-fed **ghee**, divided

2 medium sweet potatoes, spiralized

2 tablespoons coconut aminos

4 radishes, trimmed and thinly sliced
1 green onion, sliced (green portion only)

1 lemon or lime, sliced into wedges

Instructions:

1. In a wide glass mixing bowl, add pork, ground coriander, ginger, and half of the cilantro leaves. Mix well and form into 1 to 1.5-inch meatballs.

2. Heat a wide saucepan on medium heat. Add half of the coconut oil.

3. Add meatballs to the pan, allowing space in between them. Cook until lightly golden on one side, then gently flip and repeat cooking. Continue until all sides have been browned.

4. With meatballs still in the pan, add remaining coconut oil and spiralized sweet potato to the pan.

5. Saute sweet potato noodles alongside the meatballs for 8 minutes, or until softened and pork is cooked through.

6. Remove noodles from the pan and plate.

7. Add coconut aminos to the pan. Toss the pan to coat the meatballs.

8. Plate meatballs on top of sweet potato noodles and garnish with radish, green onion, and remaining cilantro. Spoon any remaining pan juices over the top.

9. Season to taste with salt and serve with a wedge of fresh lemon or lime.

Recipe provided by Ryan Carter



Wild Salmon With Buttered Kale

Serves: 2

Ingredients:

2 wild salmon fillets (sockeye salmon is great)

1 teaspoon **Brain Octane Oil**

Sea salt

3 tablespoons grass-fed, unsalted butter or **ghee**

1 tablespoon minced fresh chives, parsley, and/or dill

Lemon wedges, for serving

1 bunch (12 ounces) kale, stems removed and leaves torn into pieces

Instructions:

1. Preheat oven to 320F.
2. Place the salmon filets on parchment paper on a baking sheet. Rub with Brain Octane, season with sea salt, and top with 1 tablespoon butter.
3. Wrap the parchment around the salmon, folding the seams, and tucking them to make sure the steam doesn't escape.
4. Bake until fish is medium rare for approximately 18 minutes.
5. While fish is baking, steam kale until just wilted for about 3 minutes.
6. Drain kale, add remaining butter, salt to taste, and plate. Put the salmon on top, and sprinkle with chopped herbs and fresh-squeezed lemon. Serve.



Low-Carb Cauliflower Fried Rice

Serves: 2

Ingredients:

2 tablespoons grass-fed **ghee** or avocado oil

1 inch piece of ginger, freshly grated

1/2 tablespoon freshly ground cumin seeds, or high-quality ground cumin

1/2 teaspoon ground turmeric

1 leek, thinly sliced

2 sprigs of rosemary

1 medium carrot, peeled and finely diced

1 celery stick, finely diced

4 slices pasture-raised bacon, roughly diced

1 medium head of cauliflower, riced (or 4 cups pre-riced cauliflower)

Fresh parsley, sliced green onions, and lemon wedges to garnish

Instructions:

1. In a wide saucepan on medium heat, add ghee.
2. When pan has heated, add carrots, celery, fresh ginger, leeks, and rosemary sprigs. Cook for 3 minutes to soften.
3. Add bacon and spices to the pan. Raise heat to medium-high and crisp bacon for up to 3 minutes, stirring frequently.
4. Reduce heat to medium. Add cauliflower rice to the pan and cook for 3 minutes or until just softened.
5. Serve warm with garnishes of choice.

Recipe provided by Ryan Carter



Keto Hamburger Salad

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.

Recipe provided by Sheridan Austin



Instant Pot Meal Prep Chicken

Serves: 4

Ingredients:

2 packages of Grass Roots chicken legs

1 tablespoon avocado oil

1/4 cup of chicken bone broth

2 tbs raw honey

1/2 cup coconut aminos

1 clove of garlic, minced (optional)

1 inch of fresh ginger, peeled and minced

Juice of 1 lime

Chopped cilantro (optional for serving)

Instructions:

1. Turn the Instant Pot to saute mode. When hot, add avocado oil. Season the chicken with salt. Add the chicken to the pot skin side down, working in batches so you don't overcrowd and cook for about 2 minutes, or until skin is lightly browned. Turn over and cook for another 2 minutes.

