THERAPEUTIC KETO & INTEGRAL METABOLISM

110

functional medicine recipes for clean, therapeutic keto and everyday cellular well-being











Absolut Vitae

RECIPE 01 | BLOCK 1: GLUCOSE, INSULIN AND LIVER HEALTH AXIS

Poached eggs on a nest of baby spinach, confit leek and goat cheese



- **Quick Prescription Seals:** [Insulin Reset] • [Liver Support] • [Morning Cortisol Calm]
- **Prep time:** 15 minutes
- **Difficulty:** Low
- **Servings:** 2 servings

Metabolic Profile per Serving

- **Net carbs:** 3.2 g
- **Prebiotic fiber:** 4.1 g
- **Anti-inflammatory fats:** 28 g
- **Clean protein:** 18 g
- **Ketogenic ratio:** 1.3 : 1
- **Star micronutrients:** Pure choline (pasture-raised yolk), intracellular magnesium (spinach), lutein, active folate (B9) and butyric acid (artisan goat cheese).

The Medicine on Your Plate

The bioavailable choline in raw or soft yolk is the essential cofactor for assembling very-low-density lipoproteins (VLDL), which helps export fat out of liver cells and directly combats non-alcoholic fatty liver. Spinach and leek supply magnesium and soluble prebiotic fiber that dampen the sensitivity of GLUT-4 glucose receptors, while the noble fats of goat cheese (with A2 casein, far less pro-inflammatory than that of cow's milk) provide sustained satiety for 5 to 6 hours without triggering cortisol or morning insulin spikes.

Clean Ingredients (2 Servings)

- 4 organic or pasture-raised eggs (code 0 or 1).
- 300 g fresh baby spinach, washed.
- 1 medium leek (white and light green part only), cut into very fine julienne.
- 60 g artisan goat cheese (log-style or aged raw-milk), crumbled.
- 2 tablespoons grass-fed ghee or cold-pressed extra virgin olive oil.
- 1 tablespoon hulled hemp seeds.
- 1 tablespoon raw apple cider vinegar (for the poaching water).
- Unrefined sea fleur de sel and freshly ground black pepper, to taste.

Step-by-Step Method

1. **The aromatic confit:** Heat a wide skillet over medium-low heat with a tablespoon of ghee or extra virgin olive oil. Add the leek julienne with a pinch of sea salt. Cook slowly for 6 to 8 minutes until translucent, tender and lightly caramelized in its own juices (without browning it too much).
2. **The flash sauté:** Add the baby spinach to the leek in two batches. Sauté over medium heat for only 90 seconds, just long enough for it to wilt slightly without losing its bright green color or degrading its antioxidants and polyphenols. Remove from the heat and divide between two plates, forming a base or "nest."
3. **The perfect poach:** Heat plenty of water with the tablespoon of cider vinegar in a small pot over low heat (do not let it boil vigorously; only small bubbles should rise from the bottom). Stir the water with a spoon to form a gentle central whirlpool, pour in the egg, cracked beforehand into a cup, and cook for exactly 3 minutes to keep the yolk liquid and the white firm. Remove with a slotted spoon and drain on paper towels.
4. **Assembly and functional touch:** Set two warm poached eggs in the center of each spinach nest. Crumble the warm goat cheese over the top, sprinkle with the hemp seeds, and finish with sea fleur de sel, plenty of freshly ground black pepper and a fine thread of raw olive oil.

Hormonal Biohack / Clinical Adaptation

- **In severe insulin resistance or dawn phenomenon (high blood sugar on waking):** Drink a glass of warm water with a tablespoon of apple cider vinegar "with the mother" 10 minutes before eating this dish to slow gastric emptying and optimize peripheral glucose uptake.
- **If you have autoimmune thyroiditis (Hashimoto's) or dairy sensitivity:** Replace the goat cheese with 1/2 Hass avocado, thinly sliced, and a dessert spoon of unfortified nutritional yeast

to get the same creaminess and an extra supply of B-complex vitamins.

RECIPE 05 | Classic shakshuka with low-sugar roasted tomatoes, red peppers and cumin



- **Quick Prescription Seals:** [Insulin Reset] • [AMPK Activation] • [Antioxidant Support]
- **Prep time:** 20 minutes
- **Difficulty:** Low
- **Servings:** 2 servings

Metabolic Profile per Serving

- **Net carbs:** 4.8 g
- **Prebiotic fiber:** 3.9 g
- **Anti-inflammatory fats:** 24 g (virgin oleic acid and pasture-raised yolk)
- **Clean protein:** 17 g
- **Ketogenic ratio:** 1.1 : 1
- **Star micronutrients:** Bioactive lycopene, capsanthin, choline, lutein, cuminaldehyde and non-heme iron.

