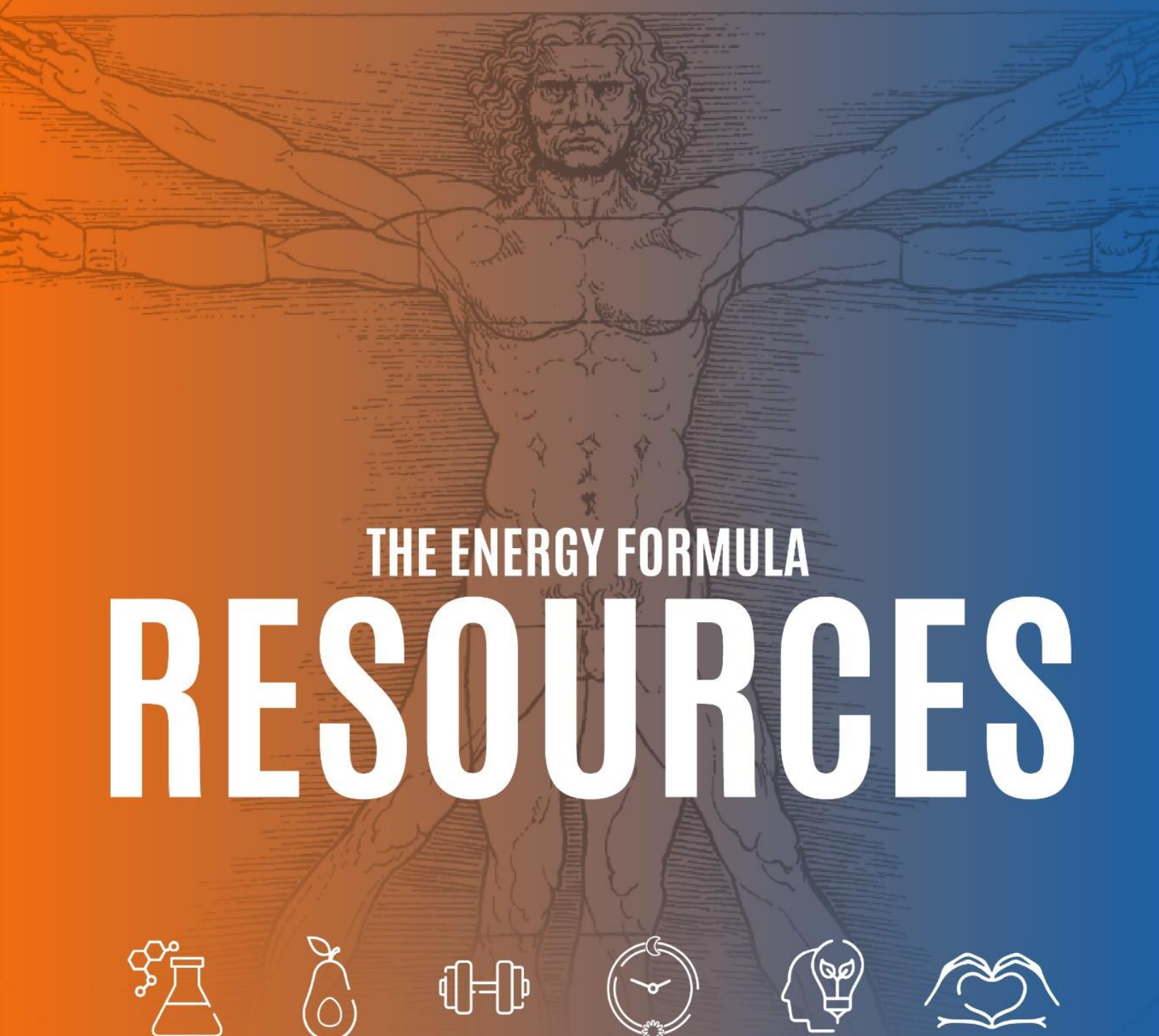


THE SECRETS ONLY A BIOCHEMIST, DIETITIAN AND
CERTIFIED SPORTS NUTRITIONIST COULD KNOW
SHAWN WELLS, MPH, RD, LDN, FISSN



THE ENERGY FORMULA

RESOURCES

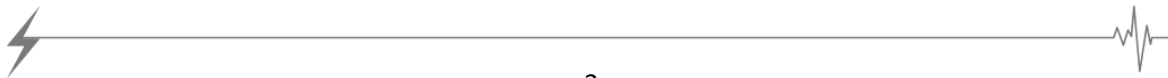


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RECIPES

Keto Chicken Tenders

Ingredients:

- Psyllium Husk
- MCT powder
- Baking powder
- Black pepper
- Smoked salt
- Paleo powder All Purpose or (Old Bay/Seasoned Salt)
- Raw chicken breast tenders
- Eggs
- Pork rinds
- Whisps
- Ghee
- Bacon fat
- Sour cream
- Cumin
- Cayenne pepper
- Old Bay /Paleo seasoning
- Onion powder
- Garlic powder
- Black pepper



Instructions:

1. In a gallon-size plastic Ziploc bag combine:
 - 2 tablespoon Psyllium Husk
 - 1 scoop MCT powder
 - 1 teaspoon baking powder
 - 1/2 teaspoon black pepper
 - 1/2 tsp smoked salt
 - 1 teaspoon paleo powder All Purpose or (Old Bay/Seasoned Salt)
2. Shake to combine in the Ziploc bag and then add:
 - 1 package raw chicken breast tenders
3. Preheat oven 375°
4. 6 eggs beaten until light and fluffy



5. 7.5 oz. pork rinds in a food processor then add:
 - 9.5 oz. Whisps
 - Pulverize with Pork Rinds
6. Place in large bowl
 - 1 cup Ghee
 - 1 cup Bacon Fat
7. Heat large saute pan on low heat but hot enough to sizzle breading
8. Place seasoned tenders in egg wash bowl and then coat both sides. (Try and use forks for the 'wet' part of flipping and keep your fingers dry... except two fingers that are sort of your 'wet' fingers to assist with the fork flip and transfer.)
9. Do all tenders
10. Repeat coating step. Work through as many as you can until you run out of coating
11. Fry each side 1-3 minutes (Don't crowd the pan and don't let the tenders touch! Bake until golden brown)
12. Put onto oven-proof baking rack on a sheet pan and bake until internal temperature is 165F

Dipping Sauce—Combine:

- 1 c sour cream
- 1 - 2 tsp cumin
- 1 tsp cayenne pepper
- ½ - 1 tsp Old Bay /Paleo seasoning
- ¼ - ½ tsp onion powder
- ¼ - ½ tsp garlic powder
- ¼ - 1 tsp smoked salt
- ¼ - 1 tsp black pepper

Serve with dipping sauce.



Keto Ice Cream

Ingredients:

- Medium Oven Safe Bowl
- Medium Pot
- Extra Large Bowl
- MCT Oil
- Butter
- Heavy Cream
- Vanilla Bean Pods
- Sweetener of Choice
- Strainer
- Mascarpone Cheese
- Eggs, Separated
- Cocoa or other flavorings as desired



Instructions:

Step 1:

- Medium Oven Safe Bowl (fit inside pot with bottom touching boiling water)
- Medium Pot (¼ filled with water)
- Create a double boiler

Step 2:

- ¼ c MCT Oil
- ½ c Butter
- 1 c Heavy Cream
- 2 Vanilla Beans opened
- ½ c Sweetener of Choice
- Heat all in double boiler for five minutes

Step 3:

- 4 Egg Whites
- Beat until stiff. (Keep away from the heat)

Step 4:

- Strainer
- 4 Egg Yolks
- SLOWLY Strain the vanilla bean cream into beaten egg yolks (this is called tempering)
- Place back into the double boiler



Step 5:

- 1 container of Mascarpone Cheese
- Add to double boiler and continue to cook about five minutes. (Mixture is ready when it coats the back of a spoon and a clean line remains after a finger swipe)
- Taste the mixture for desired sweetness. Adjust as needed. Consider adding cocoa or other flavorings if desired.

Step 6:

- Extra Large Bowl (with ICE & some water)
- Remove bowl from pot and place on top of the large bowl and whisk for five minutes

Step 7:

- Fold whites into ice cream base
- Pour into single serve containers (glass works better than plastic) and freeze 4 hrs.

Enjoy!!!

Consider topping with Keto Magic Shell



Keto Magic Shell

Ingredients:

- Coconut oil
- Butter
- Cocoa powder
- Powdered sweetener of choice

Instructions:

- 30g of butter
- 60g coconut oil
- Melt. Do not brown or over cook. Remove from heat.
- 30g of cocoa powder
- Sift and whisk in into the liquid. Sift and whisk
- 60g powdered sweetener of choice
- Sift and whisk over low heat into the coco mixture
- Drizzle over frozen ice cream
- Store at room temperature
- Reheat in 2-3 15 sec intervals in the microwave. Do not scorch chocolate sauce while reheating



Skinny-Cadillac-Margarita

Ingredients:

- Top Shelf Tequila
- Limes
- Orange liquor
- Sweetener of choice (optional, to taste)
- Shaker
- Ice
- Salt for rims of glasses
- Glasses



Instructions:

Step 1:

- If using sweetener, place at the bottom of the shaker
- 3 Limes
- Squeeze into the shaker

Step 2:

- 4 Shots Tequila
- 2 Shots Orange liquor
- 3 Cups (720ml) Ice
- Shake, shake, shake

Step 3:

- Squeezed limes
- Use to coat the glass rims
- Salt
- Dip lime-coated glasses into the salt
- Repeat for all 3 glasses

Pour Margaritas w/ice into the glasses and enjoy!



