
NTX Recipes

Perform Like You're 20, When You're 40+

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The meals are divided into breakfast lunch and dinner, it is important you eat each meal at the correct time so macro nutrient balance is correct. So eat dinner before you go to bed etc. Within those restraints feel free to mix and match.

If you don't have an ingredient feel free to replace with anything allowed off the Shopping List. If doing this make sure you replace it with a food of the same colour band or higher (ie if the food is green/moderate it must be replaced with a green/moderate or black/eat as much as you like).

Meal timing is also important especially dinner. Eat dinner at least 3 hours before bed, to avoid digesting food whilst you sleep and stealing energy from the recuperative process of sleep.

You may also create your own recipes from the shopping list. If you do this stick to black/ eat as much as you like foods at the beginning until you know how your body reacts.

BREAKFASTS

BREAKFAST GREEN SMOOTHIE (that actually tastes GREAT!)

Most green smoothies taste like ass, here we give you one which you'll actually look forward to eating/drinking in the morning and which is packed FULL of everything you need for a kick ass day.

This is my staple most mornings and it's the one that I would recommend you default to if in doubt. For the duration of this program you can literally eat this every morning, again this reduces thinking time at the supermarket and first thing in the morning!

150g of Spinach/Kale or other deep green leafed veg
3 Tbsp Extra Virgin Olive Oil
1 pinch Himalayan or sea salt.
25 - 50 g Mixed fresh herbs - Parsley, coriander work particularly well here, but feel free to get inventive.
1/2 Avocado
1 tsp Turmeric
1 tsp Cinnamon
40g raw nuts - walnuts work well here but also great with hazelnuts, pistachios, pecans, academia, almonds (remove the skin if possible)
1 Tbsp - Coconut Flakes
1 Tbsp - Raw cacao or cacao nibs
If available 1 Tbsp Collagen/Gelatin
Coconut milk as desired (more for a more drink like consistency)

Lightly steam the Spinach (or other green veg) for 2 mins.
Add everything to a blender and blend until thoroughly mixed.
I often add the nuts last and blend lightly so you get a crunchy texture to you smoothie.

BULLETPROOF COFFEE

I would not make this a staple but once in a while it's great for getting you out of a fix fast. It's delicious and contains enough energy to keep you going until lunch...it also tastes AMAZING and is chocked full of antioxidants and healthy fats to fuel your brain!

- High Quality Coffee
- 1 Tbsp Coconut Cream/Grass Fed Butter
- 1 tsp Coconut Oil
- 1 Tbsp Collagen/Gelatin (optional)

Make your coffee as normal then add all the ingredients to a blender (or use a hand held one) and blend for 1 minute on high speed. The blending is ESSENTIAL, without it this will not taste or look good!

BACON/HAM AND EGGS

The old favourite is back on the menu. The bacon can be substituted for Ham if preferred.

- 2-3 Free range, wild raised chicken or duck eggs
- 2-4 rashers of high quality outdoor raised bacon

Cook the eggs any way you like, if frying I use coconut or avocado oil. Grill the bacon (do not overcook, crispy bacon is awesome...it's also carcinogenic).

Other traditional fry up staples like mushroom, tomato can be added at your discretion!
Also great with avocado!

SALMON/SARDINES AND AVOCADO

Simple fast and filling.

- Wild caught salmon or sardines, in brine or Extra Virgin Olive Oil
- Avocado
- Extra Virgin Olive Oil
- Salt

Empty out the brine or Olive Oil from the can.

Cut the Avocado in half and place both halves on a plate with the fish.

Drizzle Olive Oil over it all

Add a pinch of salt.

You can also add a few poached free range eggs to this for an extra kick.

LUNCH

SAMS BIG ASS SALAD

This is my go to lunch, I literally eat some form of this pretty much EVERY DAY. That way I don't have to think either when I'm at the supermarket or when I'm ordering what to eat for the day. This is chocked full of nutrients will keep you going until dinner and will prevent mid afternoon dips.

I mix the ingredients up every day so I'll often just be throwing in whatever is in the cupboard and you should do the same. That way you'll get the benefits of eating different foods within the same template. For that reason I've left a lot of the ingredients fairly general ie nuts...feel free to freestyle choosing anything from "What to Eat" list and see what works for you.

In the same light I've been general about the quantities, do what works for you. This is a template, feel free to experiment adding anything of the veg ingredients list!

