



WHY YOU NEED FATS IN YOUR DIET

AND HOW TO GET THEM WITH THESE 10 RECIPES





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WHY YOU NEED FATS IN YOUR DIET

Finally, we're starting to venture out of the Fat-Free Boom that started as a result of the 1977 McGovern Report, the driving force behind the first set of U.S. Dietary Guidelines, stating that too much fat in the diet can be linked directly to heart disease. While the intention to decrease the prevalence of chronic disease was sound, this waged a 30-plus year war on dietary fat. Fat-free and low-fat foods began popping up in every grocery store. It's no wonder why the association between fat and disease became conditioned in the Western diet. Fast forward to 2017, the public is starting to understand that fats are an essential part of the human diet. Fat provides energy, especially in the absence of carbohydrates. They also help with the absorption of nutrients, increase protein utilization, regulate certain hormones, and are especially vital for pregnant and lactating mothers.

"You've got to reverse your idea about fat. That's the biggest mistake people make. They reach for that non-fat-mother-fucking yogurt and the skim milk latte. Skim milk? You mean just the milk sugar? They might as well say, 'can I get the lactose latte?' The only good part in there, after the pasteurization part neutralizes most of the nutrients, is the fat," said Aubrey Marcus, CEO and Founder of Onnit Labs. "People are doing it backwards. You're spiking your insulin response with all that lactose, and subsequently not allowing an appropriate leptin response you're looking for to signal satiation. Reversing that sugar-is-better-than-fat mentality, and flipping it. Fat is more important than sugar."

The confusion comes largely from determining what's the difference between a good fat and a bad fat. It's important to be able to fuel your body with the best fats, so let's review how to differentiate. Ideally, you want the majority of your fat intake to come from good sources of monounsaturated and polyunsaturated fat sources. A small portion should come from saturated and cholesterol fats, while trans fats should be avoided all together. We built the list below to help you determine good versus bad fat sources.

THE TYPES OF FATS YOU SHOULD INCLUDE

- **Monounsaturated fats (MUFA):** *Think Mediterranean diet. You can easily spot them because they're liquid at room temperature. The discovery of the benefits from MUFAs came in the Seven Countries Study in the 1960s. It demonstrated that the Mediterranean people had a lower incidence of heart disease despite having a high fat diet. Below are some of the highest dietary sources of MUFA:*

- Avocado
- Avocado oil
- Olives
- Olive oil, extra virgin (unrefined)
- Nuts:
 - Macadamia nuts
 - Hazelnuts
 - Almonds
 - Peanuts
 - Pecans

- **Polyunsaturated fats (PUFA):** *Primarily plant-based fat sources and certain fish species. Omega-3 fatty acids, specifically EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), have been shown to protect the heart of people who have had heart disease or have a risk of cardiovascular diseases. While the ones we list are the ones you should definitely be including in your diet on a weekly basis, at least, there are plenty of PUFAs that should be avoided entirely. Limit your consumption of Omega-6 fatty acids, in order to improve the Omega-3: Omega-6 fatty acids ratio in your diet. High consumption of Omega 6 with a low consumption of Omega 3 has shown to greatly increase the risk of heart disease. Ideal food sources PUFA include:*

- Fish
 - Salmon, ideally wild or sustainably raised
 - Sardines
 - Trout
 - Mackerel
 - Cod liver oil
- Seeds (and some nuts)
 - Walnuts
 - Flax seeds, (must be ground for your body to absorb nutrients)
 - Sunflower seeds
 - Chia seeds
 - Pumpkin seeds
 - Sesame seeds

- **Saturated fats:** *Primarily from animal fats, eggs, dairy, coconut, and varying amounts in nuts. Generally speaking, you can easily pinpoint a saturated fat by its state in room temperature; saturated fats solidify at room temperature. Think coconut oil, butter, and lard.*

- **Animal fats**

- *Red meat; i.e., beef & bison*
- *Poultry; i.e., chicken & turkey (the darker meat is has more fat)*
 - *Uncured, nitrate-free bacon & sausage*
- *Wild game; i.e., wild boar & venison*
- *Pork; including:*
 - *Uncured, nitrate-free bacon & sausage*
- *Lard*
- *Beef Tallow*
 - Note: limit processed meats; i.e., Bacon, sausage, salami, deli meats. When purchasing, look for uncured and nitrate-free processed meats.*