2. Change the Instant Pot setting to manual high pressure. Add the remaining ingredients and mix together with the chicken. Put the lid on the top, lock, and seal it.

3. Set the timer for 12 minutes and cook. When time is up, let the pot naturally release for 5 minutes.

4. After 5 minutes, open the pot. Use two forks to shred the chicken. Remove the chicken bones and discard.

5. Add the chicken and sauce to individual serving containers. Top with green onions and cilantro if desired.

Recipe provided by Grass Roots Farmers' Cooperative



Instant Pot Meal Prep Chicken

Serves: 2

Ingredients:

2 tablespoons grass-fed **ghee**

6 jumbo wild-caught shrimp, deveined and butterflied

2 medium zucchini, spiralized and blotted to remove excess moisture
2 garlic cloves, finely sliced (optional)

2 tablespoons extra virgin olive oil

1 lemon or lime, zested then sliced into wedges

Flat leaf parsley and sliced green onion to garnish

Salt to taste

Instructions:

1. In a wide saucepan on medium heat, add ghee.
2. Once the pan has heated, add shrimp. Ensure enough space between each shrimp, and cook in two batches if needed. Cook shrimp on one side until they begin changing color (about 2 minutes), then turn and continue cooking on the other side. Remove shrimp and repeat cooking as needed until all are finished.
3. Add garlic, if using, and cook for 2 minutes until softened.
4. Add zoodles and cook for 2 minutes, or until softened.
5. Place shrimp back in the pan and remove from heat. Add extra virgin olive oil and citrus zest and stir.
6. Divide keto shrimp scampi between two plates. Garnish with fresh parsley and green onion slices, plus lemon wedges for squeezing juice over the top. Season to taste with salt.

Recipe provided by Ryan Carter



Paleo Sweet Potato and Salmon Patties

Serves: 2

Ingredients:

10 ounces canned wild Alaskan sockeye salmon, skin and bones removed (may also use cooked fresh salmon)

1 cup cooked mashed sweet potato

1 teaspoon ground ginger

1/2 teaspoon ground turmeric

1/2 teaspoon coriander seeds - freshly ground

1 teaspoon salt

Small bunch of cilantro leaves, plus more to garnish

4 tablespoons coconut flour

2 medium pasture-raised eggs, beaten

1 tablespoon grass-fed **ghee**, butter or avocado oil

Instructions:

1. Add salmon to a wide bowl and flake with a fork.
2. Mix in mashed sweet potato, spices, and cilantro.
3. When mixture is well incorporated, add coconut flour one tablespoon at a time, mixing well after each spoonful.
4. Add beaten eggs and mix well until a thick consistency forms. If the mix is too runny, add an additional tablespoon of coconut flour.
5. Using wet hands, scoop up a small handful of fish mixture and form into a patty. Set aside and repeat to form 6 total patties.
6. In a wide saucepan on medium heat, add ghee or fat of choice.
7. When pan is hot, add salmon patties to the pan and cook for 3 minutes per side. Remove from the pan and continue cooking if more patties remain.
8. Serve warm with a sprinkle of cilantro and a side of avocado mayo (see our recipe for this delicious, healthy condiment).

Recipe provided by Ryan Carter



Keto Thai Red Beef Curry

Serves: 4

Ingredients:

2 - 2 1/2 pounds pastured chuck steak, cubed

2 tablespoons Thai red curry paste with no added preservatives or sugar

1/4 cup beef bone broth, warmed

1 teaspoon turmeric powder

One 14-ounce can coconut cream (not coconut milk; BPA-free)

1 fresh kaffir lime leaf (or zest and juice from 1/2 lime)

3/4 tsp salt (if curry paste is salt-free)

Instructions:

1. Preheat the oven to 210 degrees.

2. In a large bowl, whisk curry paste with turmeric, salt and bone broth until combined. If using lime juice and zest instead of kaffir lime leaf, add to the mixture.

