



# THE MADCAP *Miss* *Adventures* OF A NARCOLEPTIC

## **BEGINNER'S CHEAT SHEET**

### **FOCUS ON FAT:**

- Fat Bombs (try to eat 2 or 3 between every meal)
- Bulletproof Coffee / Tea (Remember to start with 1 teaspoon of MCT oil per day and build to 1T a day... takes about 2 weeks to get your digestive system used to it.)
- Add fat to EVERYTHING – melted and drizzled over meats and vegetables and keep it varied:
  - Coconut Oil, Coconut Butter, Coconut Cream/Milk
  - Butter/Ghee
  - MCT/Brain Octane
  - Fatty Fish, Nuts, Olive Oil

### **FOCUS ON ADDING IN GREENS AND ABOVE GROUND VEGETABLES:**

- Eat a cooked vegetable with every meal
- Add a small side salad to dinner
- Add a bit of raw greens to breakfast and lunch
- Try a green smoothie

### **ADD IN THE GOOD & THEN REDUCE/REMOVE THE BAD:**

< < *Snacks, Desserts, Corn, Potatoes, Grains, & Beverages* > >

- Find and prepare yummy, narcolepsy friendly, replacements
- When you feel comfortable eating these replacements, begin to remove the “bad” versions from your diet. I suggest going in this order:
  1. Snacks
  2. Desserts
  3. Beverages
  4. Corn
  5. Potatoes
  6. Grains

### **THE RULE OF 3:**

- Everytime you eat carbohydrates, try to eat them with fat and protein



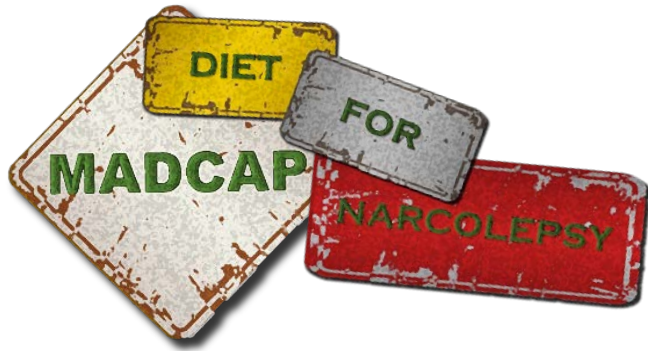
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## **MADCAP FATS**

Here is a list of great fats to add to your diet:

- \*MCT oil. But BE CAREFUL here as this is likely to cause the most issue in the bathroom department. Go very slow! Best brand is Brain Octane by Bulletproof Executive
- \*Coconut oil/cream/milk/shredded (stick to unsweetened)
- Nuts, nut oils, and nut butters
- Almond milk, unsweetened
- Avocado and avocado oil
- Beef tallow
- Chia seeds
- Chicken fat
- Dark chocolate (stick to 80% or higher)
- Fish and fish oil (can get this from supplements or from the real thing...sardines are especially fatty)
- Flax seeds (women only due to the possible prostate cancer risks)
- Olive oil
- Bacon fat (strain and keep the clean fat refrigerated)
- Bone broth
- Butter (best is Kerrygold as it is from clean grass fed cows)
- Cheese (cheddar, colby, feta, mozzarella, provolone, ricotta, swiss, and others)
- Ghee
- Greek yogurt (unsweetened)
- Sour cream
- Cream cheese

*\*Go slow so your body can adjust. If you notice nausea or runny stools, back off and give yourself a couple of days... then start to slowly add back in.*



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## **BULLETPROOF COFFEE**

1 cup hot coffee (or tea)  
1 teaspoon -2 tablespoons Brain Octane/MCT oil (\*remember to build SLOWLY)  
1-2 tablespoons unsalted butter or ghee

Add all ingredients to your coffee and blend with a latte whisk or in a blender. It will look like a creamy latte with a good amount of foam on top.

Courtesy of Bulletproof @ [www.bulletproof.com](http://www.bulletproof.com)

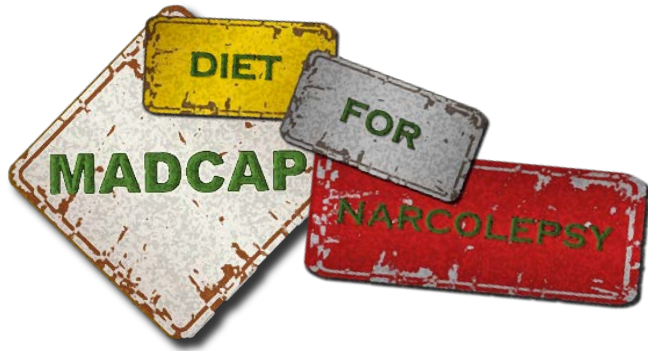
*\*I suggest starting with 1 teaspoon of MCT and slowly adding a bit more each day till you reach the 1 tablespoon mark. This is the easiest way to reduce digestive upset and allow your body to get used to this particular form of fat.*

## **PIZZA CRUST**

¼ cup ground pork rinds  
¼ cup finely shredded parmesan cheese  
1 egg  
1 teaspoon Italian seasonings (basic, oregano, garlic)

Pre-heat oven to 350\*. Spray or oil a pie pan. In a bowl mix the egg, pork rinds, parmesan cheese, and seasoning well. Pour mixture into pan and spread to the sides from the middle by pressing outwards with your hands. If the mixture sticks to your hands wet them with water and it will spread smoothly. Bake for about 10 minutes or until golden brown. Remove and add whatever desired toppings and put the pizza back under the broiler until toppings are hot and cheese is melted.

Courtesy of Low Carbin' Made Simple @ [www.lowcarbinmadesimple.blogspot.com](http://www.lowcarbinmadesimple.blogspot.com)



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## 90 SECOND BREAD

1T melted butter (I melted it in my bowl in the microwave... do NOT cover it)  
3T almond flour  
1/2t baking powder  
1 egg

- Mix well in a microwave safe bowl
- Microwave for 90 seconds uncovered
- Allow to cool for 1 minute
- Slice in half making 2 slices of bread
- Toast in your toaster.... watch it since toaster ovens vary

For a slightly crunchy "toast" allow it to completely cool (5 mins). For softer bread, eat after it's cooled just a few moments.

### *Variation: Cinnamon Bread*

Add 2t Swerve (or other artificial sweetener), 1t cinnamon, 10 raisins to the butter and let it all come together as the butter melts. Then add all the other ingredients and proceed as the original recipe states.

### *Variation: Herbed Bread*

Add 1/4t each of basil, oregano, garlic to the butter and let it all come together as the butter melts. Then add all the other ingredients and proceed as the original recipe states.

Courtesy of Inside Kelly's Kitchen at [www.insidekellyskitchen.com](http://www.insidekellyskitchen.com)