



GOLDEN RATIO

LEVEL-UP RECIPES

CONTENTS

WAFFLES AND PANCAKES

Keto mocha latte waffles
Matcha Waffles or pancakes (low carb)
Butterfinger Collagen Waffle
Cookie Dough Waffles
Carrot Cake Waffle
Monkey Business (grain and nut free)
Blueberry Almond butter cakes
Cinnamon Roll Pancakes
Plant based Pancakes
Tiger Nut Grain-Free Pancakes
Chipotle Chicken & Waffles
Protein Frostings and Toppings

BOWLS AND SNACKS

PB Cookie Dough Overnight oats
Blueberry Overnight Oats
Espresso power balls
Cookie Dough Chia Pudding
Sweet Potato Toast + PB collagen frosting
Dairy-free collagen cookie dough cream

COOKIES AND PROTEIN BARS

Almond butter cookies
Almost Perfect Bars
Mocha Buzz Bars (Brownie Bars)
Matcha Protein Bars

SMOOTHIES, ICE CREAM & TONICS

Breakfast Buzz Shake
Jumpstart Smoothie
Hybrid hemi
Nutty Butter Cookies n Cream
Mint Chip Recovery
Instant soft serve blueberry ice cream
Matcha Horchata
Golden Caramel Cream
Keto Bites (Fat fudge)
Golden Chai nice Cream
Collagen Coconut Ice Cubes
Amino Icee
Night time tonic

INGREDIENTS & SUPPLIES

How to make instant ice cream
How to make shakes more desirable
Functional Ingredient list
Video links for recipes

FUNCTIONAL RECIPES

Waffles, Pancakes, Smoothies, Ice Cream, Toppings, Frostings and More!

Holistic Functional Ingredients: nutrient rich ingredients that nourish and promote healthy energy and harmony in the body.

All recipes are gluten-free | Grain-Free & Paleo Friendly | Low-Carb & Keto Friendly | Plant-Based

THE WHY

Why use a conventional flour when you can use ingredients that turn your food into super-food? All of these recipes are delicious, while using ingredients that will not significantly spike blood sugar. We want to keep energy and blood sugar in balance.

Have fun with these and let them inspire you to remix and add your own sweeteners. Additions, and alternatives.

Serving sizes: Alter full scoop, half scoop, liquid amount for your own desire.

Almost every flour base can swapped for gluten-free oats, coconut flour or banana/tiger nut flour.

Hope these inspire you to take your nutrition and desires into your own hands.

Jason Sani



ALL DAIRY & GLUTEN FREE * PLANT BASED OPTIONS

TAKING YOUR HEALTH AND PLEASURE INTO YOUR OWN HANDS

WHY IT'S WORTH IT:

- You have much more control about what goes into your body.
- Not sacrificing quality and health
- Pleasure on demand
- Valuable skill for mating & social life
- These skills last a lifetime and contribute to your health and longevity
- Get more out of your training
- Improvisational skills are priceless
- Stress relief and meditation method

The big x-factor is eating food that you really love and getting the results that you desire... Compared to eating food that you tolerate. If the process isn't fun yet, it can be.

Every meal is an opportunity to get stronger, healthier, better

Health should be delicious

Strength should be delicious

Recovery should be delicious

Beauty should be delicious

Protein powder as an ingredient?

Almost all of these recipes are using a plant-based protein powder which you can think of as a glorified flour with extra nutrients.

For example a traditional bread, cookie, or cracker calls for a flour and we are simply swapping an alternative flour with added natural ingredients to create the same desired palatable outcome but provides nutrients such as fiber, amino acids, vitamins, and minerals

Flavor insurance: Not all protein powders taste palatable or mix well. Play around with a few until you find one that you like. You can always flavor yourself with dates, coconut sugar or a sugar-free sweetener like stevia, allulose, or monk fruit

See resource guide at the end with recommended ingredients, powders and more

HOW BOUT THEM MACROS?

Healthy is subjective for the individual. Macronutrients are provided with modification available. These are perfect meals for cleaning up your leftover calories in a fun, healthy, & delicious way.

While it seems that half the population is keto & Low carb, the other mix is macro tracking, low-fat, clean eating, etc...

The thing that we can all agree on is that we want to eat real whole-food sources as much as possible and we want food that will help promote a healthy hormonal environment.

All of these recipes are designed to support blood sugar health but everyone responds uniquely and many have their own goals.

That being said, let these recipes serve as inspiration or a canvas to customize based on your own preferences.

For every one of these recipes can be a **LOW-CARB** or **LOW-FAT** version with some **simple modifications**.

Egg-free Version?

Tiger-nut flour or green banana flour help for binding as egg-alternative
2 tsp flax or chia + 1oz liquid is close to an egg for binding

Need some ideas? Shoot over an email or find me at @jasonsani
Jason@activemb.com

example



335

CALORIES
Protein: 35 g
Carbs: 15 g
Fat: 15 g
Fiber: 7 g

CHOCOLATE PROTEIN WAFFLE
LOW CARB/GRAIN-FREE
CHOCOLATE PROTEIN, COCONUT
FLOUR, COFFEE, EGGS, COCONUT MILK



408

CALORIES
Protein: 35 g
Carbs: 40 g
Fat: 12 g
Fiber: 6 g

VANILLA-CARAMEL WAFFLE
MODERATE CARB W/GLUTEN-FREE OATS
VANILLA PROTEIN, EGGS, COCONUT MILK
TOP WITH SUGAR-FREE MAPLE OR NUT BUTTER

WAFFLES & PANCAKES



COFFEE CAKES

Similar to the waffles but come together in minutes.

Coffee optional.

Mocha chocolate that you will not be able to get enough of. Whether you add cold brew, ground coffee or both. The coffee taste is the perfect compliment to the rich chocolate that keeps you buzzin.

Ingredients

½ Cup oats (gluten-free)

2 tbsp coconut flour

2 Eggs

1 Scoop of Chocolate protein powder (¼ cup)

¾ Cup Coconut milk (beverage) – You could use water or almond milk

2 tbsp cacao or cocoa powder (optional)

2 tbsp ground coffee (or instant coffee)

Extra sweetener of choice (stevia, lucuma, honey, maple syrup, coconut sugar, almond butter)

2 tbsp cacao nibs or chocolate pieces

*Optional Tbsp nut butter for consistency

* Add a date to the mix for a chewy brownie texture that compliments chocolate

Directions: mix into puree and pour into pre-heated griddle or pan (coat with spray of coconut oil)

Top with coconut or almond butter + optional chocolate protein

Mocha-Chocolate cream

¼ Cup Coffee (or less if you want thick)

¼ Cup Coconut milk

2 tbsp cacao powder

2 tbsp chocolate protein powder

1 squirt of vanilla and/or chocolate stevia

1 tbsp coconut butter or 2 tbsp avocado to thicken

Optional: 1 tbsp chocolate chips or cacao nib

Directions: Mix all ingredients in blender and pour over

Macros Protein 37g Carbs 50g Fat 18g

WAFFLES & PANCAKES



KETO MOCHA LATTE WAFFLES

Grain-free option , Low Carb

Chocolate, coffee, and waffles while burning fat. This is something that you will look forward to consuming and comes together in a few minutes. If you don't have a waffle maker, **try the same mix as pancakes.**

¾ Cup coconut milk beverage
2 Eggs
3 tbsp coconut flour
2 Tbsp Ground Coffee
1 Scoop Chocolate or Vanilla Bliss protein
2 tbsp coconut butter
1 tbsp cacao powder (optional)
2 tbsp chocolate chips or cacao nibs (unsweetened)
1 squirt vanilla or chocolate stevia
1-2 tbsp extra

Directions: mix into puree and pour into pre-heated griddle or pan (coat with spray of coconut oil)

Top with coconut or almond butter + optional chocolate protein

Recipe Note: Add 2 tbsp of banana flour or Tiger Nut flour for best consistency
If you are okay with oats, you can sub in: ¾ Cup of gluten-free oats instead of coconut flour

Adding 1-2 pitted dates makes these taste amazing if you're okay with the extra sugar 😊 Great for getting extra "good" carbs

Same mix works for a quick pancake

Macros Protein 32g Carbs 16g Fat 26g

WAFFLES & PANCAKES



JUNGLE CAKES (GRAIN-FREE)

Aka Buzz-Cakes Aka Coffee-Cacao Cakes

Why these are better than your breakfast
And Shake & Protein Bar:

- ✓ More fiber and digestive benefits
- ✓ Takes the same amount of time
- ✓ No mess
- ✓ More satiating
- ✓ Travels better
- ✓ Perfect Pre-workout with sustained energy
- ✓ Delicious
- ✓ Feels good now and later

Ingredients

- 2 Eggs
- 1/4 Cup Tiger Nut Flour
- 1/4 Cup grain-free plant based protein (chocolate)
- 1/2 Cup Coconut milk
- 1 tbsp ground coffee
- 1 Pitted date
- *Optional 1 tbsp cacao
- *Optional 2 tbsp Chocolate chips

Directions:

In a blender, Mix all ingredients into purée.
Pour over heated griddle. In 3-4" pancakes.

