

LIFE Guide.



WINTER
2022

**Low-Carb.
High-Fat.
Made Easy.**

SFuels.[®]
Go Longer.

TRANSFORM



Keto
3



REVIVAL



PRIMED.



TRAIN



Morning Starts



SFuels Keto3 Cereal Berry Yoghurt Muesli

Ingredients

- 3 Tablespoons of Plan Greek Yoghurt
- Handful of blueberries, or raspberries
- 1 Serve SFuels Keto3 Breakfast Cereal

Go Make:

- Layer in the Yoghurt, then berries
- Add SFuels Keto3 Cereal on top
- Ready to Serve



SFuels Keto3 Cereal Hot Porridge with Berries & Nuts

Ingredients

- 1 Serve of SFuels Keto 3 Cereal
- 2 x ½ Cup of Whole Milk
- Water if needed
- Handful of Blueberries
- Handful of Almonds, or Walnuts

Go Make:

- Add Cereal and ½ cup of milk to saucepan, on slow/low heat
- Stir until Cereal thickens to your liking
- Once ready, mix in blueberries, nuts
- Pour into Bowl – add milk, sprinkle with more Cinnamon
- OPTIONAL: Add SFuels TRANSFORM for sweeter taste
- Ready to Serve Warm



5
Min

Keto3 Cereal High-Energy Granola (10 Servings)

Ingredients

- 1 bag of SFuels Keto3 Cereal
- 1 cup of Coconut Oil

Go Make:

- Pour/mix the Coconut oil , Sfuels Keto 3 cereal until cereal is wet throughout
- Spread the wet granola batter out on a baking sheet-tray
- Pack/press the batter tight together and flat onto the tray
- Pop in oven 380F for 10 mins. – then remove and flip the granola to bake the other side for another 10mins
- Remove tray from oven and let cool on the bench
- OPTIONAL: Add other nuts, or more desiccated coconut
- Once cool, pour into container, and store in refrigerator
- Serve (3 Tablespoons) with Yoghurt/Milk and berries



25
Min

Low-Carb High-Fat Yoghurt, Strawberry and Mint

Ingredients

- 1 Scoop of SFuels TRAIN Strawberry Lemonade
- 4-5 Tablespoons of Plan Greek Yoghurt
- Handful of Strawberries, (or blueberries, raspberries)
- ½ teaspoon of Chia Seeds
- Small handful of walnuts
- ~10 Mint leaves

Go Make:

- Mix the yoghurt with the SFuels.Life or SFuels TRAIN.
- Throw the Berries, Chia Seeds, Nuts and Mint leaves on top
- OPTIONAL: Add tablespoon of liquid coconut oil
- Ready to Serve



3
Min

Low-Carb High-Fat Breakfast Pancakes (8 pancakes)

Ingredients

- 2 tablespoons SFuels TRANSFORM
- 1 cup almond flour
- 4 whole eggs
- 1/4 cup whole milk (or cream)
- 1 teaspoon of vanilla extract
- 1/2 teaspoon baking powder
- Cook using butter, olive, or coconut oil

Go Make:

- Combine all ingredients together in a bowl and whisk by hand.
- Heat pan and add oil/butter.
- Pour 1/4 cup of pancake mix and flip to cook both sides.
- Serve with cream, butter, and berries.



10
Min



SFuels.

Delicious Drinks



Low-Carb High-Fat LIFE Latte

Ingredients

- 1 teaspoon SFuels TRANSFORM
- 1 espresso coffee
- Whole Milk Steamed

Go Make:

- Add teaspoon SFuels TRANSFORM to espresso cup
- Run espresso over the SFuels TRANSFORM – and stir together
- Add steam/foamed Milk above the coffee



1
Min

Low-Carb High-Fat Transformed Chocolate Shake

Ingredients

- 1 tablespoon SFuels TRANSFORM
- 1 heaping tablespoon un-dutched Cacao or Cocoa.
- 1/3 cup whipping cream
- 16 oz water
- Ice

Go Make: Put all ingredients into food-processor or Nutri-bullet mix and drink.

Repurpose:

- If you prefer Vanilla to Chocolate. Remove Cacao, and replace with 1 teaspoon of vanilla extract or 1 raw vanilla pod



2
Min

Low-Carb High-Fat Resilience Smoothy - 1

Ingredients

- 1 scoop Strawberry Lemonade
- Hand-full of raspberries
- Ice and Water

- or -
- Slices of lime (with SFuels Train Coconut Lime),

- Handfull of blueberries (with SFuels Train Strawberry Lemonade)

Go Make: Put all ingredients into food-processor or Nutri-bullet, mix and then drink.



Low-Carb High-Fat Resilience Smoothy - 2

Ingredients

- 1 scoop Coconut Lime SFuels TRAIN
- 3 hand-fulls of Spinach or kale
- Ice and Water

Go Make: Put all ingredients into food-processor or Nutri-bullet, mix and then drink.



Low-Carb High-Fat REVIVAL Mocha Macchiato

Ingredients

- 1 teaspoon SFuels Chocolate Revival
- 1 espresso coffee
- Whole Milk Foam

Go Make:

- Add teaspoon SFuels Revival to espresso cup
- Run espresso over the SFuels TRANSFORM – and stir together
- Add steam/foamed Milk above the coffee



1
Min



Revival Thermo Choc-Chilli Recovery Shake

- **Ingredients**

- 1 tbs SFuels Chocolate Revival
- 10 fresh/frozen Cranberries
- 1 small chilli (birdseye)
- 1 tbs Cacao Powder
- 1 sprinkle monk fruit powder
- 1 sprinkle Himalayan Salt
- 3 tbs Cream
- 14-18oz cold water

Go Make: Put all ingredients into food-processor or Nutri-bullet mix and drink.



2
Min



PRIMED MOCKTAILS.



GO
PRIME
YOUR
MOJO.