3. Add meat and coconut cream and stir through until the meat is evenly coated.

4. Pour the mixture into an ovenproof dish and wedge the kaffir lime leaf (if using) into the meat. Place the lid on top and bake for 2 hours.

5. After 2 hours, give the mix a good stir and place it back in the oven (without the lid) and cook for another 1-1.5 hours.

6. If the meat is tender and almost falling apart, remove the dish from the oven. If not, continue cooking for another 40 minutes or until the meat is tender.

7. When cooked, carefully remove all the meat pieces from the dish and place them into a bowl. Set aside.

8. Keep the juices in the oven proof dish and place it back into the oven. Turn the heat up to 320 degrees and keep cooking the liquid for another 40 minutes, or until the sauce has reduced by half.

9. Remove dish from the oven and carefully return meat to the sauce.

10. Serve warm with zoodles, cauliflower rice, or steamed greens.

Recipe provided by Jordan Pie



Keto Chocolate Noatmeal

Serves: 2

Ingredients:

1 medium head of cauliflower
(equalling 2 1/2 cups of
cauliflower rice)

1 tablespoon Brain Octane Oil

1 cup full-fat canned coconut
milk (BPA-free)

4 pasture raised whole eggs,
beaten

1 1/2 tablespoons cacao powder

1 scoop collagen peptides

1/4 teaspoon salt

1 scoop MitoSweet

1 teaspoon - 1 tablespoon stevia,
raw honey, or sweetener of
choice to taste

Seasonal berries, cacao nibs, or
unsweetened coconut to garnish
(optional)

Instructions for Filling:

1. If using whole cauliflower, chop into florets and blend in a blender or food processor until it creates a rice-like consistency.
2. In a wide saucepan on medium heat, add the coconut milk and bring to a gentle simmer.
3. Add cauliflower rice and stir until combined. Reduce heat to low and allow cauliflower to thicken for 4 minutes.
4. Fold beaten eggs into the pan with the cacao powder, collagen powder, MitoSweet, salt and sweetener of choice.
5. Stir gently once and allow the eggs to cook through and thicken oatmeal. Stir once more before serving in bowls.
6. Top with the cacao nibs, coconut, and seasonal berries.

Recipe provided by Ryan Carter



Paleo Fall Salad with Butternut Squash, Bacon and Kale

Serves: 2

Ingredients:

1 medium sized butternut squash, peeled and sliced into 1/2-inch wedges

1 tablespoon grass-fed **ghee**, plus more for greasing

4 slices pastured bacon

6 cups kale or bok choy

2 large leeks, washed and sliced thinly

1 fresh rosemary sprig, leaves removed and finely chopped

Salt to taste

Instructions:

1. Preheat oven to 350 degrees. Line a baking tray with parchment paper and grease with ghee or fat of choice.
2. Add butternut squash and rosemary to the tray. Toss in 1 tablespoon of ghee, making sure every slice is coated.
3. Place in the middle shelf and bake for 40 minutes or until golden.
4. While squash roasts, cook the bacon and greens. In a wide saucepan on a medium heat, add bacon and cook until lightly crisp and fat renders (about 3 minutes). Flip and continue cooking on the opposite side. Remove bacon and set aside.
5. In the same pan with the rendered bacon grease, saute the leeks for 5 minutes until softened. Add kale to the pan and cook for 3 minutes, or until soft. Remove from the heat.
6. Remove the squash from the oven.
7. Plate squash slices and top with the kale, leeks, and bacon. Season to taste.

