



30 DAYS TO A BULLETPROOF BODY

RECIPE BOOKLET

Burn fat and feel great with these easy, delicious, and satisfying recipes. Always buy local, organic, grass-fed, pastured, and/or wild-caught foods when possible. Some foods listed here are suspect on the Bulletproof Diet, and should be eaten in moderation. Refer to the **Bulletproof Diet Roadmap** for more info. For even more recipe ideas, check out the **Bulletproof Recipes page**.





WEEK 1

30 DAYS TO A BULLETPROOF BODY





Breakfast: 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.



Lunch & Dinner: 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



Lunch & Dinner: 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.



Lunch & Dinner: 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.



Lunch & Dinner: Sushi Sandwich Wraps

Serves: 1

Ingredients:

1 nori sheet

1/2 ripe avocado, sliced

4-5 ounces sliced
pre-cooked chicken

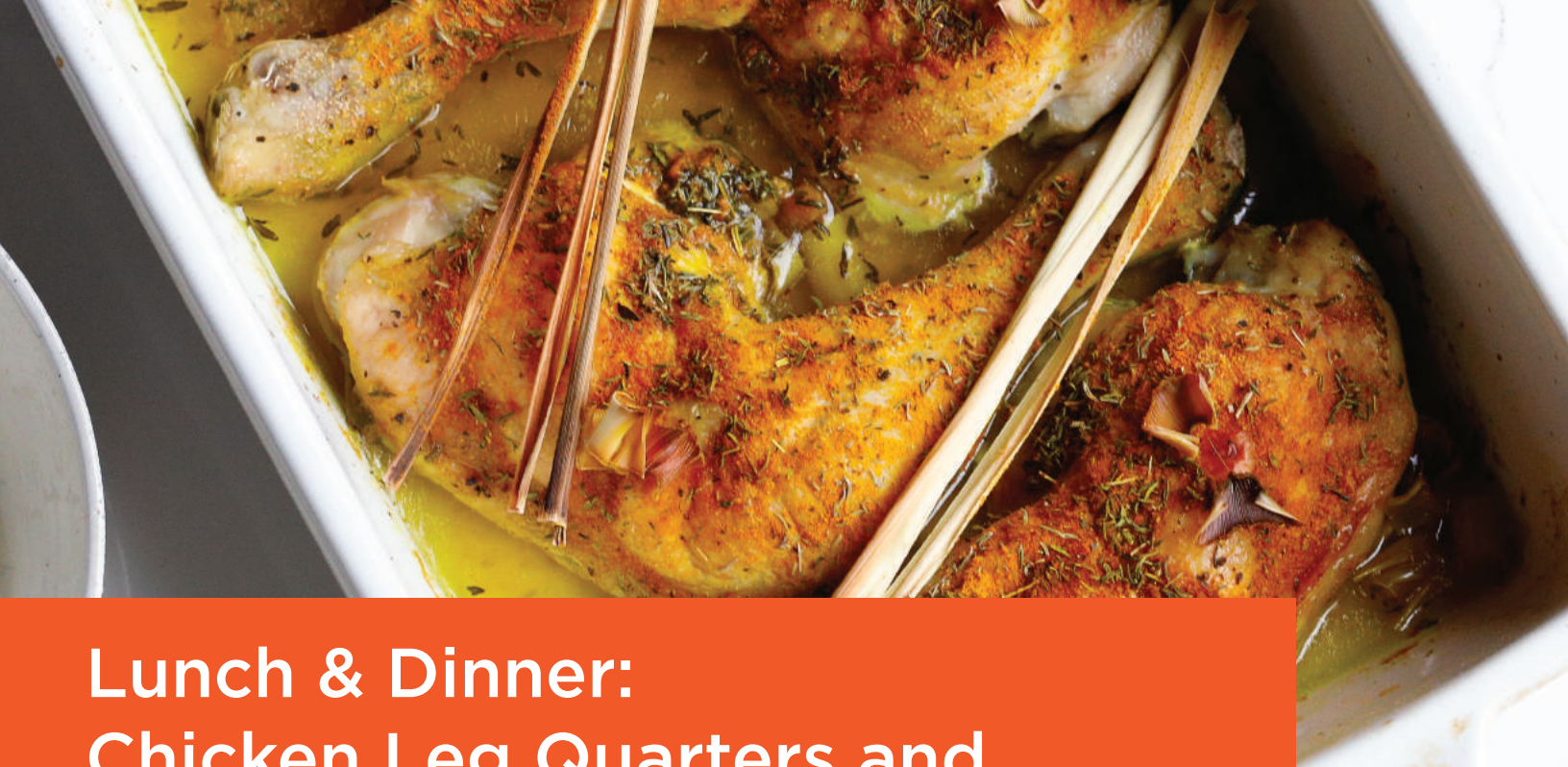
Pinch of salt

Instructions:

1. Place nori sheet onto a cutting board, shiny side facing down.
2. Place the slices of avocado on top of the nori so they're arranged on three quarters of the nori sheet.
3. Place the chicken on top of the avocado in a narrow line. Sprinkle salt over the chicken.
4. Use your hands to carefully roll the nori sheet into a wrap. Slice sushi sandwich wrap in half and enjoy immediately.

Note: Prepping this for lunch? Store the ingredients separately until you're ready to eat.

Recipe provided by Jordan Pie



Lunch & Dinner: Chicken Leg Quarters and Creamy Mashed Sweet Potatoes

Serves: 4

Chicken Leg Quarters Ingredients:

4 chicken leg quarters

2 teaspoons turmeric

2 teaspoons dried thyme

Juice of 1 lemon

2 stalks of lemongrass,
roughly chopped

1 cup chicken bone