Recipe Note:

Dates compliment chocolate very well and provide fiber, energy, and amino acids and minerals.

Tiger Nut Flour is an alternative to coconut flour or oats as a starch or flour also works as a resistant starch and prebiotic that helps feed the food bacteria.

Macros Protein 30g Carbs 28g Fat 26g

WAFFLES & PANCAKES



MATCHA WAFFLES OR PANCAKES

Delivering antioxidants, energy, fiber, protein in the form of a delicious low-sugar treat that tastes like a cinnamon roll. These are great fresh but work really well when frozen and saved for later. The matcha brings the clean focused energy along with the nutrient boost.

Ingredients

for 1 serving (2 waffles)

*makes 3-4 small pancakes

2 eggs

1/2 cup coconut milk

1/2 Gluten free oats

2 tsp matcha powder*

1 scoop plant protein + optional optional collagen

1 tbsp coconut butter

1 tbsp almond butter

1 squirt vanilla stevia

Directions:

Mix and pour into griddle or pan

Top with sugar-free maple like lakanto or
KNOW foods, nut butter or eat on the go

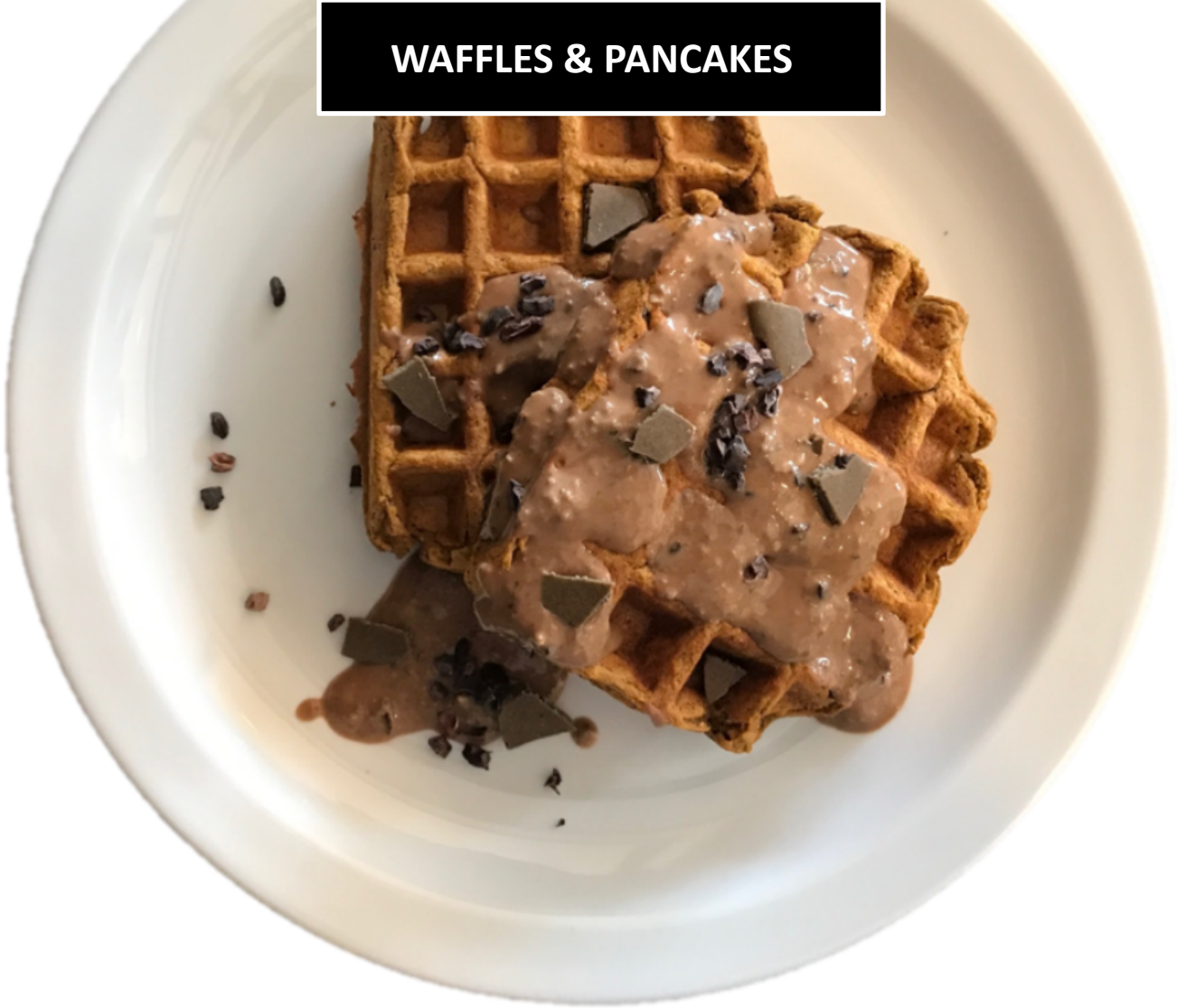
Recipe Note:

Same mix can make pancakes

Higher/good carb version with gluten-free
oats

Macros Protein 37g Carbs 48g Fat 20g

WAFFLES & PANCAKES



COOKIE DOUGH WAFFLES

Hard to believe that these can be good for you. I went through a stage where I was eating these twice per day sometimes. The simple magic is in the Powdered PB combo.

Ingredients

- 1/2 Cup Coconut milk
- 2 eggs
- 1/2 cup oats
- ¼ Cup scoop vanilla plant protein
- 2 tbsp powdered peanut butter
- 2 squirts vanilla stevia
- 1 tbsp mesquite powder (optional)
- 1 tbsp chocolate chips (Lilly's sugar-free)

Directions:

Mix all ingredients and pour into griddle or pan

Pancakes work with this same mix

Recipe Note:

Same mix can make pancakes
Higher/good carb version with gluten-free oats

Add extra sweetness with caramel, vanilla, or chocolate stevia or monk fruit

Macros Protein 38g Carbs 50g Fat 17g





CARROT CAKE COLLAGEN WAFFLE

Food prep friendly treat that can work as a pancake as well. This tasty meal packs gluten-free fiber, 30 grams of protein and sustained delicious energy that I sure to satisfy. Tag someone that should make this for you.

Ingredients

- 1/2 cup coconut milk
- 2 eggs
- 1/2 Cup oats gluten-free
- 1/4 cup baby carrots
- 1 Serving Vanilla or caramel bliss protein (about 1/4 cup)
- 1/2 tsp pumpkin pie spice
- 1 tbsp Monk fruit, darker/golden version
- 1 tbsp almond butter

Optional additions: Walnuts, pecans, almonds

Directions:

In a blender, Mix all ingredients into purée. If it appears to be too much of a liquid consistency, add additional dry ingredients starting with oats. If too thick, add milk slowly. Cook for 3-4 minutes and top with almond butter and or low sugar syrup.

