



THE
ULTIMATE
HUMAN

WINTER

HOLIDAY RECIPES

GARY BRECKA

MEDICAL DISCLAIMER

This guide, including any experimental results presented, is for informational purposes only and does not constitute medical advice or professional services. The information provided should not be used for diagnosing or treating a health problem or disease. Individuals seeking medical advice should consult with a licensed physician.

BIOLOGICAL AGE MEASUREMENTS

Any claims regarding the measurement or reversal of biological age are preliminary and can be influenced by various biostatistical errors, including statistical variation, reference range relevancy, and clinical outcome significance. Ongoing, formal peer-reviewed studies are essential for validating these biological age tests for FDA approval (or its international equivalent) and confirming any clinically relevant changes in biological age. The data presented reflect our team's rigorous efforts to adhere to current scientific and biostatistical standards, while formal peer-reviewed validation studies are underway. Please note: These tests are experimental and intended solely for research purposes. They should not replace or supplement any clinical tests recommended by licensed medical professionals."

CONTEXT

These protocols have been developed for my unique biology. The protocol encompasses a mix of on-label, off-label, and unlicensed therapies, as well as research-use-only tests. Some of these tests and therapies are still under scientific investigation and have not yet received on-label licensing for specific health conditions. All tests and therapies, regardless of their licensing status, carry risks. These risks have been assessed for my personal use by a specialized team of clinicians and scientists. This protocol represents an experimental clinical research project.

RX

The use of Prescription only Medicines (PoMs) such as low dose naltrexone, peptides including BPC 157, CJC Ipamorelin etc, should only be prescribed by a licensed doctor who has assessed that the benefits and risks are acceptable for the individual and acquired through licensed pharmacies in a jurisdictionally legal manner. The prescribing doctor should be made aware of all other PoMs being taken and other relevant interventions such as foods, supplements and medical history to enable accurate assessment for safe prescribing and monitoring of combination interventions.

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INGREDIENTS TO AVOID FOR OPTIMAL GUT HEALTH

PROCESSED SEED OILS

What to Avoid: Oils like canola, soybean, corn, and sunflower oil.

Why: These oils are often high in omega-6 fatty acids, which can promote inflammation when consumed in excess, potentially disrupting gut balance.

Better Alternatives: Opt for healthier fats like extra virgin olive oil, coconut oil, or avocado oil, which contain beneficial fatty acids and antioxidants.

SYNTHETIC FOLIC ACID

What to Avoid: Synthetic folic acid commonly found in processed foods and some supplements.

Why: Synthetic folic acid can interfere with the absorption of natural folate and may not be efficiently utilized by the body.

Better Alternatives: Seek natural sources of folate by consuming leafy green vegetables, avocados, and legumes like lentils and chickpeas.

REFINED SUGARS

What to Avoid: Excessive amounts of white sugar, high-fructose corn syrup, and sugary snacks.

Why: High sugar intake can feed harmful gut bacteria, leading to imbalances in your microbiome.

Better Alternatives: Use natural sweeteners like raw honey or pure maple syrup in moderation, or sweeten foods with fresh fruits like berries and bananas.

ARTIFICIAL SWEETENERS

What to Avoid: Sweeteners like aspartame, sucralose, and saccharin.

Why: Artificial sweeteners can negatively affect gut bacteria and may disrupt metabolic processes.

Better Alternatives: Stick to natural alternatives like stevia or monk fruit extract, or avoid sweeteners entirely when possible.

INGREDIENTS TO AVOID FOR OPTIMAL GUT HEALTH (CONTINUED)

REFINED GRAINS

What to Avoid: White bread, regular pasta, and other products made with refined white flour.

Why: Refined grains lack the fiber necessary for healthy digestion and can cause rapid spikes in blood sugar.

Better Alternatives: Choose whole grains such as quinoa, brown rice, oats, and whole-grain bread or pasta to increase fiber intake and support gut health.

DAIRY PRODUCTS (IF SENSITIVE)

What to Avoid: Milk, cheese, and yogurt, especially if you're lactose intolerant or sensitive to dairy.

Why: Dairy can cause inflammation and digestive discomfort in sensitive individuals.

Better Alternatives: Opt for lactose-free options or dairy alternatives like almond milk, coconut yogurt, or oat milk.

HIGHLY PROCESSED FOODS

What to Avoid: Packaged snacks, fast food, processed meats, and other convenience foods.