broth or filtered water

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

Salt to taste

Chicken Leg Quarters Instructions:

1. Preheat your oven to 350 degrees.
2. On a rimmed sheet pan, add chicken and toss with ghee and lemon juice.
3. Pour the broth or water in the bottom of the pan.
4. In a small bowl, mix turmeric, thyme, and salt and sprinkle evenly over the chicken leg quarters.
5. Top chicken with lemongrass, and place any extra pieces in the pan liquid to infuse it with flavor.
6. Bake for 50-60 minutes. In the last 5 minutes of cooking, increase the temperature to 390 degrees to make the skin crispy (optional).
7. Serve warm with your favorite quick side dishes.

Creamy Mashed Sweet Potatoes Ingredients:

1 large sweet potato,
peeled and cut into
1/2-inch cubes
(2 cups' worth)

2 scoops **Collagen
Protein**

1/4 cup full-fat canned
coconut milk (BPA-free)

1 tablespoon **Grass-Fed
Ghee**

1 teaspoon sea salt

1 teaspoon cracked
black pepper

Creamy Mashed Sweet Potatoes Instructions:

1. In a large pot with a steamer basket and 1 inch of boiling water, steam sweet potatoes for 7 minutes or until cubes are tender and easy to pierce with a knife.
2. Transfer potato cubes to a medium mixing bowl and mash with a potato masher.
3. Add remaining ingredients to the bowl and mix well.
4. Serve warm.

*Chicken leg quarters recipe provided
by Sheridan Austin*

*Mashed sweet potatoes recipe provided
by Rosie Tran*



Lunch & Dinner: 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



Lunch & Dinner: Cinnamon Pecan Sweet Potatoes

Serves: 4

Ingredients:

4 small sweet potatoes

1 tablespoon **Grass-Fed Ghee**, melted

1/4 teaspoon flaky sea salt

1 teaspoon ground cinnamon

2 teaspoons birch xylitol

1 ounce raw pecans, roughly chopped

Instructions:

1. Preheat oven to 350 degrees.
2. Wash sweet potatoes well, and dry. Using a fork, pierce the skin of the sweet potatoes in several locations.
3. Brush the outsides of potatoes lightly with some of the melted ghee, and sprinkle the flaky sea salt equally on each.
4. Place prepped potatoes on a baking sheet lined with parchment paper.
5. Bake in oven for approximately 1 hour or until potatoes are soft to the touch and some of the natural sugars have started to seep out onto the parchment.
6. Meanwhile, add cinnamon, xylitol, and pecans to remaining melted ghee, and toss to coat. Set aside.
7. When potatoes are done, remove from oven. Carefully split the tops open and top with the pecan mixture, dividing equally among the four hot potatoes. Garnish with an extra sprinkle of cinnamon if desired, and serve immediately.

Recipe provided by Veronica Culver



Lunch & Dinner: Zoodle Nests With Baked Eggs

Serves: 1

Ingredients:

2 zucchinis

1/2 tbsp **Grass-Fed Ghee**

2 pasture-raised eggs

1 medium avocado

Garnish: chili flakes, nigella seeds, lemon juice, salt and pepper

Instructions:

1. Add ghee to an oven-safe pan or cast iron skillet and place on stovetop over medium heat.
2. Preheat oven to 350 degrees.
3. Spiralize your zucchinis.
4. Add zoodles to pan with ghee, and sauté for a few minutes.
5. Divide into two nests, by spreading the zoodles out and forming a hole in the center of each.
6. Crack egg and drop it into the middle of your zoodle nest. Then repeat with the other egg.
7. Place pan in the oven for 3 minutes until egg is cooked to about 70% (it will continue cooking another 10% once out).
8. Gently lift each nest out of the pan with a spatula and put on plate.
9. Add garnish and enjoy.



Lunch & Dinner:

Steak With Chimichurri Sauce and Mashed Cauliflower

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



WEEK 2

30 DAYS TO A BULLETPROOF BODY





Breakfast: Bulletproof Coffee

Serves: 1

Ingredients:

2 ½ heaping tablespoons
ground **Coffee Beans**

1 teaspoon – 2 tablespoons
Brain Octane Oil

1-2 tablespoon 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.



Lunch & Dinner: Hearty Green Soup

Serves: 6

Ingredients:

1 medium head of broccoli

1 medium head of
cauliflower

3 zucchini

3 leeks

1 brown onion

Salt to taste

1/4 cup **Collagen Protein**

½ cup **Grass-Fed Ghee**
or butter

1 cup chicken bone broth
or filtered water

Optional: 2-4 garlic cloves

Optional: fresh or dried
herbs (rosemary, basil,
thyme, oregano, etc)

Instructions:

1. Wash all veggies thoroughly and remove all the dirt from in between the leeks' leaves. Remove the fibrous tops of the leeks.

2. Roughly chop all the veggies and add into a large saucepan.

3. Add remaining ingredients to the saucepan and cook on medium heat until the veggies are soft.

4. If you prefer a beautifully thick and creamy puree-soup, keep the pot simmering so some of the broth can evaporate (1 cup or less left). If you prefer a brothy soup, feel free to add additional bone broth if desired.

5. When ready, add all ingredients to a high-powered blender, or blitz the mixture using a stick blender. Puree until completely smooth and lump free.

6. Taste the mixture and adjust the seasoning if needed, then serve.

Recipe provided by Jordan Pie



Lunch & Dinner: 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



Lunch & Dinner: Bacon and Spinach Frittata

Serves: 3

Ingredients:

6 duck eggs or
8 hen eggs

1 tablespoon
Grass-Fed Ghee

4 ounces pasture-raised
bacon, cut in 1/2-inch
pieces

1 1/2 cups green beans,
cooked and cut in half

2 cups of spinach or
collard greens, steamed
and roughly chopped

4 ounces cherry tomatoes,
sliced in half (optional)

1 rosemary sprig,
finely chopped

Instructions:

1. Preheat convection oven to 350 F.
2. In an oven-proof wide saucepan over medium heat, add the ghee, bacon and rosemary. Cook for 3 minutes until the bacon is slightly crisp.
3. To the same pan, add the green vegetables and tomatoes to heat up and soften.
4. Whisk the eggs in a bowl and then add to the pan, making sure they cover and reach all corners of the pan. Leave to cook for 5 minutes to set on the base and sides.
5. Transfer the pan to the oven and allow to cook for another 5 minutes until the top of the frittata has set. Remove and allow to cool.
6. Slice into 3 portions and serve with salad.