Recipe Note:

1 Serving (2 medium Waffles)

Same mix can make pancakes
Higher/good carb version with gluten-free oats

Customize with different nut butters

Macros **Protein 39g** **Carbs 43g** **Fat 26g**

WAFFLES & PANCAKES

MONKEY BUSINESS

(Sunflower Butter & Banana) Grain-free

This is maximum on the delicious and a little higher on the caloric side. But it's worth it.

The texture and layers of flavor tastes like chunky heaven.

Ingredients

- 1 Serving
- ½ Cup Coconut milk
- 1 Scoop vanilla protein (about ¼ cup)
- ¼ cup almond, coconut, or tigernut flour
- 1 Egg
- 1 Banana
- 1 Tbsp Sunflower seed butter (or nut butter)
- 1 squirt vanilla stevia + 1 squirt caramel stevia (optional)
- 2 tbsp chocolate chips (lilly's stevia chips)

Directions

- Preheat pan or waffle griddle
- Place all ingredients in a small blender and use half of the banana for the waffle and the other half for the topping. Blend into puree.
- Pour on to griddle or pan
- Sprinkle chocolate chips into the batter

Recipe Note:

Banana-Butter topping

- ¼ cup coconut or almond milk
- 1-2 tbsp protein powder (as a thickener/sweetener)
- 1 tbsp nut butter
- 1-2 squirts vanilla + caramel stevia
- Directions:** Mash, mix, and stir

Macros **Protein 30g** **Carbs 33g** **Fat 19g**

BUTTERFINGER COLLAGEN WAFFLE

Crunchy, chewy, chocolatey

- Improves Health of Skin and Hair
- Reduces Joint Pains and Degeneration
- Helps Heal Leaky Gut (80% of you have this)
- Boosts Metabolism, Muscle Mass and Energy Output
- Strengthens Nails, Hair and Teeth

Ingredients

- ¼ Cup sweet potato, chopped
- 3 tbsp green banana flour or tiger nut flour
- ¼ cup oats
- 3 tbsp chocolate collagen
- 2 eggs
- 1/2 cup coconut or almond milk
- 2 tbsp cacao nibs
- 2 tbsp almond butter
- 1 squirt chocolate stevia

The banana flour and/or tigernut give a brownie like texture

Directions

- Preheat pan or waffle griddle
- Place all ingredients in a small blender and use half of the banana for the waffle and the other half for the topping. Blend into puree.
- Pour on to griddle or pan
- Sprinkle chocolate chips into the batter

Butterfinger Protein Topping with the crunch!:

- Mix together in leftover blender from waffle mix:
- 1/4 cup coconut milk (total)
- 2 tbsp chocolate protein or collagen
- 2 tbsp cacao nibs or chocolate chips
- 2 tbsp powdered peanut butter or almond butter
- For the crunch: *add/stir in after you blend
- 1 tbsp hemp hearts
- 1 tbsp chia seeds
- Mix together into puree

Macros **Protein 38g** **Carbs 16g** **Fat 26g**

WAFFLES & PANCAKES



BLUEBERRY ALMOND BUTTER

Open Faced Almond Butter and Jelly Pancakes or Waffles

These are super satisfying and channel a peanut butter & jelly with an optional crunch

Ingredients

2 Eggs
1/2 Cup Gluten-free Oats
1/2 Almond milk (or coconut)
2 tbsp Almond butter
1/4 Cup Vanilla or Strawberry protein
1/2 Cup blueberries
1/4 tsp baking powder
Dash of cinnamon
Optional vanilla flavor

Directions:

In a blender, Mix all ingredients into purée. If it appears to be too much of a liquid consistency, add additional dry ingredients starting with oats. If too thick, add milk slowly. Cook for 3-4 minutes and top with almond butter and or low sugar syrup. Or warmed berries

You can do a lower fat version with powdered peanut butter

Or less almond butter

For Pancakes

Pre-heat medium skillet at medium heat and spray with coconut oil

*Should be hot enough to sizzle when water or batter hits the pan. Blend all ingredients besides blueberries *mix should be thick on the dry side. Pour 1/2 blueberries in and stir pour into small 3" diameter pancakes, sprinkle more blueberries. Cook for 2 minutes flip and smother in almond butter

Macros Protein 32g Carbs 52g Fat 35g



CINNAMON ROLL PANCAKES

Low carb, grain-free, keto-friendly

Cinnamon rolls on demand that support your lifestyle and will sure to be a hit. Super Fluffy treat that packs the nutrition of a meal and will be hard to believe that they are healthy.

Ingredients

- 1/2 Cup Coconut Milk
- 3 eggs
- 2 tbsp pumpkin
- 1/2 Cup coconut flour
- 1/4 cup almond flour
- ½ Cup vanilla Protein
- 1 tsp cinnamon
- 1 tsp baking powder
- 1 tbsp almond butter

Directions:

In a blender, Mix all ingredients into purée. Pour over heated griddle. In 3-4" pancakes.

Recipe Note:

You can make waffles or muffins with this same mix.

Topped with a cinnamon glaze from 1-2 tbsp melted coconut butter mixed with tsp protein + tsp monk fruit or vanilla stevia

Macros Protein 28g Carbs 35g Fat 29g

CHIPOTLE CHICKEN AND WAFFLES

with UPGRADED maple hot sauce

It's good AND it's a simple way to spice up your chicken and sweet potato in the matter of minutes. This can come together in 10 minutes or less, even quicker if you have prepped chicken.

For 2 Servings

For the waffle:

1 smallmedium sweet potato, chopped ($\frac{1}{2}$ Cup) **OR** $\frac{1}{2}$ cup carrots, shredded

$\frac{1}{2}$ Cup Glutenfree Oats

$\frac{1}{2}$ Cup Nut milk (almond or coconut)

2 Eggs

$\frac{1}{2}$ tsp Sea Salt

Optional Seasoning of choice – Mexican seasoning or something savory

Prepare the waffle:

Plug in and heat up waffle griddle. Place cooked potato in blender or mixer, add oats, milk, and seasoning of choice. I occasionally will add $\frac{1}{2}$ tsp of maple flavoring. Mix into puree and spray cooking oil on griddle to prevent sticking. Let cook for 4-6 minutes.

Prepare the chicken:

Use baked or grilled chicken breast. Chop and stirfry with “**maple hot sauce**” for 5 minutes. Add spinach, or peppers as an option. (pan/grilled chicken)

Maple Hot Sauce: ADD MAPLE EXTRACT OR MAPLE TO A HOT SAUCE OF CHOICE



Macros per serving Protein 22g Carbs 31g Fat 14g

PROTEIN TOPPINGS AND TOPPINGS

Sauces, toppings, glazes and frostings that help you burn fat!

Protein sauces are a great low calorie flavor tool that delivers nutrients

Toss out the store bought syrups that are loaded with sugar. These toppings are too simple not to try.

Treat and prepare these like a thick protein shake. Most of them can be lower fat by swapping PB2 instead of almond or coconut butter. These sauces are a bi-product of the pancake or waffle mix. Rather than clean out the batter of the mixer – I will add milk, place the lid on and shake up. (This method helps with clean up as well!) Then I will add in any flavor that I desire.

Directions for mixing

A blender or mixer is recommended

Liquid will vary based on desired consistency

Fats & emulsifiers: Powdered Peanut butter, seed or nut butter, avocado, or lecithin

Adding 1-2 tbsp of avocado will whip up and thicken any mix if it's too runny (toss in with blender)

Flavored liquid stevia is a great flavor enhancer for all of these, even to amplify a nut butter or vanilla protein powder

Base: 2 TBSP FLAVORED PROTEIN + ¼ CUP COCONUT OR ALMOND MILK + ANY BOOSTERS or flavor enhancers

The most common topping is simple a byproduct of the leftover batter from the waffles or pancakes mixed with protein powder, liquid and a stevia.

Set it for 10 mins to chill for best effect. Will keep for 2-3 days.

Any topping can be improved with added chocolate chips or nut pieces

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Chocolate protein frosting

Whipped up chocolate sauce that adds a kick of protein without any guilt. Start out thick, you can always add more liquid. Powdered peanut butter or protein powder will thicken up.