PRIMED Cranberry Watermelon Orange Zest

Ingredients (makes 2)

- ½ handful of frozen/fresh Cranberries
- 1 PRIMED Watermelon
- 4 Orange Peel Shaved Strips ~¾ inch wide
- 3 Mint Leaves
- ICE cubes
- 250ml/1 cup cold water (or Soda water)

Go Make

- Smoothie: Cranberries, Water, Orange Peels Mint Leaves and PRIMED Watermelon
- Fill ½ glass with Ice cubes
- Pour smoothie over the Ice
- Drop some mint, orange peel and Cranberry on top - great look!



Pineapple-Mint Orange Mocktail

Ingredients (makes 2)

- 5 large mint fresh leaves
- ½ small orange (5gr carbs)
- 1 SFuels PRIMED – Pineapple
- 8-10 ice cubes
- 500-600ml water

Placed all ingredients into smoothie
Machine and blend.

Pour into glass and serve





PRIMED Lime Watermelon Nohito

Ingredients (makes 2)

- ½ handful of frozen/fresh Cranberries
- 1 PRIMED Watermelon
- 2 Orange Peel Shaved Strips ~¾ inch wide
- 3 Mint Leaves
- ICE cubes
- 250ml/1 cup cold water (or Soda water)

Go Make

- Smoothie: Cranberries, Water, Orange Peels Mint Leaves and PRIMED Watermelon
- Fill ½ glass with Ice cubes
- Pour smoothie over the Ice
- Drop some mint, orange peel and Cranberry on top - great look!





PRIMED Apple Watermelon Crush

Ingredients (Makes 2)

- ½ Red apple
- ¾ cup Ice cubes
- PRIMED Watermelon
- 4 raspberries
- ¾ cup Ice cubes

Go Make

- Add Apple and ¾ cup Ice to Smoothie machine and pulse to a crush – Pour into 2 serving glasses
- Add PRIMED, raspberry, ¾ cup Ice to smoothie machine, pulse o a crush. Pour to into the 2 serving glasses, over apple
- Add lime-slice to the glass rim, add straw and serve cold



Anytime Staples



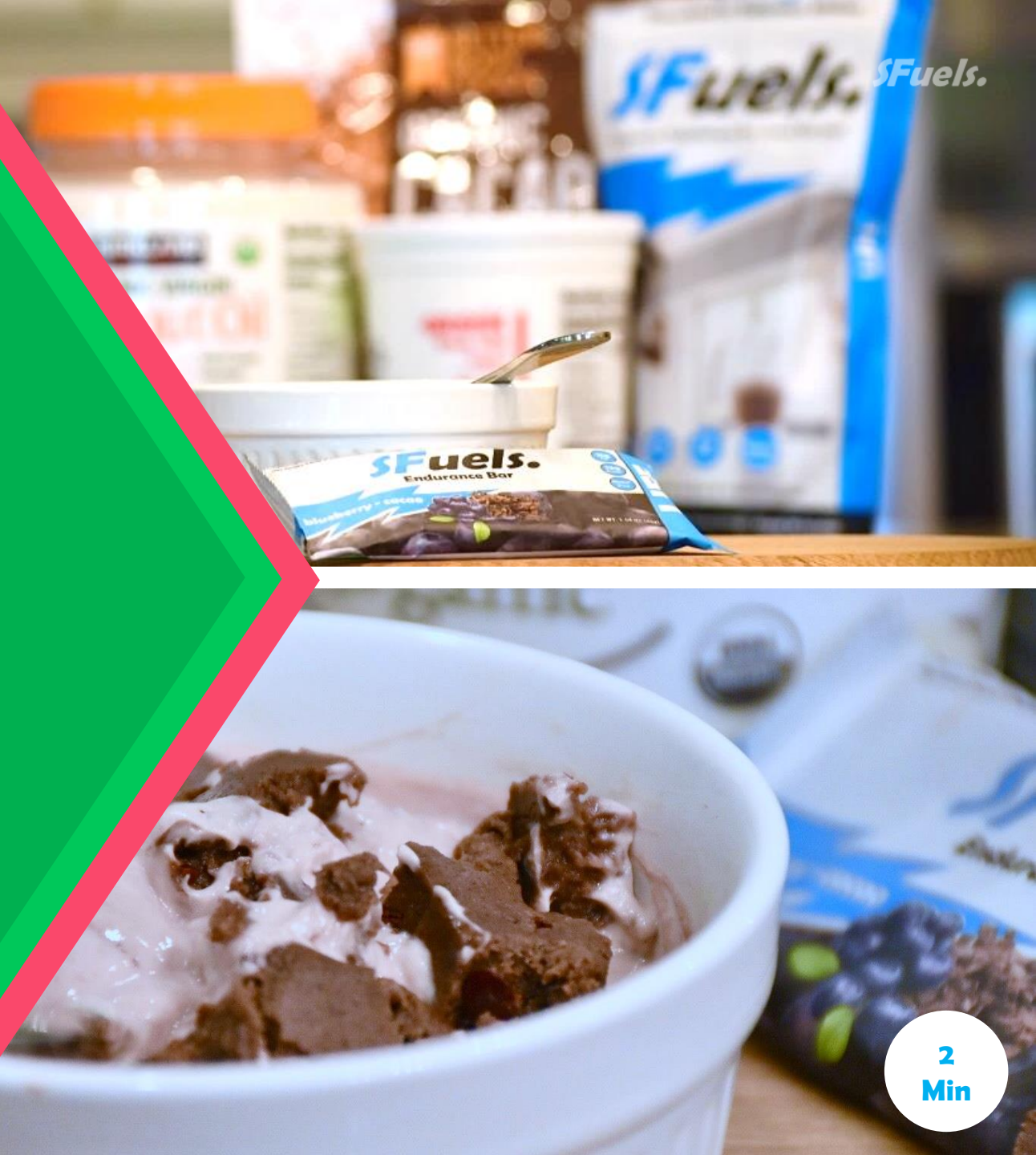
Low-Carb High-Fat Greek Yoghurt and SFuels LIFE Bar

Ingredients

- 1 Scoop of SFuels TRANSFORM
- 4 Tablespoons of Plan Greek Yoghurt
- 1 SFuels LIFE Bar separated into 12 chunks
- 1 teaspoon of cocoa powder
- Add tablespoon of liquid coconut oil

Go Make:

- Mix the yoghurt with the SFuels TRANSFORM
- Throw the SFuels TRANSFORM Bar chunks and serve



2
Min

LIFE High-Fat Yoghurt Strawberry Lemonade

SFuels.



