KETO FOR LIFE

Reset Your Biological Clock in 21 Days and Optimize Your Diet for Longevity

Mark Sisson

Author of the New York Times Bestseller The Keto Reset Diet

With Brad Kearns
Dear Friend,

Thank you for pre-ordering **Keto for Life** and joining me in pursuit of living long and living awesome all the way! I’m hopeful that you will utilize **Keto for Life** as a comprehensive owner’s manual for weight-loss, disease-protection, and both cognitive and physical peak-performance. **Keto for Life** provides step-by-step guidance to integrate a comprehensive lifestyle approach organized around the **Four Pillars of Keto Longevity: Metabolic Flexibility, Movement & Physical Fitness, Mental Flexibility, and Rest & Recovery**.

Armed with the knowledge you need to change your life, you’ll embark upon the **Keto For Life 21-Day Biological Clock Reset**, where you can literally reverse many biological markers for aging and set yourself up with sustainable long-term habits. Finally, you’ll enjoy over 80 delicious keto-friendly recipes from an assortment of popular chefs and keto leaders.

While you wait eagerly for the book to arrive, I hope you’ll enjoy the bonus items: A detailed audio summary of the book, a $10 discount code for PrimalKitchen.com, and this Bonus Sampler eBook. The sampler contains a few of my favorite recipes—try them so you can get started early on your **Keto for Life** journey!

Thanks for your interest, and I hope you will connect with our Keto Reset Facebook group to get support, recipe suggestions, and stories from fellow keto enthusiasts.

Live Awesome,

Mark
THE FOUR PILLARS OF KETO LONGEVITY
Today, with my Social Security paperwork filed, I am healthier, and in many ways fitter, than I was when I was a narrowly adapted creature suited for running or pedaling long and hard, and not much else. Come to think of it, the same “narrowly adapted” characterization might apply to when I became successful in business, but not very successful at regulating my attendant levels of stress and anxiety. This is one of the reasons that the scope of this book extends beyond superfoods, super workouts, wonder supplements, and biohacking strategies to embrace a comprehensive mind, body, and lifestyle approach to longevity. While overhauling your lifelong high-carbohydrate eating patterns can be a challenge, working on the intangible elements of longevity can be just as daunting, maybe more so.

*Keto for Life* will help unlock your peak performance potential and maintain it throughout your entire life—not only in the high-impact categories of shedding body fat, improving physical fitness, or minimizing disease risk factors in blood tests, but also in the more refined aspects of healthy living, like nurturing interpersonal relationships or balancing stress and rest. Ultimately, my goal is to help you enjoy an extended healthspan: not just making it to 90- or 100-plus, but feeling vibrant, energetic, happy, productive, and fulfilled until the end.

As you might imagine, the ketogenic diet is a centerpiece of this approach, but this book branches out into four distinct categories that I call the Four Pillars of Keto Longevity. You'll understand the scientific rationale and benefits of honoring each of these pillars, and also receive practical, step-by-step guidance to nail the objectives in each pillar. Finally, you'll put everything together during the intensive 21-Day Biological Clock Reset, building momentum and clarity for a lifetime of healthy habits and happiness. Here is where we are headed:

**Pillar #1—Metabolic Flexibility:** Time to escape carbohydrate dependency and become a fat-burning beast! You'll start by ditching toxic modern foods and progress comfortably through the multistage process detailed in *The Keto Reset Diet* to the highest level of metabolic flexibility through ketogenic eating. Then, you'll discover and adopt some advanced strategies based on the latest antiaging research that will help to promote longevity and make a huge improvement in your rate of aging. I’ll also help you create targeted goals for fat reduction and peak performance that you can sustain for a lifetime. Metabolic flexibility doesn’t have to mean rigid adherence to ketogenic macronutrient guidelines forever. Rather, I convey a concept of living in the *keto zone*, where you become adept at burning a variety of fuel sources based on your specific goals, eating preferences, genetic attributes, and ongoing experimentation and refining.