1 tablespoon nut butter, softened (pr powdered pb)

2 tablespoons water nut milk (almond or coconut)

1 tablespoon chocolate protein powder

1 Squirt of chocolate or vanilla stevia helps add flavor depth.

Directions:

Mix ingredients for frosting in a small bowl.

Optional additions: cacao, maca, Sugar-free chocolate chips, date for chocolate complement

Low fat version: Use powdered peanut butter instead of almond butter

Recipe Note: Lower fat version by using Powdered Peanut Butter

Turn it into **Mocha Frosting** by adding cold brew coffee as alternative or with milk

Or add **1-2 tsp ground coffee**

Macros Protein 10g Carbs 6g Fat 18g

PROTEIN TOPPINGS AND TOPPINGS

Maple cream (sugar-free & dairy-free)

This is a “whipped” cream that is dairy free and packs a refreshing flavor. My goal here is avoiding sugar. This set or chilled for 10 minutes is a home-run!

Makes 2-4 servings

½ Avocado

½ Cup Nut milk (coconut beverage)

2 Tbsp Lucuma (optional but adds a nice touch if you have it)

1 Tbsp Mesquite powder

1 Tbsp almond butter

Tsp Pumpkin Pie spice

2 Squirts Liquid caramel cream stevia or maple flavoring with stevia

Directions: Blend ingredients together with high powered blender. Let whip up and slowly add liquid from water or milk until desired consistency is reached. –

You could add 1-2 tbsp of vanilla protein for a boost

How to use it: Top it on a waffle, pancakes, oatmeal, or baked good.

Collagen-Coconut whipped cream

Dairy-free whip cream that is great on coffee, pancakes, waffles or by the spoon. I always have can of coconut milk in the fridge to whip up in minutes.

Ingredients

1 Can of coconut milk (nice to have refrigerated overnight)

½ Tsp Vanilla Stevia

3-4 tbsp collagen powder

1 tsp coconut sugar or golden Monk Fruit

To prepare whipped cream (use the solid portion only) You can slowly add leftover liquid that separates if not too liquidy.

(optional but helps) Refrigerate can of coconut milk, 8 hours or overnight

Beat coconut cream using electric mixer with chilled beaters on medium speed; turn to high speed. Or immersion blender. Might need to add ¼ tsp of guar or xanthan gum to thicken.

Scoop whip cream into a piping or plastic Ziploc bag to use and spread.

Cashew Collagen Caramel

3 tbsp Cashew butter

3 pitted dates

1/2 cup warm water

2 tbsp vanilla or caramel protein

1 Squirt caramel Stevia (optional but helps)

*Can sub or add golden monk fruit

Dash of sea salt

Directions:

Let soak in mix for 1 minute and then blend into purée





COOKIE DOUGH SOAKED OATS

PB Cookie Dough Overnight oats

This is pretty close to cookie dough and is perfect for a travel breakfast or snack. Just add milk or water. This can be made with less than 5 grams of sugar and still taste great.

1/2 Cup oats
1 Scoop Chocolate Protein
1-2 Tbsp powdered peanut butter
2 tbsp chocolate chips (Lilly's sugar-free)
1 Cup of milk
Extra sweetener of choice if desired

Just because it's typically a breakfast meal doesn't mean that you cannot have this as a snack or a dessert.

Directions: Stir ingredients together and let set in fridge for 2+ hours.

Recipe Notes: Want it to taste really really good and don't care about a little extra sugar? *Add 1-2 pitted dates to liquid mix and blend, this complements the chocolate very well!*

**Dates compliment chocolate very well and provide fiber, minerals, and amino acids. (Natural electrolytes)*

Pre-workout or post-workout: provides sustained energy to fuel your best workout

Macros Protein 32g Carbs 56g Fat 9g



MACRO CRUNCH BOWL

Protein Crunch Cereal (quality)

This is perfect for those trying to get extra clean calories in without sabotaging their health. Customize based on your preference. Ideally works great for post-workout or after dinner when you need a clean up meal.

Quality counts here: Aim for something without added sugar, corn syrup or heavily processed ingredients. I often find sprouted rice cereal.

1/2 Cup oats
1 Scoop Chocolate Protein
1-2 Tbsp powdered peanut butter
2 tbsp chocolate chips (Lilly's sugar-free)
1 Cup of milk
Extra sweetener of choice if desired

Easy Carb Additions:

Banana, Chocolate chips, Berries,
Powdered Peanut Butter

Directions: Stir ingredients together and let set in fridge for 2+ hours.

Recipe Notes: Want it to taste really really good and don't care about a little extra sugar? *Add 1-2 pitted dates to liquid mix and blend, this complements the chocolate very well!*

You can blend a smoothie and pour it in for the alternative of milk

You can add yogurt

Pre-workout or post-workout: provides sustained energy to fuel your best workout

Macros Protein 37g Carbs 46g Fat 10g

BLUEBERRY OVERNIGHT OATS

Here is a great alternative to hot oatmeal or cereal that leaves you with a surprise in your fridge for the morning... Or whenever you desire.

Ingredients

1/2 Cup oats
1 serving or tsp matcha powder
¼ Cup Vanilla Protein
1 cup milk (coconut milk vanilla unsweetened)
1/2 cup blueberries
Optional sweetener

Directions: Mix ingredients, stir and set for 2+ hours or overnight



Macros Protein 32g Carbs 40g Fat 8g

DAIRY-FREE COLLAGEN COOKIE DOUGH CREAM

A Yogurt based snack that you can keep low carb or keto-friendly that makes your taste buds and tummy happy. Great for breakfast, snack or dessert.

1/2 Cup yogurt of choice (coconut, dairy-free, etc..)
2 tbsp powdered peanut butter (or almond butter)
2 tbsp chocolate protein or collagen
2 tbsp Sugar-free chocolate chips
1/4 cup quick oats - gluten-free (optional)
Vanilla stevia + chocolate or caramel to taste

Directions: Stir all ingredients into thick mixture

Oats are great for texture and can be macro friendly if using for recovery. Regardless, it's just plain delicious.



Macros Protein 27g Carbs 28g Fat 28g

PROTEIN FRENCH TOAST

Prepare French toast batter as usual but add 2 tbsp of vanilla protein powder into the batter.

Option to add a dairy free yogurt for a custard like effect. Using a better oil and bread makes this a lot healthier.

I prefer sourdough but this can work with Ezekiel bread or any other organic sprouted bread

4 Slices of bread
2 Eggs
2 tbsp Vanilla protein
1/2 tsp cinnamon
½ tsp monk fruit or serving of stevia

Optional addition: Golden milk mix as an alternative to cinnamon

Use griddle oiled with ghee or coconut oil. Cook for 1-2 min each side

Macros Protein 30g Carbs 54g Fat 16g

UPGRADED PB & J

You can make this childhood favorite work in your favor, especially on a training day or when you need recovery.

The goal here is the most-delicious with the “least bad” ingredients.

The purpose is getting carbohydrates in for recovery.

When would you want to emphasize more fiber and less sugars?

If you know that you have a history of insulin resistance

If Carbs tend to make you hold fat

If fat-loss is more important than muscle gain/maintenance

If you are above estimated 20% bodyfat

PB2 & PROTEIN AND BERRY STYLE (lower fat)

2 Tbsp Powdered peanut butter

2 Tbsp vanilla or berry flavored protein

¼ to ½ Cup Mashed Blueberries or strawberries

Directions: Mash mix together or separate the powdered peanut butter with protein and use it on one side of the bread.

