

21-Day Ketogenic Challenge



Recipe Manual

TOP LEVEL FITNESS

Salad

Caesar Salad

Makes 2 Servings

3 cups chopped romaine lettuce
Keto Caesar Dressing (recipe below!)

Mix and serve, add chicken thighs for protein.

Tomato & Cucumber Salad

Makes 2 Servings

1 cucumber, chopped
1/3 cup red wine vinegar
½ teaspoon Himalayan rock salt
1 tablespoon chopped fresh basil
2 medium tomatoes, chopped
10 Kalamata olives
1 tablespoon olive oil

Toss all ingredients and serve.

Prosciutto Salad with Butternut Squash & Flaxseed Dressing

Makes 2 Servings

2 cups cubed, baked butternut squash
2 cups raw arugula
2 cups raw shredded kale
¼ cup fresh grated Parmesan cheese
½ cup raw pecans
4 ounces prosciutto
1 serving **Flaxseed Dressing**

Cube a butternut squash and bake at 350 for 20-30 minutes, until tender. Let cool and toss with remaining ingredients and dressing.

Kale & Avocado Salad

Makes 2 Servings

10 ounces raw shredded kale (*Tip for eating raw kale in a salad... "massage" it. Once it's chopped, take a handful and rub it between your hands vigorously. This will brighten the color and make taste a little more tender and less bitter*)

- 2 large hard-boiled eggs
- 2 tablespoons hulled hemp seeds
- 1 tablespoon extra virgin olive oil
- 2 tablespoons balsamic vinegar
- ½ teaspoon Himalayan Pink salt
- ⅛ teaspoon black pepper
- 1 medium avocado
- ½ cup nutritional yeast flakes

Add kale, eggs, avocado and hemp seeds to a bowl and set aside. Whisk together the yeast, olive oil, vinegar and spices to a separate bowl. The mixture will be pretty thick, so either spread with a knife or drop onto lettuce to serve.

Side Salad with Lemon Vinaigrette

Makes 1 Serving

- 1 cup mixed greens
- ½ lemon for juice
- 1 teaspoon white wine vinegar
- Dash black pepper
- ½ green bell pepper, chopped or sliced
- 1/3 cup sliced cucumber
- ½ cup cherry tomatoes
- 1 teaspoon olive oil
- Himalayan rock salt to taste

Combine salt, pepper, lemon juice and olive oil and whisk. Toss ingredients together and serve.

Zucchini Salad with Bacon & Blue Cheese

Makes 1 Serving

- 2 zucchini
- ½ cup spinach
- 1 cup shredded kale (see note on raw kale in the Kale Hemp Salad)
- 1 ounce blue cheese
- 2 hard boiled eggs, chopped
- 4 slices uncured, nitrate-free bacon, cooked
- 1 dash pepper
- 1 dash Himalayan sea salt

Spiralize, shred, or slice zucchini and toss with remaining ingredients (except bacon). Crumble bacon on top.

Spring Salad with Bacon & Eggs

Makes 1 Serving

1 teaspoon coconut oil
2 large eggs, beaten
½ cup raw shredded kale
2 pan fried slices of uncured, nitrate-free bacon
1/3 avocado
½ cup spring mix / mixed greens
1 teaspoon olive oil
2 tablespoons pumpkin seeds

Add coconut oil to sauté pan and heat over medium heat. Add egg and scramble. When almost done, add kale and heat through until color changes, and remove from heat. Cook bacon over medium heat. Place sliced avocado on lettuce mix topped with pumpkin seeds and olive oil. Add eggs and bacon to plate. Salt and pepper to taste.

Colorful Salmon Salad

Makes 2 Serving

2 filet (around 4 ounces each) salmon, cooked (grilled or broiled)
1-2 tablespoons olive oil
2 teaspoons lemon zest
1 yellow bell pepper, chopped
2 tablespoon sliced almonds
16 asparagus spears, boiled and drained
3 cup chopped red kale

In small bowl, combine olive oil, salt, and lemon zest. Toss with remaining ingredients and place on a plate. Top salad with salmon.

