

# UNLOCKING THE KETO CODE

The Revolutionary New Science of  
Keto That Offers More Benefits  
Without Deprivation

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## A Quick Fats Reference Guide

I realize your head may be spinning a bit from all the discussion of fats. But it's important to remember that eating the right fats can make or break you when it comes to unlocking the keto code. Here's an easy way to remember the different types of fats and what they do:

### SHORT-CHAIN FATTY ACIDS (SCFAS)

**Found In:** Fermented foods and some types of cheese, butter, and cow's milk. These types of fats are also made by your gut bacteria when you eat foods high in fiber.

**Uncoupling Power:** These are direct mitochondrial uncouplers. That's why I always say, "Eat short to live long!"

### MEDIUM-CHAIN TRIGLYCERIDES (MCTS)

**Found In:** Goat and sheep dairy products, as well as in supplement form.

**Uncoupling Power:** These are the fats that are immediately converted into ketones by the liver, which then uncouple mitochondria. When it comes to MCTs, you want your fats "medium well"!

### LONG-CHAIN FATTY ACIDS (LCFAS)

**Found In:** Fatty fish like salmon and sardines, as well as meat, dairy, and eggs. You can also find different types of LCFAs in oils and nuts.

**Uncoupling Power:** Polyunsaturated fatty acids (PUFAs) like ALA, LA, DHA, EPA, and AA are all essential fatty acids that optimize our brain and mitochondrial function, and help promote uncoupling! Our cells, including our mitochondria, need them to work their best, but our bodies don't make them on their own—to get them, we need to consume them in foods.

You also want to try to consume the two other essential saturated fats: C15, found primarily in dairy and seafood, and C14, also from dairy. These fats are linked to improved heart health. Your body can make all the rest of the saturated fats on its own; you don't need to eat them, as traditional keto doctrine suggests.

Any discussion of LCFAs needs to also mention monounsaturated fats like the oleic acid found in olive oil. I'm a huge fan of olive oil not only because it contains this fat, but because it is a carrier for polyphenols! As I like to say, "The only purpose of food is to get more olive oil into your mouth."

### **VERY LONG-CHAIN FATTY ACIDS (VLCFAS):**

**Found In:** Canola oil and macadamia nuts.

**Uncoupling Power:** One type of VLCFA, C22, also acts as an uncoupler. And higher levels of this particular fat in the blood are associated with a reduced risk of heart disease.

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## POLYPHENOL-RICH HERBS AND SPICES

This chart ranks herbs and spices from highest to lowest by their respective polyphenol content. Take note: Even thyme, at the bottom of the list, boasts an impressive amount of polyphenols! And certainly any discussion of spices and polyphenols should also include ginger and turmeric. Although these two spices are lower in polyphenols than some of the other spices listed here, both are potent mitochondrial uncouplers as well as mitogenesis promoters.<sup>28</sup> With effects like these, you don't need Simon & Garfunkel to tell you what was being traded down at Scarborough Fair (parsley, sage, rosemary, and thyme—get it?). It was potent polyphenol-rich uncouplers! It would seem the ancients were pretty savvy consumers after all, harnessing the life-enhancing benefits of uncoupling from these remarkable herbs and spices.

Cloves	Rosemary
Cinnamon	Sage
Allspice	Tarragon
Marjoram	Peppercorn
Oregano	Thyme <sup>29</sup>
Mint	

## MELATONIN-RICH FOODS

Melatonin not only acts as a “bouncer,” helping your mitochondria deal with excess ROSs; it also works as an uncoupler in its own right. The following foods contain high levels of melatonin (listed from highest to lowest melatonin content).<sup>13</sup>

Pistachios	Red wine
Mushrooms	Cranberries
Black pepper	Almonds
Red rice	Basmati rice
Black rice	Purslane
Mustard seeds	Tart cherries
Olive oil	Strawberries
Brewed coffee	Flaxseed

## POLYPHENOL-RICH FOODS

You don't have to look too hard to find foods that are chock-full of polyphenols. Whether you prefer coffee to tea, grapes to berries, or spinach to kale, the plant kingdom is full of delicious polyphenol-rich options to suit any palate, though it's important to also consider the sugar and grain levels of these foods before consuming. While polyphenols can help boost mitochondrial uncoupling, not all of these fit with a Keto Code diet. With that in mind, here's a list of common foods sorted by their polyphenol content, ranked from highest to lowest.<sup>26</sup>

Cloves	Rosemary, dried
Peppermint, dried	Spearmint, dried
Star anise	Common thyme, dried
Cocoa powder	Lowbush blueberry
Mexican oregano	Blackcurrant
Celery seed	Capers
Black chokeberry	Black olive
Dark chocolate	Highbush blueberry
Flaxseed meal	Hazelnut
Black elderberry	Pecan nut
Chestnut	Soy flour
Common sage, dried	Plum

Green olive	Common thyme, fresh
Sweet basil, dried	Refined maize flour
Curry powder	Tempeh
Sweet cherry	Whole-grain rye flour
Globe artichoke	Apple
Blackberry	Spinach
Roasted soybean	Shallot
Milk chocolate	Lemon verbena, dried
Strawberry	Black tea
Red chicory	Red wine
Red raspberry	Green tea
Coffee, filter	Soy yogurt
Ginger, dried	Yellow onion
Whole grain hard wheat flour	Soy meat
Prune	Whole-grain wheat flour
Almond	Apple juice (100% juice)
Black grape	Pomegranate juice (100% juice)
Red onion	Extra-virgin olive oil
Green chicory	Black bean



Peach	Parsley, dried
Blood orange juice (100% juice)	Nectarine
Cumin	Curly endive
Grapefruit juice (100% juice)	Marjoram, dried
White bean	Red lettuce
Chinese cinnamon	Chocolate beverage with milk
Blond orange juice (100% juice)	Quince
Broccoli	Endive (escarole)
Red currant	Soy milk
Tofu	Pumelo juice (100% juice)
Pure lemon juice	Rapeseed oil
Whole grain oat flour	Pear
Apricot	Soybean sprout
Caraway	Green grape
Refined rye flour	Carrot
Asparagus	Vinegar
Walnut	Soy cheese
Potato	White wine
Ceylon cinnamon	Rosé wine

What's so striking about this list of foods is not only that we see so many of the spices we just discussed high up on it, but it also contains quite a few new-world foods like cacao, dark chocolate, and Mexican oregano. Truly, there are so many ways to add polyphenol-rich mitochondrial uncouplers to your diet so that you can continue to enjoy the flavors you love.

Take note of how highly ranked flaxseeds and olives are—both foods are easily added to your plate on the Keto Code program. And while not on this list, yerba mate, yet another popular new-world beverage, has also been shown to uncouple mitochondria and signal them to start multiplying.<sup>27</sup> Drink up!

## THE KETO CODE FOOD LISTS

Okay, dear reader, here are the lists you've been waiting for. The following "yes" and "no" lists comprise the backbone of the Keto Code program. Consider these lists of specific foods and brands as complementing the dos and don'ts you read earlier, and as great quick-and-easy reference tools. As always, you can find this information online at [DrGundry.com](http://DrGundry.com), where you can download the lists in PDF form.