FRENCH TOAST STYLE

Similar to above with protein French toast

Choosing bread:

Organic Sourdough offers prebiotics and digestive support

Other organic or sprouted grain breads are good

(Avoid breads with corn syrups and vegetable oils)

What to use for “Peanut Butter”

Any nut butter such as almond, cashew, sunflower butter

Powdered PB + Plant protein for a thick protein butter

What to use for “Jelly”

Mama chia style: Mix of chia and fruit juice

Mashed berry style: Mash up berries in a small saucer or bowl

Note on carbohydrates: When your BMR or caloric needs are 2500 or more, it’s going to be challenging to get them all from solid foods. Meals like these are using quality ingredients. An active lifestyle requires a diverse ratio of Macronutrients. These nutrients must come from somewhere. And this is much better than liquid sugar in drinks

Example:

100 grams of protein = 400 calories

100 grams of carbs = 400 calories

100 gram of fat = 900 calories



SMOOTHIES & FROZEN TREATS



BREAKFAST BUZZ SHAKE

This is perfect for AM workouts! Much better alternative to the high-sugar coffee drinks at coffee shops.

25% of your meals taken care of for the day

Taste and quality matters.

Try out this game changer for sustained energy that will curb cravings.

This blended coffee shake that delivers the perfect chocolate fix with multi collagen and a creamer that will become your new favorite.

Ingredients

8oz brewed coffee chilled OR Coconut milk

2 tsp ground coffee (or 1 k cup)

1 Scoop chocolate Protein

2 tbsp cacao nibs or unsweetened chocolate chips

1 tbsp coconut butter, Nut butter or collagen creamer (or Mct oil/powder)

Sweetener of choice (optional stevia or monk fruit)

½-¾ cup of ice

(topped coconut collagen whipped cream)

Directions: Blend or mix into puree

Recipe Notes: Want it to taste really really good and don't care about a little extra sugar?

Add 1-2 pitted dates, this complements the chocolate very well!

***Dates** compliment chocolate very well and provide fiber, minerals, and amino acids. (Natural electrolytes)

Pre-workout: provides sustained energy to fuel your best workout

Optional Additions: Cordyceps mushroom, maca, or **peppermint for mint chip!**

Add 2 tbsp Avocado for thick creamy version

Macros Protein 28g Carbs 16g Fat 20g

SMOOTHIES & FROZEN TREATS



JUMPSTART SMOOTHIE (THE HYBRID HEMI)

Flood the body with minerals, fiber, and a variety of amino acids.

The Tea as a base provides extra nutrients and energy to stimulate without depleting

The goal is a low glycemic smoothie that will curb cravings and provide you with natural fiber to feed the good gut bacteria.

Ingredients

1 cup coconut milk or tea (matcha, yerba mate, or green tea work great)

1 serving Plant protein (Added collagen optional)

1/2 cup frozen blueberries

1/4 cup carrots

1/4 cup celery

1 egg

1 tsp Cinnamon

3/4 cup ice

Optional additions: Greens mix

Directions: Blend or mix into puree

Recipe Notes: Optional additions: Greens powder, reds powder, maca, adaptogenic herbs like reishi or ashwagandha, avocado, or nut/seed butter

Liquid base can be a combination of any liquids. The tea option provides extra minerals and energy support.

Bonus: Chew the juice to activate enzymes and promote healthy digestion

Macros Protein 30g Carbs 29g Fat 16g

SMOOTHIES & FROZEN TREATS



NUTTY BUTTER COOKIES & CREAM'

Good-for-you smoothie that leaves out all of the refined sugar and dairy. This doesn't taste good or okay. This tastes AND makes you feel great! The lineup of ingredients is made up of a harmonious blend of function and flavor.

Ingredients

- 1 cup Coconut or almond milk
- 1/2 cup canned coconut cream, full fat
- 1/4 cup cacao nibs
- 1 tbsp cashew butter (or almond butter)
- 1/2 teaspoon vanilla (can sub with vanilla stevia)
- 2 teaspoons maca
- 1 Serving vanilla bliss
- 2 Dates
- 1 cup ice

Directions:

Step 1: Remove pits from dates, if using, and prep ingredients.
Step 2: Add all ingredients to the blender and blend on high until creamy and smooth.

DON'T FEAR THE FAT

Certain nutrients (specifically, fat-soluble vitamins D, E, and K), are only absorbed and useable by the body when consumed with fat. We have added a healthy dose of important fats with the canned coconut milk in this shake. Not only does it make nutrients more accessible by the body, but it adds a creamy, rich texture that gives this shake a decadent feel. The fat in the coconut cream will also help satiate, ensuring that this shake can keep you full throughout your morning.

Macros Protein 37g Carbs 16g Fat 26g

SMOOTHIES & FROZEN TREATS



MINT CHIP RECOVERY SHAKE

Why is this good for recovery?

Easy digestible shake with protein, electrolytes and good carbohydrates to replenish liver and muscle glycogen.

Plus it tastes great and provides assurance for your taste buds and mind that you are promoting a healthy recovery response.

Ingredients

8oz Coconut Milk

1/4 Cup Chocolate Plant Protein

2 tsp Spirulina

1 S squirt/serving of peppermint oil

2 tbsp cacao nibs or chocolate chips

Optional vanilla or chocolate Stevia for desired taste

1-2 Dates, pitted

1 Cup of ice

Topped with Protein packed whipped cream

Directions:

Step 1: Remove pits from dates, if using, and prep ingredients.

Step 2: Add all ingredients to the blender and blend on high until creamy and smooth.

Spirulina - is the ultimate abundant protein that you absorb 100% of and supports alkalinity and energy. The high level of chlorophyll helps curb cravings and plays a role in detoxification for the body.

Dates - The major source of sweetness that pack electrolytes and amino acids. Dates compliment consistency and chocolate in a big way.

Peppermint oil - Digestive support and energizing flavor that compliments chocolate

Macros Protein 37g Carbs 16g Fat 26g

SMOOTHIES & FROZEN TREATS



CARROT CAKE SMOOTHIE

The perfect Post-Workout smoothie that tastes like a chilled smooth form of carrot cake mixed with pumpkin pie. The texture has the perfect mouthfeel plus fiber to keep you satisfied.

Ingredients:

- 1 large carrot OR 1/2 cup baby or shredded carrots (chopped or shredded)
- 2 tablespoons Powdered Peanut Butter (or nut butter of choice)
- ¼ Cup Oats, gluten-free
- 1 tsp pumpkin pie spice OR cinnamon
- 1 cup unsweetened almond or coconut milk
- 1 Serving of Golden Milk powder
- 1 serving Vanilla plant protein powder + optional collagen
- *1 Date, pitted (optional and can leave it for lower carb)
- *1 Serving collagen (optional)
- +1 Cup of ice

Directions:

Step 1: Remove pits from dates, if using, and prep ingredients.

Step 2: Add all ingredients to the blender and blend on high until creamy and smooth.

This packs a perfect blend of nutrients, amino acids, and nourishing carbohydrates to replenish your muscle glycogen... Or just a delicious dessert that will leave you satisfied.

Macros Protein 37g Carbs 16g Fat 26g

Topped with Protein packed whipped cream

SMOOTHIES & FROZEN TREATS



MATCHA HORCHATA

Grain-free, dairy-free, sugar-free

Energizing nourishment without depletion or sugar! This tasty treat can be consumed daily without regret.

Here is another example of making what we crave support our health goals. All of these purpose-driven ingredients play a role in this authentic tasting beverage.

Ingredients

1 cup coconut milk
1 serving matcha powder
1 serving collagen
2 tbsp monk fruit
1/2 tsp extra cinnamon
Optional: extra collagen creamer and vanilla stevia

Directions: stir or blend ingredients and pour over ice

Recipe Note:

Hemp hearts provide a creamy form of fiber and protein

Collagen packs amino acids including glycine and proline that support tissue, sleep and digestion

Monk fruit, golden version substitutes sugar to avoid the blood-sugar spike

Adding some powdered greens to this with something like spirulina is nice and compliments the green.

Macros Protein 37g Carbs 16g Fat 26g



GOLDEN CARAMEL CREAM SMOOTHIE

Low Sugar, gluten, grain and dairy free

Blends with benefits

This Functional food smoothie super charges your brain and body and makes your mouth very happy.