Recipe provided by Ryan Carter



Lunch & Dinner: 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, divided

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 tablespoon 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



Lunch & Dinner: Gluten-Free Vegetable Latkes and Keto Green Beans

Serves: 7

Gluten-Free Vegetable Latkes 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

Gluten-Free Vegetable Latkes 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. 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.

Keto Green Beans Ingredients:

3/4 pounds green
beans, trimmed
3 strips bacon, diced
1/4 cup chopped basil
1/4 cup chopped parsley
1 clove garlic, crushed
Salt to taste
1 tablespoon olive oil
or **Grass-Fed Ghee**

Keto Green Beans Instructions:

1. Using a pot and steamer basket, boil water and steam green beans until tender (about 4 minutes).
2. While green beans cook, add bacon to a frying pan and fry until golden brown and slightly crisp.
3. When bacon has finished cooking, stir in garlic and salt and cook until garlic browns slightly. Remove from heat.
4. Drain water from the steamed beans and rinse with cold water if desired.
5. Add all the ingredients into a bowl and mix to combine.
6. Serve with gluten-free vegetable latkes.

*Latkes recipe provided by
Courtney Swan*

*Keto green beans recipe provided by
Jordan Pie*



Lunch & Dinner: Steak Cobb Salad With Cilantro-Lime Vinaigrette

Serves: 1

Ingredients:

3 ounces grass-fed
hanger steak

1 teaspoon avocado oil

1 pasture-raised egg

1 slice pasture raised bacon

1 cup riced cauliflower

1/2 avocado

1 cup arugula

1 cup mixed greens

2 tablespoons olive oil

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

1/2 teaspoon lime juice

1 teaspoon apple
cider vinegar

1/4 teaspoon sea salt

1/4 cup diced cilantro

Instructions:

Bacon Cauliflower Rice

1. Add minced bacon to a pan over medium heat, cook until no longer translucent

2. Add cauliflower rice to the pan and cook for 4 minutes

Grass-Fed Hanger Steak

1. Pat the steak dry and salt both sides generously

2. Add avocado oil to pan over medium heat

3. Add steak to the pan and cook for 4 minutes a side

4. Let the steak rest for 5 minutes and then slice against the grain

Soft-Boiled Egg

1. Bring 6 cups of water to rolling boil

2. Set eggs into the water, cover and cook for 7 minutes

Cilantro-Lime Dressing

1. Add lime juice, apple cider vinegar, sea salt, cilantro, brain octane and olive oil in a food processor and blend until there are no more large chunks of cilantro.

Salad

1. Add mixed greens, arugula and all toppings in a bowl and toss

Recipe provided by Brent Totty



Lunch & Dinner: Cauliflower and Ribeye Steak Fajitas

Serves: 1

Ingredients:

3 ounces grass-fed
6 ounce ribeye steak

1/2 medium head
of cauliflower

1/4 cup avocado oil

1 tablespoon apple
cider vinegar

1 teaspoon of sea salt

1 medium zucchini

1 tablespoon
chopped cilantro

Instructions:

Vegetables

1. Preheat the oven to 350 degrees
2. Slice the head of cauliflower into 1-inch steaks
3. Slice the zucchini into 2-inch long spears
4. Mix avocado oil, apple cider vinegar and salt in a dish, then brush onto vegetables
5. Bake for 45 minutes, or until the cauliflower begins to slightly brown

Steak

1. Salt both sides of the steak liberally and pat dry
2. Heat a cast-iron skillet on low to medium heat
3. Cook steak for 3-4 minutes (or until juice begins to pool on the top of the steak)
4. Flip and cook for another 3 minutes
5. Remove steak from the pan, and let it rest for 5 minutes loosely covered by tin foil
6. Chop cilantro and add it to the remaining oil mixture
7. Slice against the grain and serve atop the roasted vegetables. Drizzle the oil mixture over the top of the entire dish.