Recipe provided by Ryan Carter



Keto Fish Cakes with Avocado Lime Dipping Sauce

Serves: 6

Fish Cake Ingredients:

1 pound raw white boneless fish
(preferably local and wild caught)

1/4 cup cilantro (leaves and stems)

Pinch of salt

Pinch of chilli flakes

1-2 garlic cloves (optional)

1-2 tablespoons coconut oil or
grass-fed **ghee** for frying

Neutral oil for greasing your hands,
such as avocado oil

Dipping Sauce Ingredients:

2 ripe avocados

1 lemon, juiced

Pinch of salt

2 tablespoons water

Instructions:

1. In a food processor, add fish, herbs, garlic (if using), salt, chili, and fish. Blitz until everything is combined evenly.
2. In a large frying pan on medium-high heat, add coconut oil or ghee and swirl the pan to coat.
3. Oil your hands and roll the fish mixture into 6 patties.
4. Add cakes to the heated frying pan. Cook on both sides until golden brown and cooked through.
5. While fish cakes are cooking, add all dipping sauce ingredients (starting lemon juice) to a small food processor or blender and blitz until smooth and creamy. Taste the mixture and add more lemon juice or salt if desired.
6. When fish cakes are cooked, serve warm with dipping sauce.

Recipe provided by Jordan Pie



Keto Cobb Salad with Golden Vinaigrette

Serves: 1

Salad Ingredients:

1 cup spinach

2 eggs, hard boiled and cubed

1/2 of a medium avocado, cubed

2 ounces Persian cucumber, sliced

5 pitted kalamata olives

1 green onion, sliced

Golden Vinaigrette Ingredients:

2 tablespoons **Brain Octane Oil**

1 tablespoon apple cider vinegar

1/4 teaspoon ground turmeric

1/4 teaspoon ground black pepper

1/8 teaspoon sea salt

Instructions:

1. In a small bowl, whisk golden vinaigrette ingredients together and set aside.
2. In a salad bowl, arrange keto cobb salad ingredients, starting with spinach as your base.
3. Pour golden vinaigrette over your salad and serve.

Recipe provided by Rosie Tran, Kale In The Clouds



Sweet Potato Curry with Cilantro Lime Cauliflower Rice

Serves: 4

Curry Ingredients:

- 2 medium sweet potatoes, cubed
- 1 medium zucchini, sliced
- 2 medium carrots, grated or chopped
- 1/2 head purple cabbage, sliced thinly
- 2 cups full-fat canned coconut milk (BPA-free)
- 1 cup bone broth or filtered water
- 1 tablespoon coconut oil or grass-fed **ghee**
- 1 teaspoon Himalayan salt
- 1 tablespoon curry powder
- 1 tablespoon ground ginger
- 1 tablespoon ground turmeric
- 1/4 cup fresh basil, chopped, to garnish
- 1/4 cup fresh cilantro, chopped, to garnish

Rice Ingredients:

- 1/2 head medium cauliflower, grated into rice
- 2 green onions, sliced
- Juice of 1/2 lime
- 1/2 tablespoon coconut oil or **ghee**
- 1/4 cup cilantro, chopped
- Himalayan salt to taste

Instructions:

1. Prepare sweet potato curry: In a large pot on medium heat, add oil or ghee. When heated, add sweet potato and carrots and saute until tender. (8-10 minutes)
2. Add ginger, turmeric, curry powder, and salt. When sweet potatoes and carrots are tender, add zucchini and cabbage.
3. Add bone broth and coconut milk and reduce heat to low. While curry simmers, prepare cauliflower rice.
4. In a separate pan, heat oil or ghee. Add riced cauliflower and saute for 2-3 minutes, or until tender. Remove from heat and add green onion, lime juice, and cilantro. Toss until well combined.
5. Serve sweet potato curry in bowls with cauliflower rice, garnishing with basil and cilantro.

Recipe provided by Bare Nutrition Health



Keto Slow Cooker Mexican Shredded Beef

Serves: 8

3 1/2 pounds pastured beef short ribs or beef shank

2 teaspoons ground turmeric

1 teaspoon salt

1/2 teaspoon pepper

2 teaspoons ground cumin

2 teaspoons ground coriander

1/2 cup water

1 cup cilantro stems, coarsely chopped

Optional: 4 cloves of garlic

(crushed), 1 teaspoon chipotle

powder and 2 teaspoons paprika

Instructions:

1. In a small bowl, combine dry ingredients.
2. Add short ribs to slow cooker and lightly coat each piece in the spice mix.
3. Sprinkle cilantro stems and optional garlic over the ribs. Carefully add water without rinsing spices off the meat.
4. Cook on low for 6-7 hours, or until it is falling apart. Check the meat at 6 hours and cook longer if it is not tender enough.
5. If desired, drain cooking liquid into a small saucepan and reduce for 10-15 minutes over medium heat.
6. Return liquid to the crock pot. Using two forks, pull the meat apart and shred the beef.
7. Serve hot with Bulletproof guacamole, silverbeet leaves as a taco, roasted pumpkin, cucumbers, green beans and fresh cilantro.

