PRIMAL FUEL
RECIPE BOOK

OVER 20 DELICIOUS ENERGIZING RECIPES FOR WEIGHT LOSS
Primal Fuel is one of my favorite creations because unlike most other protein powders, it actually tastes great with nothing but water. I’m not a big breakfast guy, so pretty much every morning I gear up with a creative, nutritious blend of Primal Fuel. Some days I stick with the basics and simply add 1-2 scoops of chocolate or vanilla fuel to 8 ounces of ice-cold water. But typically I like to turn my shake into a veritable flavor feast by adding raspberries, bananas, mangos—there’s just no end to the tasty ingredients you can try! My daughter Devyn has even come up with a Primal Fuel Pancake recipe that rocks.

What I’ve discovered with all my blending is that getting your health on track can be fun and easy—especially with this perfect Primal/Paleo meal that helps you lose weight while maintaining lean muscle mass...beat hunger with satisfying, healthy fat...and satisfy your taste buds with all-natural, creamy and delicious ingredients.

This Primal Fuel Recipes booklet features 21 scrumptious Primal Fuel concoctions that elevate low-carb eating to maximum satisfaction. I hope you enjoy these convenient, timesaving and delectable recipes as much as I do! Once you’ve started experimenting, I’m certain you’ll come up with masterpieces of your own. If you do, please share them with me and our Primal community by posting your favorites at Mark’s Daily Apple.

Until then, let the taste testing begin!

MARK SISSON
AUTHOR OF THE PRIMAL BLUEPRINT
The recipes here combine additional healthy ingredients with a basic Primal Fuel smoothie to create a wide variety of shake flavors.

For a basic Primal Fuel smoothie, shake or blend 2 scoops (44 g) of Primal Fuel with 1 - 1 ¼ cups of cold water, or ½ cup ice (about 5 ice cubes) and ½ cup of cold water.

For all recipes with a stir icon, simply shake or stir the ingredients together.

The ingredients in recipes with a blend icon will have a better consistency if mixed in a blender.

PRO-TIP
Make your smoothies thick and rich by swapping out the 1-1 ¼ cups cold water for ½ cup ice and ½ cup cold water.
Raspberries are the perfect blend of sweet and tangy, and are actually quite low in sugar. They're loaded with soluble fiber, excellent food for your gut flora to ferment into short chain fatty acids. They also have vitamin C, manganese and an antioxidant called ellagic acid. Cheers to your health!
BANANA BREAD
2 scoops (44 g) Chocolate Coconut Primal Fuel
1 - 1 ¼ cups cold water (or ½ cup ice and ½ cup cold water)
½ frozen or fresh banana
½ teaspoon cinnamon

GREENS
2 scoops (44 g) Chocolate Coconut Primal Fuel
1 - 1 ¼ cups cold water (or ½ cup ice and ½ cup cold water)
½ cup spinach
HAWAIIAN
2 scoops (44 g) Chocolate Coconut Primal Fuel
1 - 1¼ cups cold water (or ½ cup ice and ½ cup cold water)
2 tablespoons macadamia or almond nut butter
½ frozen or fresh banana

CHOCOLATE MINT
2 scoops (44 g) Chocolate Coconut Primal Fuel
1 - 1¼ cups cold water (or ½ cup ice and ½ cup cold water)
Small handful fresh mint leaves
HEART HEALTHY

2 scoops (44 g) Chocolate Coconut Primal Fuel
1 - 1 ¼ cups cold water (or ½ cup ice and ½ cup cold water)
½ an avocado

RICH AND CREAMY

2 scoops (44 g) Chocolate Coconut Primal Fuel
1 - 1 ¼ cups cold water (or ½ cup ice and ½ cup cold water)
½ cup whole fat plain yogurt
SPICY GINGER

2 scoops (44 g) Chocolate Coconut Primal Fuel
1 - 1¼ cups cold water (or ½ cup ice and ½ cup cold water)
1 tablespoon grated fresh ginger