## Yes, Please: Postbiotic-Boosting Foods

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### ***Cruciferous Vegetables***

Arugula

Bok choy

Broccoli

Brussels sprouts

Cabbage, green and red

Cauliflower

Collards

Kale

Kimchi

Kohlrabi

Napa cabbage

Sauerkraut (raw)

Swiss chard

Watercress<sup>28</sup>

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### ***Other Postbiotic-Boosting Vegetables***

Artichokes

Asparagus

Bamboo shoots  
Beets (raw)  
Carrot greens  
Carrots (raw)  
Celery  
Chicory  
Chives  
Daikon radish  
Endive  
Escarole  
Fiddlehead ferns  
Frisée  
Garlic  
Garlic scapes  
Ginger<sup>29</sup>  
Hearts of palm  
Horseradish  
Jerusalem artichokes (sunchokes)  
Leeks  
Lemongrass  
Mushrooms

Nopales (cactus paddles; if you can't find locally, buy online)

Okra

Onions

Parsnips

Puntarelle

Radicchio

Radishes

Rutabaga

Scallions

Shallots

Water chestnuts

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***Leafy Greens***

Basil

Butter lettuce

Cilantro

Dandelion greens

Endive

Escarole

Fennel

Frisée

Mesclun (baby greens)

Mint

Mizuna

Mustard greens

Parsley

Perilla

Purslane

Red- and green-leaf lettuces

Romaine lettuce

Sea vegetables

Seaweed and algae

Spinach

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***Fruits That Act Like Fats***

Avocado (up to a whole one per day)

Olives, all types

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***Uncoupling Oils***

Avocado oil (some effect)

Black seed oil

Canola oil (non-GMO, organic only!)

Coconut oil (some effect)

Cod liver oil (the lemon and orange flavors have no fish taste)

Flaxseed oil (high lignan)

Macadamia oil (omega-7)

MCT oil

Olive oil, extra-virgin first cold-pressed

Perilla oil (lots of ALA and rosemarinic acid, both uncouplers)

Red palm oil (some effect)

Rice bran oil

Sesame oil, regular and toasted

Walnut oil (some effect)

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### ***Nuts and Seeds***

*Up to 1/2 cup per day.*

Almonds (only blanched or marcona)

Barùkas (or baru) nuts

Basil seeds

Brazil nuts (in limited quantities)

Chestnuts

Coconut meat (but not coconut water)

Coconut milk/cream (unsweetened full-fat canned)

Coconut milk (unsweetened dairy substitute)

Flaxseeds

Hazelnuts

Hemp protein powder

Hemp seeds

Macadamia nuts

Milkadamia creamer (unsweetened and not the milk)

Nut butters (if almond butter, preferably made with blanched almonds, as almond skins contain lectins)

Pecans

Pine nuts

Pili nuts

Pistachios

Psyllium seeds/psyllium husk powder

Sacha inchi seeds

Sesame seeds

Tahini

Walnuts



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## ***“Energy” Bars***

*Limit to one per day, please.*

Adapt: coconut, chocolate (adaptyourlife.com)

Fast Bar

Gundry MD bars

Keto Bars: almond butter brownie, salted caramel, lemon poppy seed, chocolate chip cookie dough

KetoBars.com: mint chocolate, dark chocolate coconut almond, chocolate-covered strawberry

Keto Krisp: chocolate mint, almond butter, chocolate raspberry, almond butter chocolate chip, almond butter & blackberry jelly

Kiss My Keto: cookie dough, chocolate coconut, birthday cake

MariGold: ChocoNut, Pure Joy, espresso, ginger coconut

Primal Kitchen: almond spice, coconut lime

Rowdy Bars: keto chocolaty cookie dough

Stoka: vanilla almond, coco almond

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***Processed Resistant Starches***

*Can be eaten every day in limited quantities; those with prediabetes or diabetes should consume only once a week on average.*

Barely Bread bread and bagels (only those without raisins)

Bread SRSly sourdough non-lectin bread and rice-free sourdough rolls

Cappello's fettuccine and other pasta

Crepini egg thins

Fullove Foods keto hemp and linseed bread

Julian Bakery Paleo wraps (made with coconut flour), Paleo thin bread, almond bread, sandwich bread, coconut bread

Lovebird Cereals (unsweetened only)

Mikey's original and toasted onion English muffins, cassava flour tortillas

ONANA Tortillas

Positively Plantain tortillas

The Real Coconut coconut and cassava flour tortillas and chips

Siete chips (be careful here, a couple of my "canaries" react to the small amount of chia seeds in the chips) and tortillas (only those made with cassava and coconut flour or almond flour)

Terra cassava, taro, and plantain chips

Thrive Market organic coconut flakes

Tia Lupita grain-free cactus tortillas

Trader Joe's jicama wraps, plantain chips

Uprising Food breads and crackers (Uprisingfood.com)

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### ***Resistant Starches***

*Eat in moderation. People with diabetes and prediabetes should initially limit these foods.*

Baobab fruit

Cassava (tapioca)

Celery root (celeriac)

Glucomannan (konjac root)

Green bananas

Green mango

Green papaya

Green plantains

GundryMD Popped Superfood Crisps

Jicama

Millet

Parsnips

Persimmon

Rutabaga

Sorghum

Sweet potatoes or yams

Taro root

Tiger nuts

Turnips

Yucca

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***“Foodles” (acceptable “noodles”)***

Big Green millet and sorghum pastas

Edison Grainery sorghum pasta

Gundry MD sorghum spaghetti

Jovial cassava pastas

Kelp noodles

Konjac noodles

Miracle Noodle kanten pasta

Miracle Rice

Natural Heaven hearts of palm spaghetti and lasagna noodles

Palmini hearts of palm noodles

Shirataki noodles

Slimdown360 sweet potato pasta elbow macaroni

Trader Joe's cauliflower gnocchi

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***Wild-Caught Seafood***

*(4 ounces per day)*

Alaskan salmon

Anchovies

Calamari/squid

Canned tuna

Clams

Cod

Crab

Freshwater bass

Halibut

Hawaiian fish, including mahimahi, ono, and opah

Lake Superior whitefish

Lobster

Mussels

Oysters

Sardines

Scallops

Shrimp (wild only)

Steelhead

Trout

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***Pastured Poultry***

*(4 ounces per day)*

Chicken

Duck

Game birds (pheasant, grouse, dove, quail)

Goose

Ostrich

Pastured or omega-3 eggs (up to 4 daily)

Turkey

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***Meat***

*(100 percent grass-fed and grass-finished; 4 ounces per day)*

Beef

Bison

Boar

Elk

Grass-fed jerky (low-sugar versions)

Lamb

Pork (humanely raised, including prosciutto, Ibérico ham, Cinco Jotas ham, Canadian bacon, ham)

Venison

Wild game

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### ***Plant-Based Proteins and “Meats”***

Flaxseed protein powder

Gundry MD ProPlant protein shakes

Hemp protein powder

Hemp tofu

Hilary’s root veggie burger ([hilaryseatwell.com](http://hilaryseatwell.com))

Perfect Day vegan whey and casein

Pressure-cooked lentils and other legumes (canned, such as Eden or Jovial brand) or dried, soaked, then pressure cooked (use an Instant Pot)

Protein isolates of and/or hydrolyzed pea, soy, or other similar bean powders (not the same as regular pea protein, soy protein, lentil protein, chickpea protein—buyer beware!)

