

COOKING WITH SOL BRAH



YOUR COMPLETE GUIDE TO
EATING WITH VITALITY

HOW TO EAT

They say that diet is 80% of bodybuilding; I'd argue that it makes up a huge proportion of your entire life. Food can be healing, protective, medicinal. To ignore it is to throw caution to the wind.

You will do well to experiment with a range of foods and lock down what feels good and nourishes your body as well as your soul.

There is no need to eat bland, boring foods in the name of 'eating clean'. You can eat 'clean' and still engage in one of the simplest pleasures of life - eating delicious food in great company.

Eating should be meditative, intentional, revered. Chew your food well, as digestion starts in the mouth. To prepare the body and shift into the parasympathetic nervous system, take 5 long deep breaths in through the nose and out the mouth.

This practice will prepare your body for digestion and make sure you utilise the nutrients from the food you are consuming.

I have locked down a diet now that I believe works best for me personally, gives me no digestive issues and provides the nutrients I need. You will need to find a diet that you personally enjoy, digest well and can stick to on a regular basis. This is the only way to be consistent.

As a general rule, I don't eat any processed foods; very rarely will I eat food I don't prepare myself.

The following is a master list of foods that I eat. If you're at the grocery store and only buy these products, you're doing well and will see benefits to your health.

You will see benefits to your body composition from making the transition to only whole foods that you prepare yourself. It is much harder to overeat as your body is getting the nutrition it needs, so doesn't need to signal hunger to you as much.

In the name of bodybuilding and health, for the most part you are going to be eating the same handful of meals over and over again. It's not feasible to cook a Michelin-star quality meal every night, but you can have a variety of delicious and high-quality foods that you cycle through that you'll never get tired of.

'Hunger is the best sauce'.

FOODS TO EAT

PROTEINS:

○ GRASS FED BEEF

- Steak/All cuts - My favourite protein source. It makes sense to me that if you eat muscle, you can make more muscle. I prefer fattier cuts as opposed to lean cuts, as there is benefit to consuming connective tissue (collagen) and fat (hormone production) that go deeper than just protein content

- Ground Beef - super high value as the pre-grounding makes this super easy to digest, great for those that have trouble hitting calories as can load up on it and still digest well.

- CHICKEN THIGHS - I prefer thighs for the higher fat content as tastier and more nutritional than breast.

- EGGS - The most bioavailable protein source you can get, cheap and tasty. Packed with the nutrition needed to produce testosterone and facilitate numerous other biological processes, I highly recommend you eat a lot of eggs, adding a few fried to other meals is great, as well as consuming raw.



- FISH - Very easy to digest, avoid fish farmed in asian waters as they tend to be full of heavy metals and other pollutants.

- Shellfish, including prawns, lobsters and oysters
- Salmon (my favourite)
- Tinned tuna (chunk light, skipjack)
- Snapper, Whiting, Anchovies, Perch, Cod, Calamari
- DEENZ, such as Matiz (3 cans a day)

- WHEY PROTEIN ISOLATE - if you want to consume a protein powder, I recommend getting a quality WPI. Whey is easily digested in those that tolerate dairy, but it's not essential and I will

recommend eating real food 8/10 times, but in a pinch this is a good way to bulk up a smoothie or quickly get protein into your system.

- FULL CREAM MILK - A great way to add quality calories, add a glass of milk to a meal for extra calories (preferably warm to aid digestion). Avoid half-fat blends.

- CHEESE - High protein Cottage Cheese or Quark is a staple in my diet. Super bioavailable, easy to prepare (literally just scoop it out onto the plate).

- ORGAN MEATS - The most nutritionally beneficial types of meat you can have.

While not common in our western diets, there is a reason that the alpha wolf of a pack claims the liver for himself in a fresh kill.

If you can, and if you have the stomach for it, consume organ meats from a local butcher. The principle of nose-to-tail eating is the idea that all of the animal has benefits to human consumption, and not just the muscle meat that we are accustomed to.

If you have eye issues, look at consuming eyes, if you have lung issues then consume lung and so on and so forth.

FATS

- GRASSFED BUTTER - I love this on sourdough toast, in a sandwich or sometimes to cook eggs in. Eliminate the idea that butter is bad for you. Humans have eaten it for hundreds of years, the only butter you should be wary of is the fake 'approximations' of butter that are made of toxic vegetable oils.

- EXTRA VIRGIN OLIVE OIL - A delicious 'sauce', if you will, that adds easy tasty calories to any savoury meal. I top all my meals with this.



- EXTRA VIRGIN COCONUT OIL - Also an option for cooking in, this multi-use oil can double as a whole-body moisturiser. I apply on my body-skin after every shower, and rub a small amount through my hair as a conditioner.

- YOGHURT/KEFIR - Probiotic, easily digested and a great source of healthy fats. Easily prepared (scoop out of container), this is a good one to mix with oats and berries for an easy breakfast.

- GHEE - Clarified butter - My preferred cooking 'oil' as it has a higher smoke point than olive or coconut oil so can be used at higher cooking temperatures. Delicious taste as well. Opt for a grass-fed ghee.

CARBOHYDRATES

- SOURDOUGH - Sourdough bread is better than regular bread, if you can find a local bakery that bakes it properly then I recommend incorporating it as one of your carb sources. Delicious toasted in the morning, as a snack, or for savoury sandwiches.

Sourdough bread is made by the fermentation of dough using naturally occurring lactobacilli and yeast. Sourdough bread has a more sour taste and better inherent qualities than breads made with baker's yeast, due to the lactic acid produced by the lactobacilli.

This fermentation process is pre-digesting the carbohydrates in the bread and the bacteria produce loads of nutrients while fermenting. These nutrients will be in the bread. This is why sourdough is inherently better for you than other 'breads' which don't deserve the name.

- RICE - Your staple bodybuilding carbohydrate, I prefer white rice for its taste and ease of digestion. This drizzled with Extra virgin olive oil and sea salt is delicious and will serve as an easy source of carbs that mixes well with most things.

- OATS - Another staple carbohydrate, easy to chuck in a smoothie for extra calories or mix in a bowl with yoghurt and fruit for an easy breakfast.
- POTATOES - A carb with higher nutritional value than rice, I also consume a lot of potatoes. Can be prepared in a multitude of ways, pick your favourite.
- SWEET POTATO - A lower GI form of potato, can be good to pick this over white rice if you're looking to reduce your calories/body fat.
- HONEY - An easy source of extra calories, a natural sugar that can sweeten a protein smoothie, added on top of yoghurt or your oatmeal.

VEGETABLES

Vegetables have a certain reputation for being 'essential' in a healthy diet. I am not convinced that all vegetables that we eat are good for us as humans, because of our unique digestion system.



For example, a cow can eat grass due to them having four stomachs designed for the processing of grass, but as humans we are not equipped to breakdown plant matter in the same way.

A lot of the time vegetables contain 'Antinutrients' that lead to indigestion or the blocking of other nutrients.

Antinutrients are chemical compounds that you can find in some foods, including ones that are otherwise considered 'healthy', - ESPECIALLY grains, beans, legumes and nuts, but also some plant roots, vegetables, leaves and fruits.

These antinutrients can block the absorption of critical vitamins + minerals or create holes in our intestinal walls. In nature, plants use antinutrients to protect themselves from predators. They help repel pests, bugs so the seeds are able to live + reproduce.

Think about it this way - a vegetable exists like any other organism, and does not want to be eaten. Because the vegetable can't 'run away' from predators, they have developed internal defences to predation.

Top Foods with Anti-Nutrients to Avoid

Legumes: cowpeas, peas, kidney bean seeds and peanuts contain antinutrients such as tannins, phytic acid, lectins and trypsin inhibitors. During sprouting or germination, the seed coat is metabolized, thus eliminating the lectins.

There's a particularly problematic lectin (agglutinin) that is found in soybeans (and thus, in soy products like soy protein isolate).

Grains - The hulls of WHOLE grains contain the antinutrients phytate and saponins. Certain grains — wheat, barley and rye — contain the antinutrient gluten. Fermentation breaks food down with the help of beneficial bacteria. These bacteria digest and convert antinutrients.

RAW cruciferous vegetables such as kale, radishes, cauliflower and broccoli, as well as leafy greens such as spinach and parsley, contain the antinutrient oxalic acid. Oxalic acid can prevent the body from absorbing calcium. Ditch the raw kale smoothies!

Phytic acid is found in the hulls of whole grains and seeds. Dehulling thus decreases the antinutrients found in these foods. That's also why white rice is healthier than whole rice; it doesn't have the hull!

Like any other organism, plants do not 'want' to be eaten, so can release harmful anti-nutrients or toxins when we consume them that affect us negatively, however small.

EVERY food has varying degrees of pros and cons. Evolution has shaped human bodies so that we can eat and metabolize certain foods better than others. Humans are perfectly capable of thriving on pastured meat, animal fats, wild-caught seafood, seasonal vegetables and fruits.

Based on scientific evidence, antinutrients are a real thing and can cause health issues. However, you should note that the benefits of eating certain healthy foods far outweigh the disadvantages of the antinutrients found in them.

Overall, the effort of preparing foods to lower the anti-nutrients inside outweighs the nutritional content within. If you have the time, great. If not, it's likely more bang for your buck to avoid most of these foods.

Antinutrients are not something to worry about excessively, as long as the bulk of your diet is made up of the more bioavailable and nutritious animal fats/meats. Problems occur when your diet is majority made up of these anti-nutrient containing foods eaten RAW and unprepared.

“But what about vitamins and minerals!” - There are few, if any, essential vitamins or minerals that are present in a vegetable that is not present in higher, more bioavailable amounts in animal products.

Let the cows and other animals digest the plant matter, and lean towards consuming them yourself in the animal form.

I personally am not a fan of the standard broccoli and chicken bodybuilding meals, primarily because the indigestible fibre in broccoli leads to an excess of gas in the digestive system.

If you do decide to eat vegetables, cooking them, fermenting or otherwise breaking them down can lead to their nutrients being much more available to humans.

That being said, there ARE some high value vegetables (mostly root vegetables) that I eat regularly with many benefits:

- SAUERKRAUT - Fermented cabbage. God-tier probiotic, delicious and should be a staple on anyone's plate. Somewhat of an acquired taste if you're not into it but I highly recommend

consuming this on a daily basis. Has been known to cure acid reflux and some digestion issues.