Recipe provided by Brent Totty



Lunch & Dinner: 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 **Grass-Fed Ghee**

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

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 Jordan Pie



Lunch & Dinner: Chocolate Coconut Keto Smoothie Bowl

Serves: 1

Ingredients:

3/4 cup full-fat canned
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



Lunch & Dinner: 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
Grass-Fed 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 320 degrees.
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.



WEEK 3

30 DAYS TO A BULLETPROOF BODY





Breakfast: 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.



Breakfast: Breakfast Buddha Bowl

Serves: 2

Ingredients:

2 eggs, poached

2 paleo sausages,
precooked

1 cup cauliflower rice

Grass-Fed Ghee for
cooking

1 avocado, sliced

1/4 cucumber, sliced

2 handfuls leafy greens,
lightly steamed

Garnish with; fresh herbs,
sliced chilli, sliced spring
onions, a wedge of lemon,
salt to taste

Instructions:

1. Heat a frying pan to medium heat.
2. Add 1-2 tbsp. of the ghee and allow it to melt throughout the pan. Add the cauliflower rice and cook until desired.
3. Place the leafy greens onto a plate or large bowl.
4. When the cauliflower rice is ready, place it alongside the leafy greens.
5. Add the sausages to the same frying pan to reheat.
6. Meanwhile, add the avocado, sliced cucumber and poached eggs on top of the cauliflower rice and leafy greens, arranging however you like.
7. When the sausages are done, place them alongside the rest of the ingredients in the bowl.
8. Sprinkle your garnishes on top, then serve and enjoy!

Recipe provided by Jordan Pie



Lunch & Dinner: Spicy Asian Meatballs With Thai Vinaigrette Dipping Sauce

Serves: 6

Asian Meatballs Ingredients:

1 lb ground pork

3 green onions,
chopped small

3 tablespoons micro
cilantro or chopped
fresh cilantro

1 tablespoon finely
grated fresh ginger

1 tablespoon finely
grated fresh lemongrass

2 large cloves fresh garlic,
pressed or finely grated*

1/2 of a fresh Thai or
serrano chile, finely minced
(more or less depending
on heat preference)*

1 1/2 tablespoons
coconut aminos

3/4 teaspoon Himalayan
pink salt

1 tablespoon unflavored
coconut oil, for cooking

Asian Meatballs Instructions:

1. In a large bowl, mix all of the ingredients except the cooking oil together.
2. Roll into small balls — approximately 32 meatballs — and set aside.
3. Heat a large skillet to medium heat and add the cooking oil.
4. Place the meatballs in a single layer, working in batches if needed, and cook for approximately 6-7 minutes, turning as you go to lightly brown on each side.

Dipping Sauce Ingredients:

Juice of 1 small lime

1 tablespoon
coconut aminos

1 tablespoon **Brain
Octane Oil** or
unflavored liquid
coconut oil

1/4 - 1/2 of a fresh
Thai chili, finely minced

1/4 teaspoon finely
grated fresh ginger

Pinch sea salt

Mint leaves, for garnish

Dipping Sauce Instructions:

1. In a small bowl, add all of the ingredients and whisk together.
- To eat:
Serve over a salad of
mixed greens.

Recipe provided by Veronica Culver



Lunch & Dinner: Oven Baked Ribs and Paleo Coleslaw

Serves: 4

Oven Baked Ribs Ingredients:

4 beef ribs, cut in half
(ask your butcher
to do this for you)

