

SAMPLE MEALS ON NON-WORKOUT (BMR) DAYS

1. Bulletproof coffee; Eggs w/ protein, kale/arugula, zucchini, veggies
2. Smoothie w/ sugar free almond milk, whey/vegan protein isolate, fruit, avocado, coconut/mct/c8 oil, almond butter/sesame tahini
3. Salad w/ protein, evoo, parmesan cheese, avocado
4. Bulletproof black or green tea
5. Protein w/ veggies (last & lightest meal of the day – 3 hours before you go to sleep)
6. Snacks: Macadamia nuts, pecans, celery with almond butter/sesame tahini & coconut oil, Brazil nuts, pickles, hazelnuts, raw cacao nibs

All foods should be cooked in ghee, tallow, lard, coconut oil on low heat so that the degradation of the nutrient composition is minimalized. Foods consumed RAW provide the highest nutrient composition.