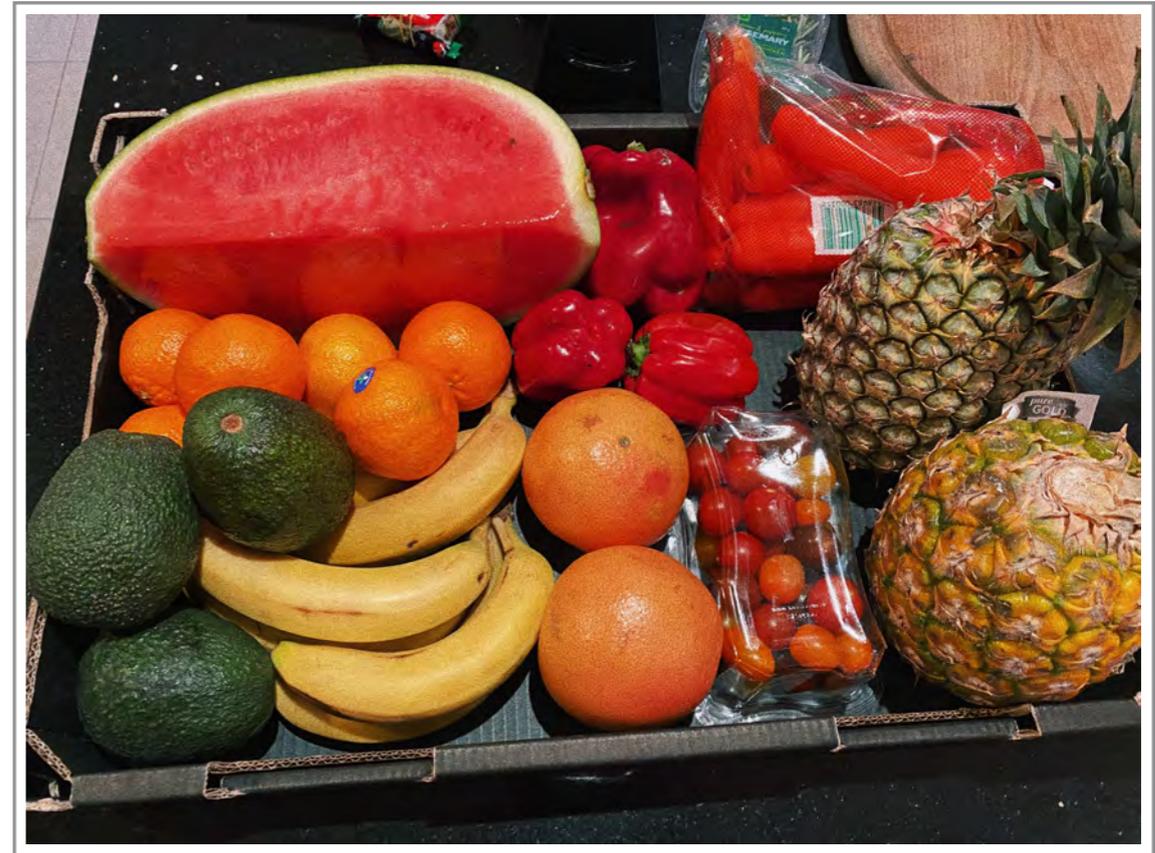
- CARROTS - Two or three carrots a day will supply your body with a compound called beta-carotene, Vitamin A found in a lot of brightly coloured vegetables. Benefits the skin, vision, brain health and many others.

An added benefit of ingesting carrots is that your skin acquires a rich glow to it that can mimic a tan, making you look healthier and more attractive (there are studies on this).

I like to eat a raw carrot during/after a big meal to promote digestion and to clear debris from the teeth.

- Beetroot
- Onion (all types)
- Garlic
- Ginger
- Turmeric

FRUIT



Do not believe those that say fruit is bad for you. No one ever got fat or unhealthy from eating fruit. I regularly eat 5-7 pieces of a fruit a day on my larger calorie days. The only issue would be if fruit is causing you to have an excess of calories, which is very hard to do considering their water and fibre content.

Exercise caution if blending lots of fruit together as this enables you to eat more than you would otherwise.

This is my 'snack' of choice. If you're hungry and have already had your main meal, reach for a piece of fruit. Unlike vegetables, fruits reproduce from the dispersal of their seeds, so have evolutionarily adapted to 'WANT' to be eaten, so that the animal consumes the fruit and spreads the seeds out in their droppings.

This is why fruits are sweet and in general agree much more with the human digestive system. It is very difficult to overeat due to a large proportion of fruit being just water. Eat fresh as much as possible.

- Pineapple - Delicious, I consume pineapple with most large meals due to the presence of an enzyme called Bromelain. Bromelain helps to break down animal proteins so is a perfect accompaniment to a large steak or egg meal. It is the only plant source of this enzyme.
- Citrus
 - Grapefruit
 - Lemon
 - Orange/Mandarins
 - Lime
- Banana - Great pre or postworkout snack, easily transportable and mixes well with a lot of different foods (oats, smoothies etc). Always have some bananas on deck.
- Apples
- Avocado
- Berries - I eat these regularly, but only in small amounts as they contain compounds called oxalates, which can compete for nutrient absorption
- Watermelon - Eat the rind too, as there are high levels of citrulline malate within that promotes nitric oxide production = better blood flow.

OTHER

○ SEA SALT - It's imperative to get a quality sea salt with high mineral content. I use Celtic Sea Salt, Himalayan Salt and Redmond Salt are also good.

Sodium is crucial for potentiating muscle movement so as an athlete you will need to keep this intake high. Don't be afraid of salt, but ensure that its quality and your fluid intake is high to match.

Your body craves salt because it needs it for vital bodily functions. Your cravings for shitty foods partially come from your body craving the salt content in them. When you regularly consume quality salts, your cravings for bad foods will also decrease.

○ MSG – Ignore all the myths against this one. Monosodium glutamate is extracted from sea kelp, it's a superfood that make anything taste good. They propagandize against it to make restaurant/fast food more enticing.

○ SPICES - My favourites to look into for cooking: Garlic, Rosemary, Thyme, Sage, Pepper, Cayenne Pepper, Turmeric, Paprika.

LIST OF FOODS TO AVOID

Anything 'processed'. If it's been put through any kind of refining, cooking, packaging before you touch it, or it will live on the shelf for months, it's not good to put into your body.

PUFAS - Poly-Unsaturated Fatty Acids. The Hidden Scourge. Did you know you are likely consuming industrial lubricants that have been repurposed for human consumption through global dietary propaganda and a corrupt seed oil lobby?

Examples: soybean oil, corn oil, safflower oil, canola, sesame oil, sunflower seed oil, palm oil, and any others that are labeled as "unsaturated" or "polyunsaturated." If you look at most processed food you will see some form of PUFA rich seed oils within them. It is one of, if not THE reason that the western world is seeing such a huge increase in metabolic disease issues like heart failure.

Even 'artisanal' breads will have canola oil or vegetable oil in them, if they are mass produced and stocked for shelves. YOU MUST CHECK INGREDIENTS. It's wild how many "foods" actually have it in them.

Unsaturated oils: When an oil is saturated, that means that the molecule has all the hydrogen atoms it can hold. Unsaturation means that some hydrogen atoms have been removed, which makes it susceptible to attack by free radicals.

Free radicals are reactive molecular fragments that occur even in healthy cells, and can damage the cell. When unsaturated oils are exposed to free radicals they can create chain reactions of free radicals that spread the damage in the cell, and contribute to the cell's aging.

Unsaturated oils, especially polyunsaturates, WEAKEN the immune system's function in ways that are similar to the damage caused by radiation, hormone imbalance, cancer, aging, or viral infections

Some level of PUFAs are needed, but the very small amount present in Olive Oil and Fish is enough for these purposes. Any excess will lead to bodily inflammation and health issues.

The oil in the seeds block the digestive enzymes of the animals who eat them. So when this oil is introduced into processed food as a 'filler', they are empty calories that cause dysfunction within the body that most people are not even aware of. By cooking all your own food and not eating processed stuff from a bag, you will avoid these poisons.

These are the cheap 'oils' that most restaurants use for cooking, frying etc as it is cheaper than using quality butter or olive oil. If you eat a meal out and suspect that you've consumed seed oils, consume Vitamin E to protect against the oxidation.

ALCOHOL

Decreases quality of sleep, is empty calories, dehydrates you, makes you make bad decisions, the list goes on. Once in a while I will drink a few glasses of red wine with friends over dinner, but never to true excess as you give up the next day's productivity in doing so. It is toxic to the body and if you cut it out completely you will see benefits to every area.

If you're drinking to excess more than once every 3-4 weeks, truly analyse why this is and look at taking steps to reduce this amount.

If you do drink to excess, drink vodka with soda water and fresh

lime. This will mean you're hydrating while drinking and not ingesting any of the other estrogenic chemicals and sweeteners that might be present in mass-produced beers or other mixed sugary drinks.

There are not too many foods that are 'unhealthy' outside of anything processed. There are always ways to make tasty versions of foods that (if you're keeping within your caloric needs) won't impact your fitness and health goals IF you're training hard and eating organic, high nutrient foods.

- If :
- It comes in a packet
 - You can't pronounce the ingredients
 - It Makes you feel like shit
 - Doesn't 'go bad' within a couple of days
 - Looks fake

DON'T EAT IT.

This list is a result of experimentation over the years, listening to my body and figuring out what digests well and what doesn't. If you experience bloating or gas after eating a particular food, it likely doesn't digest well, you would do well to find something more agreeable to you. Again, this is not an exhaustive list and what works for me might not work for you; we have different biological makeups, after all.

To everything savoury, I will add generous amounts of extra virgin olive oil and a decent pinch of a high-quality and mineral-rich sea salt (in flake form). I prefer Celtic Sea Salt. This gives an added

boost of calories, healthy fats, minerals and makes anything taste better.

My preferred method of meal prep involves cooking dinner fresh, and cooking enough so that I get one or two extra meals out of the process.

This is not as 'convenient' as preparing a whole week's meals ahead of time - if you lack the time to do what I do then go ahead and prepare more - I just personally enjoy the fresher food and enjoy the practice of cooking as a skill and meditative practice.

The way I cook also does not take much more than 20 minutes of active preparation so it isn't hard to find the time to do this.

I store my prepped food in airtight glass containers (a must to avoid plastic in all forms), also good to reheat in if eating at work or similar.

There is a time and a place for rules to be broken.

I am all for drinking a glass or two of a quality cabernet sauvignon with good friends, family or a beautiful woman, and I will never refuse a grandmother's lovingly baked chocolate brownies. Doing this occasionally and with conscious intention will not ruin your body or life.

Pounding fifteen bud lights with your bros every weekend will, however, likely have a detrimental effect; exercise caution and common sense as with all things.

I think it's best to take a no nonsense approach to eating. Overall we want to maximise the intake of healthy, nutritious foods that we KNOW will benefit your body, with a no-exceptions policy on foods that are detrimental to your health.

Why spend money on food that is going to harm your body?

Additionally, 'junk' food that you think you 'deserve' as a treat can be made in a healthier way with a bit of effort and preparation. If there's a specific treat that you like to enjoy, there are healthy ways to create a similar dish that I guarantee will knock the socks off the processed junk version.

I'd advise as a general rule to avoid ANYTHING processed that comes in a packet, box or other packaging. They are usually filled with industrial seed oils, processed/artificial sugars and other nasty stuff that at BEST provides a temporary mouth pleasure that fades after swallowing, and at WORST harms your body and metabolic processes, impedes proper digestion and harms your fitness goals.

There are many chemical products that have follow on effects much more than just empty calories, and removing these let your body return to a more natural state enabling a more balanced hormonal profile which will benefit you across the board.

If something can sit on a shelf for years and not go 'bad', it isn't good to put in the body. Sure, you might have that 4-5 second hit of mouth pleasure before the toxic sludge enters your body, my point is that it is never worth it.

Once you have shifted your palette and eaten properly for two weeks or so, you will not crave the processed stuff any more.

Our diet approach is as much a case of eliminating the toxic products as much as it is adding beneficial foods.

There is so much delicious natural and healthy food out there that it blows my mind that people still opt for processed Cheetos and the like. You can never get bored.