**Pillar #2—Movement and Physical Fitness:** Surprisingly, the priority here is not crazy sweating in the gym, but rather to make a concerted effort to increase all forms of general everyday movement. Our genes are hardwired to move around all day long. This keeps us physically energized (thanks to turbo-charged fat burning) and cognitively sharp. Fitness and health start with movement. Emerging science is showing that even a devoted workout regimen cannot save you from the destructive health consequences of too much stillness. Once you get into a good groove with daily movement patterns, you can boost your longevity quotient with a strategic blend of low-level cardio workouts and regular brief, intense strength and sprint efforts—in much less time and with less stress than you might think!
Pillar #3—Mental Flexibility: Under this broad definition falls an assortment of powerful mindset and behavior practices that promote resiliency for life in the same manner that metabolic flexibility makes you resilient enough to skip meals and maintain energy and focus. Strategies to develop mental flexibility include reframing self-limiting beliefs, “pivoting” (going with the flow when facing life change), being mindful and appreciative of the present instead of ruminating about the past or the future, having a formal practice for meditation and/or gratitude, nurturing healthy reciprocative social connections (being vigilant to prevent digital connections from crowding out real ones), and pursuing your passions and highest purpose to make a positive contribution to society throughout your life. Put those all together and I call it living awesome!

Pillar #4—Rest and Recovery: Optimizing your sleep practices will be the prominent focus here, but we must also consider a broad-based approach to chilling out amidst the hectic pace and constant stimulation of modern life. Rest and recovery strategies for longevity include disciplining your use of technology, taking frequent breaks from peak cognitive function to refresh depleted brain neurons, and conducting specially designed workouts that promote relaxation and rejuvenation.
Aft

er a comprehensive education about the four pillars of Keto Longevity, especially learning the “why’s” that will help you cultivate the powerful weapon of intrinsic motivation, it’s time to take action by committing to an intensive and reparative 21-Day Biological Clock Reset. When you commit wholeheartedly to this brief journey, you will effectively reset your biological clock and also create new habits that will feel natural and easy to maintain for a long time into the future.

The 21-Day Biological Clock Reset features daily challenges from each of the Four Pillars of Keto Longevity. The journey, while short in duration, is designed to be highly focused and tough! This is the only way to escape from the powerful pull of ingrained habits and cultural forces pushing you into distraction, carbohydrate dependency, and burnout. I am giving you all the tools you need to succeed, and I respectfully ask that you make the same level of commitment in return. Be sure to pick a convenient time to start, where your overall level of life stress is low, and you can spend a total of around an hour each day doing the challenges and accompanying journal exercises.

In particular, I want you to take the journaling assignments seriously. It’s simply not enough to read the material, complete the assigned tasks, and move on with your busy life. It’s easy to exhibit heightened awareness and resolve on the day you’re doing a challenge, and then drift back into destructive subconscious behavior patterns over time. Implementing new healthy habits requires mindfulness, repetition, and endurance. When you generate a detailed written account of your experiences during the fast-paced Reset, you strengthen the immediate impact of the challenges, and also create a valuable resource to consult with frequently over time. What’s more, on numerous occasions, the journal assignment is the central element of the challenge. So, before you begin, get yourself a simple spiral notebook and commit to packing it full of honest and authentic insights that are totally private and uncensored.

While it’s not realistic to operate in the intense 21-Day Reset mode indefinitely (unless you’re a fitness professional or Instagram model, I suppose), you will be exposed to a variety of healthy lifestyle practices that you can pick and choose from to integrate into your daily routine. For example, productivity experts are big into morning routines these days. Whether it’s just making your bed, sitting cross-legged on a cushion and conducting a 20-minute meditation, or jumping into a tub of near-freezing water, there is tremendous value in starting each day proactively with a methodical routine.

Since choosing “all of the above” is unlikely during time-stressed mornings, you will pick your absolute favorite stuff from everything you tried during the Reset and design a doable routine to carry forward into the future. In fact, on a few occasions during the Reset, you will see a challenge labeled as “carry forward,” which entails you will honor the recommendation on the remaining days of the challenge. By designing challenges that are sustainable for a lifetime, the 21-Day Biological Clock Reset approach differs from a boot camp experience. It’s distressingly common to plunge into a crazy, unsustainable diet or exercise regimen for 21 days and then spit back out into real life, exhausted, and doomed for a regression from even your original starting point.