Why: These foods often contain additives, preservatives, and artificial ingredients that can disrupt your gut microbiome and overall health.

Better Alternatives: Stick to whole, minimally processed foods like fresh fruits and vegetables, lean proteins, whole grains, and nuts.

HOLIDAY **MEAL PREP**

CRISPY BAKED CHICKEN THIGHS

A flavorful Mediterranean-inspired dish featuring tender, crispy chicken thighs, infused with warm spices and complemented by kalamata olives. This simple recipe is perfect for weeknight dinners or special gatherings.



INGREDIENTS (Serves ~4)

- 4 bone-in, skin-on chicken thighs
- 1 tsp Baja Gold Sea Salt
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp ground cinnamon
- ½ tsp smoked paprika
- ¼ tsp red pepper flakes
- 1-2 tbsp avocado oil
- 1 medium yellow onion, thinly sliced
- ½ cup pitted kalamata olives, halved

INSTRUCTIONS

- 1. Prepare the Chicken:** Preheat the oven to 375°F (190°C). In a small bowl, combine Baja Gold Salt, cumin, coriander, cinnamon, smoked paprika, and red pepper flakes. Rub the spice mixture evenly over the chicken thighs.
- 2. Sear the Chicken:** Heat oil in a cast iron or oven-safe skillet over medium to medium-high heat. Place the chicken thighs skin-side down and sear for 4-5 minutes until golden brown. Flip and sear the other side for 2-3 minutes.
- 3. Add the Toppings:** Add the sliced onion, olives, and optional dates around the chicken in the skillet.
- 4. Bake the Dish:** Transfer the skillet to the preheated oven and bake for 20-25 minutes, or until the chicken reaches an internal temperature of 170°F (77°C).
- 5. Finish and Serve:** Let the chicken rest for 5 minutes after baking. Squeeze fresh lemon juice over the top and serve!

CRISPY SKIN SALMON

Restaurant-quality salmon at home brought to you by this quick and easy recipe. Enjoy tender, flaky salmon with super crispy skin, perfect for pairing with a variety of sides for a versatile meal.



INGREDIENTS (Serves ~2)

- 2 (4-6 ounce) skin-on salmon filets (~1 inch thick; wild-caught preferred)
- 2-3 tsp olive oil
- [Baja Gold Sea Salt](#) and black pepper, to taste
- 1/2 medium lemon

INSTRUCTIONS

- 1. Preheat and Prepare:** Heat a large, well-seasoned cast iron skillet over medium-high heat. Pat the salmon skin dry with a paper towel, then brush with a thin layer of oil. Season generously with sea salt and black pepper.
- 2. Sear the Salmon:** Once the pan is hot (water droplets should sizzle upon contact), place the salmon filets skin-side down. Press gently to ensure full contact between the skin and the pan. Reduce heat to medium and sear undisturbed for 6-7 minutes, until the skin is crisp and the salmon is cooked about halfway up the sides.
- 3. Flip and Finish:** Brush the top of the salmon with oil and season with additional salt and pepper. Gently flip the filets, add the juice of 1/2 lemon to the skillet, and cover. Cook for an additional 1-2 minutes, or until the internal temperature reaches 145°F (63°C).
- 4. Serve:** Remove the salmon from the pan and serve immediately, preferably skin-side up to maintain crispness. Pair with sides like roasted asparagus, mashed potatoes, or a fresh salad.

MEXICAN SHREDDED CHICKEN

A quick and flavorful shredded chicken dish seasoned with Mexican-inspired spices. Perfect for tacos, burrito bowls, salads, enchiladas, and more. Ready in just 30 minutes using a single pan.



INGREDIENTS (Serves ~4)

- 2 boneless, skinless chicken breasts (~8 ounces each)
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp chili powder
- ½ tsp Baja Gold Sea Salt
- 1 tbsp avocado oil
- 1 chipotle pepper in adobo sauce, minced
- ¼ cup Kettle & Fire Chicken Broth
- 2 tbsp lime juice
- Optional for serving: Fresh cilantro