In general when you can and if budget allows, try to purchase fresh meat, fruit and vegetables locally from farmers markets, organic and free range if possible. Don't stress if you're not in the position to do so, just try to adhere to these rules as best as you can.

The world of fitness and health can seem overwhelming to a lot of people. And I understand why. That being said, if you're a beginner then there are clear, easy first steps to focus on in regards to your diet rather than getting lost in the weeds of specific macro ratios, exact meal timing and other more specific ideas.

Improvements to your body composition in the form of increased muscle mass and lower body fat will come to you by cleaning up the diet following the framework listed beforehand.

MACRONUTRIENTS

Macronutrient: a chemical element or substance that is essential in relatively large amounts to the growth and health of a living

organism. Since we are in fact living organisms, we require these in our daily diets.

The three major types of macro include Protein, Carbohydrate and Fat. The exact ratio of which comes down to personal preference and goals. A good place to start from is equal calories from each source; subject to experimentation with what works well and feels the best for you.

PROTEIN : - Large molecules composed of one or more chains of amino acids in a specific order. They are essential in the diet of animals for the growth and repair of tissue.

Proteins are broken down into amino-acids, which are the 'building-blocks' used to repair muscle. Proteins are also 'thermogenic', meaning they produce heat when broken down, and also require more energy to digest than other food forms. This is why you should tend to have a higher protein% of calories when looking to cut weight.

Energy Content - 4 calories per gram

Recommended Intake - 0.8-1g per pound of bodyweight.

FATS : Saturated fats are best. The most under appreciated macro, and vastly under consumed by the average person. This is partly due to the Anti-fat propaganda promoted by the current diet 'experts' prevailing in society today.

Energy Content - 9 calories per gram

Recommended Intake - consume the same amount of calories as the other macros (divide your calorie intake by 9)

CARBOHYDRATES : Organic compounds that includes sugars, starches, celluloses, and gums and serves as a major energy source in the diet of animals.

Depending on what you're doing with your body, carbohydrates are the preferred energy source for your body and your brain.

Carbohydrates are in general good for getting calories in, they tend to be very palatable and relatively cheap. This makes them a great food source for the beginning bodybuilder.

The best sources of carbohydrate for the bodybuilder are white rice, oats and potatoes. This is because they are easily stored as muscle glycogen (the primary fuel source for skeletal muscle tissue during prolonged strenuous exercise).

Energy Content - 4 calories per gram

Recommended Intake - 1.5g per pound of body weight. 200lb person = 300g of carbs

Glycogen is the main component in the anaerobic glycolysis mechanism of ATP (energy) production and ATP is what fuels intense muscular contractions.

Each set you do decreases the muscles' momentary ability to produce ATP and the substrates (including glycogen) required to produce more ATP, and time is then needed for stores of these substrates to be replenished so that intense muscular work can be performed again (sufficient time is required both between sets and between workouts).

If muscle glycogen levels are low you won't be able to produce sufficient ATP and you'll be weaker and have less endurance for strength and size training.

The relationship is quite simple: Low glycogen = low ATP availability = poor workouts = poor results.

So, clearly, adequate muscle glycogen stores are essential for the hard training necessary to stimulate muscular size and strength increases.

How do we most effectively "top up" our muscle glycogen stores?

By the proper selection, quantities and timing of dietary carbohydrates. Loosely, consume some form of simple carbohydrate (maltodextrin powder, fruit, milk) quickly after your workout to decrease cortisol levels and replenish glycogen. Within an hour, have a larger meal of more complex carbohydrates and proteins.

WATER

One of THE most important and simple things you can be doing to promote the health of your body. Aim for around a gallon of water spread throughout the day; obviously more will be needed on hotter days of lots of activity, and less on colder days where you're not doing much.



Every morning, I'll start my day with two large glasses of warm filtered water, with freshly squeezed lemon juice (one lemon will do) and a pinch of Celtic Sea Salt. This has numerous benefits.

Warm lemon water in the morning kick-starts your digestive system, meaning any food that comes after the drink will be digested easier, and the nutrients from it will be taken in better.

It does this by stimulating proper stomach acid and bile production. Since lemon water will start your digestive system, your metabolic rate will also increase, aiding weight loss.

The vitamin C found in lemons benefits the immune system and stimulates collagen production, which is good for the skin. Making sure to pound down two large glasses of this drink goes a long way to waking you up in the morning as well. I like to sip it slowly and meditate to start the day, an amazing way to wake up.

Look into getting a quality water filter to eliminate the excess garbage that might be leaking into your water from the pipe system. I use a simple gravity filter (cost about \$80 AUD) shown to the right.

If you have access to spring water, even better. Invest in a large stainless steel (not plastic bottles) insulated water bottle and refill all day.

How Do I Know If I Am Drinking Enough?

A simple test to use to see if you are drinking enough water is to pay attention to the color of your urine. If it is yellow in color or cloudy you know that you are not drinking enough. If it is clear, more often than not, you are hydrated. Simple enough.

I strongly recommend drinking warm/hot water as this promotes digestion and warms the body, leading to better blood flow and better general health.

Tea is obviously a good way to take this in, my favourites include peppermint, camomile, green tea. Green tea in the morning, peppermint with a meal, camomile after dinner and before bed.

Cold water, while refreshing can solidify the fats in the stomach if drunk at the same time as a meal and can lead to indigestion.

DIGESTION

Digestion is often overlooked in the bodybuilding space, as the focus is more on EAT HUGE NO MATTER WHAT. There's no attention paid figuring out what the best way is to deliver the nutrients you need in the most efficient way possible. Until now.

It's entirely possible that you can eat food and it simply passes through you without being absorbed. Or, if you are eating a lot and feeling like an enormous slug afterwards, your digestion can probably be optimised somewhat.

Here are some tips you can implement..

Conscious/Present Eating - As with all things, it will benefit you to be aware and present in the moment. When eating, don't mindlessly eat while watching the TV or be scrolling on your phone. Think about the tastes, if your mind wanders then bring your attention back to eating.

Parasympathetic Nervous System Activation - Before each meal, dedicate a few minutes to 15-20 deep breaths through the nose,

focusing on soothing the mind and body in preparation for the meal. This is partially why prayers before meals have developed in cultures before meals.

This will stimulate the flow of saliva, slow down the heartbeat, stimulate peristalsis movement of the stomach, stimulate stomach acid secretion, stimulate the liver to release bile acid.

Thus, PNS increases the digestion and absorption of food.

Chew your Food - Seems simple enough, but unless we are aware and thinking about chewing, sometimes we just slam the food down without properly chewing. Digestion starts in the mouth, allow saliva to mix with the food and chew 20 times for tougher material like red meat.

Pineapple with Meals - Pineapple contains a digestive enzyme called Bromelain, which helps to break down animal proteins. It also adds a delicious sweet contrasting taste to the salty meat.

I religiously add a piece or two to my plate whenever eating large amounts of protein, and my gut and muscles thank me for this.

Betaine HCL - As recommended by Vince Gironda, a capsule of this before large meals will help to promote digestion by supporting your stomach's acid. Has been known to help Acid reflux.

Hot Tea with Meals - If you're going to be having liquid with a meal, have it be camomile or peppermint tea, or simply warm water. Cold water, while refreshing can solidify fats in the stomach and prevent absorption of this nutrition and lead to indigestion.

Mastic Gum - Improves digestion, promotes saliva production, improves oral health, liver health. If you have an upset stomach or bloating after a large meal, chew some and pain/discomfort will subside. Truly remarkable. Additionally, you can chew this after meals to clear teeth of debris, better than brushing.

Regular Consumption of Sauerkraut/Kefir- Probiotics like kraut/kefir benefit the microbiome in your gut which is helping to break down all the food that we consume. Without them, we couldn't survive. Making sure we consume probiotic foods contributes to overall digestive health.

The human gut microbiome impacts human brain health in many ways.

One such way is neurotransmitter production. The bacteria in your gut produce: acetylcholine, GABA, norepinephrine, serotonin, norepinephrine and dopamine; All are essential to peace of mind and mental function.

Your mental health and mood takes a dive EVERY time you reach for the cheetos. Not only do you experience blood sugar variance, digestive discomfort and the negative moral energy from eating badly, it impedes your guts ability to produce the neurotransmitters that benefit you.

It is IMPERATIVE to feed your internal army with quality probiotic foods (sauerkraut/other fermented vegetables kefir/yoghurt) Eat well, feel better, look great.

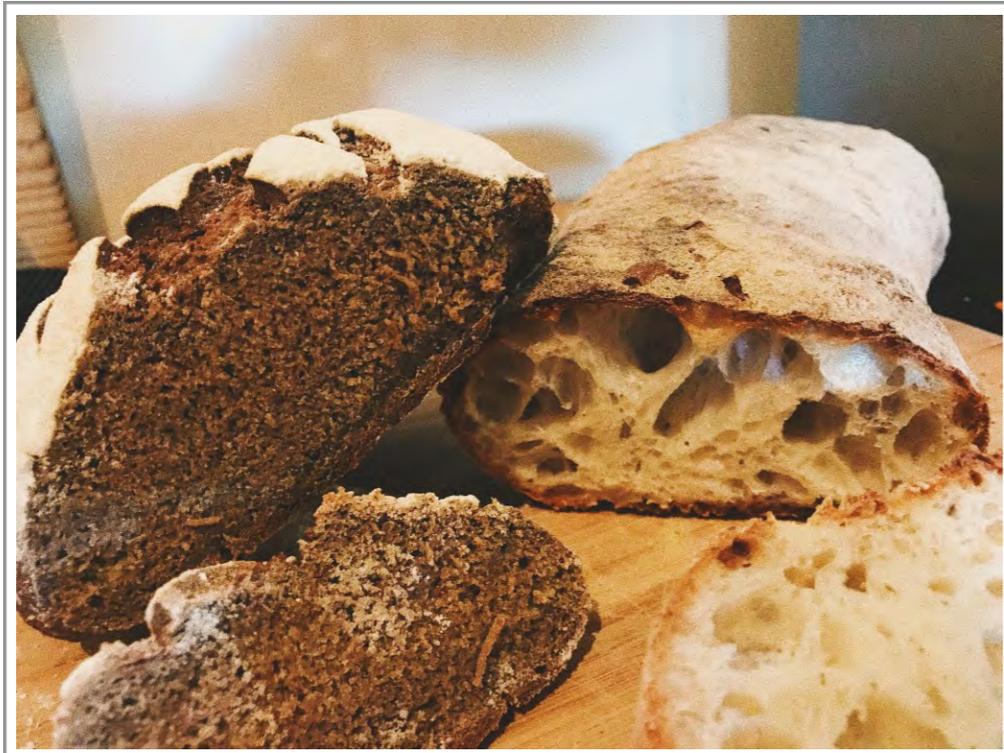
Now, on to the meals!

Chapter 1

GLORIOUS FOOD



BREAD



“Good bread is the most fundamentally satisfying of all foods; and good bread with fresh butter, the greatest of feasts.” – James Beard

Bread is by far one of my favourite foods. The delicate crust of a ciabatta, the soft crunch of a warm toasted piece of sourdough. The way grass-fed butter slowly melts into a dark Bavarian rye bread.

Pure, simple and nourishing. Stick to sourdough as the fermentation process enables better nutritional availability as mentioned earlier.

