CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Bulletproof Lamb Curry

High-Fat Recovery & Ketogenic Support

www.consciousrewire.com

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High-Fat Recovery & Ketogenic Support

What This Supports

Supports higher-fat energy intake and recovery nutrition.

Why It Works

Lamb provides protein and iron, while coconut cream and oils contribute fats for sustained energy.

Ingredients

Lamb Curry

Curry base:

3 red chillies

1 stalk lemongrass, white part only

1 inch piece fresh ginger, peeled

1 shallot

1 tsp coriander

1 tbsp cumin

1 red bell pepper

1 tbsp like juice

1 small bunch cilantro

1/4 bunch mint

1 cup basil leaves

Blended in a food processor

Lightly brown 1 lb lamb stew meat in 1 tbsp grass fed ghee.

Heat the curry base in the meat pan with 1 more tbsp ghee. Add half can coconut cream after 3-4 minutes and simmer on low for another 10

Heat 1 tbsp brain octane oil in a separate pan. Add in previously coloured lamb and deepen the colour on low until lamb is cooked to medium rare

Once meat is cooked add it into the curry base. Stir in remaining coconut cream, plus:

/2 cup chicken broth

shredded small cauliflower

bunch shredded broccoli

/2 cup leftover shredded carrot

Simmer for few minutes

Place on top leftover rice warmed in a pan with grassfed butter

Top with olive oil and salt

Directions

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Heat 1 tbsp brain octane oil in a separate pan. Add in previously coloured lamb and deepen the colour on low until lamb is cooked to medium rare

Once meat is cooked add it into the curry base. Stir in remaining coconut cream, plus:

Simmer for few minutes

Best Use

Best suited for low-carbohydrate or higher-fat days.

Food Notes & Safety

Cook lamb thoroughly and handle fats carefully.

Storage & Reheating

Refrigerate up to three days or freeze.