Ingredients

- 1 Scoop of SFuels TRAIN Strawberry Lemonade
- 5 Tablespoons Greek Yoghurt – PLAIN, Whole-Fat
- 2 large strawberries

Go Make:

- Add SFuels TRAIN and reek Yoghurt into your serving bowl – and stir until fully mixed together
- Slice or dice your strawberries, and add to the yoghurt mix
- Ready to Serve



2
Min

Low-Carb High Fat Revival Chocolate Yoghurt

Ingredients

- 1 Scoop of SFuels Chocolate Revival
- 5 Tablespoons Greek Yoghurt, PLAIN, Whole Fat
- Handful of blueberries

Go Make:

- Add SFuels Chocolate Revival and Greek Yoghurt into your serving bowl – and stir until fully mixed together
- Throw blueberries , and slivered almonds on top
- Ready to Serve



2
Min



Low-Carb High-Fat Broccoli-Chicken Warm Salad

Ingredients

- 1 scoop SFuels TRANSFORM
- 2-3 handfuls of broccoli sprigs
- 2 chicken breast, fat on. chopped
- 1 avocado chopped
- Handful of chopped Cilantro
- 1 tablespoon of Soy Sauce
- 1 tablespoon of peanut (or olive) oil
- 1 tablespoon of sesame seeds
- ½ teaspoon of honey

Go Make:

- Stir SFuels TRANSFORM, peanut oil, soy sauce, and honey into a sauce.
- In a saucepan, brown the chicken, medium heat with olive oil
- Add the broccoli, and pour in the SFuels TRANSFORM sauce. Cook until Broccoli slightly softened, yet still crunchy
- Move the cooked chicken-broccoli onto a plate
- Toss Cilantro over broccoli the broccoli-chicken, and finish with sesame seeds over the top
- Ready to serve.



SFuels.

8
Min



Ingredients

- 1 heaped tablespoon SFuels TRANSFORM
- 1 whole egg
- 2 teaspoons of vanilla extract
- 1 tablespoon of peanut-butter powder
- 16oz water
- Ice

Go Make: Mix all ingredients into food-processor or Nutri-bullet mix and drink.

Repurpose:

- If you prefer Chocolate remove the vanilla and add 1 heaped teaspoon of Cacao.



Low-Carb High-Fat Vanilla-Peanut Recovery Shake

 3
Min

Low-Carb High-Fat Heirloom Tomato Salad

7
Min

Ingredients

- 1 scoop SFuels TRANSFORM
- 1 package (5oz) spring mixed salad greens
- 3 tablespoons olive oil. 2 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- 1/4 teaspoon dried oregano
- 3 large heirloom tomatoes, sliced
- 1/2 cup fresh basil leaves
- 1/3 cup pine nuts, toasted
- 3 tablespoons chopped red onion
- 2 ounces fresh goat cheese, crumbled

Go Make:

- Whisk oil, vinegar, mustard, garlic, SFuels TRANSFORM and oregano.
- Pour over/toss into salad greens.
- Arrange on plate, and place Tomato slices over the greens
- Top with cheese, onions, pine nuts and basil.
- Ready to serve.



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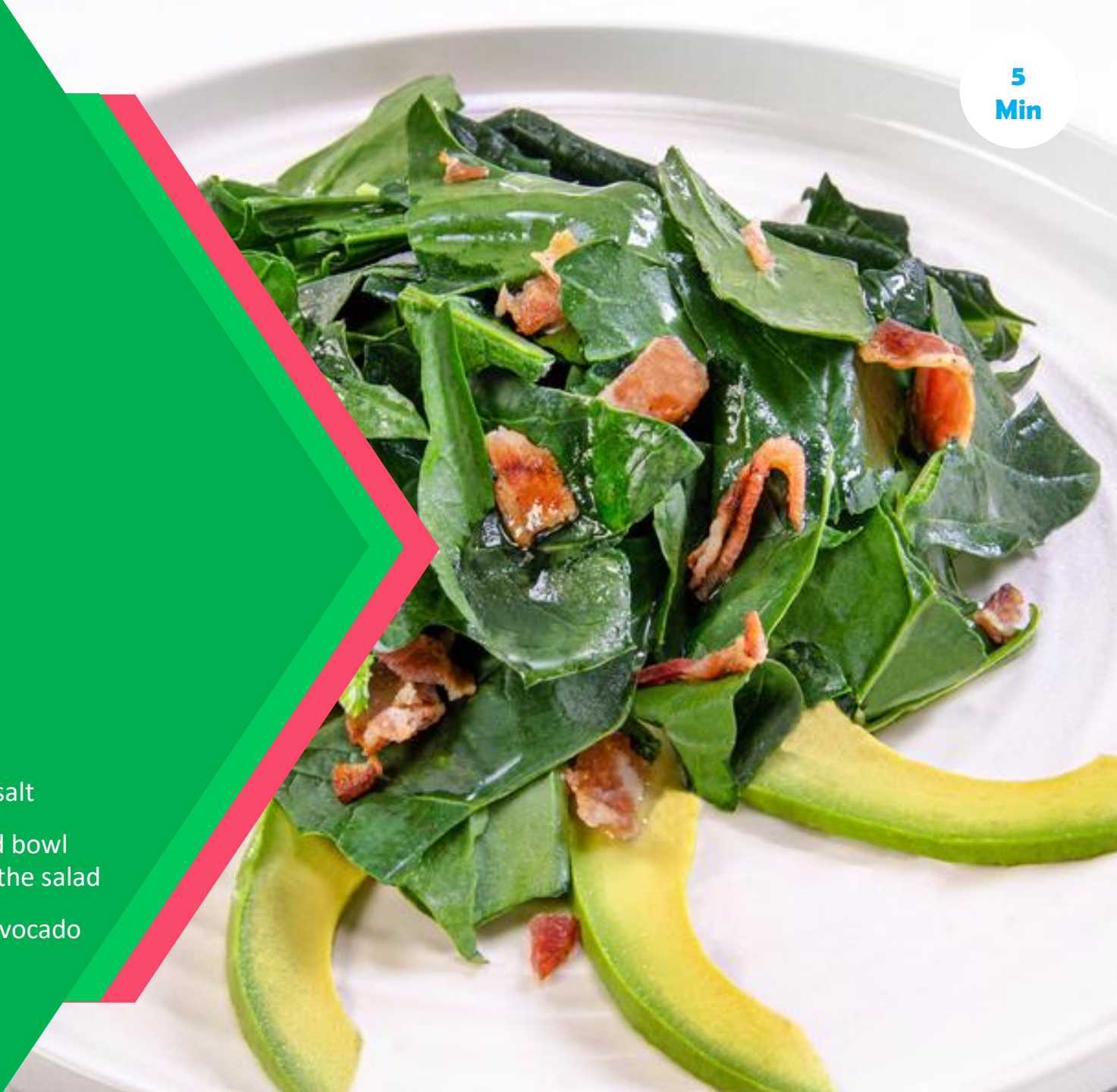
Low-Carb High-Fat Bacon-Spinach Salad