However, you must source such breads from a quality local baker - not mass-produced ‘bread’ that does not deserve such a name. There are ingredients in such abominations that I think are the true culprits of the ‘intolerance’ of grains that some people speak of.

A good baker will use minimal ingredients; speak to your local artisan baker and ask about their process - if they use anything more than flour, water, sea salt, starter culture or yeast - walk out the door and don’t come back.

Sometimes depending on the type of bread, there will be other ingredients (olive oil for example) - again use your common sense and make a judgment call.

I will eat bread most mornings with my scrambled eggs, sometimes as preworkout with honey and sea salt.

Another great snack is to toast a rye bread, smear thickly with peanut butter and add chopped strawberry, banana or fruit of your choice.

As a delicious starter, toast some bread and slice into ‘soldiers’, serve with EVOO and dukkah.

BREAKFAST OF POWER: SCRAMBLED EGGS



I probably eat this meal 9/10 times for breakfast. The tastes suit the morning, has adequate servings of protein fats and carbs, is quick to prepare and sets you up for a great day.

Crack your organic free range eggs into a bowl (6 minimum). The more orange the yolks the better.

Slang generous amounts of extra virgin olive oil in a frying pan - put that on medium heat.

Beat those eggs like they owe you money - add sea salt and cracked pepper.

Put some sourdough on to toast.

Olive oil should be warm by now - move it round so it coats the frying pan's surface. You want to avoid burning the olive oil.

Pour the eggs in to the pan, you should hear a hearty sizzle if you've hit the right temperature - the sides of the egg will cook as shown on the right.

This is all a pretty quick operation - you should turn up the heat to high to ensure the eggs cook nice - grab a spatula and move the egg around straightaway so no bit of the egg cooks too much.

Keep moving the egg so that it solidifies evenly.

Serve on plate with extra sea salt and cracked pepper - drizzle extra virgin olive oil. Couple with fresh avocado, sliced tomatoes and espresso.

FRENCH TOAST OR 'EGGIBREAD'



This is an absolute belter of a classic breakfast food, affectionately called 'Eggibread' by my brother and I in our youth.

I have fond memories of being made this by my mother on Sunday mornings before my football games.

Whisk the eggs up in a large bowl.

Heat the EVOO in a large frying pan on a low-medium flame.

Slice by slice, use a fork and dip the bread into the egg, soaking it in the egg on both sides until the bread is saturated in egg.

Move the bread into the frying pan; you should be able to fit 4 or 5 slices of bread in a large pan comfortably.

Moving the slices around so they cook evenly, slowly frying until one side is golden brown, repeating for the other side.

This is best served slice by slice as it comes out, hot from the pan to your waiting friends, family or lover.

Serve with sea salt, pepper. I like to have savoury just by itself, or you can serve with mixed berries and maple syrup for a delicious treat.

BANANA AND EGG PANCAKES



Ratio: Two eggs to one banana. You can scale the amount using this.

Whisk eggs, pulverise banana with a fork into a bowl until you achieve uniform texture.

On low-medium heat, tablespoon coconut oil in frying pan. Pour pancake mixture into frying pan.

Flip once one side is cooked (bubbles appearing through uniformly).

Flip pancake, repeat for other side.

Serve hot and with topping of grassfed butter and honey, blueberries/fruit of your choice.

ROAST POTATO AND COTTAGE CHEESE SALAD



Roasted Blue Jacket potato (cold, crushed)

Spinach Leaves

High Protein Cottage Cheese

Parmesan Cheese

Extra Virgin Olive Oil (EVOO)

Sea Salt

Pepper

Mix all ingredients in a large stainless steel bowl.

Roast potatoes in air fryer or conventional oven for 30-40 minutes beforehand.

A great light little side salad, or if you make a big one then a decent meal in a pinch. Takes 2 minutes to throw together.

FRUIT AND YOGHURT



Blueberries

Strawberry

Greek Yoghurt

Chopped banana

Chopped watermelon

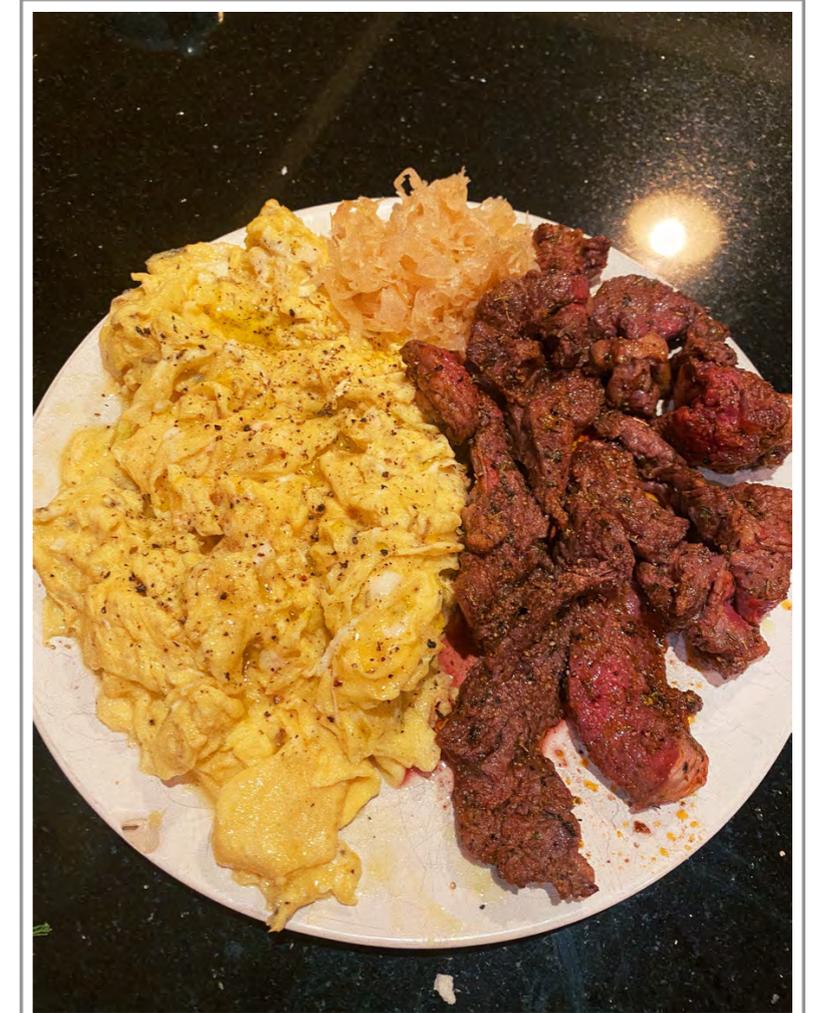
Honey

Absolutely simple, absolutely delicious.

Have as a lighter breakfast, a smaller portioned dessert after dinner or a in between meal snacks. How's that for versatility.

Serve with Camomile Tea for a contrasting warmth.

PREPARING MEAT



My preferred method of preparing meat goes as follows.

Acquire cut of meat, slice and dice into manageable bite sized chunks or strips.

In bowl, add extra virgin olive oil, rosemary, thyme, salt and pepper. If you enjoy a bit of a kick, add paprika or cayenne pepper. Mix well to ensure an even coating of seasoning.

Preheat Air Fryer to 180 degrees Celsius/350 Fahrenheit. Cook for 7-9 minutes, moving the meat around halfway.

Done! Add to any of the meals of your choice. Simple, easy and not much cleanup which is always a bonus.

LIVER, ONION AND VEGETABLES



As you probably know, liver is THE most nutritious animal food you can get. So, it makes sense to eat it.

Our Western tastebuds balk at organ meats for the most part, but it is well in our interests to consume this delicacy.

To make it delicious to eat, apply this method.

Heat some Ghee or grassfed butter in a frying pan.

Add garlic and chopped onion in the frying pan, high heat.

Cook until brown and crispy.

Add Chopped Liver (picture is chicken liver, but you can use any type). Season with sea salt, pepper.

Add butter. Add vegetable of your choice (here I've used capsicum or red bell pepper).

Continue cooking and stirring until the liver is cooked through and the vegetables are nicely sautéed.

Serve hot with carbohydrate of your choice, I like to use white rice.

HIGH MEAT



Fermented vegetables are common, but fermented MEATS are the best for your gut biome and traditional in many cuisines. You'll feel the benefits of better digestion, increased concentration and higher energy levels.

Easiest recipe is take a properly sealed glass container. Fill half the box with raw meats you'd like to age, chopped up into mouthful sized pieces or minced. I like to use steak chunks. Make sure to leave 50% of the box unfilled so there is enough oxygen for the bacteria.

Place the high meat container in the fridge. Every 1 to 3 days, take the container outside and pop the lid to air it out for a few minutes. Airing the meats helps it ripen faster with refreshed air. Do this outside so as not to stink the house.

After about 1 month it should be ready to eat to enjoy the effects of high-meat. It should feel slimy but still be solid enough to pick up by a fork.

High-meat is an acquired taste, if you struggle to swallow it I recommend cutting it down to tiny slivers that can be swallowed like pills, chased with alkaline mineral water.

CHICKEN TOMATO AND SPINACH PASTA



Cook a pasta of your choice, it works with all kinds. Here I've used Penne. Pasta can sit quite heavily in the stomach if you eat a lot of it, so try and get a quality Heirloom wheat pasta as digestion seems to benefit from this.

While the pasta is cooking, slice chicken breast or thighs into chunks and put on to cook on medium heat in a frying pan.

Add salt, pepper, oregano, rosemary and fresh garlic.

When chicken is nearly cooked through, add cherry tomatoes that have been sliced in half. Turn to a low heat and leave to lightly simmer so the tomatoes and chicken get to know each other well.

Drain the pasta, place back in the large saucepan and drizzle Extra Virgin Olive Oil onto the pasta and stir through.

Add the chicken and tomatoes. Add fresh spinach and stir through letting the residual heat wilt the spinach nicely as shown.

Presto! Grate some fresh parmesan cheese over the top and serve with extra cracked pepper.

CRISPY SALMON AND RICE, VEGETABLES



Salmon Fillet done in a frying pan with EVOO on medium-high heat with salt and pepper. I like my salmon cooked through and crispy but can be eaten relatively raw if you prefer that.

Rice as standard.

Once salmon is done, remove the fish from the pan and quickly sautee some mixed vegetables in the residual pan juices for a few minutes.

Here I've used broccolini and zucchini.

EGG FRIED RICE



Cook rice in the rice cooker as normal.

Heat Olive Oil or Ghee at moderate heat in a frying pan, add freshly cut garlic, then add the rice. Whisk eggs in a bowl and add to the pan.

Keep moving around to evenly cook the eggs, adding olive oil as you go to keep the mixture frying.

Add vegetable of your choice, I've done spinach and cabbage here.

Simple, straight forward, tasty. Season with Salt and Pepper.



FRIED EGGS, WHITE RICE AND TOMATOES



A super quick meal to make, delicious and simple.

Have your rice cooking in the rice cooker.

Add ghee to a frying pan at a low heat, add six eggs once the ghee has melted evenly.

Continue at a low heat until the whites of the eggs are cooked but the yolks remain runny, retaining their cholesterol goodness.

Slice cherry tomatoes.

Place rice from cooker in bowl, add eggs, cut up with spoon and knife to distribute the egg evenly, add tomatoes.