1 large bag mixed salad leaves
1 carrot
1 handful seaweed
1 handful raw nuts
1 sliced beetroot
1 handful sliced red cabbage
1 handful mushrooms, these are great done in the oven alongside the sweet potato.
1 handful olives
1 handful radishes
1-3 Tbsp Apple Cider Vinegar
1 pinch Himalayan/Sea salt
Drown in Extra Virgin Olive Oil

Optional

1 can of sardines or anchovies.
Eggs
High quality grass fed meat
High quality wild caught small fish
High quality Organ meat

Mix all together in a huge bowl and scoff while dribbling Olive Oil down your chin!

POACHED EGGS WITH SAUTÉED GREENS

- 2 to 3 cups of kale, collards, spinach or chard
- 2 Tbsp sliced raw almonds, walnuts, pecans, pistachio nuts
- 2-4 poached eggs
- Salt

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1. Fill a medium frying pan with an inch of water, add greens, and cook until tender. Drain water and toss to coat greens. Remove pan from the heat; add salt and nuts, and set aside.
 2. Serve eggs topped with greens and nuts.

PRAWN AND SPINACH SCRAMBLE

- 1 bag frozen prawns
- 1 bag spinach leaves
- 2 - 4 free range eggs
- Grass fed butter/avocado oil

Heat the butter/oil in a pan. When hot add the spinach, when this has started to reduce add the prawns when cooked add the eggs and stir.

SCRAMBLED EGGS WITH MUSHROOM AND AVOCADO

- 5 Mushrooms
- 3 free range eggs
- Turmeric • Fresh Ginger
- 1 Avocado
- Tsp grass fed butter or coconut oil

With a salad on the side

IMPORTANT: when cooking eggs do it slowly so we don't destroy all the nutrients in the yolk. Heat the pan gently with the fat and add the sliced mushrooms. When ready add the eggs and stir. After a minute or 2 add turmeric and the diced fresh ginger and a pinch of salt. Cook until done and serve with the avocado and salad.

DINNER

IMPORTANT: All of these are intended as the sides with your main meal. Add fresh fish or quality meat or even better quality organ meats. And if it's one of the days you're eating carbs add Sweet Potato, Yuca, Squash or Plantain to each of them to create your perfect plate!

You can at any time substitute any of the following for some steamed veg or a salad.

SWEET POTATO WITH CREAMY BASIL VINAIGRETTE & TUNA

- Cook the sweet potato in the over in its skin.
- Make up the vinaigrette (see Dressings below)
- When cooked split the potato in half add the tuna and salsa on top...
- Eat and enjoy!

UPGRADED GUACAMOLE

This is one of my favourite recipes— delicious, creamy guacamole with an extra brain boost from MCT oil that keeps you full longer than regular guacamole. Eat it with cucumber or celery sticks for lunch or on top of a protein of your choice for dinner! I've been known to just eat a bowl of it with a spoon.

4 large, ripe Hass avocados, peeled

2 to 4 tablespoons MCT oil (note: coconut oil is not a good substitute here, since the flavour does not go well with avocados)

2 teaspoons or more sea salt (to taste)

1 tablespoon dried oregano

1 to 3 teaspoons apple cider vinegar or lime (to taste)

Pinch of ascorbic acid, aka vitamin C powder or lemon juice(optional, prevents browning)

Blend everything with a hand blender until it's very creamy. Stir in chopped cilantro or other herbs of your choice.

QUICK PLANTAIN PANCAKES

Here is a AWESOME way to enjoy pancakes while avoiding using grains.

- 3 green Plantains
- 100ml coconut or almond milk
- 2 eggs
- 1 pinch of Salt

For savoury

- 1 large teaspoon of Oregano
- 1 large teaspoon of Turmeric

For sweet

- 2 Large teaspoons of Cinamon

Mix all the ingredients in a blender, use a non stick granite coated pan (do not use teflon it'll give you Alzheimer's) wait until it is hot and add a small amount of the mixture

spreading across the base of the pan. Heat for a few minutes and then ensure that you flip them to cook both sides.

CAULIFLOWER - BACON MASH

You will never miss eating mashed potatoes when you can have this delicious creamy, bacon flavoured mashed cauliflower instead!