Recipe provided by Sheridan Austin



Keto Slow Cooker Beef Stew

Serves: 7-8

Ingredients:

3 - 3 1/2 pounds grass-fed beef, diced

1 1/2 cups beef bone broth

3 stalks of celery, chopped

3 carrots, chopped into large rounds

1 tablespoon chopped ginger

3 garlic cloves, minced (optional)

1 leek, white part only with the hard outer layer removed

One 15-ounce can diced tomatoes (BPA-free)

3 handfuls fresh spinach

2 tablespoons apple cider vinegar

2 teaspoons dried rosemary, or 1 sprig (leaves only)

2 teaspoons dried thyme or 2 sprigs (leaves only)

2 teaspoons dried oregano

1 tablespoon grass-fed ghee or coconut oil

Salt and pepper to taste

Instructions:

1. In a frying pan on medium heat, add ghee and lightly brown beef (you may have to work in batches). Add beef to your slow cooker.
2. Add all remaining ingredients except spinach to your slow cooker and stir to combine well.
3. Turn the heat to low, and cook for 5-8 hours.
4. Before cooking time finishes, lightly steam spinach and set aside.
5. Once cooking time is complete, gently stir in spinach.
6. Taste the mix and add more flavoring if desired (such as more dried herbs, fresh lemon juice, or tomato paste).
7. Serve slow cooker beef stew warm with mashed cauliflower, steamed greens, or cooked and cooled white rice.

Recipe provided by Sheridan Austin

Note on ingredients: Tomatoes are in the nightshade family and can cause inflammation in sensitive people. Black pepper is a suspect spice on the Bulletproof Diet, and highly susceptible to performance-robbing mold toxins. To reduce your risk, omit pepper or grind it fresh using high-quality whole peppercorns.

Note on cooking method: Slow cooking is "suspect" on the Bulletproof Diet because it can lead to overcooked food, which produces toxic compounds. To reduce your risk, use the shortest cook times recommended and season with antioxidant-rich herbs like oregano or turmeric to combat some of these effects.



Paleo Hasselback Sweet Potatoes with Poached Eggs

Serves: 1

Ingredients:

1 medium sweet potato
(about 4.5 ounces)

2 tablespoons coconut
oil or ghee, divided

2 pasture raised eggs

1 teaspoon apple cider
vinegar

A pinch of sea salt

3 ounces broccolini or
broccoli

1/2 medium zucchini

1/2 tablespoon extra
virgin olive oil

Instructions:

1. Preheat oven to 350 degrees. Line a baking tray with greaseproof paper.

2. Prepare the sweet potato. Make half-inch slices across the whole potato potato, cutting three-quarters of the way through when you slice.

3. Place the sweet potato on the tray and spread half of the ghee all over the incisions. Bake for 40 minutes, stopping halfway through to baste the potato with any ghee that has pooled at the bottom of the tray.

4. While sweet potato cooks, prepare veggies. In a wide saucepan on medium heat, add remaining ghee and cook broccolini and zucchini until tender. Set aside.

5. Prepare eggs. In a wide saucepan, bring two inches of water to a boil with a splash of apple cider vinegar and pinch of salt. Lower heat to a simmer. Crack eggs into a shallow mug or dish.

6. Make a whirlpool by swirling the water clockwise with a spoon. Drop eggs carefully into the water.

7. Cook eggs for 4-5 minutes depending on how runny you want your yolks. Remove with a slotted spoon and allow excess water to drain. Set aside.