1-2 tablespoons
Grass-Fed Ghee, melted

2 teaspoons salt

1 teaspoon ground
turmeric

2-3 teaspoons garlic
powder

2 teaspoons onion
powder

1 teaspoon paprika

1/2 teaspoon chipotle
powder

1/2 – 1 teaspoon fresh
ground black pepper
(optional)

Oven Baked Ribs Instructions:

1. Preheat oven to 180 degrees.

2. Mix all the spices and salt
together in a small bowl.

3. Place the ribs onto a baking
and pour melted ghee over
the top of them.

4. Sprinkle spice mix over
the top of the ribs and use
your hands to rub the spices
and ghee all over until the
ribs are coated evenly.

5. Place the ribs in the oven
and bake for 7-8 hours, or
until the meat is juicy, tender
and almost falling off the
bone. (Make sure internal
temperature of ribs has
reached 160 degrees.)

6. Serve warm.

Coleslaw Ingredients:

1 cup diced pineapple

1/2 medium cucumber,
peeled, deseeded,
and diced

1/2 napa cabbage,
shredded or thinly
sliced

1 cup fresh cilantro,
minced 1/2 avocado,
diced

Dressing Ingredients:

3 tablespoons apple
cider vinegar

1/2 tablespoon
ground turmeric

1 teaspoon sea salt

1/2 teaspoon ground
coriander

1/2 tablespoon lemon
juice

2 tablespoons olive oil
or **Brain Octane Oil**

Coleslaw Instructions:

1. In a large bowl, whisk all
dressing ingredients together.

2. In the same bowl, add
coleslaw ingredients. Mix to
incorporate, and refrigerate
for at least 15 minutes before
serving.

*Oven baked ribs recipe provided by
Jordan Pie*

*Paleo coleslaw recipe provided by
Brent Totty*



Lunch & Dinner: 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 slice against the grain.
6. Assemble Thai salad: Arrange vegetables and top with steak. Add garnishes, if desired.

Recipe provided by Ryan Carter



Lunch & Dinner: Keto Hamburger Salad and Sweet Potato Fries

Serves: 2

Keto Hamburger Salad Ingredients:

3/4 pound 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 bacon

Optional: **Avocado oil
mayo** or aioli of choice

Keto Hamburger Salad 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. In the same or a different pan, add bacon slices and cook until slightly crisp.
6. Divide arugula between two plates, then top with two patties each, caramelized onions, avocado slices, and aioli.
7. Serve hamburger salad warm.

Sweet Potato Fries Ingredients:

2 sweet potatoes,
sliced into fries

1/2 tsp salt

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

Grass-Fed Ghee
or avocado oil for
coating the fries

Sweet Potato Fries Instructions:

1. Preheat the oven to 400F.
2. Line a baking tray and place the sweet potato fries on top. Sprinkle them with your chosen spices (these are optional) and salt. Drizzle some melted fat on top and toss them around to ensure they're evenly coated.
3. Place fries in the oven to bake for 30-40 minutes or until golden brown and crispy. Make sure you keep an eye on them and turn them over around the halfway mark to allow for even baking.
4. When the fries are ready, allow them to cool slightly.

*Hamburger salad recipe provided
by Sheridan Austin*

*Sweet potato fries recipe provided
by Jordan Pie*



Lunch & Dinner: Shaved Brussels Sprouts Salad With Lemon Thyme Vinaigrette

Serves: 4

Ingredients:

1 lb of fresh Brussels sprouts, shaved

1/4 cup good quality olive oil

1 tablespoon apple cider vinegar

1/4 teaspoon dijon mustard

1/4 teaspoon whole grain mustard

1/2 lemon, juiced

4 sprigs fresh thyme, leaves only

Sea salt to taste

Instructions:

1. Fill a large saucepan with water and bring to a gentle boil.
2. Place shaved brussels sprouts in water and allow to simmer for approximately 7-10 minutes or until crisp tender.
3. While your Brussels sprouts are cooking, prepare your vinaigrette by placing the remaining ingredients except sea salt in a small bowl and whisking together. Set aside.
4. When Brussels sprouts are ready, drain them and immediately place them in an ice bath to stop the cooking process and preserve their bold green color. Allow to cool for 1-2 minutes in the ice bath and then drain them again.
5. Place drained Brussels sprouts in a bowl and pour vinaigrette over. Toss to coat and add sea salt to taste.