INSTRUCTIONS

1. **Season the Chicken:** In a small bowl, combine half of the cumin, smoked paprika, chili powder, and sea salt. Sprinkle this mixture evenly over one side of each chicken breast.
2. **Sear the Chicken:** Heat a large skillet (preferably cast iron) over medium-high heat. Once hot, add the avocado oil. Place the chicken breasts in the skillet, seasoned side down. Sprinkle the remaining spice mixture over the unseasoned sides. Sear for about 4 minutes until a golden crust forms.
3. **Cook Through:** Flip the chicken breasts, reduce the heat to low, and partially cover the skillet, leaving a small gap for steam to escape. Continue cooking for 8-10 minutes, or until the internal temperature reaches 165°F (74°C).
4. **Shred the Chicken:** Transfer the cooked chicken to a plate and use two forks to shred it into bite-sized pieces.
5. **Combine and Simmer:** Return the shredded chicken to the skillet. Add the minced chipotle pepper, adobo sauce, and broth. Stir to combine and simmer over low heat for a few minutes to allow the flavors to meld. Stir in the lime juice.
6. **Serve:** Garnish with fresh cilantro and serve alongside rice or beans.

LEMON & HERB ROASTED CHICKEN THIGHS

Enjoy the tender meat and crispy skin of roasted chicken thighs, infused with zesty lemon and aromatic herbs. This elegant yet simple dish is perfect for weeknight dinners or entertaining guests, requiring just 7 ingredients and 30 minutes to prepare.



INGREDIENTS (Serves ~4)

- 4 bone-in, skin-on chicken thighs (6-8 oz each; pasture-raised, organic when possible)
- 1 tsp each dried basil and dried oregano
- 1 tsp Baja Gold Sea Salt
- 1 tsp red pepper flakes (optional)
- ½ tsp black pepper
- ½ tsp garlic powder
- 1 tbsp olive oil
- 1 medium lemon, thinly sliced into rounds
- 3-4 tbsp fresh hardy herbs (thyme, rosemary, sage; removed from thick stems and torn slightly; optional)

INSTRUCTIONS

- 1. Preheat and Season:** Preheat the oven to 375°F. In a small bowl, mix the dried basil, oregano, sea salt, red pepper flakes (if using), black pepper, and garlic powder. Pat the chicken thighs dry and rub the seasoning mixture evenly over each piece.
- 2. Sear the Chicken:** Heat a 10-inch cast iron skillet (or oven-safe skillet) over medium heat. Once hot, add the oil and swirl to coat. Place the chicken thighs skin-side down and sear for 5-7 minutes until the skin is golden brown and crispy. Flip the thighs and cook for an additional 2 minutes.
- 3. Add Lemon and Herbs:** Arrange the lemon slices over the chicken thighs and sprinkle with fresh herbs, if using.
- 4. Bake:** Transfer the skillet to the preheated oven and bake for 15-20 minutes, or until the internal temperature of the chicken reaches 165°F.
- 5. Serve:** Remove from the oven and let rest for 5 minutes before serving. Pairs well with a fresh salad.

ROAST BEEF WITH ROSEMARY

A succulent roast beef infused with the aromatic flavors of fresh rosemary and garlic, offering a classic and elegant centerpiece for any meal.



INGREDIENTS (Serves ~8)

- 1 beef tenderloin roast (2.5 pounds)
- 2 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp cracked black pepper
- ½ tsp Baja Gold Sea Salt
- 4 sprigs fresh rosemary
- 4 sprigs fresh oregano
- 4 sprigs fresh thyme

INSTRUCTIONS

- 1. Prepare the Roast:** Preheat the oven to 250°F (121°C). Drizzle the beef tenderloin with cooking oil and rub minced garlic evenly over the surface. Sprinkle with cracked black pepper and Baja Gold Salt.
- 2. Season and Roast:** Place the rosemary, oregano, and thyme sprigs in the bottom of a 13x9x2-inch baking pan. Position a roasting rack over the herbs and place the seasoned meat on the rack. Roast, uncovered, for 20 minutes.
- 3. Increase Temperature:** After 20 minutes, increase the oven temperature to 425°F (218°C). Continue roasting until medium-rare, approximately 30 to 40 minutes, longer if desired.
- 4. Rest and Serve:** Remove the roast from the oven and cover loosely with foil. Let it stand for 10 minutes before slicing. Garnish with fresh thyme sprigs if desired.

HOLIDAY **APPETIZERS**

MINI SWEET POTATO BITES WITH GOAT CHEESE AND POMEGRANATE

This appetizer is visually appealing, packed with antioxidants from pomegranate seeds, and provides healthy fats and protein from the goat cheese. The sweet potato base adds a natural sweetness and nutrient density, making it a perfect holiday treat.