Ingredients

- 1 scoop SFuels TRANSFORM
- 1 cup bay spinach
- 1 cup chopped diced red pepper
- 1 cup chopped celery
- 3 strips bacon, fried then diced.
- 1 handful broken walnuts (or Almonds)
- Tablespoon of dried cranberries, finely diced
- 2 tablespoons of olive oil
- 1 teaspoon mustard
- 1/2 teaspoon sea salt

Go Make:

- Mix SFuels TRANSFORM, olive oil, mustard and sea salt together
- Chop and mix all other salad ingredients into a salad bowl
- Pour the the SFuels TRANSFORM, oil, mustard over the salad and mix
- OPTIONAL: add fried/poached egg, and/or sliced Avocado
- Ready to serve.



Low-Carb High-Fat Bacon, Eggs, Tomato Salsa

Ingredients

- 2 Eggs
- 2-3 rashers of Bacon (non-sugar processed)
- 4 small cherry tomato's
- 1 Tablespoon chopped purple onion
- 1 Tablespoon chopped cilantro
- ½ teaspoon of lime or lemon juice
- ¼ teaspoon salt. (1/2 crushed garlic if you like)
- Olive Oil
- 1/3 scoop SFuels TRANSFORM

Go Make:

- Fry up your eggs and bacon how you like them
- Mix the tomato's, onion, cilantro, lime/lemon juice, salt, olive oil and SFuels Transform together.
- Pour the salsa over the eggs. Optional add some baby spinach greens.
- Serve and eat.



5
Min



Low-Carb High-Fat Salad Mayo-Dressing (3/4 cup)

Ingredients

- 1 scoop SFuels TRANSFORM
- 1 egg yolk
- 1 tsp lemon juice
- 1 tsp Dijon mustard
- 1 tsp water
- ¾ cup avocado oil
- 1 tablespoon olive oil
- Pinch salt

Go Make:

- Add egg yolk, SFuels, lemon juice, mustard, and water to a large bowl and whisk using hand whisk until combined.
- Add avocado oil and olive oil to a measuring cup. Start whisking constantly while drizzle in a few drops of oil at a time. Once the mixture is thickened, you can pour a little more than just drop by drop. The key is do not stop whisking until mixture is thicken.



Low-Carb High-Fat Almond Bread

Ingredients

- 2 scoops SFuels TRANSFORM
- 2 eggs
- 1 cup almond butter, unsalted
- 3/4 cup almond flour
- 1 teaspoon cinnamon
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon baking soda
- 1 teaspoon liquid Stevia
- 1/2 teaspoon sea salt
- 1/4 cup warm water
- **Serve with grass-fed Butter**

Go Make:

- Preheat oven to 340 F degrees.
- In a deep bowl whisk eggs, almond butter, SFuels TRANSFORM, Stevia, and vanilla.
- Add in salt, cinnamon, water and baking soda. Stir until all ingredients are well combined.
- Pour dough into a greased baking pan. Bake for 12-15 minutes.
- Once ready, let cool on a wire rack. Slice and serve.



20
Min

Low-Carb High-Fat Almond Chocolate Brownies (16)

Go Make:

- Preheat oven to 325F. Grease pan with butter and line with parchment paper to the sides.
- In a medium sized bowl, melt butter in a microwave. Once melted, remove from microwave and quickly add in dark chocolate. Let sit for 1 minute, then using rubber spatula stir until butter and chocolate is well-combined.
- In a separate bowl, mix the rest of the ingredients (except the walnuts) until just combined, do not overmix the batter. Mix in chocolate mixture and continue mixing using hand whisk or hand mixer until the batter is smooth and shiny.
- Transfer to the baking pan, spread evenly, and sprinkle on top with chopped walnuts.
- Bake in the oven for 15-17 minutes or until the toothpick comes out almost clean, with a few moist crumbs. Start checking after 15 minutes. Remove from oven.
- Cool at room temperature for 20 minutes or until brownies is not hot anymore, cut to 16 pieces and serve. These brownies taste even better the next day.