Quorn products: only meatless pieces, meatless grounds, meat-

less steak-style strips, meatless fillets, meatless roast (avoid all others as they contain lectins/gluten)

Textured vegetable protein (TVP)

Vegg vegan egg yolks and products

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### ***Polyphenol-Rich Fruits***

*Limit to one small serving on weekends and only when that fruit is in season, or unlimited with “reverse juicing” (see page 123).*

*Best options are pomegranate and passion fruit seeds, followed by raspberries, blackberries, strawberries, then blueberries, grapefruit, pixie tangerines, and kiwifruits (eat the skin for more polyphenols).*

Apples

Apricots

Blackberries

Blueberries

Cherries

Citrus, all types (no juices)

Cranberries (fresh)

Guava

Kiwis

Nectarines

Papaya



Passion fruit  
Peaches  
Pears, crispy (Anjou, Bosc, Comice)  
Persimmon  
Plums  
Pomegranates  
Raspberries  
Starfruit  
Strawberries

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***Dairy Products and Replacements (top uncouplers)***

Aged cheeses from Switzerland  
Aged “raw” French/Italian cheeses  
Buffalo butter (available at Trader Joe’s)  
Buffalo mozzarella: mozzarella di bufala (Italy), Buf Creamery  
(Uruguay)  
Coconut yogurt (plain)  
French/Italian butter  
Ghee (grass-fed)  
Goat and sheep kefir (plain)  
Goat ghee

Goat milk cream flakes: Mt. Capra

Goat milk powder: Meyenberg, Hoosier Hill Farm, The Good  
Goat Milk Company

Goat's-milk cheeses: feta, Brie, mozzarella, cheddar

Goat yogurt (plain)

Kite Hill Ricotta Cheese

Lavva plant-based yogurt

Organic cream cheese

Organic heavy cream

Organic sour cream

Parmigiano-Reggiano cheese

Sheep yogurt (plain)

Sheep's-milk cheeses: Pecorino Romano, Pecorino Sardo, feta,  
Manchego

So Delicious Vegan Mozzarella, Cream Cheese

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### ***Herbs, Seasonings, and Condiments***

Avocado mayonnaise

Coconut aminos

Fish sauce

Herbs and spices (all except red pepper flakes)

MCT mayonnaise

Miso paste

Mustard

Nutritional yeast

Pure vanilla extract

R's KOSO, Other KOSOs

Sea salt (iodized)

Tahini

Vinegars (apple cider vinegars, Bliss Vinegars, Sideyard Shrubs  
Vinegars, others)

Wasabi

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## ***Flours***

Almond (blanched, not almond meal)

Arrowroot

Cassava

Chestnut

Coconut

Coffee fruit

Grape seed

Green banana

Hazelnut

Millet

Sesame (and seeds)

Sorghum flour

Sweet potato

Tiger nut

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### ***Sweeteners***

Allulose (look for non-GMO)

Erythritol (Swerve is my favorite, as it also contains oligosaccharides)

Inulin (Just Like Sugar is a great brand)

Local honey and/or manuka honey (very limited!)

Monk fruit (luo han guo; the Nutresse brand is good)

Stevia (SweetLeaf is my favorite; also contains inulin)

Xylitol

Yacon syrup (Super Yacon Syrup is available at Walmart; Sunfood Sweet Yacon Syrup is available on Amazon)

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## ***Chocolate and Frozen Desserts***

Coconut milk dairy-free frozen desserts (the So Delicious blue label, which contains only 1 gram of sugar; but be careful: may contain pea protein)

Dark chocolate, unsweetened, 72% cacao or greater (1 ounce per day)

Enlightened ice cream

Keto Ice Cream: chocolate, mint chip, sea salt caramel

Killer Creamery ice cream: Chilla in Vanilla, Caramels Back, and No Judge Mint

Mammoth Creameries: vanilla bean

Natural (non-Dutched) cocoa powder, unsweetened

Nick's vegan ice cream

Rebel Creamery ice cream: butter pecan, raspberry, salted caramel, strawberry, vanilla

Simple Truth ice cream: butter pecan and chocolate chip

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***Beverages***

Champagne (6 ounces per day)

Coffee

Dark spirits (1 ounce per day)

Hydrogen water

KeVita brand low-sugar kombucha (coconut, coconut Mojito, for example), other low-sugar kombuchas

San Pellegrino or Acqua Panna water

Red wine (6 ounces per day)

Tea (all types)

## No, Thank You: Major Lectin-Containing Foods

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### *Refined, Starchy Foods*

Bread

Cereal

Cookies

Crackers

Pasta

Pastries

Potato chips

Potatoes

Rice

Tortillas

Wheat flour

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### *Grains, Sprouted Grains, Pseudograins, and Grasses*

Barley (cannot pressure cook)

Barley grass

Brown rice

Buckwheat

Bulgur

Corn

Corn products

Corn syrup

Einkorn

Kamut

Kasha

Oats (cannot pressure cook)

Popcorn

Quinoa

Rye (cannot pressure cook)

Spelt

Wheat (pressure cooking does not remove lectins from any form of wheat)

Wheatgrass

White rice (except pressure cooked white basmati rice from India, which is high resistant starch; American white basmati is not)

Wild rice



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## ***Sugar and Sweeteners***

Agave

Coconut sugar

Diet drinks

Granulated sugar (even organic cane sugar)

Maltodextrin

NutraSweet (aspartame)

Splenda (sucralose; Splenda now has an allulose product that is acceptable; see page 153)

Sweet One and Sunett (acesulfame-K)

Sweet'N Low (saccharin)

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## ***Vegetables***

*Most of these can be made safe foods with pressure cooking; marked with an (\*).*

All beans\* (including sprouts)

Chickpeas\* (including as hummus)

Edamame\*

Green/string beans\*

Legumes\*

All lentils\*

Pea protein (unless pea protein isolate or hydrolysate)

Peas\*

Soy\*

Soy protein (unless soy protein isolate or hydrolysate)

Sugar snap peas

Tofu\*

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### ***Nuts and Seeds***

Almonds, unblanched

Cashews

Chia seeds

Peanuts

Pumpkin seeds

Sunflower seeds

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### ***Fruits***

*(some we call vegetables)*

Bell peppers

Chile peppers

Cucumbers

Eggplant

Goji berries  
Melons (any kind)  
Pumpkins  
Squash (any kind)  
Tomatillos  
Tomatoes  
Zucchini

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***Milk Products that Contain A1 Beta-Casein***

Butter (even grass-fed), unless from A2 cows, sheep, or goats, or buffalo  
Cheese  
Cottage cheese  
Cow's milk  
Frozen yogurt  
Ice cream (most)  
Kefir from American cows  
Ricotta  
Yogurt (including Greek yogurt)

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## ***Oils***

All “partially hydrogenated” oils

Corn

Cottonseed

Grapeseed

Peanut

Safflower

Soy

Sunflower

“Vegetable”

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## ***Herbs and Seasonings***

Ketchup

Mayonnaise (unless MCT or avocado)

Red pepper flakes

Soy sauce

Steak sauce

Worcestershire sauce

These dos and don'ts provide the foundation for you to harness the power of mitochondrial uncoupling, this heretofore little-known process that is the secret to good health and long life. When you follow these guidelines, you have the power to upregulate your uncoupling gene activity by making or consuming ketones, liberating free fatty acids from your fat stores, and consuming foods that give your microbiome access to short-chain fatty acids, postbiotics, and polyphenols.

For too long, we've been talking about healthy eating in terms of antioxidant-rich and fibrous foods. But you now understand that these are just code words for what's really behind health and longevity: polyphenols and postbiotic-producing foods, all of which deliver their desirable effects by uncoupling your mitochondria. In fact, the next time someone tells you to "eat the rainbow," know that it really means "eat to uncouple."

## THE BASIC KETO-CONSUMPTION EATING SCHEDULE

WEEK	Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast
1	*8A.M.	8 A.M.	8 A.M.	8 A.M.	8 A.M.
2	9 A.M.	9 A.M.	9 A.M.	9 A.M.	9 A.M.
3	10 A.M.	10 A.M.	10 A.M.	10 A.M.	10 A.M.
4	11 A.M.	11 A.M.	11 A.M.	11 A.M.	11 A.M.
5	12 P.M.	12 P.M.	12 P.M.	12 P.M.	12 P.M.

## Uncoupling Capraccino

I know many of you can't start the day without your morning cup of java. Heck, I'm one of you! Here's my take on keto coffee, Uncoupling Capraccino. And no, that's not a typo! This drink harnesses the additional MCTs in goat's milk, cream, or cheese (hence the name, a play on *capra*, Latin for the genus that goats belong to and *cappuccino*), to give you a creamy, delicious beverage. This tasty pick-me-up will give you that little extra oomph through all of its uncoupling power!

