

LMNT Electrolyte Gummies



Electrolytes, protein and healthy fats!

I love these gummies for clients going through chemotherapy; or others needing a quick snack or pre-workout energy. The electrolytes are the body's spark plug; and protein and fat help provide energy and support blood sugar balance. The glycine in the gelatin helps support rebuilding the gut lining and MCT oil helps bump up ketones and are calorically dense to support energy!

In a glass bowl add:

- .25 cup water
- 2 LMNT packets (whisk)
- 6 tbsp grassfed beef gelatin (whisk)
- 2 cups warm water (whisk)
- .25 cup MCT oil (whisk)
- add to a glass container (used 9x9)
- Refrigerate a few hours until solid. Cut in squares. Store in refrigerator.

Get Creative!

I've also added .25 cup of apple cider vinegar for additional digestion and blood sugar support! You can change out 1 of the cups of water for 1 cup coconut milk to add extra calories if needed.

Nutrition Facts

Per serving (makes 6):

- Cals: 122
- Fat: 10g
- Carb: 0
- Protein: 10g



Disclaimer: this is not medical advice. Check with your doctor before implementing new dietary and supplement changes.

remissionnutrition.com

Coconut Pancakes



Metabolic-Friendly Pancakes!

Sometimes you just crave a pancake! These are full of healthy fiber, fats and protein to support blood sugar levels, while providing balanced energy. Coconut flour is easy to digest and supports loose stools that can be a part of a cancer treatment journey.

Coconut pancakes with homemade jam

- 1 tbsp coconut oil
- 1 cup of coconut flour
- 1 serving bone broth protein powder (like Paleo Valley)
- 8 eggs
- 1/4 cup avocado oil

Melt coconut oil in a large skillet over medium heat. In a bowl, combine coconut flour, protein powder, eggs, and avocado oil. Mix well. The batter will be very thick. Scoop out 1/4 cup and form into small balls. Drop them into the pan and press down gently to form pancakes. Cook for 2-3 minutes on each side. Top with homemade blueberry and strawberry jam; full fat, no sugar added coconut yogurt; or a few dark chocolate chips and pumpkin seeds.

Homemade blueberry and strawberry jam

- 1 cup of diced strawberries
- 1/2 cup of blueberries

Put into a pot and put on low. Bring to a gentle simmer for 15 minutes. For extra fiber, add 2 tbsp of chia seeds during cooling.