Ingredients

1 Cup coconut milk
1 Cup of ice
1 cup coconut milk
1 Serving Vanilla Protein
2 tbsp powdered peanut butter
1 1/2 tsp turmeric-cardamom blend
2 tbsp hemp hearts (healthy fat, fiber, and cream effect)
2 squirts vanilla stevia
2 squirts caramel or english toffee stevia
1 large tbsp avocado for cream effect

Directions:

Blend into smooth puree

Keep it thick for consistency

Macros Protein 37g Carbs 16g Fat 26g



TROPICAL NIGHT RECOVERY

Grain-free, dairy-free, sugar-free

The combination of nutrients in this recovery tonic include glycine and other supportive nutrients that help balance hormones and optimize sleep

Ingredients

½ -1 Serving Lemon sleep powder (Calm or Somatomax)

1 Serving Joint vibrance orange pineapple

Optional 2 tbsp Vanilla collagen protein

½ Cup ice

8oz water

Directions: Blend into tropical ice-like smoothie/



GOLDEN NIGHT TIME TONIC (LONGEVITY LATTE)

This golden milk treat is great warm or chilled. The flavor can be turned up or down with honey.

Our bodies want and need sleep but sometimes your digestive system isn't ready to shut down yet. A post-dinner drink like this can comfort the digestive system and get your body ready for sleep and recover.

Reishi, Curcumin from turmeric and the digestive blend help calm the nerves, cool inflammation, and support the digestive process to promote the state of rest and digest.

Ingredients

1 Cup coconut milk

1 serving Golden milk mix

2 Tbsp Vanilla Protein or collagen

2 tbsp powdered peanut butter

2 tbsp hemp hearts (healthy fat, fiber, and cream effect)

2 squirts vanilla stevia

2 squirts caramel or english toffee stevia

1 tbsp Manuka Honey

Extra additions: Flavored plant proteins, chaga mushroom powder, CBD

Directions:

Blend into smooth puree

Keep it thick for consistency

Golden Milk mix: commonly has turmeric, cinnamon, ginger, cardamom

Manuka Honey: Manuka honey has antibacterial, antiviral and anti-inflammatory properties that may help treat numerous ailments, including irritable bowel syndrome, gastric ulcers, periodontal disease and upper respiratory infections.

Turmeric based digestive tea that provides digestive support while cooling inflammation and cortisol

Glycine found in collagen has been shown to promote sleep

Good deep sleep promotes happiness and longevity. The ingredients in here help!

This can be great to make a large batch and chill it.



BERRY NICE CREAM (INSTANT SOFT SERVE)

We all scream for ice cream. We scream really loud for low carb ice cream that we can eat every day.

Blueberries are the original superfood that are proven to support cognitive function, memory and support blood sugar. The avocado helps with thickness as well as boosting fiber. You will not even taste it!

Ingredients

¾ cup coconut milk
¾-1 cup frozen blueberries
1 serving Protein powder
1/2 avocado
1-2 squirts of vanilla stevia or monk fruit (optional)
¾ cup ice

Optional Additions: Collagen

Alternatives: Other berries like strawberries

Directions: stir or blend ingredients. This typically requires some shaking and stirring.

This mix should be very thick. You can always add more liquid slowly and that is easier than adding dry ingredients.

Avocado? It's normal to be skeptical of putting avocado in your smoothie or ice cream but it has a neutral flavor that you will not notice. Start with 2 tbsp and watch the creaminess effect!

Recipe Note:

Try Berry Matcha Soft-Serve version

Matcha is loaded with complimentary antioxidants that support the immune system and energy PLUS help keep breath fresh.

Macros Protein 37g Carbs 16g Fat 26g



GOLDEN CHAI NICE CREAM

Treats like this can be consumed and enjoyed daily while making you a better and healthier human. This creation makes you feel great NOW and LATER.

Ingredients

4 oz yogurt (cashew, pili nut, or coconut)
1 cup ice
2 tsp turmeric chai tea powder
1/4 cup plant based vanilla
1/2 medium avocado
1 Squirt Vanilla stevia (kal brand)
1 tsp monk fruit (golden)
Add 1/4 cup+ of coconut milk (keep mix thick)
Use 1-2 more tbsp of avocado (To create emulsifying effect)

Directions: Mix ingredients into puree (I used handheld nutribullet with some sharing while blending.) It will be thick, slowly add liquid and shake more while blending.

It should make instant soft-serve ice cream.

Place in freezer for 10-20 minutes If need to solidify

Recipe Note:

Why it's better FOR ME than any other ice cream:

- ◆ Many ice creams are dairy based with hormones and unwanted processing (feeds inflammation)
- ◆ Everything else includes binders and gums that can mess with digestion (bloating)
- ◆ These functional ingredients all promote well-being, support digestion and hormone health
- ◆ Resistant starch for digestive support, diverse fat and fiber for blood-sugar support, protein and collagen
- ◆ Plus pre & probiotics that you'll actually absorb!

Macros Protein 32g Carbs 20g Fat 27g

COOKIES AND PROTEIN SNACKS



THIN MINTS ENERGY BITES

Similar to thin mints or peppermint patties. These treats taste incredible without any added sugar! Perfect craving buster whether you are eating low carb or simply desire a treat for sustained energy.

- ✓ Guilt-free snack
- ✓ Coffee-creamers
- ✓ Feel-good energizer

Makes 12 Servings

Ingredients

2 heaping tbsp coconut oil or coconut butter, melted
3 tbsp chocolate bliss protein (or sub for cacao powder)
1 squirt chocolate stevia (or monk fruit) 1 tbsp chocolate chips (sugar-free)

1/4 tsp peppermint oil

*Optional: CBD oil

*Optional: sweetness with extra vanilla stevia

Directions:

Mix coconut oil/butter, chocolate up in small dish and melt to soften.

Mix up and pour over non stick mat or paper

Top with optional sea salt and/or chocolate flakes

Set in freezer for 15+ minutes

Break up into 1" pieces and keep in freezer for best consistency.

Recipe Note:

The peppermint and coconut oil support immune and digestive help with antimicrobial benefits.

These are great for low carb or keto options

Macros per serving Protein 3g Carbs 2g Fat 8g



CARAMEL ENERGY BITES

Similar to thin mints on page before. These are incredibly delicious.

The perfect sugar-free snack that's packed with fiber, good fat, and protein. Great for an instant coffee creamer The fat in these addicting delightful bites fuels the brain and converts to steady energy without the blood-sugar spike.

Gluten-Free, Dairy-Free, sugar-free, Soy-Free, Vegan, Vegetarian

Ingredients

3 tbsp Vanilla Plant Protein powder
3 Large heaping Tablespoons of coconut oil (melted)
1 tbsp maple almond butter
2 Tablespoons of Chia Seeds
1-2 squirt vanilla Stevia
1-2 squirt caramel Stevia

Directions:

Mix coconut oil/butter, chocolate up in small dish and met to soften.

Mix up and pour over non stick mat or paper
Top with optional sea salt and/or chocolate flakes

Set in freezer for 15+ minutes

Break up into 1" pieces and keep in freezer for best consistency.

Brain boosting, metabolism revving super snacks that you will not believe that they can be good for you.

Recipe Notes: I use a base of pea protein most often, it's better to start out with less powder and add more if needed. Easy to add powder but more challenging to add oil since it needs to be warmed up. I often will add MCT oil if the mix needs to be thinned out.

Macros per serving Protein 3g Carbs 2g Fat 8g

AMINO ICEE

This is a refreshing anabolic cocktail that helps in staying hydrating and is especially refreshing on a hot summer day or post workout.

Ingredients

1-2 Scoops of BCAA's
8oz Water
½ Ice
Optional: ¼ Cup frozen fruit or fresh lemon

Directions: Blend into puree and you can even add some coconut milk or almond milk for a creamy boost.

Recipe Note:

Also try adding some Deva or another pre-workout for an energy boost.

You can sub the water for tea, kombucha, or lemonade.