MEXICAN CHOCOLATE

2 scoops (44 g) Chocolate Coconut Primal Fuel
1 - 1¼ cups cold water (or ½ cup ice and ½ cup cold water)
1 teaspoon vanilla extract
½ teaspoon cinnamon
¼ teaspoon chili powder
CHOCOLATE ALMOND

- 2 scoops (44 g) Chocolate Coconut Primal Fuel
- ½ cup almond milk
- ½ cup water or ½ cup ice
BLUEBERRY
2 scoops (44 g) Vanilla Coconut Primal Fuel
1 - 1¼ cups cold water (or ½ cup ice and ½ cup cold water)
¼ – ½ cup fresh or frozen blueberries

CREAMSICLE
2 scoops (44 g) Vanilla Coconut Primal Fuel
1 - 1¼ cups cold water (or ½ cup ice and ½ cup cold water)
1 tablespoon orange zest
CREAMY AVOCADO

2 scoops (44 g) Vanilla Coconut Primal Fuel
1 - 1¼ cups cold water (or ½ cup ice and ½ cup cold water)
½ an avocado
2 tablespoons cultured sour cream

PUMPKIN PIE

2 scoops (44 g) Vanilla Coconut Primal Fuel
1 - 1¼ cups cold water (or ½ cup ice and ½ cup cold water)
¾ cup canned or freshly roasted pureed pumpkin
½ teaspoon cinnamon or pumpkin pie spice
CREAMY ALMOND

2 scoops (44 g) Vanilla Coconut Primal Fuel
1 - 1¼ cups cold water (or ½ cup ice and ½ cup cold water)
2 tablespoons almond butter

VANILLA LATTE

2 scoops (44 g) Vanilla Coconut Primal Fuel
½ cup ice
½ cup coffee or espresso
BERRY GREEN

2 scoops (44 g) Vanilla Coconut Primal Fuel
1 - 1 ¼ cups cold water (or ½ cup ice and ½ cup cold water)
Small handful of greens like spinach, mache or kale
¼ cup mixed berries

EGG NOG

2 scoops (44 g) Vanilla Coconut Primal Fuel
1 - 1 ¼ cups cold water (or ½ cup ice and ½ cup cold water)
1 teaspoon cinnamon
¼ teaspoon nutmeg
1 raw organic cage-free egg yolk (optional)
VANILLA CHOCOLATE SWIRL

2 scoops (44 g) Vanilla Coconut Primal Fuel (or 1 scoop Vanilla Coconut Fuel plus 1 scoop Chocolate Coconut Fuel)
1 - 1 ¼ cups cold water (or ½ cup ice and ½ cup cold water)
1 tablespoon unsweetened cocoa powder

SPICED

2 scoops (44 g) Vanilla Coconut Primal Fuel
1 - 1 ¼ cups cold water (or ½ cup ice and ½ cup cold water)
¼ teaspoon turmeric
½ teaspoon cardamom
PRO-TIP

Mix things up! Try adding a handful of blueberries to the batter for an extra-special primal treat.

PANCAKES

2 scoops Vanilla Coconut Primal Fuel
1 whole (mashed banana)
1 egg
Dash of nutmeg and/or cinnamon
Coconut oil (for cooking)

DIRECTIONS

Mix ingredients together, starting with mashed banana. Add water, coconut water or coconut milk to the batter if it is too thick.

Next, melt coconut oil over medium heat in a griddle pan or skillet. Working in batches, pour or ladle the pancake batter onto the griddle. Let the pancake cook about 2 minutes a side or until browned.
HIGH ON PROTEIN, LOW ON SUGAR

Low Carb Meal Replacement Shake

- 20 Grams of the Highest Biological Value Protein Per Serving
- 9 Grams Of Delicious Fat From Coconut
- Under 2 Grams of Sugar and No HFCS
- 6 Grams of Prebiotic Fiber

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