Soup

Portuguese Kale Soup

Makes 2 Servings

- 1 tablespoon olive oil
- 1 large garlic clove, peeled and minced
- ½ large onion, chopped
- 2 cups chicken bone broth
- 2 cups water
- 1 small head organic cauliflower, chopped into large florets
- 4 ounces chorizo sausage, sliced thin
- 4 ounces ground pork (wrap and freeze remaining pork from the package...you will use more in other recipes throughout the challenge)
- 3 cups thinly sliced kale, minus stems

Sauté onion and garlic in olive oil in a large heavy saucepan 2-3 minutes over medium heat until they turn colorful and glassy. Do not burn. Add the cauliflower and sauté, stirring constantly, 2-3 minutes or until they also change color. Add broth and water, cover and boil gently over moderate heat for 10 minutes until cauliflower is soft.

Meanwhile, fry the sausage and pork in a skillet over low heat, 10-12 minutes until most of the fat has cooked out.

When the cauliflower is soft, mash it slightly in the pan in the soup mixture. Add the sausage, pork, salt and pepper and return to moderate heat, cooking for another 5 minutes. Add the kale and simmer uncovered 5 minutes until tender and bright green.

Poultry

Chicken Divan

Makes 2 Servings

4 skin-on chicken thighs, pre-roasted & heated
2 tablespoons butter or ghee
2 cups broccoli
¼ cup cashews
2 garlic cloves
1 cup onions, chopped
1 teaspoon Himalayan rock salt
½ teaspoon curry powder
Dash ground cumin
Dash black pepper
1 tablespoon whole ground flaxseed
1 tablespoon **MCT Mayonnaise**
½ cup chicken bone broth

Boil cashews in 2 cups of water. As soon as the water reaches a rolling boil, turn off the heat, cover and let rest for 30 minutes to an hour. Drain the water and set the cashews aside.

Heat a large skillet or sauté pan to medium high and add butter or ghee. Once hot add the broccoli florets to the pan. Cover and steam for about 5 minutes.

Once broccoli is steamed to your desired doneness remove the broccoli from the pan and set aside with the cooked chicken. Add the cashews, chopped onion, garlic cloves, coriander, curry, salt and black pepper to the food processor or blender. Pulse several times to break down the cashews.

Add the chicken stock and the mayo and let the processor run until the sauce is as creamy as you can get it. Once the broccoli has steamed and the sauce is complete, mix together and serve over chicken. Sprinkle dish with flax seed and any salt/pepper to taste.

Baked Chicken Wings

Makes 4 Servings

1 ½ pounds bone-in, skin-on chicken wings and drums
4 drops alcohol-free stevia
2 ½ teaspoons black pepper
1 ½ teaspoon Himalayan sea salt
1 teaspoon dried thyme
1 teaspoon paprika
½ teaspoon oregano
½ teaspoon red pepper flakes

Preheat oven to 350.

Mix all spices with stevia and sprinkle mixture over chicken. Place on wire rack over cookie sheet and bake 20 minutes, or until cooked through.

Roasted Chicken (Thighs or Legs)

Makes 6 Servings

3 pounds skin-on chicken pieces, thighs preferred
2 tablespoons olive oil
1.5 teaspoons Himalayan rock salt
¾ teaspoon black pepper
Any other spices you enjoy (be creative...oregano and basil for Italian-style; dill, parsley and garlic for ranch)

This recipe is recommended to make each week, so that it's easier to make the other chicken recipes, including salads. Make all your chicken at the beginning of the week to reduce your cooking time and increase your odds of sticking to your diet!

Heat oven to 375. Spread the olive oil in the bottom of a roasting pan, foiled cookie sheet, or casserole dish. Mix spices together, and sprinkle chicken with spices, salt and pepper. Place chicken skin-side down in pan, and bake 40 minutes. Flip chicken over and keep cooking until chicken reaches an internal temperature (measured away from the bone) of 160 degrees. Depending on the size of your individual pieces of chicken, cook time may vary.