8. Remove the sweet potato from the oven when the inside is soft and outside is golden.

9. Add green vegetables to a plate and top with sweet potato and eggs. Dress the dish with extra virgin olive oil or Brain Octane Oil and enjoy.

Recipe provided by Ryan Carter



Paleo Sweet Hash with Bacon

Serves: 2

Ingredients:

1 tablespoon grass-fed ghee, divided

2 cups sweet potato (about 2 large whole potatoes), peeled and diced into 1/2-inch cubes

3 cups Brussels sprouts, halved with outer leaves removed

6 strips pastured bacon, cut into thick chunks

2-3 sprigs each fresh rosemary and thyme


Fresh parsley leaves to garnish

2 pastured eggs (optional)

Instructions:

1. Heat a wide saucepan on medium heat. Add 3/4 tablespoons of the ghee to the pan.
2. Add diced sweet potato and half of the rosemary and thyme to the pan.
3. Lightly brown the sweet potato all over. Add a splash of water to the pan and cover. Steam for 8 minutes.
4. Remove the lid and add bacon pieces to the pan. Crisp bacon for 3 minutes.
5. Add halved Brussels sprouts and remaining herbs.
6. Cook the mixture until softened, about 5 minutes.
7. Plate hash with remaining ghee to top.
8. Cook eggs as desired, if using. I cooked mine sunny side up with yolks just set.
9. Transfer the eggs to the plate and scatter the parsley. Season to taste with salt and serve.

Recipe provided by Ryan Carter



**BONUS:
5 DESSERT RECIPES
TO SATISFY YOUR
SWEET TOOTH**



Salted Dark Chocolate Tart

Serves: 8

Ingredients:

Tart filling:

1/2 can of full-fat coconut milk

1/2 cup of almond milk, unsweetened

2 Himalayan sea salt chocolate bars

1 Tbsp of tarrowroot or tapioca starch

2 Tbsp of coconut oil

2 Tbsp monk fruit sweetener or Mitosweet

1 tsp vanilla extract

Maldon sea salt flakes or Himalayan pink salt for topping

Crust:

5 Vanilla Shortbread Collagen Protein Bars

Coconut oil spray

Instructions:

1. Unpackage your collagen protein bars and mold them together to form a crust in your pie pan. Spray with coconut oil. Put in the freezer to harden.
2. Break apart the chocolate bars into a mixing bowl and set aside.
3. In a small saucepan, heat the milk and arrowroot or tapioca at medium heat until it barely starts to bubble. Meanwhile, whisk very well until the lumps disappear. Remove from heat and add in the coconut oil, combining well.
4. Pour the milk mixture over the chocolate bars and let sit for a few minutes, letting the chocolate melt. Add in vanilla extract and monk fruit, then stir very well until all is melted and the mixture is smooth, glassy and creamy. Let cool down for about 5-10 minutes in the fridge.
5. Pour the chocolate mixture into your crust then place in the refrigerator for at least 4 hours to let it set. (you can also store in the freezer for an hour).
6. Finally top with the Maldon flakes, cut and serve. Important note: Do not cover in the Maldon flakes until right before you serve or they will dissolve into the tart pretty quickly!

Recipe provided Courtney Swan



Keto Chocolate Shake with Coconut Milk

Serves: 2

2 scoops of grass-fed **collagen** powder

1 - 1.5 tablespoons cocoa powder

1/2 - 1 teaspoon vanilla bean powder

Stevia or natural sweetener of choice, to taste

1/2 - 3/4 cup of filtered water

1/2 cup full-fat coconut milk

1 cup ice

1/2 - 1 teaspoon cinnamon

1 tablespoon **Brain Octane Oil** or MCT oil

Pinch of salt

Instructions:

1. Add all the ingredients into a high powered blender and blitz until everything is well combined.
2. Adjust the sweetness if needed.
3. Pour into 2 glasses and enjoy.