Drizzle EVOO throughout, and add salt and pepper.

Takes all of ten minutes to prepare.

MINCED BEEF, AVOCADO, RICE, SAUERKRAUT



Have your rice cooking in the rice cooker.

Add small amount of ghee to a frying pan at a medium-high heat, add grassfed ground beef, stirring and moving the meat around.

Once browned nicely, add mince to the rice in a large bowl.

Cut up avocado, add sauerkraut, mix all together in a large bowl.

Done.

Drizzle EVOO throughout and add salt and pepper.

STEAK WITH RAW EGG YOLK AND GOLDEN RICE



Cook steak according to your tastes.

To make the Golden Rice, when adding rice to the cooker, add turmeric, salt and cracked pepper to the water and stir through.

This will give the rice a beautiful aroma and anti-inflammatory kick to it, without being overpowering.

Add a raw egg yolk on top for an added richness.

STEAK WITH HASSELBACK POTATOES



Steak and fried eggs cooked as normal.

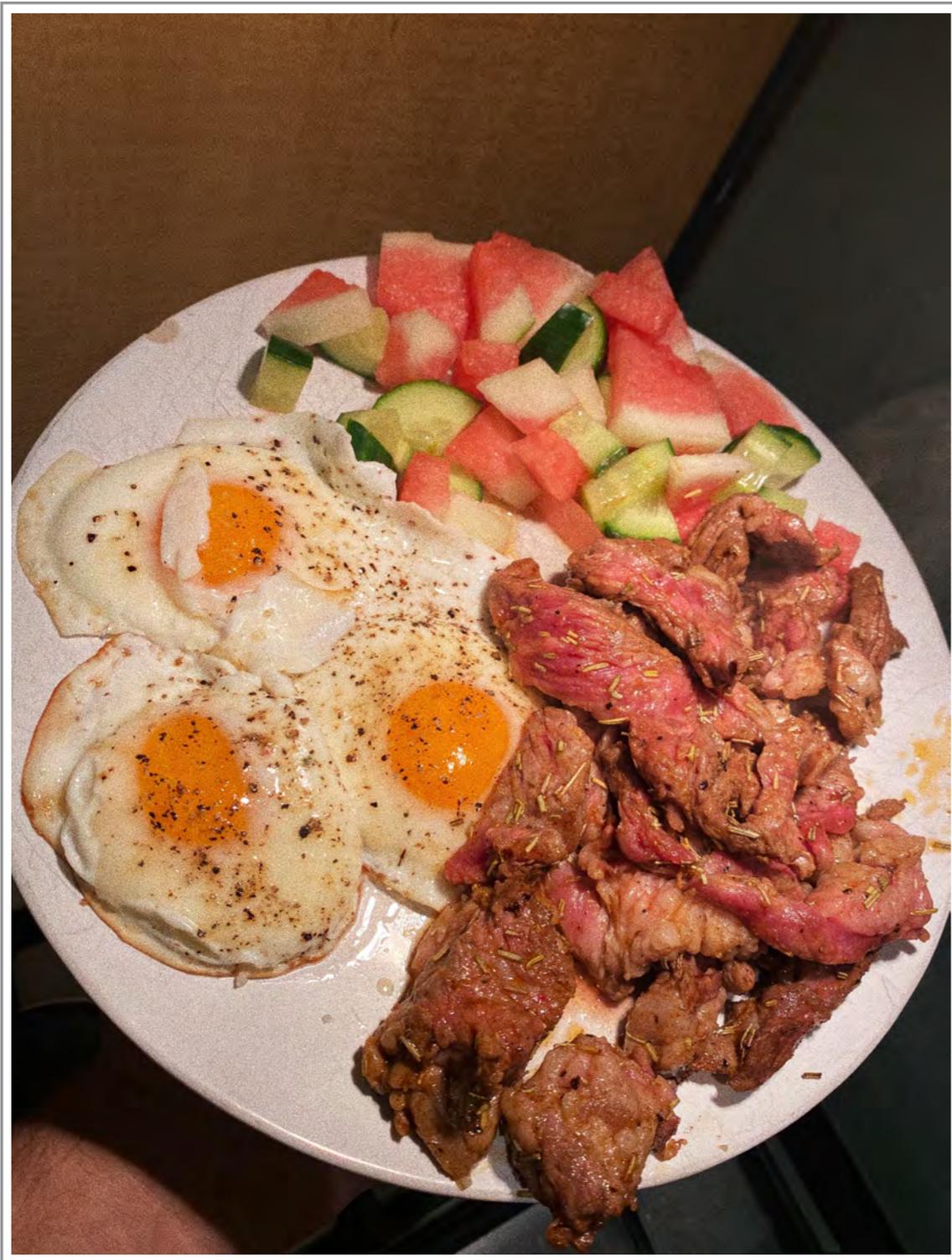
Slice the potatoes as shown but stop just short of the bottom of the potato, so you're creating a fan-like shape that keeps the potato in one piece.

Drizzle extra virgin olive oil in between the cuts and add mixed herbs, salt and pepper too.

Cook in the air fryer or conventional oven for 45 minutes at 180C/350F.

Top with fresh spring onion and tomatoes.

CUCUMBER AND WATERMELON SIDE SALAD



This refreshing garnish makes a welcome crispy side dish or entree salad.

Slice watermelon and cucumber up into small pieces and toss in a bowl.

Watermelon and Cucumber is dressed in apple cider vinegar, fresh lemon juice and a dash of sea salt.

STEAK, EGGS, POTATOES, KRAUT, PINEAPPLE, KIWI



RAY PEAT'S CARROT SALAD



Ray Peat's Endotoxin Absorbing Carrot Salad

3 whole carrots peeled in thick strips

Two tablespoons coconut oil

Tablespoon apple cider vinegar

Fresh Lemon Juice

1.5tsp Sea salt

2 large cloves garlic, chopped

Have with no other food for maxx cleansing effect

Endotoxins absorbed from intestinal bacteria contribute to a variety of autoimmune problems, including thyroiditis. Combining an indigestible fiber, (raw carrot) with mild germicides, (vinegar and coconut oil), improves the hormonal environment + reduces immunological burden

STEAK AND MEAT-JUICE TOASTED SOURDOUGH



Heat up a frying pan on a medium heat

Porterhouse steak. Pat the meat with a paper towel to remove moisture; this will promote a crispy brown sear of the fat.

On a separate plate, drizzle EVOO, sea salt, pepper, rosemary on the meat, both sides.

Put steak on the pan, waiting until blood comes through slightly on top. Flip the steak. Finish the sear and take steak off the pan to a plate to rest.

Turn the pan to a low heat, place sourdough slices with EVOO drizzled in the pan. Move the bread so it soaks up the steaks juices as it slowly toasts. Once cooked, place on plate.

Pineapple for digestive enzyme 'bromelain boost'.

Raw carrot for digestion, vitamin A and beta-carotene.

Easy.

GRASSFED MINCE AND KALE



Organic Grassfed Beef Mince, Chopped Kale, EVOO, Sea Salt, Pepper

Cook mince in frying pan with EVOO until close to brown, add kale and stir through until kale is soft and darker green.

Done. Serve with your carbohydrate of choice.

CHUCK STEAK, POTATO, AVOCADO, RED PEPPER



This is a great use of leftovers from the night before.

Roast potatoes and chuck steak cooked the night before.

Add a whole avocado and half a red bell pepper, sliced.

Toss in a large bowl.

Drizzle EVOO and Balsamic Vinegar.

Can be enjoyed at room temperature.

BODYBUILDER 'SLOP'



Cook 'Golden Rice' as mentioned previously.

Cook your ground beef in a frying pan until browned, add to a large mixing bowl with the rice

Add high two large tablespoons of high-protein cottage cheese and two large tablespoon of sauerkraut.

Mix all together and drizzle with Extra Virgin Olive Oil.

Very easily digested meal that is packed with everything you need to put on some serious muscle mass.

ROAST POTATOES AND MEAT



Chop potatoes in form of your choice - toss in bowl with EVOO, salt, pepper and rosemary. Cayenne pepper is also a good choice.

Roast in oven for as long as desired, I like more crispiness personally so I'll do it in my air fryer at 180 degrees celsius for 45 minutes.

While potatoes are roasting, brush meat of your choice with the same seasonings as potatoes, cook on barbecue.

Serve with drizzled EVOO on the potatoes, a pinch of sea salt.

LIGHTER BITES



SOURDOUGH TOAST WITH FRUIT TOPPINGS



A perfect pre or post-workout light carbohydrate hit.
The classic banana and honey with dusting of cinnamon.



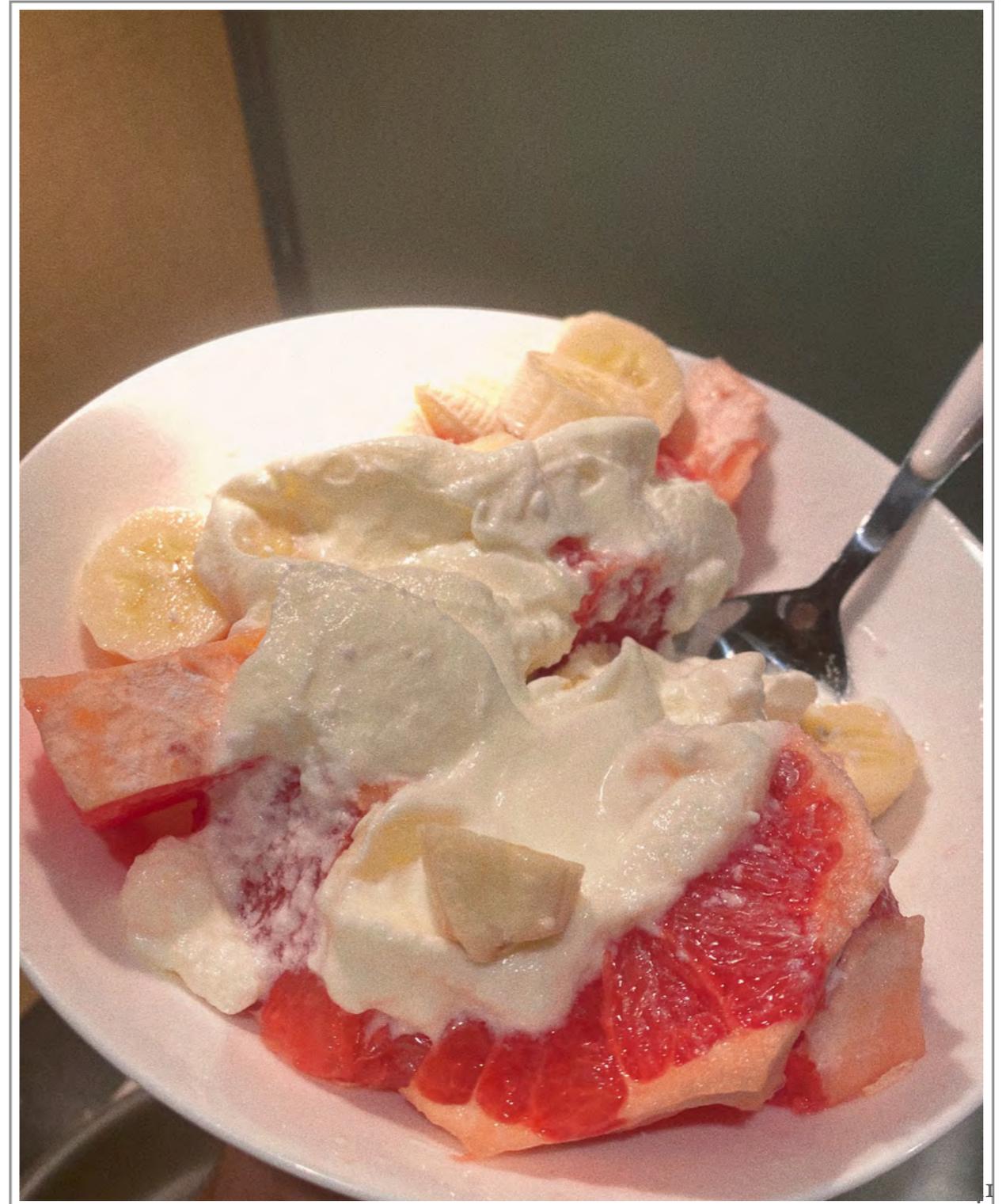
A darker bavarian rye for this ensemble;
peanut butter and banana with strawberries.