Egg, Veggies, & Avocado

Makes 1 Serving

1 slice uncured, nitrate-free bacon
2 eggs
½ cup chopped broccoli
4 asparagus spears
¼ avocado, cut into thin strips

Himalayan salt and pepper to taste

Preheat oven to 350. Place bacon in frying pan and cook over medium heat for 3-4 minutes, until crisp. Set bacon aside and place avocado strips into grease and cook 2-3 minutes per side, until crisp. Set avocado aside. In the same pan, add asparagus and broccoli, cover and cook about 2-3 minutes. Stir eggs in with the veggies and scramble until cooked to your liking. Salt and pepper to taste. Enjoy!

Fat-Burning Buffalo Chicken

Makes 2 Servings

½ cup full fat coconut milk
4 raw chicken thighs
1 tablespoon olive oil
½ teaspoon pink salt
1 pinch garlic powder
1 tablespoon tomato paste
1 teaspoon chili powder
½ teaspoon paprika
½ teaspoon cumin
1 teaspoon cayenne

Mix all spices together with olive oil and tomato paste. Rub paste all over chicken, then soak in coconut milk for 20 minutes (in refrigerator).

Preheat oven to 375 degrees.

Remove chicken from refrigerator and place on broiler rack in oven. Spoon any remaining marinade over chicken. Bake for 15 minutes or until cooked through. Serve with celery sticks if desired.

Chicken Curry

Makes 2 Servings

2 servings chicken thighs, with skin (pre-roasted at beginning of week)
1 tablespoon coconut oil
¼ cup full-fat coconut milk
½ teaspoon curry powder
Cayenne pepper to taste
1 teaspoon Himalayan rock salt

Warm pre-cooked chicken in oven or microwave, or bake fresh according to recipe above. Chop into ½ inch pieces and set aside.

Melt coconut oil in skillet over medium-high heat. Add coconut milk and spices, and bring just to a boil, stirring constantly. Once boiling, remove from heat and let rest for 1 minute. Place in a bowl and add chicken. Toss. Serve with Coconut Cauliflower Rice, or in a lettuce wrap.

New Orleans Chicken Pasta

Makes 2 Servings

4 skin-on roasted chicken thighs
2 Andouille chicken sausage links
1 cup coconut cream
2 cups spaghetti squash (about half of 1 large)
½ teaspoon cayenne
½ teaspoon paprika
½ teaspoon pink salt
½ teaspoon pepper
¼ teaspoon oregano
¼ teaspoon thyme
2 tablespoons grass fed butter + tablespoon melted for brushing
Himalayan rock salt to taste

Preheat oven to 350. Line cookie sheet with foil and brush on 1 tablespoon butter. Cut squash in half, remove seeds, and lay face down on coated foil. Bake 20-30 minutes or until it's easy to pierce the flesh with a fork. Scoop out the squash noodles with a fork and set aside.

While squash is baking, prepare chicken by sprinkling with salt, pepper, and Cajun seasoning (or, use pre-cooked chicken if you cooked all of your chicken at the beginning of the week)

Bake chicken at 350 for 10-15 minutes, or until internal temperature reaches 160. While chicken is cooking, heat cream, butter, garlic salt, and spices over medium heat. Stir constantly.

When it begins to bubble, add spaghetti squash and reduce to a simmer over medium-low heat. Sauce should reduce slightly while cooking, and thicken after removed from heat. There should still be some liquid remaining. Serve chicken over squash noodles, and spoon over remaining liquid, adding more Cajun seasoning and a dash of Himalayan Sea Salt if desired.

Beef & Red Meat

Bison Burgers

Makes 2 Servings

- ½ pound ground grass fed bison
- ½ teaspoon Himalayan rock salt
- ½ teaspoon black pepper
- 1 teaspoon Worcestershire sauce
- ¼ cup onion, finely minced
- 1 avocado, sliced

Mix bison, Worcestershire, onion, salt and pepper with your hands and form into two patties. Grill over medium heat, turning once (about 5 minutes total) and top with avocado.