INGREDIENTS

- 2 large Organic sweet potato
- 1 cup raw goat cheese
- ½ cup fresh pomegranate seeds
- 2 tbsp organic olive oil
- 1 tsp [Baja Gold Sea Salt](#)
- ½ tsp black pepper
- Fresh thyme for garnish

INSPIRED BY: Roasted sweet potato rounds topped with goat cheese and cranberries
[Food Plus World](#)

INSTRUCTIONS

- 1. Prepare the Sweet Potatoes:** Preheat your oven to 400°F (200°C). Wash and peel the sweet potatoes, then slice them into 1/4-inch thick rounds.
- 2. Season and Bake:** Arrange the slices on a baking sheet lined with parchment paper. Brush each slice with olive oil and sprinkle with sea salt and black pepper. Bake for 20–25 minutes, flipping halfway through, until golden and slightly crisp.
- 3. Add the Toppings:** Let the sweet potato rounds cool slightly, then spread a small dollop of goat cheese on each slice.
- 4. Garnish:** Sprinkle pomegranate seeds over the goat cheese and garnish with a sprig of fresh thyme.

BACON-WRAPPED DATES WITH WALNUTS

This recipe is rich in healthy fats and protein from the bacon and walnuts, along with natural sweetness and fiber from the dates. Also, dates are a great source of natural sugars and micronutrients, while walnuts provide heart-healthy omega-3 fatty acids.



INGREDIENTS

- 12 organic Medjool dates (pitted)
- 12 slices of bacon from [Parker Pastures](#)
- 12 raw walnuts
- 1 tbsp avocado oil
- Fresh rosemary
- [Baja Gold Sea Salt](#)

INSPIRED BY: Bacon wrapped dates [Gimmie Some Oven](#)

INSTRUCTIONS

1. **Preheat the Oven:** Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper for easy cleanup.
2. **Prepare the Dates:** Slice each date lengthwise and remove the pit if it's not already pitted. If desired, lightly stuff the center of each date with a walnut for added crunch and healthy fats.
3. **Wrap the Dates:** Take one slice of pasture-raised bacon and wrap it tightly around each stuffed date. Secure the bacon with a toothpick or skewer.
4. **Bake the Bites:** Arrange the bacon-wrapped dates on the prepared baking sheet, ensuring they're not overcrowded. Drizzle a small amount of avocado oil or olive oil over the top for crispiness. Bake in the preheated oven for 20–25 minutes, or until the bacon is golden and crispy.
5. **Garnish and Serve:** Once cooked, remove the toothpicks and transfer the dates to a serving platter. Optionally, garnish with fresh rosemary and a sprinkle of sea salt. Serve warm.

GRASS-FED BEEF MEATBALLS WITH COCONUT CREAM DIP

This recipe eliminates processed ingredients, uses healthy fats like avocado oil, and includes a dairy-free alternative for the dip. It's high in protein and nutrients, making it delicious.



INGREDIENTS

Meatballs Ingredients:

- 1 lb grass-fed ground beef ([Parker Pastures](#))
- 1 egg (pasture-raised)
- 1 clove garlic, minced
- ¼ cup finely chopped fresh parsley
- 2 tbsp coconut flour (as a binder)
- ½ tsp [Baja Gold Sea Salt](#)
- ¼ tsp black pepper
- ½ tsp onion powder
- Avocado oil (for frying)

Coconut Cream Dip Ingredients:

- ½ cup full-fat coconut cream
- 1 tsp fresh lime juice
- ½ tsp garlic powder
- Pinch of [Baja Gold Sea Salt](#)
- Optional: chopped cilantro for garnish

INSTRUCTIONS

- 1. Prepare the Meatball Mixture:** In a large mixing bowl, combine the ground beef, egg, garlic, parsley, coconut flour, sea salt, black pepper, and onion powder. Mix gently to avoid overworking the meat.
- 2. Form and Chill the Meatballs:** Roll the mixture into 1-inch balls and place them on a parchment-lined tray. Refrigerate for 30 minutes to help them hold their shape.
- 3. Cook the Meatballs:** Heat avocado oil in a skillet over medium heat. Add the meatballs, being careful not to overcrowd the pan. Brown on all sides (about 2–3 minutes per side). Once browned, transfer the meatballs to a baking sheet and bake at 375°F for 10–12 minutes, or until cooked through.
- 4. Make the Coconut Cream Dip:** In a small bowl, whisk together the coconut cream, lime juice, garlic powder, and sea salt. Adjust seasoning to taste and garnish with fresh cilantro if desired.
- 5. Serve:** Arrange the meatballs on a platter with the coconut cream dip in the center. Serve warm.