GLYCINE WITH GRAPEFRUIT, BANANA, YOGHURT

Chop all ingredients, add to bowl.

Can mix and match fruits as you please.

Dust with glycine powder for a touch of sweetness.



Peppa Pig Is “Hot”!



Stuffed peppers, stuffed with nothing but a mix of rice and hot sauce and scotch bonnet peppers.

This started as a joke when my wife found Peppa Pig porn on my laptop but I think it's tasty.

SUSHI



Sushi has been called the perfect bodybuilder's food, and I'd agree.

Having this in between meals if you have the budget for it is a great way to get a dose of carbohydrates AND fats if you opt for the avocado or a high fat meat such as salmon shown here.

Additionally, the seaweed delivers some great nutrition not often found in other regularly eaten sources.

You also have the option to make your own much more cost effectively, simply search on the internet to find a good recipe.

SANDWICHES

This one is with a sourdough baguette and freshly sliced turkey.

I like to drizzle extra virgin olive oil throughout for added calories and a healthy 'sauce'.

Of course, sea salt.

If you are in a manual-labour heavy job, this is a perfect wholesome snack to keep in the pocket or work-truck for on the go calories. Don't reach for the 'protein bars'.

Prepare in the morning and wrap in aluminium foil for freshness.



FROZEN RASPBERRIES IN ICE



An amazing summertime treat to replace sugary popsicles or icecream.

In a large ice cube tray, add a few raspberries to each mould and filtered water.

Freeze! Too easy.

Other twists:

- Dash of Fresh lemon juice before freezing
- Glycine dissolved in the water for added sweetness

SEA SALT AND VINEGAR POPCORN



Slowly heat up the corn kernels in extra virgin olive oil or coconut oil.

Once popped, season with Celtic Sea Salt, Pepper, Apple Cider Vinegar and a touch of honey.

A healthy version of a favourite movie-time snack.

RAY PEAT'S CARROT SALAD



Ray Peat's Endotoxin Absorbing Carrot Salad

3 whole carrots peeled in thick strips

Two tablespoons coconut oil

Tablespoon apple cider vinegar

Fresh Lemon Juice

1.5tsp Sea salt

2 large cloves garlic, chopped

Mix all ingredients together in large bowl.

Have with no other food for maximum cleansing effect.

Endotoxins absorbed from intestinal bacteria contribute to a variety of autoimmune problems, including thyroiditis.

Combining an indigestible fibre, (raw carrot) with mild germicides, (vinegar and coconut oil), improves the hormonal environment and reduces immunological burden.

Repeat a few times per week for maximum effect!

SOL EGGS

This is a method of preparing eggs that maximises the nutritional content within.

The yolks of the egg are best absorbed in their uncooked raw form as the beneficial cholesterol within denatures somewhat when exposed to heat.

The proteins within the whites are more bioavailable when cooked.

To get the best of both worlds, separate the yolks from the whites.

Cook the whites in a frying pan as you would normally scrambled eggs, but then place the raw yolks on top after the whites have been cooked.

A bit of extra preparation, but if you want to maximise the benefit from your eggs then this is the way to do it.



OATS



Oats are a staple clean bodybuilding carbohydrate that can be utilised in a number of ways.

Added to a smoothie for extra calories, or more intensively prepared in the following manner.

Heat oats and milk of your choice in a saucepan on a low heat, stirring continuously.

Add Cacao powder, cinnamon.

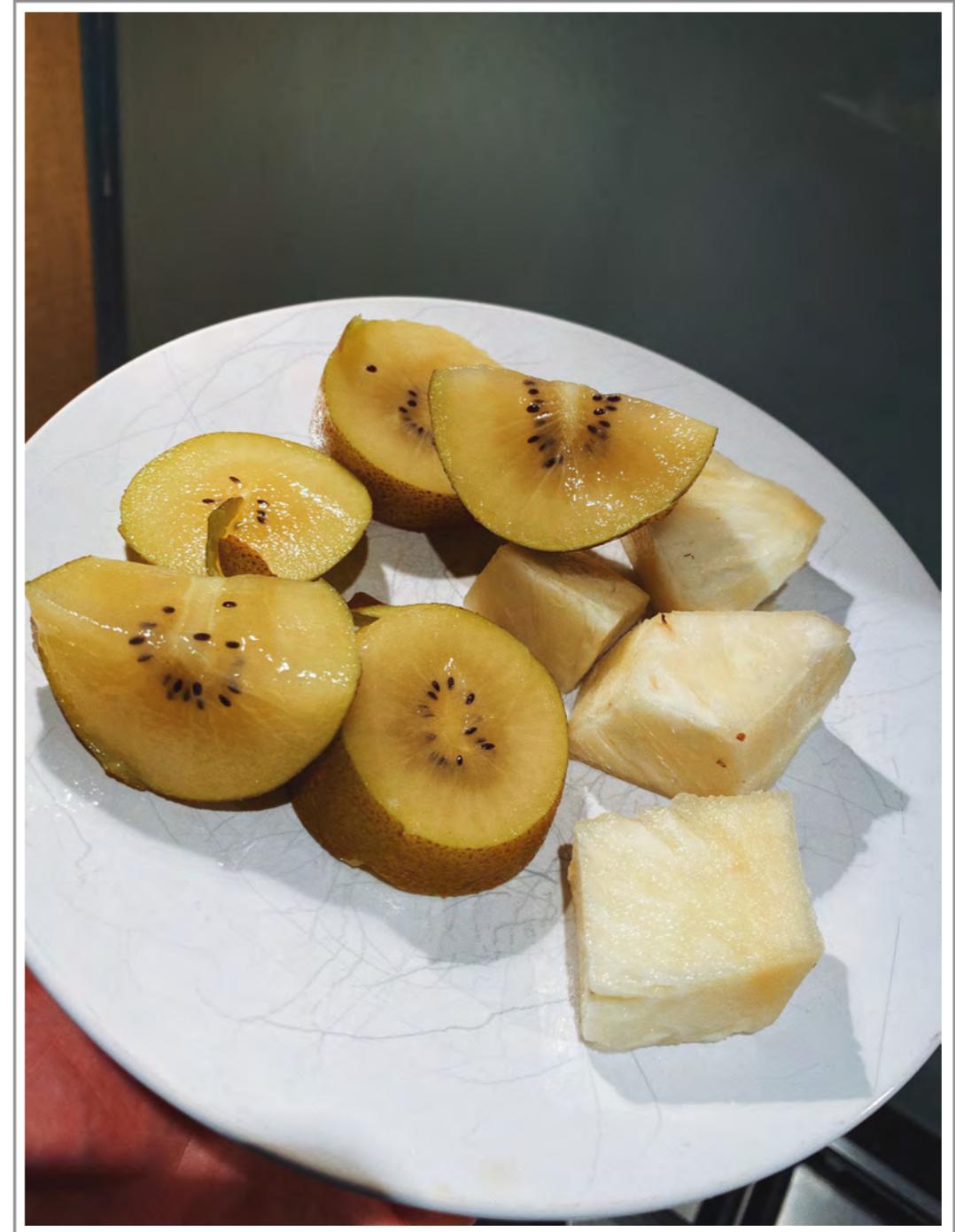
Once oats are soft and most of the milk has evaporated, add frozen raspberries, drizzle some honey over the top and enjoy as a breakfast or afternoon snack, the choice is yours.

Can substitute whatever fruit you prefer.

FRUIT



A large bowl of cut up fruit is my favourite 'dessert'.
When in doubt for a healthy snack, reach for some fruit.
Shown here is the humble grapefruit.



Golden kiwifruit and pineapple, both sources of potent
digestive enzymes.

BEVERAGES



CACAO DRINK OF POWER



Tablespoon Raw Cacao Powder

Cup and Half Coconut Milk

Half Teaspoon Turmeric

Fresh Cracked Pepper

Teaspoon Honey

Teaspoon Glycine

Dash Cinnamon

Optional - Maca Root Powder

A warming and healing anti-inflammatory drink for chilly afternoons.

Heat the coconut milk in a saucepan slowly while whisking with a fork.

You do not want to boil the mixture so keep at a low heat while adding each of the ingredients in amounts according to your tastes.

The pepper helps the bioavailability of the turmeric, but you do not need to much so to overpower. Maca is optional as it is a strong taste. A very powerful addition if you so choose.

Serve straight from the pan, I have poured mine in an old copper mug which I encourage for the aesthetics.

JUICING



Carrot, Kiwifruit, Beetroot, Apple, Fresh Mint, Watermelon, Sea Salt, Lemon

If you have a juicer, use that.

I blended this mix and then strained through a nut-milk bag to achieve similar results.

Juices can be enjoyed but freshly squeezed is always best. Try to have a mix of nutrients within.

JUICING



Half Beetroot Juice
Half Pomegranate

Fresh and cold pressed always, this mix of two juices will promote blood flow.



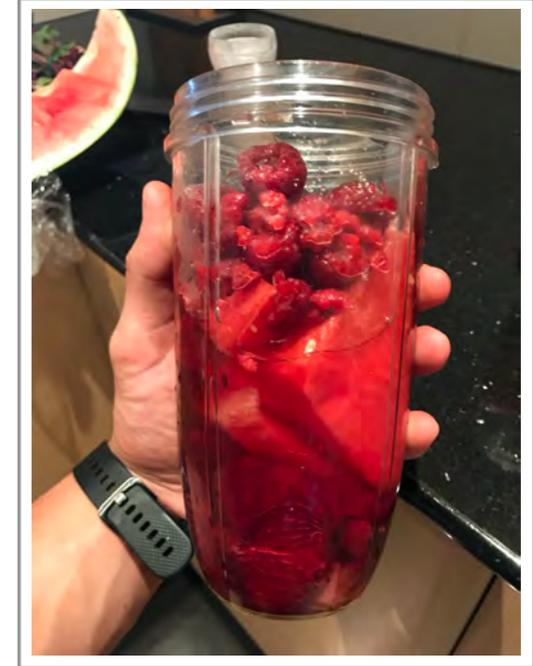
Freshly squeezed Orange Juice

A good dose of Vitamin C will promote collagen production and stimulate the immune system.