My hope is that you will experience so much enjoyment and benefit from the Reset that you will be inspired to repeat it once a year. Not only will it help you correct course when busy life chips away at some of your peak performance habits, it will also poise you for random amazing breakthroughs that occur when good people keep doing good things. Time and again in my own life and with friends, family, and my readers, these magical occasions have occurred. An entrepreneur’s business takes off after she stuck to her values and bigger vision through tough times. Good fortune lands in the lap of those who live in gratitude. An athlete who remains patient with the training process and resists the temptation of instant ego gratification is rewarded with a victory at a future competition.
PROOF OF GETTING YOUNGER

Yes, you really can lower your biological age in just a few weeks! This can be validated by improvements in both blood test results and fitness assessments such as the 1-mile run or pushup test. To obtain concrete proof of your progress, perform the fitness assessments out of the gate, then repeat them regularly over time. If you currently have specific health challenges, or just techie inclinations, also consider running some blood panels at the outset of your 21-Day Reset. When you repeat the panels after even just 3 weeks, you can expect significant positive changes in the major metabolic and inflammatory risk markers. Here are some general guidelines for how to improve your blood work, and also to request important tests that are often outside the scope of routine screenings:

*Triglycerides-to-HDL ratio*: Experts like Dr. Cate Shanahan and Dr. Ron Sinha believe this is the single most valuable heart disease risk tracker. It’s critical to get below 3.5:1 immediately, and to get triglycerides under 100 and HDL over 40. Strive to reach an ideal of 1:1 or better.

*Fasting glucose*: Stay below 100. If you have a red flag here, buy an inexpensive portable glucose meter and track it daily. You’ll see how eating keto can help you move from prediabetic to healthy in a short time.

*Fasting insulin*: Definitely a special request, but a valuable indicator of how well your overall dietary strategy promotes longevity. Dr. Peter Attia believes the single best longevity predictor is a theoretical “insulin area under the curve” value. This means you produce an *optimally minimal* amount of insulin to nourish and repair your cells over your lifetime, and avoid the wildly excessive insulin production that occurs as a consequence of high carbohydrate eating patterns. It’s critical to get your fasting insulin below 8 immediately. Strive to get below 3.

*Hemoglobin A1C (HbA1C)*: This is estimated average glucose over a time period of several weeks, in contrast to the snapshot value generated by a fasting glucose reading. It’s critical to get below 6.0 immediately. Strive to get below 5.3.

*High-sensitivity C-reactive protein (hsCRP)*: This is a popular marker of systemic inflammation. Stay below 1.0.

*Homocysteine*: Another popular inflammation marker. Stay under 12.

*Testosterone*: The ultimate antiaging tracker for males. Strive to maintain serum testosterone into the high normal of the healthy range of 200 to 1,000. Testing for free testosterone (the amount circulating in the bloodstream) is perhaps even more important, but again is a special request. Free T scales vary among labs, so strive to land in the medium-to-high normal range.

*Thyroid panels*: Request a broader spectrum that includes T3, reverse T3, TSH, free T3, and free T4, and strive to land in the normal ranges.
Vitamin D: While the “normal” range starts at 30 ng/ml, vitamin D advocates recommend that everyone strives to get vitamin D well above 50 at a minimum, and up to 75 as an ideal. This is primarily achieved through exposing large skin surface areas to direct sunlight at the times of day and year of peak solar intensity in your area. Achieving a slight tan indicates that you are making vitamin D effectively.

KETO STARTING LINE

We are making the critical assumption that you are already fat- and keto-adapted at the start of this Reset. This means you have completely eradicated all grains, sugars, sweetened beverages, and refined industrial seed oils, and emphasize nutrient-dense ancestral foods. This means you can fast comfortably from 8 p.m. to 12 noon the following day, and do so routinely. Consequently, you will eat in a keto-friendly pattern throughout the Reset. You will tackle numerous challenges that launch from this higher baseline, such as integrating longevity superfoods and supplements into your routine, consuming your first calories at 12 noon or later every day during Week 3, and improving your mealtime and shopping behaviors. If you are not yet fat- and keto-adapted, please complete the process described earlier (and more thoroughly in The Keto Reset Diet) of ditching unhealthy modern foods and fine-tuning with morning fasting before starting the 21-Day Biological Clock Reset.

DAILY MEAL PLAN

To assist you in staying aligned with keto with minimal hassle during the Reset, a suggested menu is presented each day. You may benefit from following meal plans to the letter, especially with so much going on during the 21 days. If you are already confident in your meal-planning abilities and have a good rhythm of favorite meals and eating times, you can use the suggestions for inspiration and customize your experience. Be sure to make a proper effort to integrate the suggested longevity superfoods and supplements into the mix, especially if you haven’t been featuring these foods to date.