- **Animal byproducts**

- *Whole milk, derived from pasture-raised cow or goat milk*
- *Butter, derived from pasture-raised/grass-fed cows*
- *Ghee, derived from pasture-raised/grass-fed cows*
- *Yogurt, derived from whole-milk, pasture-raised/grass-fed cows*
- *Cream, derived from pasture-raised/grass-fed cows*
- *Cheese, preferably raw*
- *Eggs, preferably from pasture-raised chickens*

- **Coconut**

- *Coconut meat, coconut oil*
- *Cocoa butter*

- **Nuts**

- *Brazil nuts (highest source of saturated fat; also one of the highest sources of Selenium)*
- *Pilnuts*
- *Macadamia nuts*

- **Medium Chain Triglycerides (MCTs):** *Naturally found in coconut oil (highest dietary source)*

- *butter*
- *ghee*
- *yogurt*
 - Note: Look for MCT oil derived from coconut oil only*
 - Note: Stay away from MCT Oil derived from palm oil*

- **Cholesterol:** *Found in animal tissues*

- *Egg yolks*
- *Shellfish; including, prawns, lobster*
- *Animal organs; including, liver, kidney, heart*
- *Animal fats; including, butter, ghee, lard derived from a grass-fed cow*

Fat Ingredient Included in Recipe: Avocado & Egg Yolk
Both of the following recipes incorporate a potent dose of monounsaturated fats and cholesterol.



01. AVOCADO OIL MAYONNAISE

Recipe contributed from [Vital Farms](#)



**YIELDS
1/2 CUP**



**COOK TIME
5 MINS.**



**DIFFICULTY
EASY**

THE INGREDIENTS

- 1 pasture-raised egg
- 1 tsp. dijon mustard
- 1 tsp. fresh lemon juice
- ½ tsp. salt
- Pepper, to taste
- 1 tsp. white vinegar
- ½ cup avocado oil, preferably unrefined

COOKING DIRECTIONS

1. Separate the yolk from the egg whites.
2. Place egg yolk in a mixing bowl.
3. Add remaining ingredients, except for the avocado oil, and gently whisk together.
4. Slowly add the avocado oil, while whisking into mixture, until it forms an emulsion. Use with your favorite dishes in place of store-bought mayonnaise.

02. BAKED EGG IN AVOCADO

Recipe contributed from [Vital Farms](#)



**YIELDS
1 SERVINGS**



**COOK TIME
15-20 MINS.**



**DIFFICULTY
EASY**

THE INGREDIENTS

- 1 large avocado
- 2 large Vital Farms Pasture-Raised Eggs
- Himalayan salt & pepper, to taste
- Red chili flakes (optional)

COOKING DIRECTIONS

1. Preheat oven to 425° Fahrenheit.
2. Slice avocado in half and remove pit. Scoop out extra avocado flesh to make a reservoir for egg yolk and white.
3. Crack open egg and gently separate the yolk from the egg white. Reserve white in a small cup and set aside.
4. Gently drop yolk into the scooped out portion of the avocado and season with salt and pepper. Pour reserved egg white around the yolk, filling the reservoir. Season with salt, pepper, and chili flakes.
5. Place avocado on baking sheet and bake in oven for 20 minutes, until whites are set. (For runnier yolks, bake for 15 minutes). Enjoy with a slice of whole-grain toast and a generous dollop of your favorite salsa.

03. AVOCADO PUDDING



**YIELDS
5 SERVINGS**



**COOK TIME
20 MINUTES.**



**DIFFICULTY
EASY**

THE INGREDIENTS

- 4 ripe Hass avocados
- 1/4 cup unsweetened non-dairy milk
- 5 tbsp. cacao powder
- 2 tsp. vanilla extract
- 1/4 tsp. Himalayan salt
- 1 bar Eating Evolved Primal Chocolate Signature Dark bar,
- 1/4 cup organic, pure maple syrup
- 1/4 tsp. ground cinnamon
- 2 tbsp. canned coconut cream or