For additional uncoupling power, add cinnamon, nutmeg, unsweetened natural (non-Dutched) cocoa powder, or cardamom as desired. The allulose or Just Like Sugar adds an extra boost of pre-biotics.

*Serves 1*

1 cup hot coffee

1 tablespoon MCT oil

1 scoop powdered goat milk or goat cream (about 2 tablespoons), or

1 ounce goat cheese or butter

Allulose, Just Like Sugar, monk fruit, or stevia

Combine all the ingredients in a blender and blend until frothy, about 30 seconds. Serve in a cup or mug.

## Tropical Basil Seed Pudding

This pudding is perfect for anyone who loves chia seed pudding or rice pudding, but wants to enjoy it without the lectins. It's like a tropical vacation in a bowl—the combination of coconut, kiwi, and tangy passion fruit feels like an indulgent dessert, but you can enjoy this for breakfast or a snack anytime.

*Serves 4*

2 cups unsweetened full-fat coconut milk

2 tablespoons 1-for-1 monk fruit sweetener (such as Lakanto)

$\frac{1}{2}$  teaspoon pure vanilla extract

$\frac{1}{4}$  teaspoon pure coconut extract

$\frac{1}{4}$  cup basil seeds

$\frac{1}{2}$  cup unsweetened coconut flakes, toasted

1 kiwifruit, skin on, diced

$\frac{1}{2}$  cup fresh or unsweetened frozen passion fruit puree (from 3 or 4 passion fruit, if fresh)

1. In a large saucepan, combine the coconut milk and monk fruit and heat over medium heat, stirring occasionally, until the monk fruit has dissolved. Remove from the heat.
2. Add the vanilla, coconut extract, basil seeds, and half the coconut flakes and stir. Let stand for 5 minutes to allow the seeds to absorb the liquid.
3. Stir well, then transfer to four individual serving dishes and refrigerate for at least 3 to 4 hours to set.
4. In a small bowl, toss together the kiwi and passion fruit puree, then divide the fruit among the puddings. Top with the remaining coconut flakes just before serving.



## Chocolate Coconut Smoothie

You may scan the ingredients below and think, “Cauliflower in a smoothie?!” Well, you won’t taste it, but the frozen cauliflower rice gives this smoothie a texture that’s similar to a fast-food milkshake. I like the subtle hint of anti-inflammatory cinnamon, but you can skip it if you want a more classic chocolate shake flavor.

*Serves 1*

1 cup unsweetened full-fat coconut milk

$\frac{1}{2}$  cup frozen cauliflower rice

2 tablespoons unsweetened cocoa powder

$\frac{1}{2}$  teaspoon pure vanilla extract

$\frac{1}{4}$  teaspoon ground cinnamon

1 teaspoon MCT oil

About 2 tablespoons 1-for-1 allulose or monk fruit sweetener

1. In a blender, combine the coconut milk, cauliflower rice, cocoa powder, vanilla, cinnamon, MCT oil, and one-third of the sweetener.
2. Blend until smooth, then taste and add more of the sweetener as needed.
3. Thin the milkshake with water until you can sip it through a straw, then enjoy.

## Spicy Manchego Muffins

This recipe is a variation on one of the most popular recipes from my first cookbook—my cheesy cauliflower muffins, which a television host said reminded them of a popular seafood chain restaurant's biscuits. Don't skip the rosemary—it really adds something to this recipe.

*Makes 12 muffins*

3 cups cauliflower rice

3 omega-3 or pastured eggs or vegan egg substitute

$\frac{1}{2}$  cup grated Manchego cheese or nutritional yeast

$\frac{1}{4}$  cup almond flour

$\frac{1}{2}$  teaspoon aluminum-free baking powder

1 teaspoon Old Bay seasoning

1 tablespoon minced fresh rosemary

Dash of hot sauce (optional)

1. Preheat the oven to 375°F. Line a standard muffin tin with paper liners.
2. In a large bowl, combine the cauliflower rice, eggs, and cheese.
3. In a small bowl, whisk together the almond flour, baking powder, and Old Bay.
4. Fold the dry ingredients into the cauliflower mixture along with the rosemary and hot sauce (if using), then portion the batter into the prepared muffin tin.
5. Bake for 20 to 25 minutes, until the tops of the muffins are no longer wet to the touch. Let cool for at least 5 minutes before serving.

## Keto Biscuits and Gravy

This healthy twist on a diner-breakfast classic is great for a brunch with friends, or even a solo dinner. You can also make the biscuits on their own for when you want a dinner roll on the side of a meal. If you can't find xanthan gum, you can make the biscuits without it; they'll have a more crumbly texture.

*Makes 12 biscuits*

### FOR THE BISCUITS

2 cups almond flour  
2 teaspoons aluminum-free baking powder  
 $\frac{1}{2}$  teaspoon xanthan gum  
1 teaspoon 1-for-1 allulose or monk fruit sweetener  
1 teaspoon iodized sea salt  
2 omega-3 eggs or vegan egg substitute  
4 tablespoons ( $\frac{1}{2}$  stick) butter or coconut oil, melted and cooled to lukewarm  
2 tablespoons MCT oil  
 $\frac{1}{4}$  cup unsweetened goat's-milk yogurt or coconut yogurt

### FOR THE GRAVY

$\frac{1}{4}$  cup olive oil  
1 shallot, minced  
1 pound mushrooms, diced (see Note)  
1 teaspoon fresh thyme leaves  
1 tablespoon minced fresh sage  
1 tablespoon poultry seasoning  
Iodized sea salt  
1 (14-ounce) can unsweetened coconut cream

- 1 teaspoon Dijon mustard
- 1 teaspoon coconut aminos

Note: You can use cremini, white button, chanterelle, portobello, or trumpet mushrooms, or a combination.

1. Make the biscuits: Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. In a large bowl, combine the almond flour, baking powder, xanthan gum, sweetener, and salt.
3. In a separate bowl, whisk together the eggs, melted butter, MCT oil, and yogurt.
4. Add the wet ingredients to the dry ingredients and stir until a cohesive dough forms.
5. Using a cookie scoop, form the dough into 12 tablespoon-size balls, placing them on the prepared baking sheet as you go, keeping them several inches apart. Using your fingers, shape each ball into a biscuit shape.
6. Bake for 13 to 16 minutes, until golden brown and firm on top. Let cool until just warm before eating.
7. While the biscuits are baking, make the gravy: In a large skillet, heat the olive oil over medium-high heat. Add the shallot and mushrooms and cook, stirring occasionally, until the mushrooms are very brown and tender, 6 to 8 minutes.
8. Add the thyme, sage, poultry seasoning, and a pinch of salt and cook, stirring frequently, for 2 to 3 minutes, until the herbs are fragrant.
9. Add the coconut cream and reduce the heat to low. Cook for 3 to 5 minutes, until the sauce is thick and creamy, then stir in the mustard and coconut aminos.
10. Taste and add salt as needed before serving over the biscuits.

## Broccoli Fritters with Avocado Dipping Sauce

This recipe uses riced broccoli to make deliciously savory fritters. You can rice the broccoli yourself or buy frozen broccoli rice—it's available in just about every grocery store these days. These fritters make a great snack or appetizer, and the sauce is addictive.