STUFFED MINI PEPPERS WITH GRASS-FED BEEF AND HERBS

This health-optimized version of stuffed mini peppers is perfect for holiday gatherings. Using whole, organic ingredients like grass-fed beef and nutrient-dense veggies. Loaded with high-quality protein, healthy fats, and essential nutrients.



INGREDIENTS

- 1 lb beef from [Parker Pastures](#)
- 12 mini organic sweet peppers (cut in half and seeded)
- 1 small onion (finely diced)
- 2 cloves garlic (minced)
- ¼ cup fresh parsley (chopped)
- 1 tsp [Baja Gold Sea Salt](#)
- ½ tsp black pepper
- ¼ tsp smoked paprika
- 1 tbsp avocado oil (for cooking)
- Optional additions: ¼ cup almond flour, ¼ cup shredded raw cheese for topping.

INSPIRED BY: Cheesy Bacon Stuffed Mini Peppers [Bite Sized Bash](#)

INSTRUCTIONS

1. **Prepare the Mini Peppers:** Preheat your oven to 375°F. Slice the peppers in half lengthwise, remove seeds and membranes, and set them aside on a baking sheet lined with parchment paper.
2. **Cook the Filling:** Heat avocado oil in a skillet over medium heat. Add the onion and garlic and sauté until fragrant (about 2–3 minutes). Add the beef and cook until browned, breaking it up into small pieces. Season with sea salt, black pepper, and smoked paprika. Stir in the fresh parsley for flavor and nutrition.
3. **Assemble the Peppers:** Using a spoon, fill each pepper half with the cooked beef mixture. If desired, sprinkle a small amount of raw cheese on top for extra flavor.
4. **Bake:** Bake the stuffed peppers in the preheated oven for 20–25 minutes, or until the peppers are tender and the filling is heated through.
5. **Serve:** Arrange the peppers on a serving platter and garnish with additional parsley for a festive touch.

ROASTED RED PEPPER & CASHEW DIP WITH VEGGIE STICKS

This vegetarian option is rich in healthy fats from the olive oil and cashews, loaded with antioxidants from the red peppers, and provides a refreshing crunch from the veggies. It's dairy-free, gluten-free, and perfect for a variety of dietary needs.



INGREDIENTS

- 1 cup organic roasted red peppers (jarred or freshly roasted)
- ½ cup raw cashews (soaked for 2-3 hours and drained)
- 2 tbsp olive oil
- 1 clove garlic
- 1 tbsp fresh lemon juice
- Baja Gold Sea Salt and black pepper (to taste)
- Optional: 1/4 tsp smoked paprika or chili flakes for added flavor, Veggie sticks (e.g., organic cucumber, celery, and carrot sticks)

INSTRUCTIONS

- 1. Blend the Dip:** Add roasted red peppers, soaked cashews, olive oil, garlic, lemon juice, sea salt, and black pepper to a food processor or blender. Blend until smooth and creamy. Adjust seasoning to taste.
- 2. Prepare the Veggie Sticks:** Wash and cut your veggies into sticks or rounds for dipping.
- 3. Serve:** Transfer the dip to a serving bowl, drizzle with a little olive oil, and sprinkle with smoked paprika or chili flakes.

INSPIRED BY: Roasted Red Pepper Dip (with cashews)
Crumb Top Baking

CRANBERRY PECAN GOAT CHEESE BALL

This appetizer is nutrient-dense, offering antioxidants from cranberries, healthy fats from pecans, and a rich tangy flavor from the goat cheese.



INGREDIENTS

- 8 oz organic goat cheese (or a cashew-based cheese for a dairy-free option)
- ½ cup organic dried cranberries (unsweetened or sweetened with apple juice)
- ¼ cup raw pecans (finely chopped)
- 1 tbsp fresh chives (finely chopped)
- 1 tsp fresh thyme leaves
- 1 tbsp raw honey (optional, for natural sweetness)
- [Baja Gold Sea Salt](#) and black pepper (to taste)

INSTRUCTIONS

- 1. Prepare the Cheese Mixture:** In a medium bowl, combine goat cheese, honey (if using), and a pinch of sea salt and black pepper. Mix until smooth and creamy.
- 2. Shape the Cheese Balls:** Using a tablespoon or small scoop, portion out the cheese mixture and roll into bite-sized balls. Place them on a parchment-lined tray.
- 3. Prepare the Coating:** In a small bowl, combine chopped cranberries, pecans, chives, and thyme.
- 4. Coat the Cheese Balls:** Roll each cheese ball in the cranberry-pecan mixture, pressing lightly to ensure the coating sticks.
- 5. Chill and Serve:** Refrigerate the coated cheese balls for at least 30 minutes to firm up. Serve on a platter with grain-free crackers, endive leaves, or cucumber slices.