CALENDAR AND LOGISTICS

Day 1 is envisioned as a Monday, so that some of the more time-consuming or weekend-appropriate challenges land on days 6 and 7, 13 and 14, and 20 and 21. If your work days off are nonweekend, modify your start time accordingly. If other logistical difficulties arise during your 21-day journey, go ahead and swap out challenges on different days, or postpone challenges for a future date beyond the 21-day sequence. If you must postpone a challenge, make a firm commitment to complete it by a specific future date so you don’t diminish your overall experience.
WEEK ONE BIG PICTURE

This week is about getting focused, organized, and quantified. You’ll do some macronutrient tracking, fitness assessments, journaling, get logistics dialed in for matters relating to each of the pillars, and clean up any loose ends—such as the final purge on Day 1! Here we go, time to reset your biological clock!

DAY 1

DIET: Final Toxic Food Purge

Assuming you have already done a great job discarding all grains, sugars, and refined oils from your home, you are going to look deeper for any lingering foods that are offensive or borderline offensive and toss them. Beyond that, you are going to tighten up your consumption options when dining out in restaurants or ordering food on the go. Look more closely at labels to be sure you aren’t ingesting any industrial oils. Canola and other industrial seed oils are still found in most restaurant kitchens, buffet offerings, and packaged and frozen meals. Even the finest restaurants commonly cook their foods with inexpensive industrial oils, or a blend of olive oil and offensive oils. Get into the practice of asking your server or store manager specific questions about their cooking practices, and insist that your meal be cooked in butter or otherwise free of toxic oils.

It’s also essential to make a dietary transformation in your mind, which will take willpower and decision fatigue off the table and help you operate in simple, clean, stress-free absolutes. Make the bold declaration that the big three most offensive foods are no longer options and that you simply refuse to eat them; you are physically incapable of opening your mouth and ingesting foods from the banned list. The next time the dessert cart is wheeled over, or someone offers you a fresh baked cookie from the bake sale, you can decline automatically before you even process the information presented to you as a choice.

To get a little more clarity on your assignment, let’s review a list of foods containing the offensive ingredients:

Grains include bread and other wheat products (biscuits, chips, crackers, muffins, pancakes, pasta, waffles); corn, rice, hot and cold cereals, and puffed snacks (popcorn, rice cakes, Cheetos); cooking grains (barley, millet, rye, etc.).

Sugars include sweets and treats (except dark chocolate with 80% or higher cacao and other approved high-fat substitutes); sweetened beverages (fruit and vegetable juices, sports drinks, soft drinks, sweetened teas, sweetened nut milks, powdered mixes, cocktail mixes); baking ingredients like flours and sweeteners (except replacements such as almond flour and stevia); condiments and sauces (except Primal Kitchen products, mate!); and nonfat and low-fat dairy products (e.g., fruity yogurt, low-fat milk, frozen yogurt).

Refined industrial seed oils include canola, soybean, corn oil and the like; buttery spreads and sprays; and oils found in processed, packaged and frozen foods, fast foods, and restaurant meals.

MOVEMENT AND PHYSICAL FITNESS: Fitness Assessments

Establish baseline aerobic and strength values by conducting a maximum aerobic function (MAF) test in your favorite cardiovascular activity, and a maximum effort single set for each of the Primal Essential Movements. If you wish, you can also conduct measurements of your waist-to-height ratio and waist-to-hip ratio to track improvements in body composition over time.
MAF test: You will need a wireless heart rate monitor or exercise equipment with accurate readouts for heart rate as well as measured effort. Choose a fixed course such as 8 laps around a running track, or pedaling 4 miles on a stationary bike. Commence the test, keeping as close as possible to your “180 minus age” heart rate throughout, and record your result. You will repeat the test at the end of the 21-Day Reset, and repeat every few weeks in the future to track aerobic progress and monitor overstress/overtraining issues. Journal these details: Date, heart rate, course description, and result.

PEM assessment: Conduct a single set of max-effort repetitions for each of the four Primal Essential Movements: pushups, pull-ups, squats, and planks. Take a 5-minute break between each max-effort exercise to ensure you are rested for the ensuing exercise. If you can’t do a pull-up or unassisted squat, skip these exercises, because it’s impossible to gauge how much assistance you provided. Journal the date and the reps or time achieved for each exercise.