Ingredients

- 1 scoop SFuels TRANSFORM
- 2 oz Sugar-free sweetened chocolate, roughly cut
- 4 oz unsalted butter + 1 tablespoon for greasing
- 1 ½ teaspoon better stevia (or non-sugar sweetener)
- 1/2 teaspoon baking powder
- 1/2 cup blanched almond flour
- 1/4 cup unsweetened cocoa powder
- 3 large eggs
- 1 teaspoon vanilla extract.
- 1/4 cup walnuts chopped roughly



10
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Transformed Peanut Chocolate Slice

Go Make

- Line a loaf tin with baking paper.
- **Base Layer:** Mix all the ingredients in a bowl. Put into Lined tin, smooth out to make base layer. Put it in the freezer to set.
- **Middle Peanut Layer:** Gently melt in a pan the coconut oil. Stir in the other ingredients until blended - making sure not to overheat or burn. Once the base is chilled - remove from freezer and spread the peanut layer over the top. Add a layer of walnuts gently on the top of the peanut layer. Put back into the freezer, ~20 – 30 minutes.
- **Chocolate Layer:** melt the chocolate, coconut oil and date syrup (or SFuels Transform) in a metal bowl over a pot of boiling water – don't let the water touch the pot – it should just be heating it enough to melt the ingredients. Continually stir. Once smooth add the cocoa in and mix, then it is ready to pour on top of the Middle Peanut Layer - rotate the tin so it is spread evenly over the top, put in the freezer.
- Remove and cut into square chunks and eat. (clean knife with each cut for smooth lines.)



30
Min

Ingredients Base Layer

60g coconut oil, melted gently
130g ground almonds
50g SFuels Transform
4 Tbsp. cocoa (or cacao powder)
½ tsp. salt
1 tsp. vanilla essence

Ingredients Middle Peanut Layer

180g of Fix N Fog Peanut Butter (or almond butter for a lower carb option)
30g tahini
20g date syrup (omit for low carb option)
30g coconut oil melted gently
¼ tsp. salt
50g walnuts

Optional Top Chocolate layer

95% Lindt dark
60g coconut oil
45g cocoa (or cacao powder)
10g date syrup or 2 Scoop SFuels Transform

Wholesome Meals



Grilled Steak with Sauce & Grilled Vegetables

Grilling Steak and Veges

- Cover oil in Olive oil and salt
- Cover vine-ripened tomatoes and bell-pepper slices with olive oil.
- Pour olive oil and tablespoon lemon juice on asparagus
- Grill steak on open flame (capture juice for sauce below) to desired rare/medium/well-done.
- Grill vegetables on flame to just soft, still slightly crunchy

Steak Sauce Ingredients

- 1 scoop SFuels TRANSFORM
- Juice from grilled steak
- ½ teaspoon gravy powder
- Teaspoon olive oil, Tablespoon boiling water
- Mix all into Steak sauce
- Pour desired amount over steak



Low-Carb High-Fat Glazed Sesame Ginger Salmon

Go Make:

- Combine soy sauce, vinegar, garlic, ginger, SFuels TRANSFORM and fish sauce in a bowl and add salmon.
- Marinate for 15 minutes.
- Heat sesame oil in a skillet until smoking and add fish, skin side down, into the pan.
- Cook for 4 minutes then flip over and cook for an additional 4 minutes or until done.
- Add marinade to the pot and cook for 4 minutes, remove from pot and set aside.
- Add white wine and ketchup to the sauce and cook for 5 minutes until reduced.
- Serve fish with sauce.

Ingredients

- 1 tablespoon SFuels TRANSFORM
- 2 tablespoon soy sauce
- 1 tablespoon rice wine vinegar
- 2 teaspoon garlic, grated
- 1 tablespoon ketchup
- 10 oz Salmon filet
- 1 tablespoon sesame oil
- 1 tablespoon ginger, diced
- 1 tablespoon fish sauce
- 1/2 cup white wine



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Low-Carb High-Fat Asian Broccoli Ginger Warm Salad

Ingredients: Salad

- 1 large head of broccoli
- 3 rashers of bacon
- 1/2 red bell pepper chopped
- 1/2 cup mushroom chopped
- 1/4 cup red onion chopped
- 1/2 cup cashews

Stir Fry bacon for 2mins, then add rest of ingredients and below dressing, till cooked.

Asian Dressing – Mix together

- ½ Scoop of SFuels TRANSFORM
- 3 tbsp olive/sesame oil. 1 tbsp rice vinegar
- 2-3 tbsp Soy Sauce
- 1 inch piece fresh ginger grated
- 1 clove garlic.



15
Min

Low-Carb High-Fat Asian Short Ribs

Go Make:

- Boil short ribs over medium high heat in a large pot until tender, for about 40 minutes. If it's not tender enough, add more water and continue cooking. Remove from heat, drain water, and set aside.
- Add soy sauce, fish sauce, and rice vinegar in a large sized bowl. Add in ribs and let sit to marinate at least 1 hour.
- Transfer ribs into a baking dish. Combined spice rub and coat ribs all over.
- Prepare grill and cook for 3-7 minutes each side, or until you see grill marks. Enjoy while it's warm!



Ingredients: Rib Marinade

- 1/4 cup soy sauce
- 1 tablespoon fish sauce
- 1 ½ pounds short ribs
- 2 tablespoon rice vinegar

Ingredients: Rib Spice Rub

- 1 scoop SFuels TRANSFORM
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika powder
- 1/4 teaspoon cardamom
- 1/2 teaspoon ginger
- 1/2 teaspoon sesame seeds.
- Pinch of salt or pepper.

Low-Carb High-Fat Kung Pau Chicken

Ingredients (Sauce)

- 1 scoop SFuels TRANSFORM
- 3 tbsp low sodium soy sauce
- 2 tsp sesame oil
- 1 tsp rice wine vinegar
- 1 tsp fish sauce
- ½ tsp ginger, minced
- 1 clove garlic, minced
- 1/8 tsp monk fruit
- 3 tbsp water

Ingredients (Stir Fry)

- 2 chicken breasts, diced
- ¼ cup red bell pepper, cut to bite size
- ¼ cup green bell pepper, cut to bite size
- ¼ cup cashew, roasted
- Pinch ground black pepper
- Sesame seed
- Spring onion, sliced
- 2 tbsp avocado oil (or any oil of your choice)



Go Make:

- In a measuring cup mix all sauce ingredients and stir until well-combined. Set aside.
- Add oil to a large non-stick skillet over medium high heat.
- Add chicken pieces and cook for 4-5 minutes or until chicken turns brown and almost cooked through. Add in bell peppers and ground black pepper, continue cooking until bell peppers are tender.
- Pour in sauce and cook until sauce is thickened and reduced. Add in cashew, sesame seed, and spring onion. Toss everything for 1 minute then turn off heat. Sprinkle with more sesame seed and spring onion if desired.