Note: For extra protein, toss this salad with diced bacon.

Recipe provided by Veronica Culver



Lunch & Dinner: Roasted Butternut Squash Soup

Serves: 4

Ingredients:

4 1/2 pounds whole
butternut squash

3 tablespoons **Grass-Fed
Ghee**, melted and divided

4 cups 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



Lunch & Dinner: 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
Grass-Fed 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 320 degrees.
2. Place the salmon fillets 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.



WEEK 4

30 DAYS TO A BULLETPROOF BODY





Breakfast: 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.



Breakfast: 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 Protein**

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:

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 noatmeal.
6. Stir once more before serving in bowls.
7. Top with the cacao nibs, coconut, and seasonal berries.

Recipe provided by Ryan Carter



Lunch & Dinner: Creamy Keto Chicken Soup

Serves: 6

Ingredients:

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

1 whole chicken

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



Lunch & Dinner: 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

Cauliflower 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 **Grass-Fed 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



Lunch & Dinner: Keto Slow Cooker Mexican Shredded Beef

Serves: 8

Ingredients:

3 1/2 pounds 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



Lunch & Dinner: Chicken Keto Ramen

Serves: 2-4

Ingredients:

4 cups chicken
bone broth

One 2-inch knob of ginger,
peeled and sliced thinly

3 tablespoons coconut
aminos

2 cups thinly shredded
cabbage

2 whole eggs

1/4 cup grape tomatoes,
quartered (optional)

1/2 cup cilantro leaves

2 tablespoons grass-fed
butter or **Grass-Fed Ghee**

Salt to taste

Cooked meat, such
as chicken (optional)

Instructions:

1. Bring the chicken broth up to a steamy heat and add your ginger. Let steep for 15 minutes, then strain out. Add cabbage to the broth and cook until soft, about 5-8 minutes.

2. While cabbage cooks, heat up a small pot of water over high heat until it reaches a rapid boil. Reduce to a light boil, then carefully add your eggs. Boil eggs for 6 minutes and 30 seconds, then plunge into an ice bath to cool down to room temperature.

3. Stir coconut aminos into your chicken stock. Taste and add more seasonings if desired.

4. Peel your soft boiled eggs and slice in half.

5. Serve keto ramen very hot and top with butter, cilantro, egg halves, meat (if using), and tomatoes.

Recipe provided by Joshua Weissman



Lunch & Dinner: 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, 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



Lunch & Dinner: Oven Baked Trout With Mustard Glaze

Serves: 12

Ingredients:

6 tablespoons apple
cider vinegar

2 tablespoons dijon
or yellow mustard

3 tablespoons avocado
oil or melted **Grass-Fed
Ghee**

2 trout fillets (about
6 ounces each)

1 tablespoon raw honey

Instructions:

1. Preheat oven to 420 degrees.
2. In a small mixing bowl, combine vinegar, mustard, and oil or ghee. Whisk together until completely combined with no clumps.
3. Place trout fillets in a bag or shallow dish and pour about 2/3 of the marinade over the fish, reserving about 1/3 of the mixture for later.
4. Marinate for about 15 minutes.
5. Place fish filets on a baking dish and bake for 12 minutes.
6. To serve, add the honey to the remaining marinade mixture and pour over the cooked fish.

Recipe provided by Bare Nutrition



Lunch & Dinner: 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 **Grass-Fed Ghee**

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

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 Jordan Pie



Lunch & Dinner: 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



Lunch & Dinner: 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
Grass-Fed 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 320 degrees.
2. Place the salmon fillets 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.