Body composition assessments: A simple clothing tape measure can provide extremely valuable data as to your metabolic health and optimal body composition. According to Dr. Phil Maffetone, your waist circumference should be less than half your height in inches. If you exceed this ratio you are in the category he calls “overfat,” even if you maintain a seemingly healthy weight. Dr. Ron Sinha’s recommendations are for a female waist of less than 35 inches, and male less than 31 inches. He also recommends a waist-to-hip ratio of less than .95 for men and .85 for women. Journal the date and your measurements, and repeat over time. Remember how you can correct the four metabolic syndrome blood markers in 21 days? Well, waist circumference is the often-referenced fifth marker. If you are outside the recommended ranges, it may take longer than 21 days to correct, but you can make steady progress over time—especially when you are slingshot from an awesome 21-Day Biological Clock Reset!

MENTAL FLEXIBILITY: 21-Day Reset Journal
As you learned in the beginning of this section, journaling will dramatically strengthen the impact of your 21-Day Reset. Note that this general journaling recommendation is distinct from tomorrow’s assignment to keep a gratitude journal. Any kind of blank notebook or pad will do here, but handwriting is preferred to typing notes digitally.

REST AND RECOVERY: Sleep Sanctuary
Speaking of purges, after you are done in your pantry and fridge, take the operation to your bedroom and create a sanctuary. Get rid of any clutter, messiness, and superfluous nonsleep-related items. No television or other screens, no stacks of paperwork or mail. Declutter until your hideaway starts to resemble the designer bedrooms you can search for on Google. Try to achieve total darkness in the room at night (this may be impossible upon sunrise, which is okay), using black tape to obscure tiny light emissions from LCD screens and plug-in appliances and gadgets, and perhaps add blackout curtain liners. See if you can manage a charging station outside of the bedroom, or at least out of bedside arm’s reach.
DAY 1 MEALS

BREAKFAST
• Bigass omelet with vegetables, cheese, avocado, bacon, salsa

LUNCH
• Fasting or light snack such as dark chocolate, hard-boiled eggs, nuts and nut butter, sardines, smoked salmon, uncured salami and cheese or vegetables with nut butter

DINNER
• *Keto for Life* entrée, such as Braised Garlic Pork Shoulder (page 213), Broccoli Ranch Chicken (page 214), Creamy Cabbage and Steak Bowl (page 215), or Dudes Pesto Scallops (page 212)

DAY 2

DIET: Healthy Food Shopping #1
Try to up your game a notch by purchasing the absolute highest quality foods you can obtain in each category. Look deeper into your own community for better options, such as a local butcher, fresh fish market, natural foods market, co-op, farmers’ market, CSA (community supported agriculture) membership, and even local feed stores, for pastured eggs from local farmers. Realize that locally grown produce and animal products are ranked higher than even USDA Certified Organic. Besides the sustainability factor, local foods are typically fresher and more nutritious than foods that may have been picked too early, artificially ripened, and transported to you from distant origins. Local products are typically from small farmers who may not be USDA-certified, but are less inclined to use industrial chemicals and processing methods.

For whatever your area lacks, utilize the Internet to get unique or premium products shipped to your door. ThriveMarket.com membership offers all manner of healthy food products at discount. VitalChoice.com and USWellnessMeats.com deliver an assortment of premium quality, wild-caught fish and grass-fed/sustainably raised land animals. WildIdeaBuffalo.com delivers grass-fed buffalo meat. LoneMountainWagyu.com delivers rare pure bred Japanese-style wagyu beef. Alter Eco, Theo, and Tazo have their affordable bean-to-bar, high-cacao-percentage dark chocolate on Amazon.com, while premium handcrafted bean-to-bar dark chocolate is available direct from LillieBelleFarms.com, CoracaoConfections.com, and CreoChocolate.com. Consider all your routine purchases and go-to meals to see if there is any room for improvement. I can recall numerous occasions over the years where I further scrutinized some of my repeat Internet, supermarket, or big-box store purchases, or asked more questions about my favorite restaurant meals, and made extremely beneficial switches to healthier options. For example, I stopped drinking wine for a stretch because I experienced sleep disturbances and digestive distress. It turns out I was most likely reacting to the chemical additives and hidden sugar content found in most commercial wines. When I was introduced to sugar-free, chemical-free, irrigation-free European brands imported by DryFarmWines.com, my symptoms vanished entirely and I could enjoy wine again. With dark chocolate, I learned to look for the “bean-to-bar” and “Fair Trade” designations on the label to avoid buying products of questionable origin. The ingredients in your discount dark chocolate bars are likely sourced from farms and countries with inequitable farmer compensation and child labor. By monitoring safe and sustainable seafood recommendations at SeafoodWatch.org, I continually modify my fish consumption habits. Do the best you can with your resources and budget considerations, but today is about elevating your awareness and finding better options.
Browse the recipe section of this book and others and jot down some basic favorites that you can prepare in the days ahead to make the transition away from grain-based meals as comfortable as possible.