Recipe provided by Jordan Pie



Vanilla Shortbread Berry Crumble

Serves: 4

1 15.8 oz can full-fat coconut milk, refrigerated for 24 hours

2 Bulletproof Vanilla Shortbread Collagen Protein Bars, crushed

2 cups organic raspberries, blueberries, or strawberries, washed and sliced as needed

¼- ½ tsp quality Madagascar vanilla bean powder (to taste)

1-2 tsp stevia or xylitol (to taste)

Instructions:

1. Before opening the can of coconut milk, do not shake the contents. Gently scoop the cream layer with a spoon into a chilled bowl.
2. Add the vanilla bean powder and sweetener to the cream and stir.
3. Scoop a heaping spoonful of cream into a small ramekin or dessert cup.
4. Sprinkle a spoonful of berries, followed by a light layer of crushed Vanilla Collagen Bar.
5. Repeat this layering process once more, then enjoy!



Keto Protein Chocolate Chip Cookies

Serves: 16

2 cups blanched organic almond or hazelnut meal

3 tbsp. grass-fed **ghee** or butter

3 tbsp. **collagen protein**

Stevia or birch tree-sourced xylitol to taste

2 tsp. vanilla

1 pastured egg

1/2 tsp. paleo baking powder

1 tsp. apple cider vinegar

A pinch of salt

1/3 cup high quality, sugar-free chocolate, chopped

Instructions:

1. Preheat the oven to 170°C/340°F. Grease and line two baking trays with parchment paper.
2. Add the almond meal, collagen protein, salt and baking powder into a bowl.
3. Pour the apple cider vinegar directly on top of the baking powder and allow it to react (it will go fizzy).
4. Add the remaining ingredients to the bowl and stir to combine evenly.
5. Taste the dough and adjust the sweetness if needed.
6. Begin rolling the mixture into balls and place them onto the lined baking tray.
7. Press the balls as flat as you like, they won't rise much, so if you like them softer and chewier keep them quite full. However, if you like a crunchier cookie, press them quite flat using your hands to shape them.
8. Place the cookies in the oven and bake for 15 minutes, or until golden brown.
9. Remove from the oven when they're ready and place the cookies on a wire cooling rack.
10. Store in an airtight container when completely cooled.

Recipe provided by Jordan Pie



Low Carb Vanilla Bean Ice Cream

Serves: 5-6

4 whole eggs (pastured of course)

4 yolks (in addition to the whole eggs above)

2 tsp vanilla powder

1 gram vitamin C (ascorbic acid) or 10 drops apple cider vinegar or lime juice to taste.

100 grams (7 tbs) grass-fed butter

100 grams (7tbs) coconut oil (or substitute half Upgraded Cacao Butter for amazing taste)

50 grams (3tbs + 2tsp) **Brain Octane Oil** or XCT oil (important for consistency)

80 grams (5.5tbs) xylitol or erythritol (or more to taste - you can add up to 160 grams if you want)
-100 grams water or ice (just under 1/2 cup; add less than you think you need, then increase the amount).

(optional) 1/4 to 1/2 cup of low-toxin cocoa powder

Instructions:

1. Blend everything but the water/ice in blender. It takes a while to get the butter blended into perfect creaminess.
2. Add water or ice and blend some more until well blended. Ideally, you want a yogurt-like consistency for creamy ice cream, or add more water for a firmer, icier texture
3. Pour the mixture into an ice cream maker and turn it on.

WEEK 2

PROTEIN

- 8 oz. flank or skirt steak
- 4 oz. ribeye
- 16 oz. steak (your choice of cut)
- 1 lb. chicken breast
- 8-10 oz. salmon filets
- 10 eggs
- 1 lb. ground beef
- 8 oz. ground pork, beef, bison or venison
- 6 oz. ground pork
- 2 slices bacon
- 6 slices (3.5 oz.) prosciutto or Italian dried ham