COOKIES AND PROTEIN SNACKS



ALMOND BUTTER COOKIES

(Smothered in silky smooth almond butter)
Keto-friendly, low-carb, protein-rich, and most importantly delicious

Ingredients

- ½ Cup Vanilla Plant & Collagen protein
- 1 cups almond powder or flour
- 1/2 cup coconut flour OR Tiger Nut Flour for better consistency
- 1/3 cup maple syrup or sugar free maple
- 1/3 cup almond butter
- 1 1/2 tsp vanilla stevia or extract
- 2 tbsp monk fruit (golden)
- 1 egg
- 1/4 cup Lilly's sugar-free chocolate chips
- 1 tsp baking powder
- 1/8 tsp Himalayan sea salt

Directions:

Preheat the oven to 375°F.
In a small dish, mix together egg.
Mix together the maple syrup, nut butter, vanilla, and monk fruit.
Bake for 8-12 minutes

Recipe Note:

Mixing blend of fours is optional and not required
Monk fruit and/or sugar-free maple is optional for lower sugar

Topped with chocolate almond butter

Maple alternative for lowest sugar
(lakanto maple flavored syrup sugar-free)

COOKIES AND PROTEIN SNACKS



ALMOST PERFECT BARS

Upgraded and customized version of a favorite protein-meal bar found in the refrigerated section. (high in fiber and super high in delicious)

Used tiger nut flour which is a great AIP friendly, gluten-free flour alternative with a source of resistant starch.

Makes 4-6 bars

Ingredients

- 1/3 cup tiger nut flour
- 1/4 cup vanilla plant based protein (I used peak performance grain free)
- 1/4 cup coconut butter, softened (melted)
- 2 tbsp coconut oil melted
- 1-2 tbsp Manuka honey
- 1-2 squirt vanilla stevia
- 2 tbsp cacao nibs or chocolate chips

Directions:

in a mixing bowl, combine all ingredients. If the mix is too dry, add water (tbsp at a time).

After mixed together like cookie dough, flatten on parchment paper and set in fridge for 20 minutes and then cut into desired shape

Recipe Note:

you can add more stevia, truvia or monk fruit if you desire.

Macros per serving Protein 12g Carbs 10g Fat 16g

COOKIES AND PROTEIN SNACKS



MOCHA BUZZ PALEO BARS

These have the extra option for a choose your own adventure bar.

The base is a grain-free, dairy-free meal replacement bar that tastes incredible and makes you feel even better.

Makes 6-8 smaller servings

Ingredients

1/2 Cup Chocolate Protein
1/2 Cup Tiger Nut Flour
1/4 Cup *Nut butter mix (coconut butter with optional mix of cashew or seed butter)
2 tbsp Manuka honey
2 tbsp cacao (optional)
2 tbsp ground coffee
1-2 servings of CBD (optional)
2-3 tbsp chocolate chips
Sea Salt to taste
Optional vanilla stevia or monk fruit if desired

Directions:

Soften coconut butter/oil mix, pour into mixing bowl with dry ingredients.
After mixing, add tsp of water for better mixing.
Roll out onto parchment paper on flat surface and set in freezer or fridge for 15 minutes.
These can be stored in fridge or freezer for best consistency.

Recipe Note:

Soften or lightly melt coconut butter for easier mixing
The coconut butter is half coconut oil and help bind the bar together after setting.
The CBD can help with inflammation, anxiety and counter-balancing the caffeine effect.

These bars are great even without the coffee or CBD

Macros per serving Protein 8g Carbs 9g Fat 16g



ESPRESSO BITES WITH COLLAGEN COCONUT WHIP



PB WAFFLE WITH PROTEIN PB SPREAD

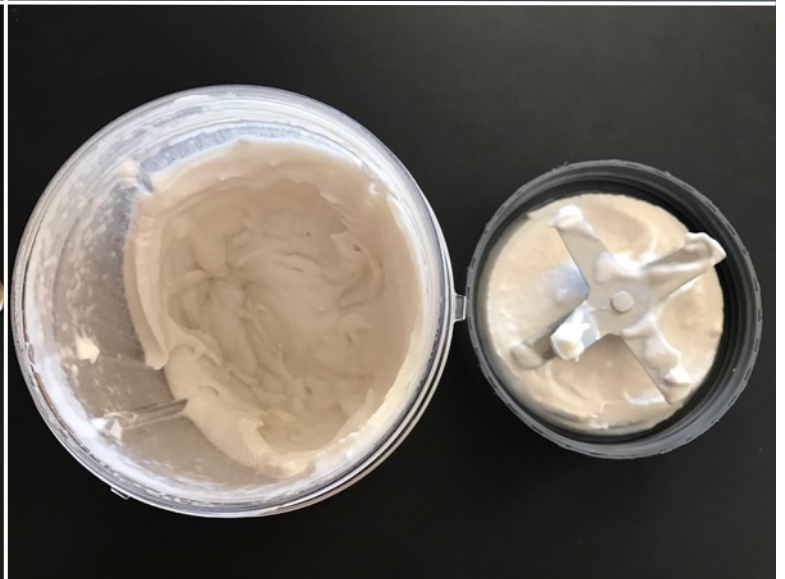


CHOCOLATE BLISS INSTANT SOFT SERVE



BUZZ CAKES WITH MOCHA CHOCOLATE SPREAD

HOW TO THICKEN UP A SHAKE & MAKE IT MORE FILLING & NUTRITIOUS



THICKENERS:

Powdered pb (low fat)

½ Avocado (low carb)

Coconut milk from can (low carb)

LOW CALORIE/LOW IMPACT SWEETENERS:

Flavored Stevia (caramel, chocolate, vanilla) Monk fruit, lucuma

COOKIES AND PROTEIN SNACKS



ESPRESSO POWER BALLS

These are delicious energy balls that requires zero culinary skills and pack great flavor.

10-12 Servings

Ingredients

1 cup gluten-free oats
¼ Cup Vanilla or chocolate protein
2 tbsp ground coffee
1/4 cup nut butter or seed butter
1/4 cup raw honey
2-3 tbsp cacao nibs

Optional Extras: Chocolate, caramel, or vanilla stevia

Directions:

Mix softened peanut butter with honey and stir-in ingredients. You can do a mix of nut butters like coconut or almond or sunflower. Mix into small balls and place on parchment paper. Set for 30 minutes in the fridge and enjoy

Recipe Note:

Oats could be subbed for a combo of hemp hearts and flax for a grain-free option.

Macros per serving Protein 4g Carbs 8g Fat 8g

MATCHA COLLAGEN BARS

Bars are convenient but usually are not helping you get to your goals. Whether it's digestive distress or a load of unnecessary sugars from hidden ingredients.

Here is a blank canvas for some incredibly tasty bars that you can make in minutes. Try these our or get someone to make them for you. Customize to your preference.

Makes 5-6 Bars

Ingredients

1/3 cup cashews (chopped up)
3 pitted dates
3-4 tbsp almond butter (try a mix with coconut oil or coconut butter)
3-4 tbsp collagen protein (vanilla)
1/3 cup hemp hearts
3 tbsp matcha
2 tbsp monk fruit golden
2-3 tbsp maple (lower sugar-option is maple flavored syrup)

Directions:

In a small mixer, Mix cashews first to break them up and then add dates without pits. The following wet ingredients and softened nut butter will help turn into a "glue-binding" consistency. Form into a ball and desired shape of choice. Set in fridge for 2+ hours and cut into bars.

Recipe Note:

Hemp hearts provide Omegas, protein, and fiber to support blood sugar

Matcha packs antioxidants, minerals and energy-promoting nutrients

Collagen protein supports tissue repair, digestion, and energy

Stevia and monk fruit are sugar-free sweeteners. Not all are created equal find some combinations that you enjoy.

Macros per serving Protein 13g Carbs 18g Fat 16g



WHAT WILL YOU CREATE?

INGREDIENTS & SUPPLIES

Read this in order to make any recipe work for your preference. All AVAILABLE ON AMAZON.

Types of flour or bases – Waffles or pancakes require some sort of starch (even something like a banana can be a base. I recommend combining a few to diversify nutrients and consistency.