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Low-Carb High-Fat Glazed Soy Salmon

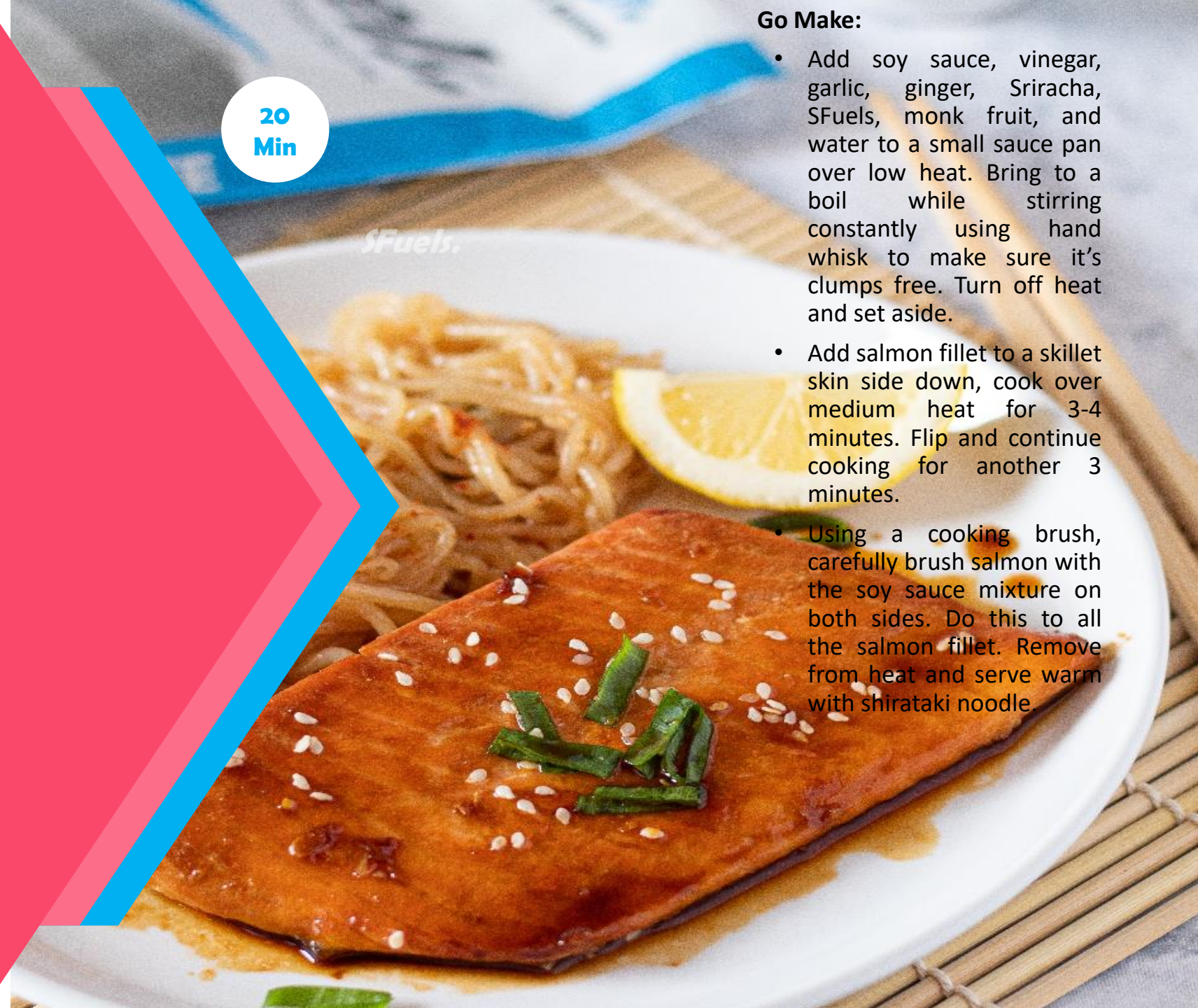
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Ingredients

- 1 scoop SFuels TRANSFORM
- 3- 5 Oz salmon fillet
- 3 tbsp low sodium soy sauce
- ½ tbsp rice vinegar
- 1 clove garlic, minced
- ½ inch ginger, minced
- ½ tsp Sriracha sauce
- 1/8 tsp monk fruit
- 1/8 cup water
- ½ tsp sesame oil
- Roasted sesame seed, for garnish
- Spring onion, for garnis

Go Make:

- Add soy sauce, vinegar, garlic, ginger, Sriracha, SFuels, monk fruit, and water to a small sauce pan over low heat. Bring to a boil while stirring constantly using hand whisk to make sure it's clumps free. Turn off heat and set aside.
- Add salmon fillet to a skillet skin side down, cook over medium heat for 3-4 minutes. Flip and continue cooking for another 3 minutes.
- Using a cooking brush, carefully brush salmon with the soy sauce mixture on both sides. Do this to all the salmon fillet. Remove from heat and serve warm with shirataki noodle.



Low-Carb High-Fat Buffalo Hot Wings (16 Wings)

Go Make:

- SFuels Hot-Wings Sauce: place all sauce ingredients into a saucepan and slowly bring to a boil, mixing as you cook it. Remove from heat once the mixture has boiled.
- Mix salt and baking powder in a large bowl, and with clean hands rub mixture into chicken wings.
- Pre-heat oven to 250F, place chicken on baking tray lined with foil, bake in oven for 20-25 minutes.
- Raise temp to 425F for 20 minutes. Remove the chicken and brush one side with SFuels Hot-Wings Sauce. Lightly sprinkle salt and pepper over chicken, place back into the oven for 10 minutes.
- Remove from oven, turn chicken over, and brush the other side. Lightly sprinkle with salt and pepper. Return to oven for final 10 minutes.
- Remove chicken from oven and place in a bowl. Pour the remaining sauce over chicken.
- Serve with celery and carrot sticks and low-carb ranch dressing.