1 large head cauliflower, cut into florets

1 tablespoons grass- fed unsalted butter or ghee (optional, but makes it taste amazing!)

1/2 tablespoon apple cider vinegar

Sea salt to taste

400-500g pastured, preservative- free bacon lightly cooked at medium- low (not crispy – keep those fats intact), diced.

Steam the cauliflower until tender, drain, and blend the cauliflower with all other ingredients except the bacon in a high- powered blender. Stir in the bacon. Pulse until chunky. For amazing flavour, add 1 to 2 tablespoons of the bacon grease (as long as it didn't smoke when you were cooking it at a low temperature).

CREAMED VEGETABLES

The butter and method used here will give the veggies a creamy consistency without using any cream. Try the same method with any other Bulletproof vegetables of your choice.

- 1 bunch asparagus, broccoli, and/or green beans
- 1 - 3 tablespoons grass- fed unsalted butter or ghee
- 1/2 tablespoon apple cider vinegar
- Bunch fresh herbs of your choice (parsley, cilantro, oregano, dill, sage, and/or thyme) Sea salt to taste

Steam the veggies until just tender.

Remove 1/3 of the vegetables while hot and put them in the blender.

Add the rest of the ingredients (except the remaining veggies) and blend until smooth and creamy.

Drizzle this mixture over the remaining vegetables.

QUICK CHICKEN CURRY

Pressed for time, you can make use of curry sauce. Look in better markets for curry sauces that are made from quality ingredients and do not contain added sugars. An alternative is to use coconut milk and a teaspoon of yellow curry paste. You can either use fresh or leftover chicken with this recipe.

- 1/2 cup chopped onion
- 1 tbsp avocado oil
- 1 diced chicken breast or thigh
- 1/4 cup curry sauce

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- 1/4 cup walnuts
 - 2 cups chopped spinach

Sauté (cook rapidly) the onion in the avocado oil until translucent. Add the chicken and heat until cooked through. Add the curry sauce and cashews, continue heating for 3–4 minutes. Remove from heat and stir in the spinach.

UPGRADED ICEBERG SALAD

- 1 head iceberg lettuce, chopped
- 1 small bunch radishes, thinly sliced • 1/2 avocado, sliced
- 1/2 cup olives, pitted and chopped
- 1/2 cucumber, thinly sliced
- 1-3 Tbsp Olive Oil
- 1-3 Tbsp Apple Cider Vinegar

Add as many or as few of these ingredients as you like and smother in Extra Virgin Olive Oil and Apple Cider Vinegar or alternatively top with the salad dressing of your choice (see below)

SWEET POTATO SOUP

2 Sweet Potato's
1/2 Butternut Squash
2 Carrots
1 Orange
Water

Peel the carrots, squash and if they're pretty gnarled the sweet potatoes. Chop roughly. Fill a large pan with water and add all of the chopped veg and heat until soft. Remove from heat and add the peeled orange. Blend.

For an extra cream flavour you can add coconut milk (to taste) or a few Tbsp's of grass fed butter.

This is filling enough to be eaten on its own and does not need to be accompanied. You can always add a salad on the side.

HANGER STEAK & HERB BUTTER

This recipe is packed with flavour from antioxidant-rich herbs. Grass-fed meat is high in fat-soluble vitamins such as A, E, D and conjugated linoleic acid. It's also really delicious and satisfying. Not to mention the fact that it takes less than 30 minutes to make.

Ingredients

- 1 hanger steak (1/2 pound)
- 1 Tbsp Coconut oil
- 1 lemon

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- 1 Tbsp minced chives
 - 2 Tbsp mixed chopped fresh herbs (oregano, thyme, or rosemary)
 - Sea salt
 - 3 cups (about 3 oz.) spinach
 - 1 Sweet potato, Yuca or Plantain

1. Cook the Sweet potato, Yuca or Plantain in your favourite manner
2. Rub the steak with the Coconut oil and set aside.
3. Grate 2 teaspoons of zest from the lemon. Halve the lemon and cut into wedges. Squeeze out 1 teaspoon of juice and set the remaining lemon wedges aside.
4. In a small bowl, combine the lemon zest, chives, herbs, and 1 teaspoon sea salt, stirring well. Stir in the lemon juice.
5. Heat a grill pan over (or fire up your grill to) medium-high heat. Season the steak with sea salt, place on the grill, and reduce the heat to medium-low. Cook, taking care not to char the meat, for 5 to 6 minutes per side for rare, 6 to 7 minutes per side for medium-rare. Transfer the steak to a plate, top with 2 1/2 tablespoons of the lemon zest mixture, and allow to rest for 5 minutes.
6. Slice the steak thinly across the grain, and serve with the spinach, topping with meat juices and a squeeze of lemon. Serves 2.