Mom's Meatloaf

Makes 6 Servings – Freezes easily

- 1 tablespoon Worcestershire Sauce
- 2 teaspoons dry mustard powder
- 2 teaspoons ground ginger
- ½ large onion, finely minced
- 2 teaspoons Himalayan rock salt
- 1 teaspoon black pepper
- 1 large carrot, shredded
- ¼ cup shredded unsweetened coconut
- 2 pounds grass fed ground beef
- 1 pound ground pork
- 2 tablespoons grass fed butter, melted
- 1 tablespoon coconut milk
- 2 cups baby portabella mushrooms, chopped
- 1 large egg
- 2-3 tablespoons grass fed butter

Preheat oven to 350. Prepare baking sheet with foil and brush with butter. Mix all remaining ingredients together with a fork (not your hands). Form into 3 ovals and bake for 60 minutes or until internal temperature reads 160 degrees.

Grass-Fed Bison & Veggie Pasta

Makes 2 Servings

2 tablespoons butter / bacon grease / coconut oil
½ pound ground grass-fed bison
½ red pepper, diced
1 small yellow squash
1 cup tomato sauce
2 cups spinach
4 tablespoons nutritional yeast
1 cup zucchini noodles or sliced zucchini
Himalayan rock salt and ground pepper, to taste

Over medium heat, add butter or oil to a sauté pan and brown meat (about 5-6 minutes). Add red pepper and squash and sauté for 3-4 minutes. Add tomato sauce and spinach. Reduce heat to low and simmer for about 15 minutes. Stir in nutritional yeast, and season with salt and pepper. Serve on top of zucchini noodles.

Pork Dishes

Spaghetti Squash Carbonara Over Pork Chop

Makes 2 Servings

2 x 4 ounce pork chops
1 cup raw arugula
1 cup boiled asparagus
2 cups spaghetti squash, cooked (save leftover for future recipe)
2 tablespoons olive oil
4 slices prosciutto
2 ounces Parmesan (from block, not processed)
2 tablespoons grass-fed butter
1 large egg

Preheat oven to 350. Cut squash in half and remove seeds. Brush each half with olive oil, and place cut-side down on foiled baking sheet. Bake 20-30 minutes or until a fork easily pierces the outer flesh. Allow to cool slightly, then use fork to shred out the squash. Place on a plate, cover with foil and set aside.

White squash is cooking, heat remaining olive oil in skillet. Finely chop prosciutto and add to pan. Cook over medium heat until prosciutto crisps slightly. Remove prosciutto, cover and set aside.

Salt and pepper pork chop and cook 4-6 minutes per side in the prosciutto fat. Remove when cooked and set aside (covered with foil).

Slice asparagus and add to skillet. Cook until bright green and done, about 4 minutes. Add arugula and cook until just wilted, about 1 minute. Add butter to pan and melt. Add spaghetti squash and make sure it gets hot. Once spaghetti squash is hot, remove from heat and immediately add egg*. Toss mixture so that egg heats up but does not scramble. If you need to put the skillet back on the heat, go ahead, but keep it low, just enough to warm the egg and slightly cook it. Place spaghetti mixture on top of pork chop. Sprinkle each serving with equal amounts of pancetta.

*If you prefer your Carbonara without egg, you can simply fry an egg to desired doneness and serve with the meal.

Sunday Scramble

Makes 2 Servings

8 ounces gluten free chicken sausage, removed from casing
3 large eggs, whisked
½ tomato, diced
1 small yellow squash, chopped
½ red pepper, diced
¼ teaspoon oregano
¼ teaspoon thyme
¼ teaspoon rosemary
½ avocado

Add sausage to frying pan and cook completely over medium heat. Once cooked, remove to a plate, leaving fat in pan.

