
JUICE

Every 4 days prepare vegetable juice. 4 quarts at a time

Usually get 1-1.5 cups juice per stalk of celery, so buy about 13 celery stalks, and 2 bags of carrots

Add a tbs of honey per quart of juice.

1 large carrot per bundle of celery. Carrot helps unclog the juicer. If it clogs, finger the hold get the fiber out and the juice should come out.

MEAT

Order meat every 2 weeks. If you don't like how it is not fresh the last 3-7 days, then we can order less online and then buy locally the last several days before next order

If you finely dice the meat and fill a jar up with minimal air space, it will last longer.

When the meat arrives, finely dice it all.

MEAT SAUCE

Whatever you prefer. I like to do a few cherry tomatoes and a tablespoon of finely diced onion with every meat meal. You can add some hot pepper.

Make the sauce every morning. Cut the cherry tomatoes in half and suck out the juice (makes it soggy. Finely dice.

Find what you like the most. Often your preferences will change every so many weeks. If you want to experiment talk to me to make sure you don't go out of guidelines and accidentally cause indigestion

No lemon lime or acv with red meat unless prepared with raw fat (to prevent it from reacting with the protein)

Up to a tablespoon of honey per 8 oz of meat

SPORT DRINK (FRUIT MEAL)

Make in morning alongside all other recipes

Recipe is flexible. Use a quart jar. With the following ingredients, add it up to 3 cups total:

- Any fruit
- Cucumber (peeled)
- Tomato
- Raw milk
- Raw whey
- .5 cup water (optional)

Necessary ingredients:

- 1 Tbs raw acv
- 2 Tbs lime juice
- 2 tsp lemon juice
- 2 Tbs coconut cream
- 2 Tbs dairy cream
- 2-3 eggs
- 1-2 tbs honey (optional)

MILKSHAKE

Quart jar

1 cup cream

6 eggs

4 Tbs honey

Rest of way milk

I like sour milkshakes. I can drink it without feeling as full and it is more tasty. If you do too, prepare the milkshake the day before, let it sit out in the dark until sour and then put in fridge. Take it out to warm up 1-2 hours before drinking. If its hot out, put back in fridge until 1-2 hours before finishing or itll foam up or ferment too fat.

LUBE

16 oz jar

1.25-1.5 lemon honey (depends on lemon size)

2.5 Tbs honey

Fill litte over halfway with eggs

Rest of the way with butter

Put into mildly warm water, probably about 104 degrees. Melt that while you make your other recipes. Shake it every 30-45 seconds so it doesnt get too hot in one area of the recipe. Don't

leave unattended too long or you might accidentally cook it. Slight discoloration ok, significant discoloration = cooked. If it tastes ok its fine but if it tastes off, make a new one

CHEESECAKE FILLING

16 oz jar

Finely diced cheese, fill the jar up with 3:1 cheese to butter, mainly cheese. Doesnt have to be exact. Experiment. The butter is so that it blends. 1:6 honey to cheese ratio. If you use 6 oz cheese, use 1 oz honey.

Warm like lube

Warm, blend, warm, blend. Let that sit in the warm water and keep blending periodically while you make your other recipes.

It will last 4-7 days

ROUTINE

Make all of your food for the entire day right when you wakeup. If you are meditating, wakeup, walk and suck eggs, stretch, while drinking juice, then eat your meat meal while you prepare all of your food. Put all of your food in a lunch box if leaving the house. Or maybe keep it in lunch box anyway for organization and cleanliness. Maybe put an ice pack in it

½ tsp of cheese all day long every 15 mins, and also 10 min before every meal.

Wakeup, have 1-2 Tbs of cheese, wait 10 min and suck 3-7 eggs 5 min apart. If meditating, drink juice while stretching and meditate while waiting for the meat meal

You eat the meat meal while you make the food for the day. You drink your lube with the meat, or you can have it shortly after. If you have it shortly after, have at least 1.5 tbs of butter with your meat to prevent the protein from turning into fuel.

Shortly after finishing the lube (10-30 min) eat at least 2.5 tablespoons of cheesecake filling. More if you want

30-45 mins after cheesecake filling, have more juice

30-60 mins after the juice, start drinking your milkshake.

When finished with milkshake, start sipping your sport formula. Drink at least half.

30-90 min after sport formula next meat meal.

Meat, lube, cheesecake

30-60 min after cheese cake, last serving of juice. After juice, finish the sport formula. After sport formula, drink ⅔ of the milkshake before sleeping. Wakeup in middle of night, finish last ⅓ of the milkshake. PS the quart of milkshake is 2 servings, so ⅔ is actually ⅓ of half the jar.

Wakeup and repeat

Expect to gain 3-5 lb a week

Will probably be uncomfortable full. It will be a challenge. Stay disciplined and consistent. You get what you put in.

If the sport formula is just too much to have every day, make it half as big. Make a pint instead of a quart. If the routine is unrealistic, we can reduce the lube to 12 ounces also.

Let me know how your progress is.

RECAP

8-16 oz meat twice a day with lube and cheese cake filling

Veg juice, milkshake, sport drinks in between meals

If exercising, preferably 90-120 mins after the meat meal. You could exercise during your veg juice drinking instead of stretching and meditating but wont be as powerful. If thats the case, suck extra eggs prior to fuel the workout, and it'd be nice to meditate after you make all your food and finish your meat meal.