**MOVEMENT AND PHYSICAL FITNESS: JFW—Strategy and Commitments**

Get out your journal and make a big-picture assessment of your daily activity patterns, identify problem areas, and list some specific ways that you can increase the amount of walking you do in everyday life. Can you take the stairs at the office every day for the next 21 days? Can you park at the farthest spot in the lot every time you go shopping for the next 21 days? Pay particular attention to breaking up periods of prolonged stillness with brief walks. Make a specific commitment such as walking to the mailbox, or around the office courtyard every single morning before lunch. Choose either a morning stroll to start your day, or an evening stroll to end your day, and commit to doing it every single day. Even if it's only 5 minutes, it's time to make JFW a lifestyle priority and a long-term habit.

**MENTAL FLEXIBILITY: Gratitude Journaling**

You can make entries within your 21-Day Reset journal, or get a separate gratitude journal that you will maintain over the long term. There are numerous gratitude-specific journals on the market that range in price, or just use another spiral notebook. Whatever you do, start writing something down every single day to cultivate an attitude of gratitude. If you're resistant to the idea, make things entry-level simple by just writing a few things you are grateful for each day; you don't even need to use complete sentences. Repeat this exercise every day for the next 21 days and make it a habit. Again, 5 minutes of thoughtfulness and journaling is great, but if you've got only 5 seconds one day, at least write something down!

**REST AND RECOVERY:**

**Mellow Evenings—Logistics**

Acquire some new eyewear and light bulbs to help minimize artificial light and digital stimulation after dark. Get a pair of yellow- or orange-colored lenses with a UV-protected designation. The UV coating will ensure you are shielded from most of the harmful effects of blue light exposure emitted by screens and white light bulbs. You can get a cheap pair of safety glasses at a home supply store, but I find the distortion annoying and recommend you invest in a quality pair with a commensurate increase in cost. Visit Swannies.com or other quality eyewear manufacturer for specially designed blue-light blocking eyewear.

Also, acquire some alternatives to white incandescent light bulbs that blast you with melatonin-disrupting blue light. Alternatives that are gaining popularity include the old-school tungsten bulbs, orange-colored bug bulbs from home supply stores, Himalayan salt lamps, and good old-fashioned candle and firelight. Finally, be sure that you install light protection software onto all of your devices. Download and install the free program f.lux onto desktops and laptops, and make sure Night Shift is enabled on Apple devices, or Night Mode on Android devices.
DAY 2 MEALS

BREAKFAST
• Bone broth with egg yolks

LUNCH
• Bigass salad with assorted vegetables, nuts and seeds, healthy protein source, and healthy oil dressing. Search YouTube for “Mark Sisson BASS” (Bigass Steak Salad)

DINNER
• Keto for Life side dish, such as Baked Cauliflower (page 256), Broccoli-Bacon Soup (page 257), Curried Creamed Spinach (page 259), or Spiced Braised Cabbage (page 263), or entrée from today’s shopping experience
RECIPES
HEAVENLY HEMP YOGURT AND SOUR CREAM

This entry from Dr. Cate Shanahan, author of the 2020 release *The Fatburn Fix,* demonstrates her efforts to steer her elite NBA players away from high-carb staples like oatmeal into the incredible nutrient density and diverse tastes and textures of this preparation. Designed as a breakfast option, Dr. Cate says it tastes so good she enjoys it for dessert. The yogurt she recommends is whole-milk Organic Valley Grassmilk (with cream on top) because she finds it the healthiest and best tasting.

1. In a bowl, stir the sour cream into the yogurt just a few times to distribute the sour cream.
2. For best results, sprinkle the remaining ingredients over the top of the yogurt mixture in the order shown in the list of ingredients.

1 tablespoon sour cream
1 cup (225 g) plain whole-milk yogurt
1 tablespoon hemp hearts
1 tablespoon cacao nibs
2 tablespoons unsweetened large coconut flakes
8 whole sprouted almonds (or 2 tablespoons slivered almonds)
2 teaspoons wheat germ
Pinch of sea salt
½-inch piece candied ginger, minced into tiny bits
⅛ teaspoon ground cinnamon (optional)

MACRONUTRIENTS PER SERVING

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DUDES PRESTO PESTO SCALLOPS

The Cool Dudes report that this is one of the fastest, easiest gourmet meals you can ever imagine. The exquisite end product is great as an appetizer on a toothpick or as a fancy main course.