*Serves 4*

### FOR THE FRITTERS

4 cups small broccoli florets, or 2½ cups frozen broccoli rice  
4 large omega-3 eggs, beaten  
¾ cup almond flour  
2 tablespoons ground flaxseed  
½ cup grated Manchego or goat's-milk cheddar cheese, or ¼ cup nutritional yeast (see Note)  
2 teaspoons onion powder  
1 teaspoon garlic powder  
1 teaspoon iodized sea salt  
½ teaspoon smoked paprika  
½ teaspoon cracked black pepper  
¼ cup olive oil or coconut oil

### FOR THE SAUCE

2 ripe avocados, pitted  
Juice of 1 lemon  
¼ cup fresh parsley, finely chopped before measuring  
¼ cup fresh dill, finely chopped before measuring  
1 tablespoon minced capers  
2 tablespoons MCT oil  
Dash of coconut aminos

Note: If you're using nutritional yeast in place of the cheese, add an additional tablespoon of ground flaxseed.

1. Make the fritters: Preheat the oven to 300°F.
2. In a food processor, pulse the broccoli until it is the consistency of rice (skip this step if you're using premade broccoli rice).
3. Transfer the broccoli rice to a large bowl, add the eggs, almond flour, flaxseed, cheese, and seasonings, and stir to combine.
4. Let the mixture rest for 5 to 10 minutes.
5. Meanwhile, make the sauce: With a potato masher or using a food processor, blend together the avocados and lemon juice until smooth and creamy. Fold in the parsley, dill, capers, MCT oil, and coconut aminos, cover, and set aside while you cook your fritters.
6. Heat half the oil in a large skillet over medium-high heat.
7. Spoon 2-tablespoon mounds of the broccoli mixture into the pan and carefully flatten them to make fritter or burger shapes. Do not crowd the pan; you'll use about half the mixture for this first round.
8. Cook the fritters for 3 to 4 minutes, then carefully flip and cook for 3 minutes more. Transfer to a baking sheet and pop into the oven to keep warm while you cook the remaining batter.
9. Serve the fritters immediately, with the dipping sauce.

## Keto Crab Cakes

These crab cakes were inspired by the crab cake recipe in *The Plant Paradox Cookbook*—but with a keto-friendly twist. Make sure to give the mixture time to hydrate before shaping and chilling—and be prepared to use more coconut flour than the recipe calls for (it absorbs liquid a little differently, after all). I like to serve these with a side of Avocado Dipping Sauce (page 189) or a lightly dressed green salad.

Serves 2

12 ounces lump crabmeat, or 12 ounces hearts of palm (packed in brine, not sugar), drained and finely chopped  
2 celery stalks, diced  
½ yellow onion, diced (save 1 teaspoon for the sauce)  
2 garlic cloves, crushed  
2 teaspoons Old Bay seasoning  
1 tablespoon ground flaxseed  
2 tablespoons coconut flour, plus more if needed  
1 tablespoon MCT oil  
1 omega-3 or pasture-raised egg or vegan egg substitute  
¼ cup almond flour, plus more for coating  
¼ cup avocado oil

1. In a large bowl, stir together the crabmeat or hearts of palm, celery, onion, garlic, Old Bay, and flaxseed. Let stand for 5 minutes, then drain any liquid that has collected in the bowl.
2. Add the coconut flour, MCT oil, and egg and stir to incorporate. Let rest for 10 minutes, then form the mixture into cakes. It should easily hold together—if it's falling apart, add more coconut flour a teaspoon at a time until it comes together.

3. Form the crab or hearts of palm mixture into 8 evenly sized cakes. Gently pat almond flour onto the outside of each one, then refrigerate for 15 to 20 minutes.
4. Heat the avocado oil in a large skillet over medium-high heat. Cook the crab cakes until browned on the bottom, 3 to 4 minutes, then gently flip and cook on the second side for 3 to 4 minutes.
5. Reduce the heat to low and cook until a sharp knife inserted into the center of a crab cake comes out hot, 1 to 2 minutes more.
6. Serve hot.



## Thai-Inspired Green Curry Shellfish Stew

Back when I ate takeout more often, one of my go-to dishes was Thai-inspired curry. I love the complex flavors in both red and green curries, and particularly love the way green curry tastes with wild-caught shellfish. Tahini gives this stew a really robust texture—perfect for a cool evening.

*Serves 8*

1 tablespoon sesame oil  
1 red onion, thinly sliced  
1 fennel bulb, thinly sliced  
1 tablespoon minced fresh ginger  
4 garlic cloves, pressed or minced  
2 tablespoons Thai green curry paste  
1 tablespoon tahini  
8 ounces mussels, scrubbed and debearded  
2 (14-ounce) cans unsweetened full-fat coconut milk  
 $\frac{1}{2}$  cup mushroom broth, chicken broth, or vegetable broth  
6 ounces peeled wild-caught shrimp  
8 ounces wild scallops in shells if you can get them (thawed frozen scallops are okay)  
 $1\frac{1}{2}$  cups packed thinly sliced collard greens  
1 tablespoon fish sauce or coconut aminos  
Small handful of basil or cilantro, chopped  
Juice of 1 lime  
 $\frac{1}{4}$  cup MCT oil

1. Heat the sesame oil in a large soup pot over medium-high heat. Add the onion and fennel and cook until tender and translucent, 3 to 5 minutes. Add the ginger and garlic and cook until

translucent and fragrant, then add the curry paste and tahini and stir until well incorporated. Cook for 1 to 2 minutes, until very fragrant.

2. Add the mussels, coconut milk, and broth. Cover and cook for 6 to 10 minutes, until the mussels have opened.
3. Add the shrimp, scallops, collard greens, and fish sauce. Cover and cook for 4 to 6 minutes more, until the shrimp are cooked through and the collard greens are wilted.
4. Uncover and simmer for 3 to 4 minutes, until thickened slightly. Remove from the heat and discard any mussels that have not opened.
5. Add the basil and lime juice. Drizzle with the MCT oil and serve.

## Mushroom and Goat Cheese Miracle Noodles

This is my riff on the popular pasta dish that's been sweeping TikTok and food blogs recently. By using roasted mushrooms instead of tomatoes, this dish takes on a meaty umami note that's perfect with shirataki noodles—and really satisfying to eat.

*Serves 4*

1 pound sliced brown button (cremini) mushrooms  
1/2 cup extra-virgin olive oil  
4 garlic cloves, minced  
2 tablespoons fresh thyme leaves  
1 (7-ounce) block feta cheese (see Note)  
1 teaspoon iodized sea salt  
1 teaspoon freshly ground black pepper  
2 bags shirataki noodles of choice  
1/4 cup coarsely chopped fresh basil, for serving

1. Preheat the oven to 400°F.
2. In a large baking dish, combine the mushrooms, 1/4 cup of the olive oil, the garlic, and the thyme. Make space for the feta in the center of the mushrooms (not on top of them) and drizzle with the remaining 1/4 cup oil. Sprinkle the mushrooms and feta with the salt and pepper.
3. Bake for 35 to 40 minutes, until the mushrooms are tender and crisp at the edges and the feta is very soft.
4. While mushrooms are cooking, bring a pot of salted water to a boil.
5. Rinse the noodles under cold running water for 2 to 3 minutes, then add them to the pot of boiling water and cook for 2 to 3

minutes. Drain and transfer to a dry pan. Cook over medium-low heat, stirring, to dry out the noodles.

6. Mash the feta with a fork and stir to combine with the mushrooms. Add a little hot water if it needs help loosening up (DO NOT add cold water if you're cooking in a glass dish, as this could cause the dish to shatter).
7. Toss the mushroom-feta mixture with the shirataki noodles and serve topped with the basil.

Note: To make this dish vegan: Omit the feta and roast the mushrooms as directed. While the mushrooms are cooking, bring 1 (14-ounce) can of unsweetened coconut cream to a simmer. Add  $\frac{1}{4}$  cup nutritional yeast and  $\frac{1}{2}$  teaspoon mustard powder. Toss the sauce with the mushroom mixture and noodles before serving.