Protein powder as a functional ingredient: Almost all of these recipes call for plant protein as a flour alternative. This can be substituted with $\frac{1}{4}$ cup of nut flour such as almond or coconut in almost all of them. Protein powders can be used as a thickener or flavor boost to greens, oatmeal, yogurt and more.

Banana flour – This is a resistant starch, no sugar and has a minimal impact on blood sugar

Coconut flour - Low carb option that fits in grain-free, gluten-free, nut-free, paleo preferences

Almond Flour – Low carb option that fits in grain-free, gluten-free, paleo preferences

Paleo flour – A blend of coconut, almond and arrowroot from bobs redmill

Oats or oat flour – I use gluten-free as a preference. Higher carb but contains fiber for slow release

Tiger Nut Flour – Naturally sweet Allergy friendly flour alternative that is grain and nut-free

LIQUID BASE

Milks: Coconut Milk (beverage) is my preference but can be substituted for an milk that you desire. I use coconut milk because it is sugar-free and I like the small amount of MCT fats that help emulsify. It's also least likely to have allergic issue with people.

Almond milk, hemp milk, dairy, or any other nut milk will work just fine.

TEAS (for culinary use)—Keep a large jar of pre made herbal/green tea/rooibos to add as a base for dressings and smoothies. Better alternative than juice that adds benefits of cancer fighting, digestive aid, and excellent antioxidant. Add teas for simple energy boost or between meals to help absorb and digest nutrients.

Vegan Substitution: Any eggs can be replaced with 2 tbsp flax ground or mixed or 2 tbsp chia
Banana flour or Tiger Nut Flour also works nice as a binder (its best to make smaller pancakes)

Nut & Seed butters: Almost any nut butter could be replaced with coconut butter or a seed butter such as sunflower. **Favorites:** Almond Butter, cashew butter or nut free version (sunflower butter)

Coconut butter (or coconut manna) Coconut butter is made from ground coconut flakes, like a peanut butter version of coconut. has more of a vanilla flavor than coconut. Works best when it is melted and softened. Higher fiber content than coconut oil. Great to mix with other nut butters.

Powdered peanut butter/almond butter: Lower fat version of nut butters that are great as a thickener. These help provide a “cookie-dough” like taste. I use this in a lot of ingredients as a star ingredient that is macro-friendly.

INGREDIENTS & SUPPLIES

SWEETENERS

I choose low sugar options such as stevia most often. You can add maple, honey or other fruit based sugars if you prefer. In many cases the protein powder can provide the majority of the sweetness. Use for shakes, ice cream, and frostings, etc..

Stevia – Low glycemic sweetener. Not all are created equal, often a little bit will help amplify certain flavors mixed with another sweetener. It's best to play around and find your preference.

Dates – Medjool dates help with chewy consistency and provide extra fiber and minerals that includes amino acids and an easy digestible form of glucose that is great for muscle fuel/recovery. Dates mix really well in smoothies and baked goods. They also compliment chocolate very well.

Monk fruit – Natural sweetener that comes in dry and liquid versions. This can be a great alternative if you do not like stevia. Also find monk fruit based maple flavored syrups and more. I like the golden version of lakanto monk fruit.

Berries – My favorite berries to use are **frozen organic wild blueberries that are smaller in size**. These berries are great for blood sugar and the frozen effect help create a better consistency.

Chocolate Chips – I like these stevia sweetened chips from Lilly's or you can use cacao nibs

Cacao nibs – Raw chocolate 100% sweetened and unsweetened versions

Mama chia jelly – Low calorie jelly that is made from chia, jelly and organic fruit

Manuka Honey – High quality honey that is supportive for gut health, immune, and more

Know foods syrup – Low glycemic syrup that has zero sugar and taste just like real maple.

Mesquite powder (blood sugar, thickener, amino acids, lysine, cinnamon-choco flavor)

SUPER FOOD BOOSTERS

Extra power benefits, texture, digestion, stress, recovery, longevity

PROTEIN POWDERS (hemp, pea, collagen, brown rice based source of protein, amino acids, and, vitamins)

This is important to find a blend that you like.

MY FAVORITES:

Golden Ratio: blend of plant protein and collagen

Raw Chocolate (Cocoa) (antioxidants, energy, aphrodisiac, magnesium, anti-stress, feel good!)

Bee pollen (amino acids, b vitamins, enzymes, multi-vitamins)

Oats *gluten-free or sprouted when you can* (heart health, anti-cancer, digestion, fiber, skin)

MCT oil (coconut oil) (metabolism, absorption, energy, satiety)

Coconut meat/butter (metabolism, sustained energy, fiber, healthy fat)

Greens (spirulina, chlorella) (Alkalizing, cleansing, detoxing, protein, well-being)

Golden milk mix – (Sweet chai mix, anti-inflammatory, immune support)

ADAPTOGENS (Help modulate stress)

Reishi (cancer fighter and immune stimulator and stress buster) Other common mushrooms: Cordyceps for endurance, Lions Mane for cognitive function, Chaga for immune and energy support

Ashwaganda (adrenal and thyroid support, endurance, stress)

Maca (immune, energy, endurance, adrenal glands, vitality, makes you feel good)

VIDEO LINKS:

BREAKFAST & BOWLS

Overnight Oats - <https://youtu.be/H5GAZ2Md-z8>

Chocolate protein crunch bowl - Good carb dessert - https://youtu.be/UYFFqrM_DWk

PANCAKES & WAFFLES

Cookie Dough Protein Waffle - <https://youtu.be/RL1XK2I7qb8>

Pancakes 2 ways - <https://youtu.be/rSaNWVgYQf0>

Low carb or low fat

Carrot Cake protein waffle - <https://www.instagram.com/p/B2k-yIBFSFM/>

Coffee Cake pancakes - <https://www.instagram.com/p/Bz0qDbYlTYN/>

SMOOTHIES, TOPPINGS & SAUCES

Vanilla Caramel Protein topping - https://youtu.be/EzbfoPS1_D8

Carmel cookie dough shake - <https://www.instagram.com/p/B0UX3cFJqtV/>

Cravings buster shake mint chocolate & Greens - <https://youtu.be/RxcJBa0ibtQ>

Coconut Whipped Cream - <https://youtu.be/0Ojglu7qXXg>

Vanilla Chai Blizzard - <https://youtu.be/Z0ZR-QzgIV4>

Bulletproof blizzard (coffee smoothie) - <https://youtu.be/MOlbLXkiCos>

Blueberry Instant Ice cream - <https://youtu.be/-mUYk0Q72LE>

Common Jumpstart smoothie - <https://youtu.be/CnoPEuh3EmA>

SNACKS

Sweet Potato Toast - <https://bit.ly/31XT0aW>

Cookie Dough Protein Bars - <https://youtu.be/PZbZ-V8wTyE>

Caramel Energy Bites - <https://www.youtube.com/watch?v=QQJ3wTjaHHA>

Thin Mint energy bites - <https://www.instagram.com/p/B35gtwYFLWA/>

SUPPLIES

Tigernut flour - <https://amzn.to/2nhkr18>

Green banana flour (resistant starch) - <http://amzn.to/2tJIN5T>

Paleo Flour (Bobs Red Mill) - <http://amzn.to/2Dg4nQT>

Lilly's Chocolate Chips (sugar-free - delicious) <http://amzn.to/2FU1XYz>

Golden Ratio GR Bliss Protein - <https://www.mygoldenratio.com/collections/protein-powder>
Collagen & Plant Blend

SWEETENERS (sugar alternatives)

Stevia - Vanilla - All liquids, desserts, waffles, coffee, etc.. <https://amzn.to/2FShHL3>

Stevia Caramel - <http://amzn.to/2FbqOuH>

Chocolate - <http://amzn.to/2FNPFSh>

Monk Fruit (Iakanto) <http://amzn.to/2F7LaFb>

I like the golden version as a comparison to brown sugar

Sugar-Free Maple (know foods) - <https://amzn.to/2KGnpUK>

Option 2 - Maple syrup from Iakanto (sugar-free) - <http://amzn.to/2FcE4Lr>