COOKING DIRECTIONS

1. Cut avocados in half and remove the pits. Scoop the avocado flesh from each half into the food processor or a blender. Make sure to remove the little stem at the end of the avocado; it's not edible.
2. Add all ingredients (except the melted chocolate) to the food processor or blender.
3. Then, break the chocolate bar into small pieces, and place in a microwave-safe bowl. Microwave on high at 40-second intervals until the chocolate melts, about 2 minutes. Remove the chocolate from the microwave and stir well until smooth and free of clumps. Then add the melted chocolate to avocado mixture. Pulse for an additional 30 to 45 seconds.
4. Add about 1/2 cup of the pudding to serving bowls. Cover with plastic wrap and chill for at least 20 to 30 minutes before servings. For the best taste, keep in an air-sealed container for up to 2 days in the fridge. You can serve with a dollop of coconut whipped cream, cacao nibs, chopped nuts, and/or a fresh mint leaf for garnish.



Fat Ingredient: Nuts & Seeds

The following recipes include a variety of nuts and seeds, thereby, incorporating multiple types of important fats.

Almonds, peanuts, walnuts, cashews, and coconuts, which are technically tree nuts, as well as, chia seeds, flax seeds and hemp seeds (in Hemp Force plant-based protein powder).

03. BREW CHATA

Recipe featured at the [Onnit Cafe & Smoothie Bar](#).



**YIELDS
1 SHAKE**



**COOK TIME
5 MIN.**



**DIFFICULTY
VERY EASY**

THE INGREDIENTS

- 1 scoop Hemp Force vanill-acai
- ½ scoop Whey grass-fed protein isolate
- 1 banana, frozen
- 3-4 pitted dates
- 2 oz. raw almonds
- 1 tbsp. MCT oil
- 1 tsp. ground cinnamon
- 8 oz. cold-brew coffee
- 8 oz. unsweetened almond milk
- 1 ½ cups ice

COOKING DIRECTIONS

1. Blend and serve.

Tip: Cut down on the sweetness, add 1-2 dates only.

04. BRAZILIAN BOMB

Recipe featured at the [Onnit Cafe & Smoothie Bar](#).



**YIELDS
1 SHAKE**



**COOK TIME
5 MIN.**



**DIFFICULTY
VERY EASY**

THE INGREDIENTS

- 1 scoop Whey grass-fed protein isolate
- 1 frozen organic acai packet
- 1 banana, frozen
- 1 tsp. chia seeds
- 1 tbsp. unsweetened coconut flakes
- 2 tbsp. peanut butter
- 8 oz. organic almond milk
- 8 oz. organic apple juice
- ½ scoop ice

COOKING DIRECTIONS

1. Blend and serve.

TIP: Cut down on the sugar content, make sure to look for the unsweetened acai packets. Many brands add Guarana, which is a fancy name for sugar, to the acai for sweetness. The apple juice adds just enough sweet to make a traditional acai bowl into a drinkable nutrient-dense concoction.

05. CHOCONUT JOY

Recipe featured at the [Onnit Cafe & Smoothie Bar](#).



**YIELDS
1 SHAKE**



**COOK TIME
5 MIN.**



**DIFFICULTY
VERY EASY**

THE INGREDIENTS

- ½ scoop of Whey grass-fed protein isolate
- 1 scoop Hemp Force Active, chocolate
- 2 scoops Recovery Protein
- 1 banana, frozen
- 2 tbsp. Walnut Almond Cashew (WAC) butter
- 1 tsp. colostrum
- 1 tsp. raw, unfiltered honey
- ½ tsp. Himalayan salt
- 16 oz. unsweetened coconut milk
- 1 ½ scoop ice

COOKING DIRECTIONS

1. Blend and serve.

TIP: Switch it up! Make a nutty vanilla version of this shake by replacing the Hemp Force Active with our Hemp Force vanill-acai.concoction.



Fat Ingredient: Butter & Ghee

Butter isn't necessarily labeled as a health food, but just like animals "In terms of the nutritional profile, grass-fed butter typically has more omega-3 and vitamin K2 compared to conventional butter," says Teresa Day, Vital Farms brand manager. "Our small herds of contented cows are raised by experienced American family farmers on well-managed lands. They are free to graze every day and provide us with a high quality, rich, high-fat milk that is the perfect starting ingredient for the very best butter. And that's before our butter makers get their hands on it!"