INSPIRED BY: Cranberry Pecan Goat Cheese Ball [365 Days of Baking](#)

FIG, PROSCIUTTO, AND ARUGULA SALAD

This recipe is nutrient-dense, combining fiber and antioxidants from figs, healthy fats from olive oil and prosciutto, and protein from the prosciutto.



INGREDIENTS

- 6 organic fresh figs, quartered
- 4 slices of pasture-raised prosciutto
- 2 cups fresh organic arugula
- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic glaze (optional, for a touch of sweetness)
- [Baja Gold Sea Salt](#) and black pepper (to taste)
- ¼ cup toasted pine nuts (optional for extra crunch)

INSTRUCTIONS

1. **Prepare the Salad Base:** In a large bowl, toss the fresh arugula with olive oil, sea salt, and black pepper until lightly coated.
2. **Assemble the Salad:** Arrange the arugula on a serving platter. Add the quartered figs and scatter pieces of prosciutto on top.
3. **Garnish:** Drizzle with balsamic glaze if desired, and sprinkle toasted pine nuts over the top for added texture and flavor.
4. **Serve:** Serve immediately as a light, yet flavorful, appetizer that pairs perfectly with holiday meals.

INSPIRED BY: Fig and Prosciutto Salad [Peanut Butter and Fitness](#)

HOLIDAY DESSERTS

ALMOND FLOUR GINGERBREAD COOKIES

Soft, chewy cookies with all the warm spices of the season, made grain-free for a healthier indulgence.



INGREDIENTS (~12 cookies)

- 2 cups almond flour
- 1 tsp baking soda
- 1 tsp ground ginger
- 1 tsp cinnamon
- ¼ tsp nutmeg
- Pinch of [Baja Gold Sea Salt](#)
- ¼ cup coconut oil (melted)
- ⅓ cup coconut sugar
- 2 tbsp blackstrap molasses
- 1 egg

INSTRUCTIONS

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. Mix almond flour, baking soda, ginger, cinnamon, nutmeg, and sea salt in a bowl.
3. In another bowl, whisk coconut oil, coconut sugar, molasses, and egg until combined.
4. Add wet ingredients to dry and mix until a dough forms.
5. Scoop dough onto the baking sheet, flatten slightly, and bake for 10-12 minutes.
6. Cool before serving.

Almond Flour: High in protein, healthy fats, and vitamin E, supports heart and digestive health.

Blackstrap Molasses: Rich in iron, calcium, and antioxidants, supports bone health and blood sugar control.

Coconut Oil: Contains MCTs for quick energy, boosts metabolism, and supports immunity.

Cinnamon: Helps regulate blood sugar, reduces inflammation, and rich in antioxidants.

Ginger: Aids digestion, reduces inflammation, and supports heart health

INSPIRED BY: [The Conscious Plant Kitchen](#)

COCONUT CREAM SNOWBALL TRUFFLES

Decadent truffles coated in coconut flakes, combining creamy texture with a festive look.



INGREDIENTS (10-12 truffles)

- 1 cup unsweetened shredded coconut (divided)
- ½ cup coconut cream
- 2 tbsp raw honey
- 1 tsp vanilla extract

INSTRUCTIONS

1. Blend ¾ cup shredded coconut, coconut cream, honey, and vanilla until smooth.
2. Chill mixture for 1 hour.
3. Scoop and roll into small balls, then coat with remaining shredded coconut.
4. Refrigerate for at least 30 minutes before serving.

Shredded Coconut: Rich in fiber, healthy fats, and manganese for bone health.

Raw Honey: Contains antioxidants, supports the immune system, and has a low glycemic index.

Vanilla Extract: Offers antioxidants, helps reduce stress, and promotes mood improvement.

