

## PrimalKind DIY Recipe

As a massive thank you to all the amazing people that have helped support PrimalKind over the years & supported me through my treatment, please find below a DIY recipe for PrimalKind.

While I've tried to create the DIY recipe as close as possible to the actual PrimalKind recipe, I've had to change it to enable individuals to source suitable ingredients, essentially making it an integrative recipe, utilising the best of both natural ingredients & science based nutrition.

Please feel free to change the recipe to suit your individual preferences. I've also added some comments below to hopefully help provide additional information & options.

In complete understanding, I have added affiliate links for both Amazon & iHerb, which can potentially help me receive a small commission if you make a purchase when clicking the link.

The affiliate links help show you the ingredients I would personally select & could potentially help towards my future treatments.

I really appreciate your help & I hope to help others by sharing this information.

PrimalKind Ingredients	Him Natural	Him Cacao	Her Natural	Her Cacao	Type	Amazon US	iHerb	Australian Supplier
Macadamia Nut Meal (Size S8)	185	185	88	88	g	<a href="#">Amazon</a>	<a href="#">iHerb</a>	<a href="http://www.macnut.com.au">http://www.macnut.com.au</a>
Pumpkin Seed Meal (Protein)	106	106	80	80	g	<a href="#">Amazon</a>	<a href="#">iHerb</a>	<a href="https://pepofarms.com.au">https://pepofarms.com.au</a>
Coconut Flour	29	20	29	25	g	<a href="#">Amazon</a>	<a href="#">iHerb</a>	<a href="https://www.goodness.com.au">https://www.goodness.com.au</a>
Cacao Powder	0	16	0	10	g	<a href="#">Amazon</a>	<a href="#">iHerb</a>	<a href="https://www.goodness.com.au">https://www.goodness.com.au</a>
Baobab Powder	1	1	8	4	g	<a href="#">Amazon</a>	<a href="#">iHerb</a>	<a href="https://www.goodness.com.au">https://www.goodness.com.au</a>
Himalayan Rock Salt	1	1	1	1	g	<a href="#">Amazon</a>	<a href="#">iHerb</a>	<a href="https://www.goodness.com.au">https://www.goodness.com.au</a>
Potassium Gluconate	10	10	7	7	g	<a href="#">Amazon</a>	<a href="#">iHerb</a>	.
GreenCalcium (Aquamin F)	2.5	2.5	2.5	2.5	g	<a href="#">Amazon</a>	<a href="#">iHerb</a>	<a href="https://greennutritionals.com.au">https://greennutritionals.com.au</a>
Monk Fruit Powder	2	2	2	2	g	<a href="#">Amazon</a>	<a href="#">iHerb</a>	.
Cordyceps Powder	2	2	2	2	g	<a href="#">Amazon</a>	<a href="#">iHerb</a>	.
Lions Mane Powder	2	2	2	2	g	<a href="#">Amazon</a>	<a href="#">iHerb</a>	.
Dr's Best, Natural Vitamin K2 MK-7	1	1	1	1	c	<a href="#">Amazon</a>	<a href="#">iHerb</a>	.
Dr's Best, Natural Brain Enhancers	4	4	2	2	c	<a href="#">Amazon</a>	<a href="#">iHerb</a>	.
Dr's Best, Active Folate / Quatrefolic	1	1	1	1	c	<a href="#">Amazon</a>	<a href="#">iHerb</a>	.
GOL MyKind Org Mens Multi	1	1	0	0	t	<a href="#">Amazon</a>	<a href="#">iHerb</a>	.
GOL MyKind Org Womens Multi	0	0	1	1	t	<a href="#">Amazon</a>	<a href="#">iHerb</a>	.
Nutra-Life Triple Strength Omega 3	4	4	4	4	c	N/A	N/A	<a href="https://www.chemistwarehouse.com.au">https://www.chemistwarehouse.com.au</a>

Nutrition (approximate averages)	Him Natural	Him Cacao	Her Natural	Her Cacao	Type
Calories	2000	2000	1200	1200	kcal
Total Fat	182	178	105	104	g
- Saturated Fat	38	34	28	26	g
- Monounsaturated Fat	117	117	58	58	g
- Polyunsaturated Fat	18	18	12	12	g
- Trans Fat	0	0	0	0	g
Total Carbohydrates	34	37	26	26	g
- Dietary Fiber	33	36	25	25	g
- Total Sugar	13	12	9	8	g
- Added Sugar	0	0	0	0	g
Protein	72	75	50	52	g

Comments	
Macadamia Nut Meal (Size S8)	Makes 4 serves, or can divide mixture equally into less serves
Pumpkin Seed Meal (Protein)	Finer MacNut Meal blends better, or can use any combination of Avocado, Avo Oil, MacNut Oil, Nut Butters, Cacao Butter, Coconut Cream, Pure Cream, etc
Coconut Flour	I found Pepofarms Pumkin Seed Meal blends better than any other brand
Cacao Powder	Look for the finest ground flour
Baobab Powder	Add more or less to suit your personal flavour preferences.
Himalayan Rock Salt	Optional for PrimalKind for Him
Potassium Gluconate	Or Sea Salt
GreenCalcium (Aquamin F)	Potassium Gluconate preferred for it's neutral taste
Monk Fruit Powder	Aquamin F brand preferred, or other CoralCalcium products
Cordyceps Powder	Optional, or use another sweetener
Lions Mane Powder	Optional
Dr's Best, Natural Vitamin K2 MK-7	Optional
Dr's Best, Natural Brain Enhancers	Empty capsule into mix, or take capsule with shake
Dr's Best, Active Folate / Quatrefolic	Empty capsule into mix, or take capsule with shake
GOL KIND Org M/W Multi	Empty capsule into mix, or take capsule with shake
Nutra-Life Triple Strength Omega 3	Take tablet with shake, or crush tablet into mix.
	Take capsule with shake

### Instructions

1. Combine dry ingredients into a container, seal container & shake to create an even mixture.
2. Divide mixture (by weight) into 4 equal serves
3. Add 200ml of cold water into a blender with 1 serve of PrimalKind and blend on high for 30 seconds
4. Add additional (0 to 250ml) water into a blender and blend on high for 10 to 30 seconds (to create your preferred consistency)
5. Pour into a glass to drink straight away or seal in a shaker bottle and store in the fridge to drink later