The Medicine on Your Plate

The lycopene in tomatoes, when heated and emulsified with extra virgin olive oil, triples its bioavailability, acting as a neutralizer of reactive oxygen species in the pancreatic beta cells. The cuminaldehyde and the flavonoids in red pepper stimulate the PPAR-alpha nuclear receptors, activating fat burning in the liver and mitigating hepatic steatosis. The runny yolk preserves intact phosphatidylcholine to optimize the export of liver lipoproteins.

Clean Ingredients (2 Servings)

- 4 whole pasture-raised or organic eggs.

- 250 g ripe plum tomatoes, previously roasted and roughly crushed (skinless).
- 1 roasted red pepper, in thin strips.
- 2 tablespoons early-harvest extra virgin olive oil.
- 1 garlic clove, finely sliced.
- 1 teaspoon ground cumin.
- 1/2 teaspoon sweet smoked La Vera paprika.
- Fresh cilantro or parsley leaves, chopped, and sea fleur de sel.

Step-by-Step Method

1. **The spiced base:** In a cast-iron skillet, pour in the extra virgin olive oil and gently fry the sliced garlic over low heat for 1 minute without browning. Add the cumin and smoked paprika to awaken the essential oils without burning the spices.
2. **Sauce reduction:** Add the roasted red pepper strips and the crushed tomato with a pinch of sea salt. Cook over medium-low heat for 7 to 8 minutes until the liquids evaporate and you have a thick, glossy, reduced red sauce.
3. **Poaching in the pan:** With a spoon, make 4 spaced wells in the sauce. Crack an egg into each cavity. Lower the heat to a minimum, cover the pan and cook for 3 to 4 minutes, making sure the white sets completely but the yolk stays liquid.
4. **Botanical finish:** Remove from the heat, uncover and sprinkle with chopped fresh cilantro, sea salt flakes and a turn of black pepper. Serve directly in the cast-iron skillet.

Hormonal Biohack

- **In hyperandrogenism (PCOS with acne or hair loss):** Sprinkle 1 tablespoon of toasted pumpkin seeds on top when serving; their high zinc content inhibits the enzyme 5-alpha-reductase, reducing the conversion of testosterone to dihydrotestosterone (DHT).

RECIPE 06 | Beef burgers with a flaxseed crust on roasted portobello "buns"



- **Quick Prescription Seals:** [Insulin Reset] • [Hormonal Detox] • [Therapeutic Fiber]
- **Prep time:** 20 minutes
- **Difficulty:** Low
- **Servings:** 2 servings

Metabolic Profile per Serving

- **Net carbs:** 3.5 g
- **Prebiotic fiber:** 6.2 g
- **Anti-inflammatory fats:** 34 g (plant omega-3 ALA fatty acids, oleic and stearic acid)
- **Clean protein:** 36 g
- **Ketogenic ratio:** 0.85 : 1
- **Star micronutrients:** Secoisolariciresinol diglucoside (SDG) lignans, mushroom beta-glucans, bioavailable zinc and ergothioneine.

The Medicine on Your Plate

Ground flaxseeds act as a concentrated source of SDG lignans, which the colonic microbiome transforms into enterolactone and enterodiol, phytoestrogens that compete for estrogen receptors and promote the detoxification of pro-inflammatory metabolites. Portobello caps provide beta-glucans that nourish the mucosal barrier of the colon, and ergothioneine, a mitochondrial antioxidant that protects the vascular bed from the oxidative stress caused by elevated blood sugar.

Clean Ingredients (2 Servings)

- 300 g grass-fed ground beef (80/20).
- 2 tablespoons freshly ground golden flaxseed.
- 4 large portobello mushroom caps (stems removed).
- 1/2 ripe avocado, sliced.
- 40 g wild arugula leaves.
- 1 tablespoon red onion pickled in organic apple cider vinegar.
- 1 tablespoon extra virgin olive oil.
- Unrefined sea salt, dried oregano and ground black pepper.

Step-by-Step Method

1. **The mushroom "buns":** Clean the portobellos with a dry cloth. Brush them with extra virgin olive oil on both sides, season with salt and pepper and place them on a baking tray at 190 °C (375 °F) for 8 to 10 minutes until tender and they have released their excess moisture.
2. **The functional mixture:** In a bowl, mix the ground beef with the ground golden flax, oregano, sea salt and pepper. The ground flax will absorb the intracellular juices, giving a fluffy texture without needing bread or flour. Divide into two compact patties.
3. **Sealed cooking:** Heat a griddle or ridged skillet over high heat. Brown the burgers for 3 minutes per side, achieving a caramelized outer sear with a pink, tender core.
4. **Assembly:** Place a roasted portobello cap as the base, set the hot burger on it, add the avocado slices, the drained red onion and a crown of fresh arugula. Cover with the second portobello as a lid.

Hormonal Biohack

- **For people with fatty liver or atherogenic dyslipidemia:** Mix 1 teaspoon of crushed whole mustard seeds into the ground meat; the glucosinolates stimulate the secretion of bile acids, helping to emulsify the ingested lipids.