INSPIRED BY: [Real House Moms](#)

PECAN PIE BARS

A wholesome and nutrient-rich twist on pecan pie, these bars are perfect for a small gathering or personal indulgence, without compromising on health.



INGREDIENTS (~6 bars)

For the Crust:

- 1 cup almond flour
- 2 tbsp coconut oil (melted)
- 1 tbsp raw honey
- Pinch of [Baja Gold Sea Salt](#)

For the Filling:

- ¾ cup chopped pecans
- 3 tbsp coconut cream
- 1 ½ tbsp raw honey
- ½ tsp vanilla extract
- ¼ tsp cinnamon
- Pinch of [Baja Gold Sea Salt](#)

INSPIRED BY:

[Erin Lives Whole](#)

INSTRUCTIONS

- 1. Prepare the Crust:**
Preheat the oven to 350°F. Line a loaf pan (or similar small pan) with parchment paper.
Mix almond flour, melted coconut oil, raw honey, and sea salt in a bowl until a crumbly dough forms.
Press the dough evenly into the bottom of the pan. Bake for 8-10 minutes, then set aside to cool.
- 2. Prepare the Filling:**
In a small saucepan over low heat, combine coconut cream, raw honey, vanilla extract, cinnamon, and sea salt. Stir until smooth and slightly thickened (about 3 minutes).
Remove from heat and stir in chopped pecans.
- 3. Assemble the Bars:**
Pour the mixture over the cooled crust.
Bake at 350°F for 20-22 minutes, until the filling is set and slightly golden.
- 4. Cool and Serve:**
Let the bars cool completely in the pan before cutting into 6 small squares. Chill in the refrigerator for firmer bars if desired.

Pecans provide heart-healthy fats and antioxidants.

Coconut Cream: High in MCTs, promotes energy, brain health, and skin hydration.

Vanilla Extract: Contains antioxidants, promotes stress relief, and improves mood.

Cinnamon: Regulates blood sugar, reduces inflammation, and is packed with antioxidants

WHOLESOME HOLIDAY CARROT CAKE

A moist and flavorful carrot cake made with wholesome ingredients, perfect for a holiday dessert that's both indulgent and nutrient-packed.



INGREDIENTS (6 servings)

For the Cake:

- 1 ½ cups almond flour
- 1 tsp baking soda
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp [Baja Gold Sea Salt](#)
- 2 large eggs
- 3 tbsp coconut oil (melted)
- 2 tbsp raw honey (optional, for sweetness)
- 1 tsp vanilla extract
- 1 cup grated carrots
- ¼ cup chopped walnuts (optional)
- ¼ cup unsweetened shredded coconut (optional)

For the Frosting:

- ½ cup coconut cream (chilled)
- 1 tbsp raw honey
- ½ tsp vanilla extract

INSTRUCTIONS

1. **Prepare the Cake Batter:**
Preheat oven to 350°F. Grease a small cake pan (6-inch or loaf pan) with coconut oil or line with parchment paper.
In a mixing bowl, whisk together almond flour, baking soda, cinnamon, nutmeg, and sea salt.
In another bowl, beat the eggs. Stir in melted coconut oil, raw honey (if using), and vanilla extract.
Combine wet and dry ingredients, then fold in grated carrots, walnuts, and shredded coconut if desired.
2. **Bake the Cake:**
Pour the batter into the prepared pan and spread evenly.
Bake for 25-30 minutes, or until a toothpick inserted into the center comes out clean.
Let the cake cool completely in the pan before removing.
3. **Make the Frosting:**
In a chilled bowl, whip the coconut cream with raw honey and vanilla extract until smooth and fluffy.
Spread the frosting over the cooled cake.
4. **Serve and Enjoy:**
Slice and serve! Store leftovers in the refrigerator for up to 3 days.

Carrots are high in beta-carotene and antioxidants.

Almond flour provides healthy fats and protein while being grain-free.

Coconut cream adds creaminess and healthy fats without dairy.

HOLIDAY CHOCOLATE DREAM PIE

A rich, creamy, and indulgent chocolate pudding pie that's made with wholesome ingredients for a guilt-free holiday treat. This smaller portion size is perfect for a personal dessert or a small gathering.