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<tr>
<td>1</td>
<td>bunch fresh basil, leaves picked</td>
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<td>½</td>
<td>cup (70 g) pine nuts</td>
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<tr>
<td>1</td>
<td>tablespoon fresh lemon juice</td>
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<td>1/3</td>
<td>cup extra-virgin olive oil or avocado oil</td>
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<td>2</td>
<td>ounces (56.70 g) firm aged cheese, grated</td>
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<tr>
<td>½</td>
<td>onion, peeled</td>
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<tr>
<td>1</td>
<td>pound (455 g) sea scallops</td>
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<tr>
<td>1</td>
<td>tablespoon (15 g) salted butter</td>
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1. In a blender, combine the basil leaves, pine nuts, lemon juice, olive oil, cheese, and onion and puree to blend. Transfer to a bowl.

2. Rinse the scallops in warm water and pat them dry thoroughly with a paper towel. This helps them sear rather than steam.

3. In a large cast-iron skillet, heat the butter over medium-high heat. Swirl the butter evenly in the pan. Carefully arrange the scallops in the skillet so one of their flat surfaces is directly touching the pan. Sear for 1½ minutes. Carefully flip the scallops and cook the other side for 1½ more minutes. They should have a golden crust and be translucent in the center.

4. Drain the scallops in a sieve, then transfer them to the pesto bowl. Toss to coat the scallops well, then serve.

MACRONUTRIENTS PER SERVING

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**BROCCOLI RANCH CHICKEN**

Broccoli and ranch dressing have been a winning formula since the beginning of time. They work again in this skillet chicken dish. Feel free to use frozen broccoli to save on time, and experiment with various cheeses to put your own spin on a classic favorite.

**PREP TIME: 10 MINUTES**
**COOKING TIME: 20 MINUTES**
**MAKES 4 SERVINGS**

1 tablespoon (15 g) salted butter
1 medium (160 g) onion, diced
1 teaspoon garlic powder
2 teaspoons sea salt
1 teaspoon ground black pepper
1 pound (455 g) boneless, skinless chicken thighs, chopped
1 pound (455 g) broccoli, chopped
½ cup (120 ml) ranch dressing
1 cup (115 g) shredded extra-sharp cheddar cheese

1. In a large skillet, melt the butter over medium heat. Add the onion, garlic powder, sea salt, and pepper and cook until the onion is soft, about 5 minutes.
2. Add the chicken and broccoli, cover, and cook until the chicken is cooked through and the broccoli is tender, 10 to 15 minutes.
3. Drain off any excess liquid. Add the ranch dressing and cheddar and allow the cheese to melt. Serve hot.

**MACRONUTRIENTS PER SERVING**

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</tr>
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<td>蛋白质 (PROTEIN)</td>
<td>36 G</td>
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BAKED CAULIFLOWER

Cauliflower has long been the darling of paleo eating, for its versatility in replacing things like pizza crust or mashed potatoes. It’s easy to forget how delicious it is when you keep it in familiar floret form and cook it up!

**PREP TIME: 15 MINUTES**
**COOKING TIME: 25 TO 30 MINUTES**
**MAKES 4 SERVINGS**

1 large head cauliflower, cut into florets
1 onion, sliced
Juice of 1 lemon
3 tablespoons olive oil
1½ teaspoons curry powder
2 teaspoons garlic powder
½ teaspoon ground cinnamon

1. Preheat the oven to 350°F (180°C).
2. Arrange the cauliflower florets and onion slices in a 9 x 13-inch baking pan.
3. In a small bowl, combine the lemon juice, olive oil, curry powder, garlic powder, and cinnamon. Pour the oil mixture over the onion and cauliflower and toss to coat the vegetables.
4. Bake until soft and golden brown on top, 25 to 30 minutes, tossing once halfway through cooking.

**MACRONUTRIENTS PER SERVING**

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<table>
<thead>
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</thead>
<tbody>
<tr>
<td><strong>CALORIES:</strong></td>
<td>164</td>
</tr>
<tr>
<td><strong>FAT:</strong></td>
<td>11 G</td>
</tr>
<tr>
<td><strong>CARBOHYDRATE:</strong></td>
<td>15 G</td>
</tr>
<tr>
<td><strong>PROTEIN:</strong></td>
<td>5 G</td>
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LIVER BURGER BLEND

This delicious burger blends a wide variety of ingredients with distinct tastes. You’ll get a pleasant hint of liver flavor instead of the overpowering dose you get when you eat it straight.