## Crispy Roasted Cabbage with Lemon-Herb Pesto

Not too long ago, I stumbled across a recipe for roasted cabbage on the Smitten Kitchen website. It was just about compliant with my plan, and I was excited to try it. This variation has become one of my weeknight go-tos. The addition of fresh herbs really balances out the salty roasted cabbage—and my favorite part is, you can use any herb in your fridge for the pesto.

*Serves 4*

1 head cabbage (any variety), cut into 8 to 10 wedges  
3 tablespoons extra-virgin olive oil  
1 teaspoon iodized sea salt, plus more to taste  
 $\frac{1}{4}$  cup MCT oil  
Zest and juice of 1 lemon  
1 garlic clove, minced  
2 tablespoons grated Parmesan or Manchego cheese or nutritional yeast  
 $\frac{1}{4}$  cup minced pistachios or toasted walnuts  
3 tablespoons minced fresh parsley  
1 tablespoon minced fresh basil or mint

1. Preheat the oven to 425°F.
2. On a baking sheet, toss the cabbage with 2 tablespoons of the olive oil and the salt. Spread into a single layer and bake for 8 to 10 minutes per side, turning once, until the cabbage is browned and crisp at the edges and tender all the way through.
3. While the cabbage is baking, in a small bowl, combine the remaining 1 tablespoon olive oil, the MCT oil, lemon zest,

lemon juice, and garlic until the garlic is evenly dispersed in the oil.

4. Fold in the cheese, nuts, and herbs to make a chunky “pesto.” It should be thick, rustic, and spoonable, but not pourable.
5. Remove the cabbage from the oven. Spoon the pesto onto the cabbage before serving.

## Pistachio-Crusted Goat Cheese Salad

There was a time when goat cheese “croutons” were a super-trendy salad topping—and you know what? They stand the test of time. In this new variation, the addition of orange zest really pops with the pistachio “breadings” on the goat cheese.

*Serves 4*

1 (4-ounce) log fresh goat cheese  
1/2 cup shelled pistachios  
1/4 cup almond flour  
1 1/2 teaspoons psyllium husk powder  
4 tablespoons olive oil  
2 tablespoons MCT oil  
Juice of 1 lemon  
1 teaspoon Dijon mustard  
2 tablespoons red wine vinegar  
Zest of 1 orange  
8 cups arugula  
1 fennel bulb, shaved  
1 avocado, diced  
1/4 cup pomegranate seeds (optional, if in season)

1. Cut the goat cheese log crosswise into 8 equal-size coins. Set aside.
2. In a food processor or high-speed blender, pulse the pistachios until finely chopped (you can do this with a sharp knife, but it takes much longer).
3. Transfer the pistachios to a small bowl, add the almond flour and psyllium, and whisk to combine.

4. Coat each goat cheese coin with the nut mixture, then refrigerate for at least 20 minutes or up to overnight.
5. Meanwhile, in a jar with a tight-fitting lid, combine 2 tablespoons of the olive oil, the MCT oil, lemon juice, mustard, vinegar, and orange zest. Cover and shake to combine.
6. In a large bowl, combine the arugula, fennel, and avocado. Add the dressing and toss to coat. Set aside.
7. Heat the remaining 2 tablespoons of olive oil in a skillet over medium heat. Add the goat cheese and cook for 1 to 2 minutes per side, until the nuts are fragrant and toasty.
8. Top the salad with the goat cheese and pomegranate seeds (if using), then serve.



## MCT-Infused Salad Dressings

Adding MCT oil to salad dressing is an easy way to boost your ketone production. For these dressings, I went beyond the classic vinaigrette (which I love) for two plays on restaurant favorites: a ginger-sesame dressing and a classic tangy ranch.

### Ginger-Sesame Dressing

*Serves 8*

1 small bunch scallions  
1 celery stalk  
1 (2-inch) knob fresh ginger, peeled  
1 tablespoon miso paste  
2 tablespoons 1-for-1 allulose or monk fruit sweetener  
2 tablespoons toasted or regular sesame oil  
2 tablespoons MCT oil  
1/4 cup rice vinegar  
Coconut aminos

1. Combine all the ingredients except the coconut aminos in a high-speed blender or food processor and blend until smooth and creamy (this may take a couple of minutes, depending on your blender). If the dressing is too thick, add a bit of water to loosen it up.
2. Taste and add coconut aminos to increase the saltiness, if needed.
3. Serve or transfer to a jar and refrigerate for up to 1 week.

## MCT Coconut Ranch

*Serves 8*

1 (14-ounce) can unsweetened coconut cream  
2 tablespoons minced shallot  
1 garlic clove, minced  
Juice of  $\frac{1}{2}$  lemon  
2 tablespoons MCT oil  
 $1\frac{1}{2}$  teaspoons Dijon mustard  
3 tablespoons chopped fresh chives  
 $1\frac{1}{2}$  tablespoons chopped fresh parsley  
 $1\frac{1}{2}$  tablespoons chopped fresh basil  
1 tablespoon chopped fresh dill  
1 teaspoon iodized sea salt  
Freshly ground black pepper

1. In a deep bowl, whisk together the coconut cream, shallot, garlic, lemon juice, MCT oil, and mustard until well combined. Fold in the chives, parsley, basil, and dill. The mixture should be creamy but pourable. If it's too thick, add water a teaspoon at a time to thin it.
2. Add the salt and season with pepper.
3. Serve or transfer to a jar and refrigerate for up to 1 week.

## Sauerkraut Casserole

Even if you don't count yourself among the many who love the tanginess of sauerkraut, this casserole will change your mind! Creamy, cheesy, and satisfying, it comes together quickly and is absolutely craveable.

*Serves 6*

$\frac{1}{4}$  cup extra-virgin olive oil  
8 ounces mushrooms (creminis, chanterelles, or portobellos work great), diced  
1 yellow onion, diced  
1 bay leaf  
1 teaspoon mustard powder  
 $\frac{1}{2}$  teaspoon paprika  
1 teaspoon freshly ground black pepper  
 $\frac{1}{4}$  teaspoon grated nutmeg  
2 pounds sauerkraut, drained  
2 (14-ounce) cans unsweetened coconut cream  
 $\frac{1}{4}$  cup grated pecorino or Parmesan cheese or nutritional yeast  
4 omega-3 eggs or vegan egg substitute  
1 cup walnuts, chopped

1. Preheat the oven to 375°F. Lightly grease a 2-quart gratin dish or brownie pan.
2. Heat the olive oil in a large pot over medium-high heat. Add the mushrooms, onion, and bay leaf and cook, stirring frequently, until the mushrooms are tender and the onion is translucent and fragrant, about 7 minutes.
3. Add the mustard powder, paprika, pepper, nutmeg, and sauer-

kraut and cook for 5 minutes more. Remove from the heat. Remove and discard the bay leaf.

4. Add the coconut cream and the cheese. Stir to combine, then stir in the eggs.
5. Transfer to the prepared dish and bake for about 35 minutes, or until the gratin is set and a little jiggly.
6. Sprinkle with the walnuts and bake until the walnuts are toasty and the top of the gratin is brown, 5 to 10 minutes more.
7. Serve and enjoy.

## Coconut Curry with Lamb or Quorn

I love the spiciness (it's just right, not over the top) and versatility of this satisfying curry dish. For a vegan option, swap in Quorn for the lamb. And don't skip toasting the spices—it may seem minor, but it blooms the spices and opens up their fragrance and flavor.