INGREDIENTS (~4 servings)

For the Crust:

- 1 cup almond flour
- 1 tbsp coconut oil (melted)
- 1 tbsp raw honey (optional)
- Pinch of [Baja Gold Sea Salt](#)

For the Chocolate Pudding Filling:

- 1 cup full-fat coconut milk (or almond milk)
- 1 tbsp coconut oil (melted)
- 2 tbsp raw cacao powder
- 1 ½ tbsp raw honey (optional, for sweetness)
- 1 tsp vanilla extract
- ¼ tsp [Baja Gold Sea Salt](#)
- 1 tbsp chia seeds (for thickening)

INSPIRED BY:

[Emilie Eats](#)

INSTRUCTIONS

1. Prepare the Crust:

Preheat the oven to 350°F. Grease a small pie dish (4-inch or 6-inch) with coconut oil or line with parchment paper.

In a bowl, mix almond flour, melted coconut oil, raw honey (if using), and a pinch of sea salt.

Stir until the dough is crumbly, then press it evenly into the bottom of the pie dish to form the crust.

Bake for 8-10 minutes, until golden. Set aside to cool.

2. Prepare the Chocolate Pudding Filling:

In a small saucepan, combine coconut milk, coconut oil, raw cacao powder, raw honey (if using), vanilla extract, and sea salt. Stir over low heat until the mixture is smooth and combined.

Whisk in chia seeds and cook for another minute until it begins to thicken.

Remove from heat and let it cool slightly for about 5 minutes.

3. Assemble the Pie:

Pour the chocolate pudding mixture into the cooled crust, smoothing the top with a spatula.

Refrigerate for at least 2-3 hours or until the pudding is fully set.

4. Serve and Enjoy:

Slice and serve chilled. Garnish with dark chocolate shavings or berries if desired.

Cacao powder provides antioxidants, which help reduce inflammation and improve heart health.

Chia seeds are a source of fiber, healthy fats, and plant-based protein.

Coconut milk is rich in healthy fats and supports energy metabolism.

NUTCRACKER'S HAZELNUT HOT COCOA

A rich and creamy hot cocoa with a delightful hazelnut twist, naturally sweetened and topped with homemade coconut milk foam for a festive, indulgent holiday drink. Perfect for cozying up during the season without compromising your health goals.



INGREDIENTS (~2 servings)

- 1 cup unsweetened almond milk (or coconut milk)
- 1 tbsp hazelnut butter (or hazelnut paste)
- 1 ½ tbsp raw cacao powder
- 1 tsp vanilla extract
- 1 tbsp raw honey or coconut sugar (optional, for sweetness)

For the Coconut Milk Foam:

- 1 can full-fat coconut milk (chilled overnight)
- 1 tsp vanilla extract
- 1-2 tbsp raw honey (optional, for sweetness)

INSTRUCTIONS

1. In a small saucepan, warm the almond milk (or coconut milk) over medium heat.
2. Add hazelnut butter, raw cacao powder, vanilla extract, and raw honey (or coconut sugar). Stir until fully combined and smooth.
3. Heat for an additional 1-2 minutes until warm, then pour into two mugs.
4. Serve warm and enjoy!

Hazelnut butter provides healthy fats, protein, and fiber.

Raw cacao powder is packed with antioxidants, promoting heart health.

Coconut milk foam adds healthy fats and a creamy texture without dairy.

Almond milk is low in calories and rich in nutrients, like vitamin E.

INSPIRED BY: [Lifestyle of a Foodie](#)

BECOME A RULE BRECKA: THE ULTIMATE PATH TO HEALTH

I invite you to join **Rule Brecka**, my private community, where you'll learn how to push your health beyond conventional limits. Why Rule Brecka? Because we break the rules. We challenge traditional health norms and biohack our way to longer, healthier, and more optimized lives. And now, you're ready to become a part of that movement.

AS A RULE BRECKA, YOU'LL GET:

- **EXCLUSIVE ACCESS TO THE 2-WEEK GUT HEALTH CONTINUATION PLAN**, the next step to solidifying your results and making gut health a lasting lifestyle.
- **MONTHLY LIVE SESSIONS WITH ME**, where we dive into the most cutting-edge health strategies, gut biohacking, and how to become the ultimate version of yourself.
- **SUPPORT FROM A COMMUNITY OF RULE BRECKAS**—people just like you, committed to optimizing every aspect of their health, holding each other accountable, and celebrating the wins along the way.



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THIS IS ABOUT THRIVING FOR LIFE, NOT JUST A FEW DAYS

You've felt what's possible in just three days—imagine what two weeks can do, and beyond that, a lifetime of optimized health. This isn't about a temporary fix; it's about learning to thrive every day.

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