Ingredients Baked Crispy Chicken Wings

- 16 chicken wings
- 1 tablespoon of baking powder (not baking soda)
- 1-2 teaspoons salt. Pepper to taste

Ingredients: SFuels Hot-Wings Sauce

- 1/2 tablespoon SFuels TRANSFORM
- 1/2 cup butter
- 1/2 cup Franks Hot Sauce
- 1½ tablespoons apple cider vinegar
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- Sprinkle of ground cayenne pepper

20
Min

Low-Carb High-Fat Instant Coffee Ice-cream

Go Make:

- Add coconut milk, cocoa powder, instant coffee, SFuels, vanilla extract, and stevia to a medium sauce pan. Cook over medium high heat while mixing constantly with hand whisk, until the powder has dissolved and the mixture is smooth. Set aside to cool down.
- When the coffee mixture has cooled down, whip heavy cream in a separate bowl with hand mixer until stiff peaks formed. Add cooled coffee mixture to the whipped cream and mix carefully with spatula until well-incorporated.
- Transfer ice cream mixture to sealable container and place in the freezer for 6 hours or overnight. Take out ice cream 20-30 minutes before scooping.

Ingredients

- 1 scoop SFuels TRANSFORM
- 1 cup full fat coconut milk
- 1 tbsp cocoa powder
- ½ tbsp instant coffee of your choice
- ½ tsp better stevia
- ¾ heavy whipping cream
- 1 tsp vanilla extract, optional



Low-Carb High-Fat Vanilla Ice-cream (7-8 servings)

Ingredients

- 3 teaspoons SFuels TRANSFORM
- 2 cups coconut cream
- 1 ½ teaspoons vanilla extract

Go Make:

- Add all ingredients together to Food Processor and pulse at air-rate 4-5 times.
- Pour Ice-cream mix into molds.
- Place in refrigerator for 30 minutes.
- Add Ice-cream popsicle sticks to each mold-ice cream.
- Place back in fridge till frozen.

Repurpose:

- If you prefer Chocolate – then use 1 teaspoon of vanilla, and add a heaped tablespoon of cocoa to the ingredients.



Low-Carb High-Fat Chocolate Mousse

Ingredients

- 1 scoop SFuels TRANSFORM
- 1 ½ cup heavy whipping cream
- 2 tbsp cocoa powder
- ¼ tsp monk fruit
- ½ tsp vanilla extract
- Sugar free chocolate chip for garnish
- Whipped cream for garnish

Go Make:

- Add heavy whipping cream to a large mixing bowl. With hand mixer, cream on medium speed until thickened.
- Add in cocoa powder, SFuels, monk fruit, and vanilla extract to the bowl. Mix again until stiff peaks form.
- Add to the serving cup of your choice. Top with extra whipped cream and chocolate chip. Chill in the fridge for at least 1 hour.



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Low-Carb High-Fat Cheesecake (2 cakes)

Ingredients

- 1 scoop SFuels TRANSFORM
- 8 oz cream cheese
- 4 tablespoon heavy cream
- 2 eggs
- 1/2 teaspoon better stevia
- 1 tablespoon lime juice
- 1 teaspoon vanilla extract

Go Make:

- In a microwave-safe bowl combine all ingredients.
- Place in a microwave and cook on HIGH for 120 seconds.
- Every 30 seconds stir to combine the ingredients well.
- Transfer mixture to a bowl and refrigerate for at least 2 hours.
- Before serving top with a slice of lime.

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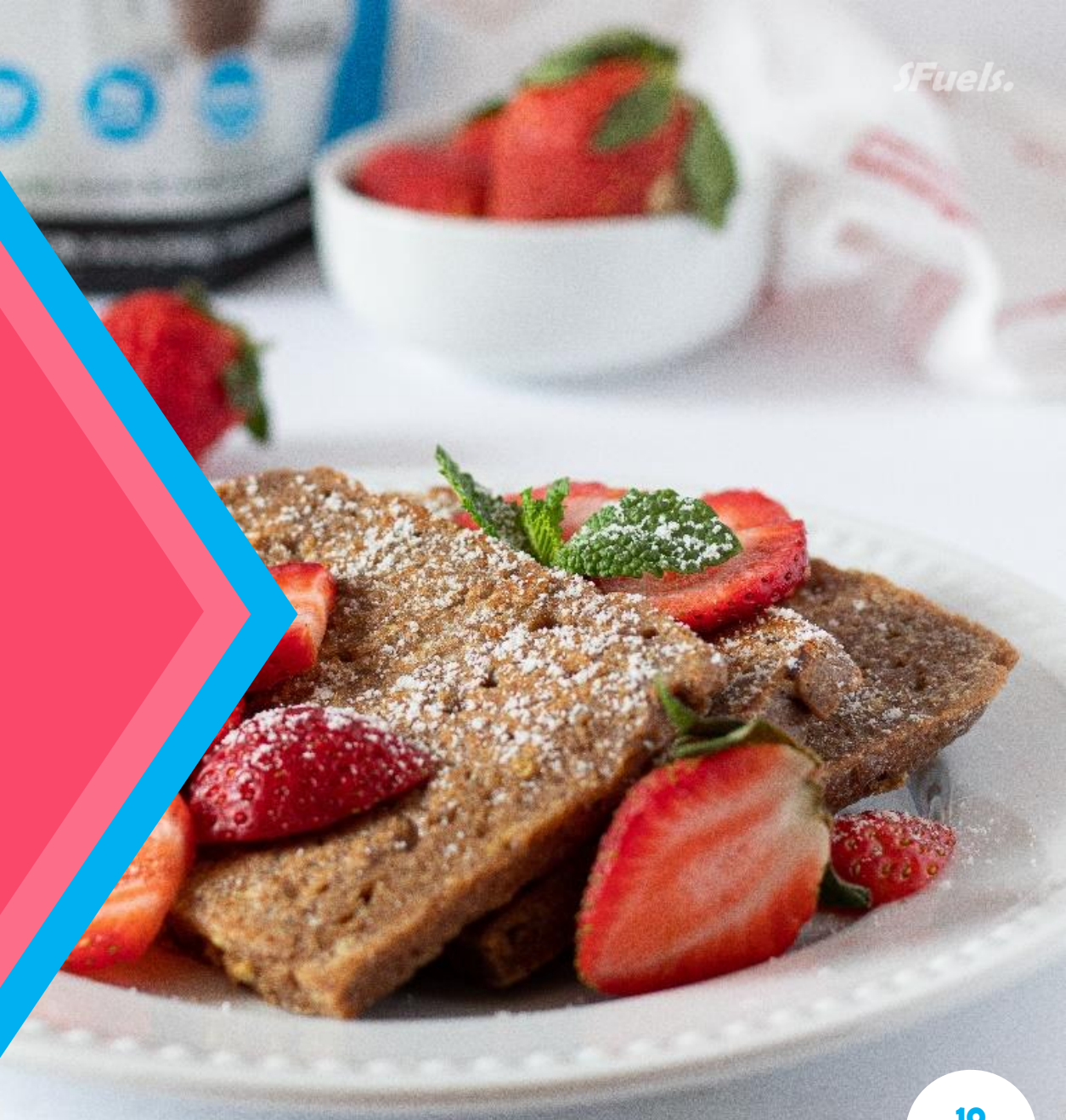
Low-Carb High-Fat French Toast