I like double-walled glasses to keep cool.



PRE-WORKOUT SMOOTHIE



A blood-charging hit of electrolytes and vasodilators, have this smoothie half an hour before working out for efficient hydration and skin-tearing pumps. Has decent amount of calories within so make sure to burn them up during your workout.

- Raspberries
- Fresh Beetroot
- Watermelon
- Tablespoon Honey
- 40g Maltodextrin Powder
- Pinch of Celtic sea salt
- Tablespoon Citruline Malate
- Coconut Water

GLYCINE AND SAN PELLEGRINO



San Pellegrino is my choice of sparkling water as it has very high levels of minerals within.

Add glycine to sweeten without any calories and you have a light and refreshing afternoon drink that will promote clearing of inflammation from the brain and lead you to create great things.

Enjoy in the sun by the pool or while engaging with the muse in creative work.

TROPICAL SHAKE



6 raw eggs

Mango

Pineapple

Passionfruit

Banana

Creatine

Whey Protein Isolate (unflavoured)

Splash milk

Splash orange juice

Honey

CAMOMILE TEA WITH GLYCINE, ZMA



Camomile tea is the perfect anti-stress and pre-bedtime drink. A natural sedative with many healing properties, camomile has been drunk for thousands of years in many civilisations.

Ancient Egyptians loved this tea for its wonderful healing powers and used it as remedy for all kinds of ailments, internal and external. It was considered a sacred herb, a symbol of the sun god Ra.

Romans and Greeks also used this tea both for its wound healing properties and as a beverage. As the centuries passed, people in Europe kept on using this tea for insomnia, pains, nervous states and other ailments.

I brew camomile before my afternoon nap or before bed.

My personal favourite is to add 5-10 grams of the amino acid Glycine to the tea which adds a touch of calorie-free sweetness and also promotes deep sleep.

Couple this with ZMA powder in the tea and you have a concoction that will send you to a deep and restful sleep with vivid restorative dreams.

Cover it while brewing as you don't want to lose the essential oils to evaporation.

Sweet Dreams!

COFFEE



The delicious aromas of a well-made espresso speak to the soul. The beverage of choice for meeting up with friends, the coffee date facilitates new relationships and old.

The ambience of a coffee shop is unrivalled, the bustling energy of people starting their days, the morning ripe with opportunity.

There are good ways and bad ways to drink a coffee. The iced espresso seems to agree with the empty stomach more than warm. I stay away from instant coffees, mass produced or flavoured sugary coffee drinks.

Find a legitimate espresso bar and make sure their beans are sustainably sourced, organically grown and roasted professionally. As with all things, if its made within a factory its probably not best for you.

Coffee can be used or abused. I'd say the majority of coffee drinkers are using it to mask a lack of internal energy or cover up for poor sleeping habits.

"Don't talk to me until I've had my morning coffee!" - avoid this mindset.

Tips for consuming coffee responsibly:

No caffeine past midday

Take L-Theanine beforehand if you get anxious or jittery

Have two days off per week to avoid dependence on caffeine

If you cannot function in the morning without it, take a break

Supplement Magnesium to help mitigate the stress on the body from taking any stimulants, coffee included.

RAW EGG + OJ CREAMSICLE SMOOTHIE



An energising and super convenient way to get a dose of quality fats protein and carbohydrates.

Crack raw egg into glass. Whisk with fork together until uniform.

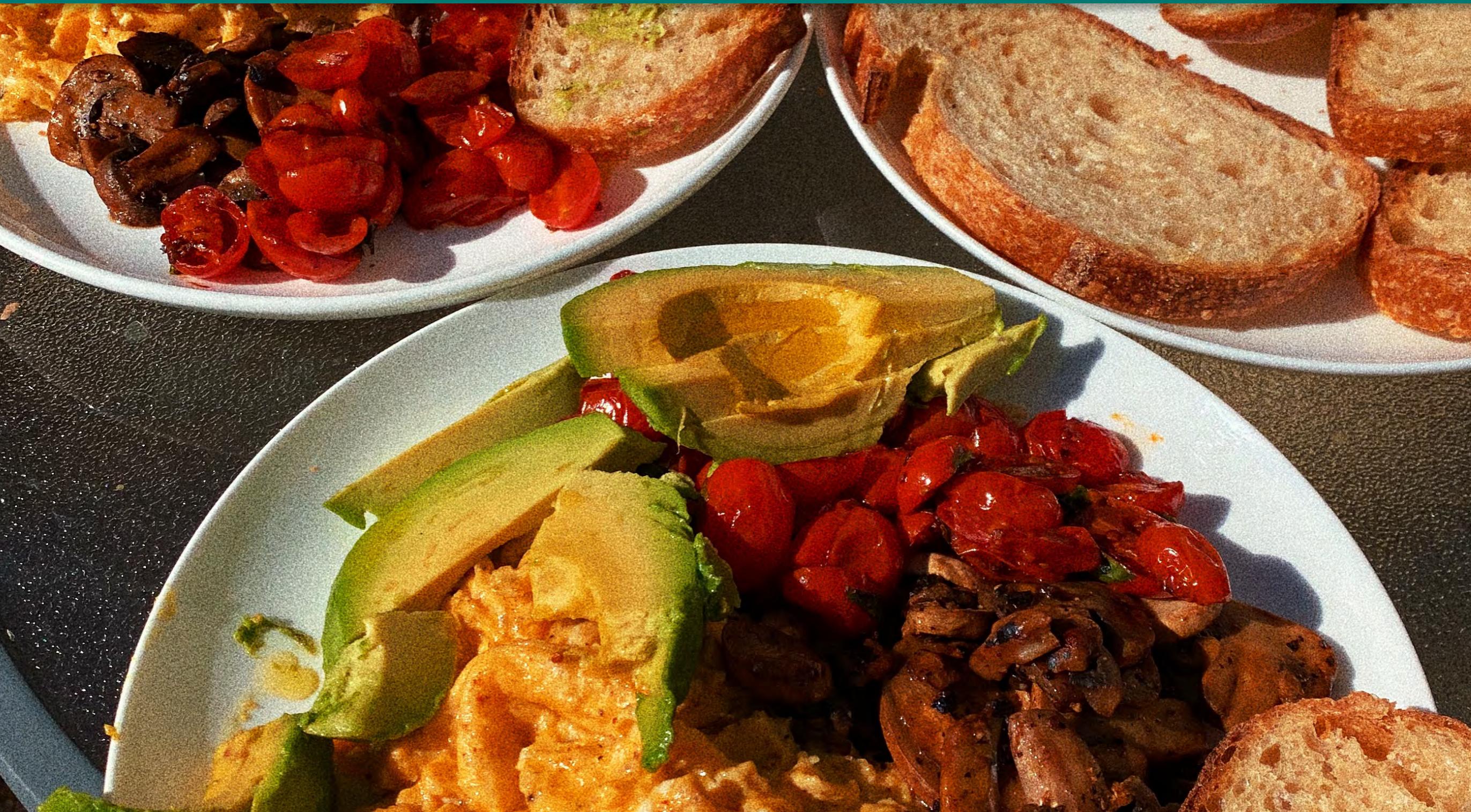
Add equal volume fresh orange juice, matching how many eggs you put in there. Whisk again.

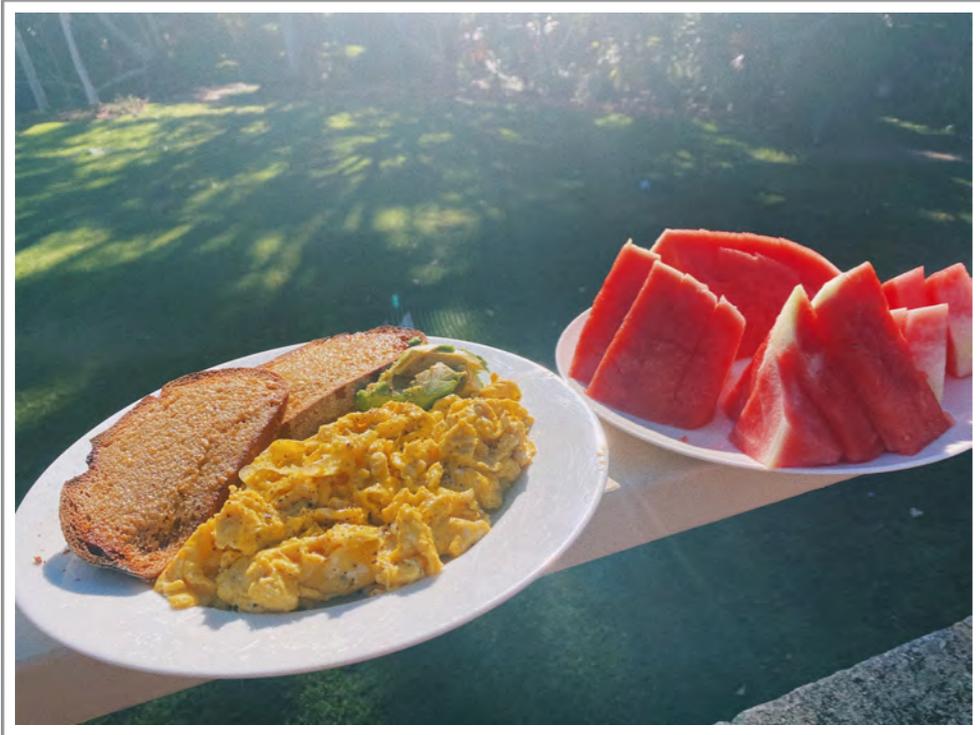
Add dash of cream. Whisk once more.

Slonk that sucker.

Pound two of these per day in between meals if you're looking for a decent and easy calorie addition.

EXTRA INSPIRATION





Beautiful morning eating in the garden, watermelon accompaniment to my standard eggs and toast breakfast.

Below, a post-fast breakfast meal with blueberry kefir, fresh orange juice and yoghurt with banana,



White rice, diced steak, tomato and spinach. Mix all together and drizzle extra virgin olive oil and balsamic vinegar.