IDEAS FOR SWEET POTATO, YUCA AND PLANTAIN

PLANTAIN CHIPS

Slice one plantain thinly and place under the grill, serve with olive oil, apple cider vinegar and Himalayan salt.

YUCA CANOPES

Sliced Yuca done in the oven with anchovies and our creamy avocado dressing.

Or simply yuca on its own drowned in Apple Cider Vinegar and Himalayan Salt

PLANTAIN DESSERTS

If you have a ripe Plantain in the cupboard these can be used as a dessert (these now contain a lot of sugar so this should be done sparingly as a treat only). Mix with berries, and cinnamon.

SWEET POTATO CAKES

Use in place of eggs in a cake for an interesting new style

SNACKS ON THE RUN

Ideally with this diet you won't need to snack as you'll be full right up until your next meal however especially at the early stages it's good to have a few things handy if only to stop your brain from panicking that you're going to starve to death half way through the afternoon (you won't, but your brain takes a while to realise that).

For this reason I suggest that you always keep some of the following handy.

Raw Nuts

Raw Nut Butters, these can be eaten with a spoon out of the jar or used as a dip

Can of sardines, anchovies

85%+ Cacao

Coconut chunks

Small jar of Olives

Avocado

Small bag of carrots or similar

DESSERTS

Desserts are best limited to a few times a week and always in the evening.

COCONUT- BLUEBERRY ULTIMATELY CREAMY PANNA COTTA

One of the best parts of our diet is being able to eat delectable desserts like this on a (semi) regular basis.

- 1 cup fresh or frozen blueberries
- 4 cups full- fat coconut milk
- Up to 4 tablespoons hardwood xylitol or stevia (to taste)
- 1 tablespoon gelatin
- 2 teaspoons vanilla powder
- 1 tablespoon coconut oil or 1/2 cup shredded coconut

Place the berries in a deep- sided dish.

Heat 1 cup of the coconut milk, the xylitol, and the gelatin in a saucepan over medium heat until dissolved. Place the remaining 3 cups of coconut milk in a blender with the vanilla and oil.

Blend thoroughly and then add the hot coconut milk/gelatin mixture and shredded coconut.

Pulse the blender until mixed.

Pour the entire blender contents over the blueberries and place the dish in the fridge for an hour to set. Add more berries to the top!

BERRY BLITZ

Easy, quick and delicious!

Handful of 2 - 3 different types of berries (not 1 handful of each!)

Fresh Basil Leaf

1 tbsp Cinnamon

Wash the berries, chop the basil finely and sprinkle it and the cinnamon over the berries.

PLANTAIN MADNESS

This one is delicious but is also great nutrition for the good bugs we're trying to feed in your gut.

1 Plantain (choose the least green one in your cupboard)

1 Handful of berries of your choice

1 Handful of raw nuts of your choice (I love Macadamias and Pecans in this recipe)

1 tbsp Cinnamon

1 pinch vanilla extract

1 tbsp Xylitol

1/2 can coconut milk

Slice and cook the plantain in the oven or under the grill. Mix all the ingredients (except the plantains) in a blender and blend.

Pour the sauce over the cooked plantains.

COCONUT ICE CREAM

- 3 Bananas
- 1 can of coconut milk
- 1 tbsp coconut oil
- 1-4 Tbsp Xylitol
- 1 Pinch cinnamon

Blend together and leave in the freezer, for 12 hours.

FRUIT

Obviously for those days when you just can't be bothered 1 piece of fruit of your choice is an easy way to fix a sweet tooth.

DRESSINGS

For all of the dressings below, combine all ingredients in a blender and blend until smooth and creamy. Try them on salads, cooked vegetables, and even baked sweet potatoes.