Ingredients

- 1 scoop SFuels TRANSFORM
- 4 eggs
- 1/4 cup coconut milk
- 1-2 tablespoon coconut oil
- 6 slices almond bread
- 1/4 teaspoon stevia
- 1/2 teaspoon cinnamon powder
- 1 teaspoon vanilla extract

Go Make:

- Whisk coconut milk, sweetener of your choice, eggs, organic vanilla extract, salt, and cinnamon.
- Soak each slice of almond bread (or any gluten-free vegan Hemp & Seed bread) in egg mixture.
- In a frying pan heat the coconut oil over high heat
- Cook each slice of bread three minutes or until golden.
- Transfer toast to the plate lined with paper.
- Serve hot.



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Min

Low-Carb High-Fat Peanut Butter Muffin

Go Make:

- Preheat the oven to 325-degree F.
- Combine eggs, peanut butter, stevia, and SFuels in a large bowl, and mix well with hand mixer.
- In a separate bowl, whisk together almond flour, coconut flour, and baking powder.
- Add the wet ingredients to dry ingredients and stir to combine. Add almond milk and chopped bacon. Continue to stir until combine.
- Grease muffin tin with oil spray or place muffin liner if desired. Pour about 2 tbsp batter to each muffin cup or 2/3 cup. Sprinkle with more chopped bacon on top if desired.
- Bake for 20-23 minutes or until toothpick comes out clean.



Ingredients

- 2 scoops SFuels TRANSFORM
- ½ cup unsweetened peanut butter
- 4 eggs
- ½ tsp better stevia
- 2 cups fine blanched almond flour
- ¼ cup coconut flour
- 2 tsp baking powder
- ½ cup unsweetened almond milk
- 4 bacon strips, cook crispy and chopped

Low-Carb High-Fat Mini Lemon Cheesecake (12)

Ingredients

- 1 scoop SFuels TRANSFORM
- 8 oz cream cheese, softened
- 4 tbsp heavy cream
- 2 eggs
- ½ tsp better stevia
- 2 tbsp lemon juice
- 1 tsp vanilla extract
- Lemon slices for garnish
- Whipped cream for garnish

Go Make:

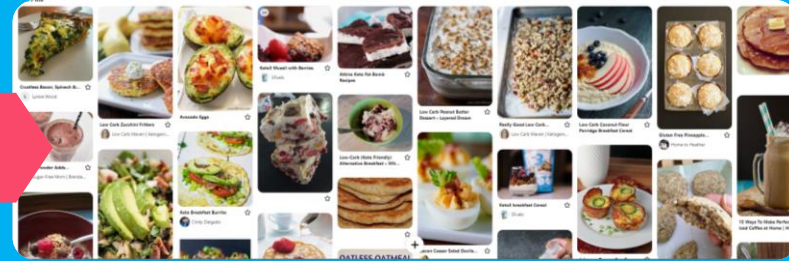
- Preheat the oven to 350-degree F
- Beat together all ingredients in a large mixing bowl with hand mixer until combined and fluffy. Taste to see if you need more sweetener, if you do start adding 1/8 tsp at a time until you reach the sweetness you're looking for.
- Line a cupcake tray with cupcake paper. Fill it up with cheese cake mixture. Bake for 10 minutes, let cool for 10 minutes. Chill in the fridge overnight.



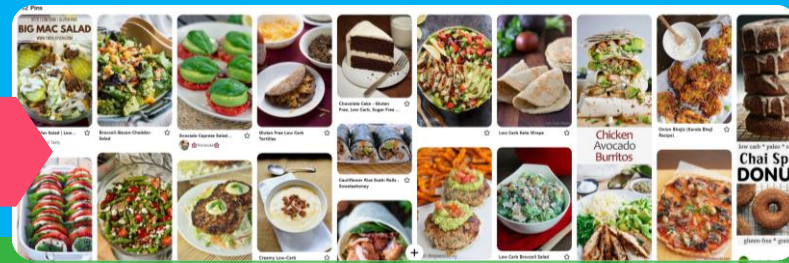
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- Yoghurt, Berries, Chia
- Pancakes, Berries & Creme

LUNCH & DINNER

- Steak, Tomato's & Salad
- Bacon Eggs, Tomato Salsa
- Glazed Sesame Ginger Salmon
- Broccoli-Chicken Warm Salad
- Yoghurt, Cacao-Berry LIFE Bar

LIFE guide

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