Slightly reduce heat, and saute squash, pepper, and tomato for a few minutes. Reduce heat to medium low and slowly pour in whisked eggs. Season with oregano, rosemary, thyme, and salt and pepper. Allow them to settle a little before stirring. Stir, and then cook until your liking. Slice avocado on top, and enjoy!

Sausage Stuffed Peppers

Makes 2 Servings

4 medium bell peppers (color of your choice, top removed and inside hollowed out)
½ cup ricotta cheese
2 cups raw kale, shredded
2 Italian sausage links
1 tablespoon coconut oil
½ teaspoon oregano
½ teaspoon thyme
1 teaspoon Himalayan rock salt

Preheat oven to 350

In large pan, melt coconut oil and cook pork over medium heat. Once cooked through, mix in spices, ricotta, and kale. Immediately remove from heat and fill four peppers evenly with the meat mixture. Place in oven and bake for 5-10 minutes, until peppers are tender but still hold their shape. If you have trouble getting the peppers to stand up, cut a little of the bottom off of them.

Fish & Shellfish

Yes, You Can Eat Shrimp Scampi!

Makes 2 Servings

¾ pound shrimp, peeled and deveined
1 ½ tablespoons olive oil
½ teaspoon Himalayan rock salt
2 large garlic cloves, minced
Dash crushed red pepper flakes
¼ cup white table wine
1 tablespoon fresh chopped parsley
½ tablespoon lemon juice
2 tablespoons grass-fed butter
Black pepper to taste

Heat oil in large skillet over medium heat. Cook shrimp 2-3 minutes (they should not be done), then add garlic. Cook until garlic is fragrant but not burning. Pour in wine and lemon juice and simmer for 5 minutes. Add red pepper flakes, parsley, salt, and butter and stir until combined. Continue to simmer over medium-low heat until sauce thickens, about 5 more minutes. Let stand 2 minutes before serving.

Neighborhood Thai Shrimp Salad

Makes 2 Servings

¾ pound shrimp
½ cup cilantro
½ tablespoon lime juice
½ cup full-fat coconut milk
2 medium red bell peppers
1 cucumber
¼ cup almonds
2 cups spinach
½ teaspoon (or to taste) red pepper flakes
2 tablespoons coconut oil

Heat coconut oil in skillet over medium-high heat. Peel and devein shrimp, and add to skillet. Cook until pink and curled. Remove from heat and set aside. Pour remaining oil from pan into small bowl. Add lime juice, chopped cilantro, red pepper flakes, coconut milk, and reserve for later. Arrange spinach, bell peppers and chopped cucumber on plate. Top with shrimp and pour coconut milk mixture over as dressing. Garnish with almonds.

Island Salmon

Makes 2 Servings

2 filets (around 6 ounces each) salmon
1 red bell pepper, sliced thinly
1 orange bell pepper
Himalayan rock salt & fresh ground pepper
1 tablespoon bacon grease / coconut oil
10 ounces jicama, sliced like matchsticks

Preheat oven to 375 and place salmon on baking sheet. Sprinkle with salt and pepper. Bake 8-10 minutes or until salmon is flaky and done at least medium. Salmon is best when there's still a little translucence in the middle. But cook to a temperature/texture you're comfortable with.

Preheat a separate sauté pan over medium heat. Add bacon grease or coconut oil, jicama, bell pepper, and season with salt and pepper. Sauté about 5-8 minutes, until all ingredients are browned. Remove from heat, and serve on a platter!

Sides & Snacks

Ricotta Parfaits

Makes 1 Serving

1 cup part skim ricotta
1 cup strawberries
¼ cup slivered almonds

Measure out cup of ricotta. Using a clear highball glass or mason jar, take a couple spoons of ricotta and place in the bottom. Sprinkle almonds on top, then strawberries. Repeat until you're out of ingredients. For extra flavor, you can mix in a drop of vanilla extract in the ricotta. This is optional.