Keto Jalapeno Biscuits

Ingredients:

- Almond flour
- Granulated garlic
- Baking soda
- Xanthum gum
- Smoked sea salt
- Butter
- Cheese, shredded
- Cream cheese
- Jalapenos
- Eggs



Instructions:

Preheat oven to 375F and line a cookie sheet with parchment paper or use non-stick mats

Bowl 1:

- 5 tbsp butter
- 8 oz cream cheese
- In a glass mixing/measuring bowl place the butter and cream cheese.
- Microwave on low until butter melts and cream cheese is very soft. Stir with fork until smooth. Allow to cool.

Bowl 2:

- 1 ½ cups almond flour
- 2 tsp granulated garlic
- 1 tsp baking soda
- 1 tsp xanthum gum
- ½ tsp smoked sea salt
- Pulse ingredients until well combined in a food processor
- Add 4 tbsp Butter, cold and chopped
- Pulse into dry ingredients. Remove and set aside

Bowl 3:

- 1 cup almond flour
- 8 ounces shredded cheese of choice



- Pulse flour and cheese until fine grained. Remove and set aside
- 1 Jalapenos, cored and finely chopped
- 2 large eggs
- Add eggs into bowl 1 (cream cheese mixture), and pulse until glossy and smooth
- Pulse bowls 1 and 2
- Scrape the food processor
- Pulse in bowl 4; flour/cheese mixture
- Add jalapenos. Pulse a few times and turn out into bowl. Scrape sides of food processor and fully mix everything with spatula.
- Drop ¼ cup mounds onto a cookie sheet lined with parchment or non-stick mats, spacing them about 2 inches apart. You'll need two cookie sheets. Switch pan positions about halfway through baking time
- Bake for 20 to 25 minutes, or until the top starts to show a slight golden-brown color.
- Remove and let cool 10 minutes.



Keto Protein Waffles

Ingredients:

- Cooking Spray
- Cream Cheese
- Whipping Cream
- Almond Flour
- Coconut Flour
- Protein powder
- Baking powder
- Baking soda
- Cinnamon
- Salt
- Eggs
- Sugar-free syrup
- Butter



Waffle Maker - Step 1

- Plug in your waffle maker. It needs at least 20 min to get HOT
- Cooking Spray
- OVEN set to 325 - I just turn mine down after cooking bacon on cookie sheets lined with foil at 400 degrees for 20 min while preparing the batter.

Glass Bowl - Step 2

- 8 oz cream cheese
- 1 c whipping cream
- Warm the cream cheese and milk low and slow in the microwave; whisk until combined. Allow to cool.

Dry Bowl - Step 3

- 1/4 c Almond Flour
- 1/4 c Coconut Flour
- 2 scoops favorite Protein powder
- 2 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1 tsp Cinnamon
- 1/2 tsp Salt
- Whisk or sift all dry ingredients.

Mixing Bowl - Step 4



- 4 egg whites
- Beat until stiff peaks form. (I fry the remaining egg yolks and serve on the side with bacon)

Cook Waffles - Step 5

- Combine the first two bowls, saving the egg whites for last; try to fold them into batter. Allow to rest. (This is when I remove the bacon for the cookie sheets and clean up the dishes.)
- Spray the waffle maker before each waffle. I usually use only 1/2 cup of batter and just pour the batter into the very center. Close the lid and the rest will spread out. Cook for 4 min. total. Ideally, I flip at 2 min, if the waffle maker allows for that function.
- If you want perfectly round waffles use 1 cup of batter. (I find that 1 cup causes more mess to clean up, doesn't cook as well and is too much to eat.)
- Place cooked waffles on an oven-safe serving dish in the oven as they are removed from the waffle maker. The last waffle made needs at least ten minutes before serving. Use this time to set the table, pour coffee, grab butter and syrup.



Mascarpone Whipped Cream

Ingredients:

- Heavy Cream
- MonkSweet
- Vanilla Extract
- Almond Extract
- Mascarpone Cheese
- Food Processor

Instructions:

- 1 cup Heavy Cream
- ¼ cup MonkSweet
- 1 tsp Vanilla Extract
- ½ tsp Almond Extract
- Whip the four ingredients above in food processor until stiff peaks form
- 1 container Mascarpone cheese
- Add cheese and mix on lowest setting until mixture and cheese are well combined



Will last three days in the fridge without separating. Can be piped onto desserts for a “prettier” finish.



Black Garlic Butter

Ingredients:

- Heavy Whipping Cream
- Black Garlic Heads
- Salt
- Cheesecloth (or very thin dish towel)
- Food Processor

Instructions:

- 1 cup heavy whipping cream
- Put into a food processor and run until it begins to separate into butter
- Remove from food processor; drain the liquid before scraping the bowl
- Place "butter" in a clean cheesecloth. Wring mixture out as tightly as possible
- Put mixture back into the food processor
- 2 peeled cloves of black garlic
- 1 tsp salt
- Add garlic and salt to food processor and mix. Taste and add more salt if desired
- Remove mixture from the food processor, squeeze excess liquid out
- Place garlic butter mixture into desired shape or container.



These are some of my favorite go-to recipes. I hope you enjoy them as much as I do. If you make any of them, make sure to snap a picture and tag me in it!

@ShawnWells

Enjoy!

~ Shawn Wells