*Serves 4-6*

3 to 4 teaspoons avocado oil  
1/3 teaspoon mustard seeds  
1/3 teaspoon cumin seeds  
1 green cardamom pod  
3 whole cloves  
1 red onion, minced  
3 garlic cloves, minced  
1 pound ground lamb, or 1 bag Quorn crumbles  
8 ounces mushrooms, minced  
1/2 teaspoon ground turmeric  
1/3 teaspoon ground cinnamon  
1 teaspoon cracked black pepper  
2 cups unsweetened full-fat coconut milk  
2 cups baby spinach or shredded kale leaves  
Iodized sea salt

1. Heat 1 teaspoon of the avocado oil in a large stainless-steel pan over low heat. Add the mustard seeds and cumin seeds and toast for about 20 seconds. Add the cardamom and cloves and toast, stirring frequently, for 1 minute. Remove from the heat. Pulse the spices in a spice grinder until finely ground.

2. Pour the remaining oil into the pan and add the onion and garlic. Cook, stirring, over medium heat until the onion is golden brown, 2 to 4 minutes.
3. Add the lamb and mushrooms and cook for 7 to 8 minutes, until the lamb is browned and crisp at the edges. Add the ground spice mix, turmeric, cinnamon, and black pepper and stir.
4. Add the coconut milk and spinach. Cook for 15 to 20 minutes, until the mushrooms are tender.
5. Taste, season with salt, and serve.

## Hemp Heart Tabbouleh

Hemp hearts are delicious and loaded with protein. This raw dish is based on the classic Middle Eastern salad and features the same tangy, fresh, herbal flavor, minus the lectin-heavy tomatoes and cucumbers. (I always make a double batch to guarantee leftovers!)

*Serves 6*

1 cup hulled hemp hearts  
1 red onion, diced  
2 celery stalks, diced  
1 cup fresh mint, minced before measuring  
1 cup fresh parsley, minced before measuring  
 $\frac{1}{4}$  cup scallions or fresh chives, minced before measuring  
Juice of 1 lemon  
1 teaspoon red wine vinegar  
1 garlic clove, minced  
2 tablespoons MCT oil  
2 tablespoons extra-virgin olive oil  
Sea salt and freshly ground black pepper

1. In a large bowl, toss together the hemp hearts, onion, celery, mint, parsley, and scallions. Set aside.
2. In a small bowl, whisk together the lemon juice, vinegar, garlic, MCT oil, and olive oil so the garlic is well distributed.
3. Pour the dressing over the hemp heart mixture and toss to combine. Taste and season with salt and pepper as needed.
4. Serve immediately or cover and refrigerate for a day to let the flavors meld and make it really special.

## Pork Chops with Fennel and Red Wine Reduction

This simple, flavorful dish is an absolutely fantastic dinner party entrée—and it's simple enough to cook any night of the week. If you prefer not to cook with wine, consider using pasture-raised beef broth or mushroom broth and the juice of one lemon for a slightly different but equally delicious option.

*Serves 4*

4 bone-in pasture-raised pork chops, or 4 to 6 portobello mushroom caps  
1/2 teaspoon iodized sea salt, plus more as needed  
4 tablespoons olive oil  
1 fennel bulb, thinly sliced  
3 garlic cloves, minced  
2 tablespoons minced fresh parsley (preferably flat-leaf)  
Zest of 1 orange  
1/2 teaspoon fennel seeds  
1 cup dry red wine

1. Season both sides of the pork chops with the salt and set aside (skip this step if you're using portobellos).
2. Heat 2 tablespoons of the olive oil in a large saute pan over medium-high heat. Pat the pork chops dry, then sear until golden brown on each side, 2 to 3 minutes per side. Remove from the heat and set aside. (If using portobellos, sear until crisp on both sides, 2 to 3 minutes per side.)
3. Add the remaining 2 tablespoons olive oil to the pan, then add the sliced fennel and cook for 2 to 3 minutes, until it begins to wilt.



4. Add the garlic, parsley, orange zest, and fennel seeds and cook for 2 to 3 minutes, until the sliced fennel is tender and the mixture is very fragrant.
5. Return the pork chops (or mushrooms) to the pan, add  $\frac{3}{4}$  cup of the wine, and reduce the heat to low. Simmer, turning the chops from time to time to ensure even cooking and coating with the red wine, until the wine has almost completely evaporated and the pork has reached 145°F at its thickest part (or until the mushrooms are tender). Remove the pork chops (or mushrooms) from the pan and set aside.
6. Add the remaining  $\frac{1}{4}$  cup red wine and let it reduce until syrupy.
7. Pour the wine-fennel mixture over the pork or mushrooms and serve immediately.

## Naan-Inspired Keto Flatbread

This flatbread recipe was inspired by two things: garlic naan and keto fathead doughs. The mozzarella gives the bread the stretchy, slightly chewy texture that makes it so delicious. For the vegan variation, be aware that the dough will be a little hard to handle, but don't worry—the finished product will be absolutely delicious.

*Makes 8 flatbreads*

2½ cups shredded mozzarella cheese (see Note)

½ cup shredded Manchego cheese

¼ cup unsweetened full-fat coconut milk

1½ cups almond flour

1 tablespoon aluminum-free baking powder

2 large omega-3 eggs, at room temperature

2 tablespoons extra-virgin olive oil

2 garlic cloves, minced

Note: Make sure your mozzarella is from Italy, or was made using either buffalo or A2 cow's milk, or better yet, goat mozzarella, which is now sold everywhere.

1. Preheat the oven to 350°F. Line a large baking sheet with parchment paper or a silicone baking mat.
2. Combine the mozzarella, Manchego, and coconut milk in a small saucepan and heat over low heat, whisking continuously, until the cheeses have melted and the mixture is well combined, about 5 minutes. Transfer the cheese mixture to a large bowl and let cool for 2 to 3 minutes.
3. Add the almond flour, baking powder, and eggs to the cheese mixture and stir until a smooth, cohesive dough forms.

4. Divide the dough into 8 pieces and shape into balls. Flatten the balls into rounds and place them on the prepared baking sheet.
5. Bake for 16 to 18 minutes. While the flatbreads are baking, combine the garlic and olive oil.
6. When the flatbreads have puffed up and are almost golden brown, brush them with the olive oil mixture and bake for 2 minutes more.
7. Remove from the oven and let cool for 8 to 10 minutes before serving.

### Vegan Variation

2 cups shredded vegan mozzarella (such as Kite Hill)

$\frac{1}{4}$  cup unsweetened full-fat coconut milk

$1\frac{1}{2}$  cups almond flour

2 tablespoons psyllium husk powder

$1\frac{1}{2}$  teaspoons xanthan gum

1 teaspoon aluminum-free baking powder

$\frac{1}{4}$  cup unsweetened coconut yogurt

2 tablespoons extra-virgin olive oil

2 garlic cloves, minced

1. Preheat the oven to 350°F. Line a large baking sheet with parchment paper or a silicone baking mat.
2. Combine the vegan cheese and coconut milk in a small saucepan and heat over low heat, whisking continuously, until the cheese has melted and the mixture is well combined, about 5 minutes. Transfer the cheese mixture to a large bowl and let cool for 2 to 3 minutes.

3. In a separate bowl, whisk together the almond flour, psyllium, xanthan gum, and baking powder. Add the yogurt and stir to combine (it won't incorporate fully yet, but do your best).
4. Add the cheese mixture and mix until a smooth, cohesive dough forms.
5. Divide the dough into 8 pieces and shape into balls. Flatten the balls into rounds and place them on the prepared baking sheet.
6. While the flatbreads are baking, combine the garlic and olive oil.
7. When the flatbreads have puffed up and are almost golden brown, brush them with the olive oil mixture and bake for 2 minutes more.
8. Remove from the oven and let cool for 8 to 10 minutes before serving.

## Passion Fruit Coconut Ice Cream

This tasty nondairy frozen treat is perfect for those nights when you just *need* a little something sweet at the end of a long day. Because it doesn't contain sugar, this "ice cream" freezes a little hard, so make sure to leave it out at room temperature for a bit before scooping—or enjoy it straight from the ice cream machine for the best possible texture.