Simple Spaghetti Squash

Makes 1 Serving

1 cup spaghetti squash, cooked
1 tablespoon olive oil
Himalayan rock salt and pepper to taste

Heat skillet over medium, add oil. When oil is hot, add squash and cook until heated through. Salt and pepper to taste.

Coconut Cauliflower Rice

Makes 1 Serving

1 tablespoon unsweetened shredded coconut
1 tablespoon coconut oil
1 ½ cup raw cauliflower
1 tablespoon hemp seed

Shred raw cauliflower in food processor or using box grater. Add coconut oil to skillet over medium heat. Cook cauliflower for about 1-2 minutes, until tender. Mix in coconut and hemp. Serve hot.

Plain Zucchini Noodles

Makes 1 Serving

½ large zucchini
1 teaspoon olive oil

Send zucchini through spiralizer (or slice if you don't have one). Lay zucchini out on paper towels sprinkled with a small amount of salt. Cover with additional paper towel. Let sit 5 minutes to "sweat".

Heat oil over medium, and add zucchini, tossing until done. If zucchini has not sweat enough, you may need to drain some moisture from the pan during cooking.

Sauteed Broccoli

Makes 1 Serving

2 cups raw broccoli florets
1 tablespoon olive oil
1 clove garlic, minced

Heat skillet over medium heat. Add olive oil, and when ready, add garlic, stirring rapidly so garlic doesn't burn. Add broccoli and sauté until it reaches desired softness.

Roasted Veggies

Makes 2 Servings

2 medium carrots, coarsely chopped
1 large onion, coarsely chopped
½ rutabaga, peeled and chopped into ½ inch pieces
1 large zucchini, coarsely chopped
1 tablespoon olive oil
½ teaspoon Himalayan rock salt
¼ teaspoon black pepper

Preheat oven to 375. In large bowl, toss veggies with olive oil, salt and pepper. Spread on foiled baking sheet, in single layer. Bake for 20-30 minutes or until carrots and rutabaga are tender.

Sautéed Bell Peppers

Makes 1 Serving

1 bell pepper (any color)
½ garlic clove
2 teaspoons olive oil

Slice bell pepper and chop garlic. Heat oil over medium-high heat and add pepper and garlic. Sauté until done, about 3 minutes.

Bone Broth

Classic Chicken Bone Broth

Makes 16 (1 cup) Servings

1 whole pasture-raised chicken OR 3-4 pounds bony chicken parts (ex. necks, backs, breast bones, wings)
2 chicken feet
1 chicken head if you're feeling adventurous - feel free to omit
2 tablespoons vinegar
4 quarts filtered water
2 large onions, ends cut off and coarsely chopped
2 carrots, coarsely chopped
2 celery sticks, coarsely chopped
2 cups fresh parsley
2 teaspoons fresh thyme
1 bay leaf
1 tablespoon whole black peppercorns

If you're using a whole chicken, remove the neck, fat glands, and innards from the cavity. Use the neck in this recipe, discard the innards or use for another purpose.

Place the chicken with its neck, or the chicken parts in a large stockpot. Add the feet and head (if using), then add the vinegar and enough water to cover the bones. Let stand 30-60 minutes. Place over medium heat, uncovered, and bring to a bare simmer. Carefully spoon any scum that rises to the top. Add onions, celery, carrots, herbs, and peppercorns and return to a simmer. Then lower the heat to low. Cook at a bare simmer with the lid off or slightly askew for 4-6 hours, occasionally skimming scum from the top as needed, checking to ensure that the bones remain covered with water and adding more water as needed.

Remove the whole chicken and bones with tongs and a slotted spoon. If you are using a whole chicken, let cool and remove meat from the carcass. Reserve the meat for other dishes (it's perfect for the chicken salad recipes, but make sure to add fat since you won't have skin).

Strain the stock through a fine mesh strainer or cheesecloth to remove solids. Strain into heatproof bowl, and it's ready to use. If not using right away, cool to room temperature, then refrigerate uncovered for several hours, until the fat rises to the top and congeals. If desired, skim off this fat for use in cooking other dishes, and transfer the stock to containers. Cover and store in the refrigerator for up to 5 days, or in the freezer for several months*.