PRODUCE

- 3 zucchinis
- 1 bok choy
- 1 head broccoli
- 3 cups riced broccoli (or 1 large head broccoli, riced)
- 1 inch ginger
- 1 clove garlic
- 3 lemons
- 2 limes
- 1 stalk celery
- 3 leeks
- 4-6 sprigs fresh rosemary
- 1 sprig thyme
- 3 avocado
- 2 carrots
- 1 head purple cabbage
- 1 cup halved Brussels sprouts
- Fresh chives, parsley and/or dill
- 1 bunch kale
- 3 medium sweet potatoes
- 1 bunch fresh basil
- 1 bunch fresh mint
- 1 large or 2 small spaghetti squashes
- 1 scallion
- 14 oz. tomato passata in a glass jar, or chopped peeled tomatoes (canned, BPA-free)
- 1 bunch fresh cilantro
- 4 radishes
- Green onion
- 1 medium acorn or delicata squash
- 8 oz. asparagus
- 1-2 sprigs fresh marjoram

EXTRAS

(WEEK 2)

- 2 (7-oz.) packages shirataki angel hair noodles
- White rice (optional)
- Kimchi or **Quick Pickled Vegetables**
- Liquid coconut stevia (or plain stevia to taste)

GROCERY LIST

WEEK 3

PROTEIN

- 2 (4-oz.) top sirloin or hanger steaks
- 3 ½ oz. steak (sirloin)
- 2-2 ½ lbs. chuck steak
- 10 eggs
- 10 slices bacon
- ¾ lb. ground beef
- 4-6 oz. salmon filets
- 2 lbs. chicken legs
- 6 jumbo shrimp
- 10 oz. canned salmon
- 6 oz. ground pork
- 4 cups chicken stock
- ¼ cup beef bone broth

PRODUCE

- 2 bok choy
- 1 head red cabbage
- 8 medium carrots
- 1 celery stalk
- 2 onions
- Broccoli slaw
- 3 zucchini
- 1 red bell pepper
- 2 sweet potatoes
- 2 leeks
- 4 sprigs rosemary
- 1 medium head cauliflower
- 1 bunch fresh parsley
- 1 bunch fresh cilantro
- 3-5 cloves garlic
- Arugula
- 3 avocado
- 4-5 asparagus stalks
- 1 lb. Brussels sprouts
- 2-3 lemons
- 1-2 limes
- 4 sprigs thyme
- 2 radishes
- 1 cucumber
- Spinach
- ½ cup cauliflower rice
- Fresh chives, parsley and/or dill
- 1 bunch kale
- 2 inches ginger
- 2 sweet potatoes
- 1 acorn or delicata squash
- Green onions
- 4 ½ lbs. butternut squash
- 1 fresh kaffir lime leaf (or zest and juice from 1/2 lime)

EXTRAS

(WEEK 3)

- Dijon mustard
- Whole grain mustard
- Coconut flour

GROCERY LIST

WEEK 4

PROTEIN

- 10 eggs
- 1 whole chicken
- 14 slices bacon
- 6 oz. ground beef
- 1 lb. raw white boneless fish
- 5 ½ cups bone broth
- 3 ½ lbs. pastured beef
- short ribs or beef shank
- 3-3 ½ lbs. stew beef
- 6 oz. ribeye steak

PRODUCE

- 2 large head cauliflower, riced
- 1 medium head cauliflower
- Cubed fresh pumpkin (or two 15-ounce cans of canned pumpkin, BPA-free)
- 1 lime
- 1 inch ginger
- 5 zucchinis
- 1 bunch fresh parsley
- 3 bunches fresh cilantro
- 2 shallots (optional)
- 5-6 cloves garlic (optional)
- 1 butternut squash
- 6 cups kale or bok choy
- 4 leeks
- 6-8 fresh rosemary sprigs
- 2-3 sprigs thyme
- 7 sweet potatoes
- 16 medium carrots
- 10-15 green olives
- 5 kalamata olives
- 2 cups spinach
- 2 avocados
- 2 cucumbers
- Green onion
- 2 radishes
- 2 inches ginger
- 4 celery stalks
- 1 head purple cabbage
- 1 bunch fresh basil
- 1 (15-oz.) can diced tomatoes (BPA-free)
- 3 handfuls fresh spinach
- 3 oz. broccoli or broccolini
- 3 cups Brussels sprouts

EXTRAS

(WEEK 4)

- Artichoke hearts packed in glass or extra-virgin olive oil

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