“CREAMY” AVOCADO DRESSING

1/2 avocado
1 to 2 tablespoons coconut oil
1 tablespoon apple cider vinegar
1 tablespoon fresh lemon juice
1 cup sliced cucumber
1/4 cup chopped fresh cilantro 1 spring onion (optional)
Sea salt to taste

HONEY - MUSTARD VINAIGRETTE

1/4 cup apple cider vinegar
1/8 cup extra virgin olive oil
1/8 cup MCT oil (if available)
1 tablespoon mustard
2 tablespoons raw honey (or hardwood xylitol)

CREAMY BASIL VINAIGRETTE

1/2 avocado
1/4 cup extra virgin olive oil
2 tablespoons MCT oil (if available)
1/4 cup apple cider vinegar
Small handful fresh basil leaves

RANCH DRESSING

1 cup Mayonnaise (see below)
2 tablespoons chopped fresh dill
1 tablespoon apple cider vinegar
2 cloves garlic, minced together with sea salt Sea salt to taste
Chill for a few hours after blending.

HOLLANDAISE

This delicious, creamy sauce is perfect on eggs but also satisfying on any protein or veggie of your choice.

2 pastured egg yolks
1 tablespoon lemon juice
Pinch sea salt
Dash cayenne powder (optional) (warning: Suspect, don't use if you're sensitive!)

1/2 cup melted grass- fed unsalted butter or ghee
Bunch fresh parsley (optional)

Place the egg yolks, lemon juice, salt, and cayenne pepper (if using) in a high- powered blender. Start the blender on low and run it for about 30 seconds. Slowly drizzle the melted butter or ghee into the blender. You must pour slowly to aid the emulsion. Once all the butter or ghee is added and the hollandaise has thickened, it's done. Top with parsley if you choose.

MAYONNAISE

This is delicious with Baked Carrot Fries, on top of sweet potatoes, or along with any protein you like. If your mayo won't emulsify, try adding a chunk of avocado, another egg yolk, or some soy lecithin. I like to add fresh herbs to flavour my mayo, too!

1 large egg
3/4 cup extra light olive oil
1/4 cup C8 MCT oil
2 to 3 teaspoons lemon or lime juice (fresh squeezed)
Pinch sea salt

Add all of the ingredients together in a bowl and let the egg sink to the bottom. Using an immersion blender, combine all of the ingredients until the mayo reaches the desired consistency. This recipe yields about 1 1/2 cups of mayo. If your mayo is not gelling, just add 1/2 avocado and it will be amazing.

SAUCES/SALSAS

CURRY & COCONUT SAUCE

Easy and delicious, one of my go to's

1 Can Coconut milk
1 Tbsp Curry powder
Pinch of salt

Mix together and heat.

FAKE THAI SAUCE

1 Can Coconut milk
1 Tbsp Cinnamon
1 Tbsp Turmeric(Curcuma)
1 Tbsp Ginger/equivalent of fresh ginger
Juice from 1 Lemon
Pinch of salt
Fresh Cilantro/Coriander

Mix together and heat. Garnish with the Fresh Cilantro.

TOMATO BOLOGNASE SALSA

1 Can tomatoes (make sure these have no other added ingredients) or 5-6 fresh tomatoes sliced.
1 red pepper
1 Onion
A few cloves of garlic
1 leaf of laurel
Tbsp Oregano

Slice thinly. Heat a pan with a little avocado, coconut oil or grass fed butter. Add the Garlic and onion, cook until transparent then add the pepper when the pepper has started to soften add the tomatoes and laurel.

Cook until they dissolve into salsa. Add the oregano and serve.

DRINKS

Ensure you are drinking at least 2 - 3 litres of fluids a day from the following list:

WATER

Preferable spring water from a glass bottle. If drinking tap water use a filter.

BONE BROTH

- 1 - 2 Grass fed bones
- Water

Add the bones to a slow cooker and cover with water. Turn on to medium and leave for 24 - 48 hours until the marrow is soft.

Drink as you would water.

ALMOND/HAZELNUT MILK

Delicious, versatile and easy.

200g nuts (any will do, I personally prefer almonds or hazelnuts but feel free to experiment)

1 litre water

Pinch of Cinnamon

Pinch of Salt

Soak the nuts in water for 24 hours. Clean and drain the nuts.

Put all the ingredients into a blender and blend hard. Strain it through a cheese cloth (I use an old tea towel) to remove the solids.

The solids can be used now as flour! Bonus.

When you use nut milks in tea they may separate, this doesn't affect the flavour but doesn't look the best.