PREP TIME: 15 MINUTES
COOKING TIME: 10 MINUTES
MAKES 8 SERVINGS

1/2 red or yellow onion, roughly chopped
1 cup (45 g) chopped kale
2 pounds (910 g) ground grass-fed beef
1 cup (225 g) beef or chicken liver
1/4 cup (30 g) walnuts, almonds, or pecans
2 large eggs
1 tablespoon (15 g) salted butter

FOR SERVING (OPTIONAL)
- Cheese, such as cheddar
- Sliced avocado

1. In a food processor, combine the onion, kale, ground beef, liver, nuts, and eggs. Pulse to form a uniform burger mixture. It will feel softer than just ground beef. Form the mixture into 8 patties.

2. In a cast-iron skillet, melt the butter over medium-high heat. Lay the patties down carefully, cover the pan, and cook until you can slide a spatula underneath, about 5 minutes. You will likely need to cook these in two batches since they will not all fit in one pan. Flip the burgers when they feel crispy, a little or a lot based on your preference. After flipping, press down on the patty to slightly flatten. You may flip repeatedly to achieve the desired crispy exterior. If desired, before the burgers are fully done, grate cheese on top and let melt as the burgers finish cooking, and garnish with avocado when serving.

MACRONUTRIENTS PER SERVING
- CALORIES: 321
- FAT: 19 G
- CARBOHYDRATE: 4 G
- PROTEIN: 34 G
BROCCOLI-BACON SOUP

Everyone needs to be able to whip up a go-to broccoli soup, and this recipe delivers the winning formula. A pinch of nutmeg enhances flavor while aiding in digestion and helping with sleep. Be sure to keep some around for when you need it. This soup is wonderful to serve as a side dish, or amp it up with a bit more bacon to serve as a main meal.

PREP TIME: 10 MINUTES
COOKING TIME: 20 MINUTES
MAKES 6 CUPS

3 slices bacon
1 tablespoon ghee or butter
1 medium onion, diced
3 cloves garlic, minced
1 pound (455 g) broccoli, chopped
4 cups (950 ml) chicken stock
1 cup (240 ml) full-fat coconut milk
1 teaspoon sea salt
½ teaspoon ground black pepper
1/8 teaspoon ground nutmeg

1. In a 3-quart (3-liter) soup pot, cook the bacon over medium heat until it is crispy, about 10 minutes. Set the bacon aside on a plate, reserving the bacon grease in the soup pot.

2. Add the ghee, onion, and garlic to the pot and cook on medium heat until soft, about 5 minutes. Add the broccoli, chicken stock, coconut milk, sea salt, pepper, and nutmeg. Bring to a simmer, cover, and cook until all the ingredients are soft, about 20 minutes.

3. Transfer to a blender and pulse until creamy. Serve in bowls and garnish with the crumbled bacon.

MACRONUTRIENTS PER SERVING

| CALORIES: 304 |
| FAT: 25 G |
| CARBOHYDRATE: 14 G |
| PROTEIN: 12 G |
GINGER-TURMERIC-VANILLA COFFEE

This buttery bomb of a coffee is packed with intense flavor. It’s an anti-inflammatory superstar with grated fresh ginger, turmeric root, and black pepper (to improve turmeric absorption). You can add any number of popular extras to this mixture, like açai powder, matcha tea powder, ginkgo biloba powder, chaga mushroom powder, MCT oil, collagen peptides, or gelatin powder.

Prepare for an intense ginger flavor, and back off to 1 teaspoon ginger if you’re overwhelmed. For a nondairy option, you can use canned coconut cream (or separate the cream from the liquid in full-fat coconut milk).

1. Brew your coffee as usual. Warm a blender jar and your cup by pouring very hot water into them.
2. Add the coffee, butter, ginger, turmeric, sweetener, vanilla powder, sea salt, and pepper to the blender jar. Blend on low for 10 to 15 seconds.
3. Pour into your preheated cup, take a deep breath through your nose over the cup to experience all the aromas of your deluxe coffee, and relax.

MACRONUTRIENTS PER SERVING

| CALORIES: 159 |
| FAT: 15 g |
| CARBOHYDRATE: 4 g |
| PROTEIN: 1 g |