

Extra Calorie Options

Gut Friendly Hot Chocolate:

<https://jacobthurston.com/wp-content/uploads/2021/04/Gut-Friendly-Hot-Chocolate.pdf>



Gut Friendly Hot Chocolate:

Warming Golden Milk:

<https://jacobthurston.com/wp-content/uploads/2021/04/Warming-Golden-Milk-.pdf>



Warming Golden Milk

Extra Calorie Options

Silk Chocolate Pudding:

<https://jacobthurston.com/wp-content/uploads/2021/04/Delectably-Divine-Chocolate-Pudding-.pdf>



Silk Chocolate Pudding

No-Bake Chocolate Macadamia Cookies:

<https://jacobthurston.com/wp-content/uploads/2021/04/No-Bake-Macadamia-Nut-Cookies-.pdf>



No-Bake Chocolate Macadamia Cookies

Extra Calorie Options

Chocolate Coconut Fudge

<https://jacobthurston.com/wp-content/uploads/2021/04/Dark-Chocolate-Coconut-Fudge.pdf>



Organic Macadamia Nuts (don't exceed 1/2 cup per day)

<https://nuts.com/nuts/macadamianuts/organic/8oz.html>

Organic Olives (in glass jar and Non-GMO oils - stored in water and vinegar or olive oil is best) - Asaro is a great brand!

<https://bit.ly/3gpBKWW>

(scroll down)

Extra Calorie Options

Silk Smooth Raw Chocolate Shake

<https://jacobthurston.com/wp-content/uploads/2020/11/DF-Silky-Smooth-Raw-Chocolate-Shake-.pdf>



Creamy Cinnamon Roll Shake

<https://jacobthurston.com/wp-content/uploads/2020/11/DF-Creamy-Cinnamon-Roll-Shake-.pdf>



Extra Calorie Options

Chocolate Superfood Shake

<https://jacobthurston.com/wp-content/uploads/2020/11/DF-Chocolate-Superfood-Shake.pdf>



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