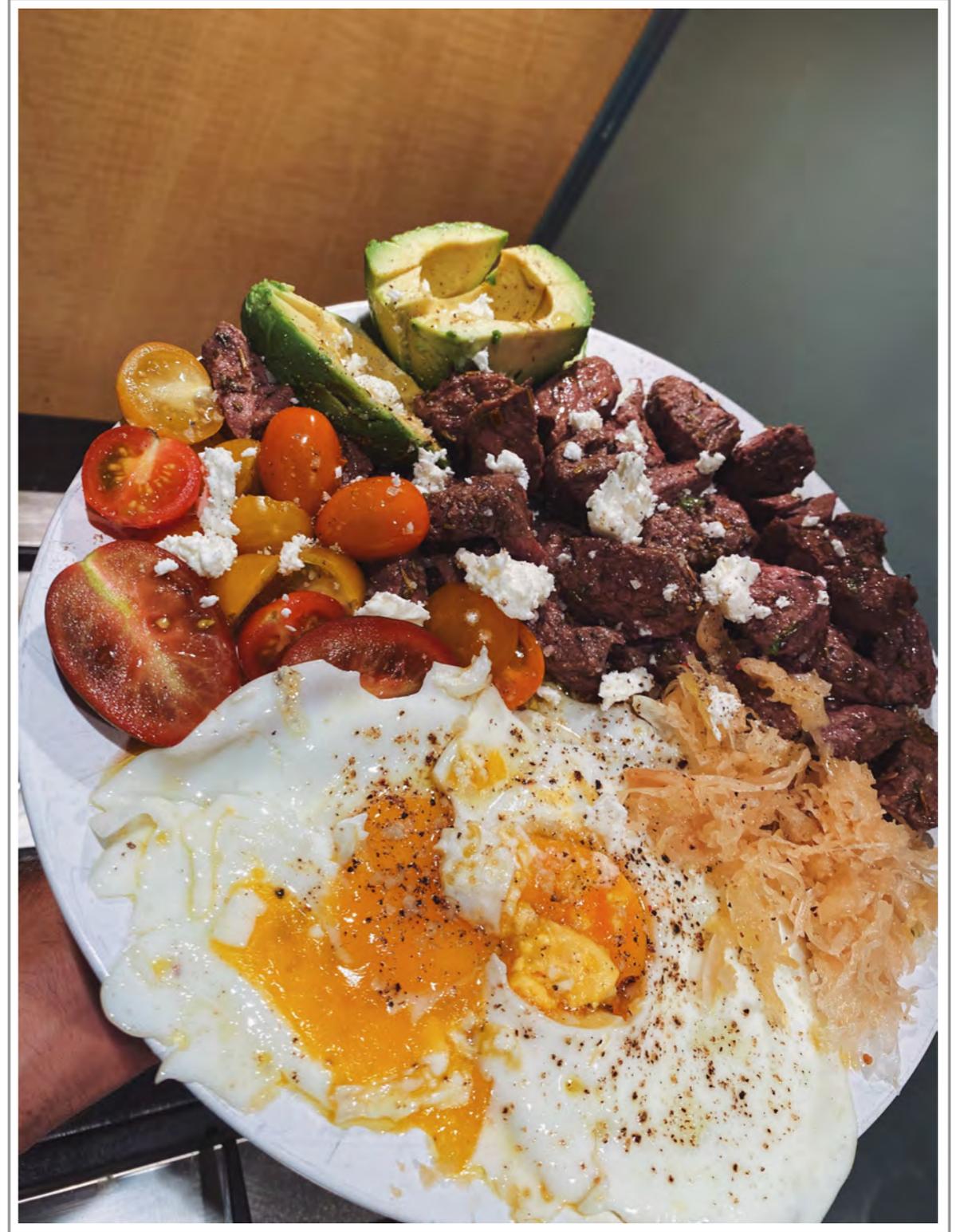
The classic eggs and steak with potatoes and a lighter ciabatta style toast.



Outdoor eating vibes with pineapple, steak and avocado.



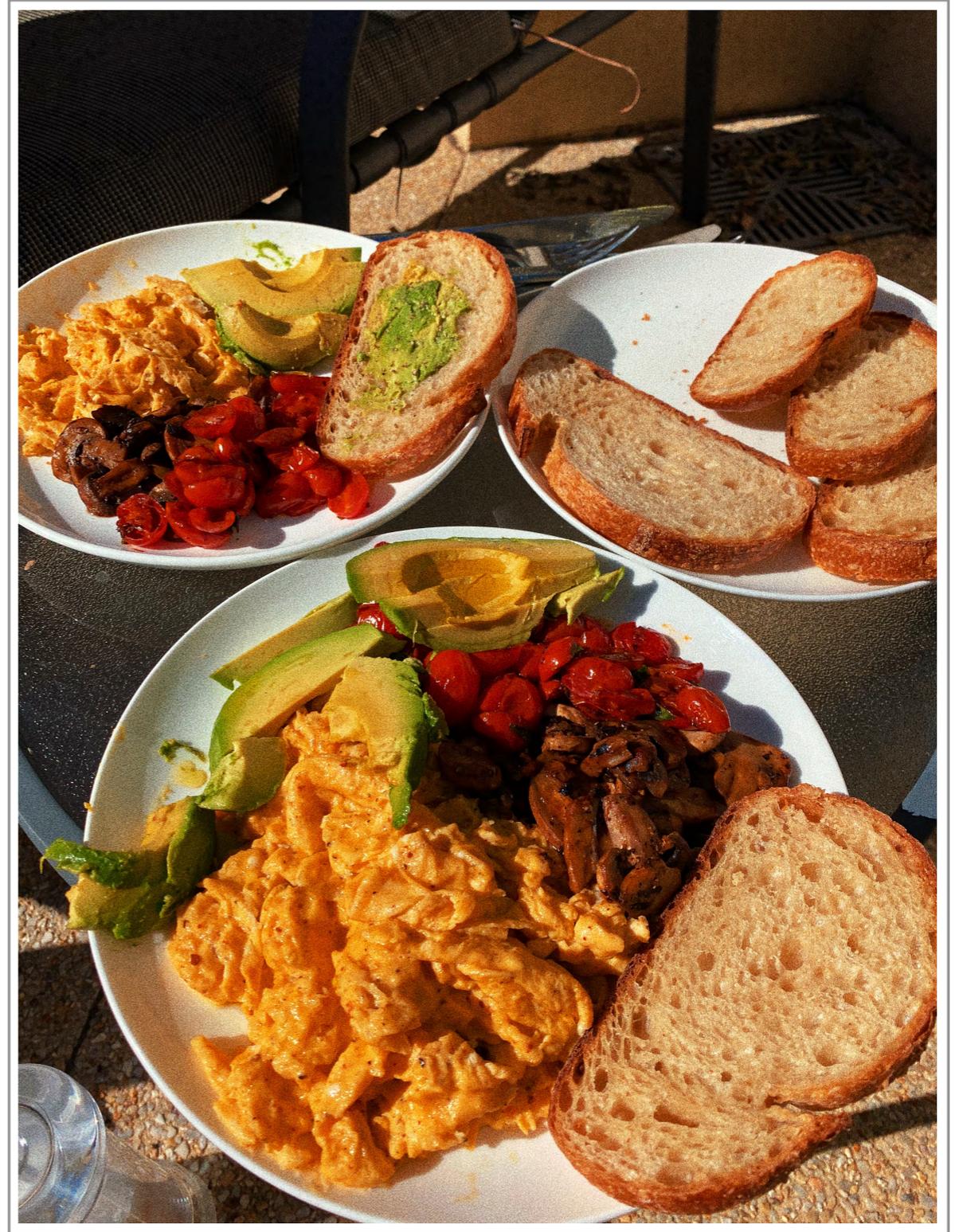
Low carbohydrate meal of fried eggs, sliced steak and pineapple.



Eggs steak and a bit of mediterranean flair with fresh mixed cherry tomatoes and topped with Greek feta.



The addition of mushrooms cooked in the steak juices makes for a delicious and nutritious addition.



Breakfast for two served by the pool. Mushrooms again present and tomatoes sauteed in rosemary, salt/pepper.



An addition of cottage cheese adds a creamy mix of texture to the crispy potatoes. Sauerkraut ever present.



Ground beef, tomato and avocado served with sourdough.



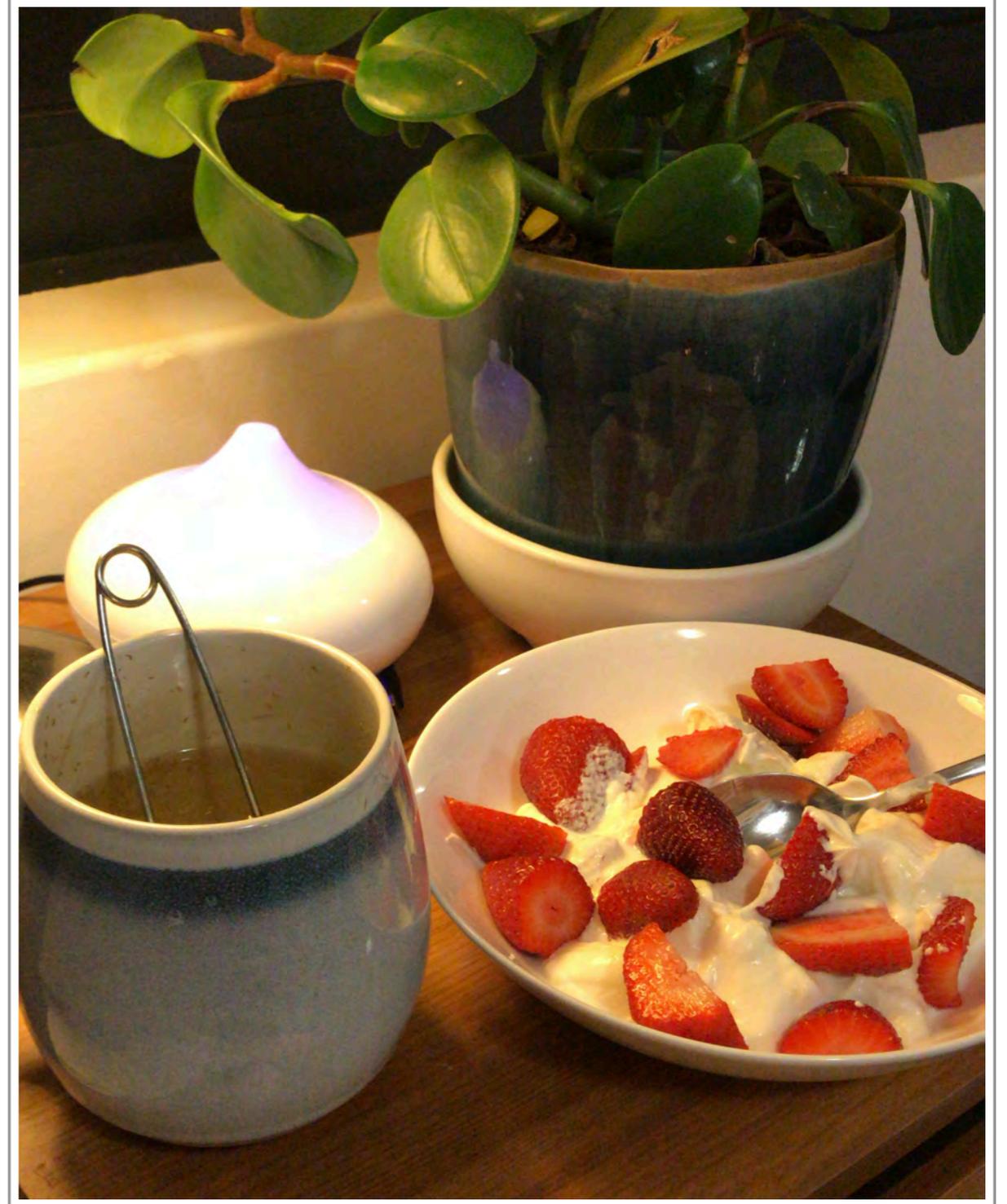
Mixing up the carbohydrate source with penne paste. Ensure you find a quality pasta made from European 'heirloom' wheat as this tends to digest better than American wheats.



A 'keto' friendly meal of scrambled eggs, sliced chuck steak and sauerkraut.



Potatoes cut into french fries served with scrambled eggs and sauerkraut.



Bedtime Camomile with yoghurt and strawberries. Essential oil diffuser is spraying lavender scents into the air for relaxation.



Before.



After.

Salmon, Eggs, Avocado.