*You'll be consuming this broth daily. We've varied the type by week, so it's best to take what you'll need for a week and keep it in the refrigerator, then freeze the rest for the next time you need it. We'll also use this in several recipes, instead of using store-bought broth.

Classic Beef Bone Broth

Makes 16 (1 cup) Servings

2 pounds beef bone marrow
½ cup apple cider vinegar
Water
3 pounds meaty beef bones
3 large onions
3 medium carrots
3 celery stalks
2 cups fresh parsley
2 teaspoons fresh thyme
1 bay leaf
1 tablespoon whole black peppercorns
2 pounds beef knuckle
1 pig foot, bone in

Preheat oven to 350. Place beef marrow and knucklebones and optional foot in a stockpot. Add the vinegar and enough cold filtered water to cover the bones. Let stand for 30-60 minutes.

Meanwhile, place the meaty bones in a roasting pan. For a particularly aromatic stock, brush the bones with tomato paste. Place in the oven and roast, turning once or twice, for about 30 minutes, until well browned. Add bones to the pot. Pour the fat out of the roasting pan (and reserve for another use), add a little cold filtered water to the pan, and set the pan over high heat. Bring to a boil, stirring to loosen up any browned bits, and add this liquid to the stock pot. Add additional water to cover the bones if necessary.

Place over medium heat, uncovered. Bring to a simmer and carefully spoon any scum that rises to the top. Add the onions, carrots, celery, herbs and peppercorns and return to a simmer. Reduce the heat to low, and cook at a bare simmer with the lid off or slightly askew for at least 12 and no longer than 24 hours. You should occasionally skim the scum from the top, and add any water necessary to keep the bones covered during the length of cooking.

Remove the bones and meat with tongs and a slotted spoon. Strain the stock through a fine-mesh strainer or cheesecloth into a large heatproof bowl or container. If not using right away, cool to room temperature, then refrigerate uncovered for several hours, until the fat rises to the top and congeals. If desired, skim off this fat for use in cooking other dishes, and transfer the stock to containers. Cover and store in the refrigerator for up to 5 days, or in the freezer for several months*.

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Fat Bombs

Coconut Fat Bomb

Makes 10 Servings

- 1 cup coconut butter
- 1 cup coconut milk
- 1 cup shredded unsweetened coconut
- 1 teaspoon vanilla extract
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- 1 teaspoon alcohol-free stevia

Place a glass bowl over a saucepan with a few inches of water inside, creating a double broiler. Place all ingredients except shredded coconut into double broiler and heat over medium heat.

Mix the ingredients as they melt, then remove from heat. Place the bowl in the refrigerator until the mixture is hard enough to roll into balls, around 30 minutes. Form the mixture into 1 inch balls and roll through coconut shreds. Place balls on a plate and refrigerate at least 1 hour. Each ball is 1 serving. Freeze leftovers.

Fudgy Fat Bomb

Makes 4 Servings

- ¼ cup cacao butter, melted
- ¼ cup cacao powder
- 4-5 drops alcohol-free stevia
- ½ ounce chopped macadamia nuts

Add ingredients to a small bowl and stir to combine. Divide mixture into a silicone candy or ice cube mold and transfer to freezer to chill for 1 hour. The cacao butter can be replaced with bacon grease if you want a little extra flavor.

Swiss Almond Fat Bombs

Makes 2 Servings

- 2 tablespoons almond butter
- 1 tablespoon heavy whipping cream
- 1 tablespoon coconut oil
- 1 tablespoon cocoa powder
- ¼ teaspoon allspice
- 4-5 drops alcohol-free stevia

Put 2 tablespoons of almond butter into a cup, mold or container. Add 1 tablespoon coconut oil, 1 tablespoon heavy cream, 1 teaspoon cocoa powder, and ¼ teaspoon allspice to the mixture. Stir well and freeze about 2 hours.