*Serves 8*

- 1 (13.5-ounce) can unsweetened full-fat coconut milk
- 2 tablespoons macadamia nut butter or tahini
- $\frac{1}{2}$  cup 1-for-1 allulose or monk fruit sweetener
- $\frac{1}{4}$  teaspoon iodized sea salt, plus more as needed
- $\frac{1}{4}$  teaspoon xanthan gum
- 1 (13.5-ounce) can unsweetened coconut cream, refrigerated overnight
- $\frac{1}{4}$  cup unsweetened shredded coconut, toasted (optional)
- 1 tablespoon pure vanilla extract
- 1 tablespoon barrel-aged rum
- 1 cup passion fruit puree with seeds (from about 6 ripe passion fruit; see Note)

Note: If you can't find fresh passion fruit, swap in frozen unsweetened passion fruit puree.

1. Place a metal bowl in the fridge or freezer. If using an ice cream machine, make sure your core is frozen through.
2. In a high-speed blender, combine the coconut milk, nut butter, and sweetener and blend until well combined.
3. Transfer to a saucepan and heat over low heat until barely

simmering. While whisking continuously, add the salt and xanthan gum and whisk until fully combined and dissolved. If the mixture is lumpy, transfer it back to the blender and blend until smooth.

4. Cover and let cool completely. The mixture will thicken to a jellylike consistency. Don't worry—your ice cream will NOT feel like that.
5. Open the can of chilled coconut cream and pour off any coconut water. Spoon the thick white coconut cream into the chilled bowl and whip the cream until soft peaks form.
6. Gently fold in the shredded coconut, vanilla, rum, a tiny pinch of salt, and the cooled coconut–nut butter mixture.
7. **If using an ice cream machine:** Transfer the mixture to the machine and freeze according to the manufacturer's instructions—it should take about 15 minutes. When the ice cream is almost set, add the passion fruit and let the paddle fold it in. Serve immediately for a soft-serve consistency or transfer to an airtight container and freeze for 20 minutes, or until scoopable.
8. **To freeze without an ice cream machine:** Transfer the mixture to a freezer-safe container and fold in the passion fruit to create ribbons. Freeze for at least 4 hours, stirring every 20 minutes or so, until frozen. Let sit at room temperature for 12 minutes before serving.

## MCT Brownies with Spiced Walnuts

I know it's super tempting to eat brownies hot out of the oven—but these are pretty delicate until they cool down, so resist the temptation! It's completely fine to make these without the candied nuts, but they're extra delicious with them.

*Makes 16 brownies*

### FOR THE CANDIED NUTS

- $\frac{1}{2}$  cup chopped walnuts
- 1 tablespoon omega-3 egg white or liquid from pressure-cooked beans (aquafaba)
- 2 tablespoons 1-for-1 allulose or monk fruit sweetener
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{2}$  teaspoon iodized sea salt
- $\frac{1}{4}$  teaspoon freshly ground black pepper

### FOR THE BROWNIES

- 1 cup almond flour
- $\frac{1}{4}$  cup plus 2 tablespoons unsweetened natural (non-Dutched) cocoa powder
- 1 teaspoon aluminum-free baking powder
- $\frac{1}{2}$  teaspoon iodized sea salt
- $\frac{1}{3}$  cup coconut oil or goat butter, melted
- 3 tablespoons MCT oil
- $\frac{2}{3}$  cup 1-for-1 allulose or monk fruit sweetener
- 2 omega-3 eggs or vegan egg substitute
- 1 teaspoon pure vanilla extract

1. Make the candied nuts: Preheat the oven to 350°F. Line a baking sheet with parchment paper or a silicone baking mat.

2. In a large bowl, combine the walnuts, egg white, sweetener, cinnamon, salt, and pepper and stir until the nuts are evenly coated with the spice mixture.
3. Spread the nuts evenly over the prepared baking sheet and bake, stirring occasionally, until fragrant but not burnt, 10 to 15 minutes. Remove from the oven and let cool; keep the oven on.
4. Make the brownies: Line an 8-inch square baking dish with parchment paper.
5. In a large bowl, whisk together the almond flour, cocoa powder, baking powder, and salt. Set aside.
6. In a saucepan, whisk together the coconut oil, MCT oil, and sweetener. Cook over low heat, stirring continuously, until the sweetener is incorporated into the oil and the mixture is no longer grainy. Remove from the heat.
7. Stir the oil mixture into the dry ingredients. Let rest until *just* warm.
8. Stir in the eggs, one at a time, then fold in the vanilla and spiced nuts.
9. Transfer to the prepared baking dish and bake for 20 to 25 minutes, until the center is firm and begins to crack and a toothpick inserted into the center comes out clean.
10. Let cool completely before slicing and serving.



## Cinnamon Spice Mug Cake

The microwave mug cakes I've shared in my previous books quickly became reader favorites, so I've come up with another crowd-pleaser: cinnamon spice cake. This tasty cake combines the flavors of a classic coffee cake with a gooey, cinnamon roll-inspired frosting. I dare you not to try it!

*Makes 1 mug cake*

### FOR THE CAKE:

1 tablespoon MCT oil  
1 large omega-3 egg or Vegg egg replacer  
 $\frac{1}{2}$  teaspoon pure vanilla extract  
3 tablespoons almond flour  
1 tablespoon 1-for-1 allulose or monk fruit sweetener  
 $\frac{1}{2}$  teaspoon aluminum-free baking powder  
 $\frac{1}{4}$  teaspoon ground cinnamon  
 $\frac{1}{4}$  teaspoon ground ginger  
 $\frac{1}{8}$  teaspoon ground cloves  
 $\frac{1}{8}$  teaspoon iodized sea salt

### FOR THE FROSTING

$1\frac{1}{2}$  tablespoons tahini  
 $\frac{1}{2}$  teaspoon MCT oil (plain or vanilla flavored)  
1 teaspoon powdered Swerve or 1-for-1 allulose or monk fruit sweetener, plus more if needed  
 $\frac{1}{4}$  teaspoon ground cinnamon, plus more if needed

1. Make the cake: In a microwave-safe mug, thoroughly combine the MCT oil, egg, vanilla, almond flour, sweetener, baking powder, cinnamon, ginger, cloves, and salt to form a smooth batter,

carefully scraping the sides and bottom of the mug to make sure all the flour is incorporated.

2. Make the frosting: Whisk together the tahini, MCT oil, sweetener, and cinnamon in a small bowl until well combined. Taste and add additional sweetener or cinnamon to your preference.
3. Microwave the cake for 80 to 90 seconds, watching carefully to make sure it rises but doesn't burn.
4. Drizzle with the frosting and enjoy.

## Blueberry Soft-Serve

Back when I was trying to lose weight, I let myself indulge in a homemade “frozen” dessert made from frozen wild blueberries, cold nondairy milk, and a scoop of protein powder almost every night. This recipe is an improvement on that one, harnessing the power of MCTs in goat and sheep milk to make a delectable frozen dessert.

*Serves 1 or 2*

1 scoop unsweetened hemp protein powder (about 3 tablespoons)

$\frac{1}{2}$  cup unsweetened plain or vanilla goat, sheep, coconut, or Lavva yogurt

$\frac{1}{2}$  cup chilled unsweetened plain or vanilla coconut milk, Lavva milk, or almond-coconut milk

$\frac{1}{2}$  to 1 cup frozen organic wild blueberries

Allulose or Just Like Sugar

Combine the protein powder, yogurt, milk, and blueberries in a blender and blend to the consistency of soft-serve frozen yogurt (or mix in a bowl). Taste and add sweetener as desired, then enjoy immediately.