Dressings & Condiments

Lemon Herb Mayonnaise

Makes 2 Servings

2 tablespoons [MCT Mayonnaise](#)
1 tablespoon olive oil
1 teaspoon Himalayan rock salt
½ teaspoon black pepper
½ cup lemon juice
½ cup chopped parsley
¼ cup white wine vinegar

Shake it up and enjoy over salad.

Tzatziki Sauce

Makes 2 Servings

½ cup organic cucumber
½ tablespoon olive oil
½ teaspoon Himalayan rock salt
1 garlic clove, crushed
1 teaspoon dried dill
½ teaspoon red wine vinegar
½ cup organic full fat Greek yogurt
½ tablespoon nutritional yeast

Chop cucumber into fine pieces. Mix all ingredients together and refrigerate for at least ½ an hour before serving.

MCT Mayonnaise

Makes 20 Servings

2 pastured eggs
1 tablespoon fresh lemon juice
2 teaspoons white wine vinegar
1 teaspoon yellow mustard
pinch of paprika (optional)
¼ teaspoon sea salt
½ cup avocado oil
½ cup MCT oil

Add eggs, lemon juice, vinegar, mustard, salt, and paprika (optional) to food processor. Blend on high for 1 minute until fully incorporated. Reduce speed to medium, and slowly pour in olive oil. Then slowly pour in MCT oil. Should take about 2-3 minutes to pour in oil so the mayo comes together. Pour slowly! :-)

Tartar Sauce

Makes 2 Servings

2 small dill pickles or other pickled vegetable (chef's choice – I like pickled zucchini), chopped finely
3 tablespoons [MCT Mayonnaise](#)
pinch of Cayenne

Mix all of the ingredients in a bowl and serve

MCT Ketchup

Makes 1 Serving

Combine 1 tablespoon unsweetened ketchup and ½ tablespoon MCT Oil

Greek Yogurt Ranch

Makes 2 Servings

1 teaspoon dried dill
1 teaspoon garlic powder
½ teaspoon dried basil
1 teaspoon raw fresh parsley
⅔ cup full fat Greek yogurt
2 tablespoons parmesan
1 teaspoon lemon juice
salt and pepper to taste

Mix all ingredients in a food processor. Serve cold. This mixture will be thick.

Mustard-Parsley Vinaigrette

Makes 4 Servings

3 tablespoons extra virgin olive oil
1 tablespoon apple cider vinegar
1 teaspoon stone ground Dijon mustard
2 tablespoons fresh chopped parsley
½ teaspoon Himalayan rock salt
¼ teaspoon black pepper

Whisk all ingredients and serve.

Flaxseed Dressing

Makes 2 Servings

3 tablespoons organic flaxseed oil
3 tablespoons extra virgin olive oil
1 clove minced garlic
¼ teaspoon dried thyme
¼ teaspoon paprika
¼ teaspoon dried basil
Dash cayenne

Mix all ingredients and serve.

Caesar Salad Dressing

Makes 2 Servings

2 tablespoons extra virgin olive oil
1 ounce chopped anchovy fillets
1 tablespoon MCT mayonnaise
1 tablespoon lemon juice
½ tablespoon stone-ground mustard
½ tablespoon white wine vinegar
1 clove garlic
Himalayan rock salt and pepper to taste

Add all ingredients to blender or food-processor and blend until smooth. You can also add a sprinkle of nutritional yeast when serving.

Bulletproof Coffee

Blended Coffee

Makes 1 serving

For your morning cup of blended coffee with butter/MCT Oil, you have options!

After you brew your cup of coffee, put in in the blender with up to 1 tablespoon total of **YOUR CHOICE OF:**

- 1/2 - 1 tbsp. of Grass-fed Butter
- 1/2 -1 tbsp. of MCT Oil (6x stronger than coconut oil)
- 1/2 -1 tbsp. of Coconut Oil

Don't want to blend? No worries. You can let it melt but be sure to stir it vigorously.