06. OH-EM-GHEE

HEALTHY FAT INGREDIENT: *Butter or Ghee derived from grass-fed cows.*

Butter isn't necessarily labeled as a health food, but just like animals "In terms of the nutritional profile, grass-fed butter typically has more omega-3 and vitamin K2 compared to conventional butter," says Teresa Day, Vital Farms brand manager. "Our small herds of contented cows are raised by experienced American family farmers on well-managed lands. They are free to graze every day and provide us with a high quality, rich, high-fat milk that is the perfect starting ingredient for the very best butter. And that's before our butter makers get their hands on it!"



THE INGREDIENTS

- 2 sticks Vital Farms unsalted butter

COOKING DIRECTIONS

1. Cut two sticks of butter into cubes.
2. Place cubes in a small saucepan over medium heat. Stir until the butter melts completely. Bring to a boil, and then lower heat to simmering.
3. Foam will rise to the top of the butter and milk solids will fall to the bottom of the pan (skim if desired). Continue to simmer until it turns clear and golden brown.
4. Allow the ghee to cool slightly, and then pour through a cheesecloth-lined strainer into a clean, airtight container. Store in a cool, dry place or refrigerator.



**YIELDS
3/4 CUP**



**COOK TIME
15 MIN.**



**DIFFICULTY
EASY**



Fat Ingredient: MCT oil

Our MCT is harvested from 100% coconuts, and processed for purity. Unlike most other brands that harvest MCT's from palm oil, (a much cheaper and environmentally taxing source), by using pure coconut oil we also deliver approximately 30% Lauric Acid, an important form of MCT that acts as a slower burning fuel source. This is an excellent complement to the faster burning C8 and C10 chains (38% and 31% respectively), allowing for a longer energy curve and an optimized digestive experience. In addition, Lauric Acid is a raw source material for the production of monolaurin, a potent immune system benefactor. Monolaurin is actually found naturally occurring in human breast milk, and is particularly beneficial to helping maintain optimal gut health.

07. OPTIMIZED COFFEE

Recipe featured at the [Onnit Cafe & Smoothie Bar](#).



YIELDS
16 OZ. SHAKE



COOK TIME
5 MIN.



DIFFICULTY
VERY EASY

THE INGREDIENTS

- 8-12 oz. fresh-brewed Dark Roast Arabica coffee
- 1 tbsp. MCT oil
- ½ tbsp. grass-fed butter
- 1 scoop Hemp Force, vanill-acai

COOKING DIRECTIONS

1. Add 1 tbsp. MCT oil to the fresh-brewed coffee. (If this is your first time trying MCT oil, start with 1 tsp. and work your way up over the following days.) Add ½ tbsp. grass-fed butter (or ghee for the Paleo-friendly version). Add one scoop of Hemp Force, vanill-acai.
2. Mix in blender for 20 to 30 seconds, until it's creamy and frothy on top. Sprinkle with cinnamon if desired.

08. BURN-FAT-A-LATTE

Recipe featured at the [Onnit Cafe & Smoothie Bar](#).



**YIELDS
12-OUNCE**



**COOK TIME
5 MIN.**



**DIFFICULTY
VERY EASY**

THE INGREDIENTS

- 12 oz. fresh-brewed Dark Roast Arabica coffee
- 1 tbsp. MCT oil
- ½-1 tbsp. grass-fed butter
- 1 tbsp. Walnut Almond Cashew butter
- 1 scoop Hemp Force, vanill-acai
- ½ tsp. ground cinnamon

COOKING DIRECTIONS

1. Add 1 tbsp. MCT oil to the fresh-brewed coffee. (If this is your first time trying MCT oil, start with 1 tsp. and work your way up over the following days.) Add 1 tbsp. grass-fed butter (or ghee for the Paleo-friendly version). Add one scoop of Hemp Force, vanill-acai.
2. Mix in blender for 20 to 30 seconds, until it's creamy and frothy on top. Sprinkle with cinnamon if desired.

09. COCO CHIA PUDDING



**YIELDS
2 PUDDINGS**



**COOK TIME
15 – 30 MIN.**



**DIFFICULTY
VERY EASY**

THE INGREDIENTS

- 3 tbsp. chia seeds
- ¾ cup coconut milk
- 1 tbsp. coconut emulsified MCT oil
- 2 tsp. maple syrup or raw honey
- 2 tbsp. toasted unsweetened coconut flakes
- Dash of cinnamon

COOKING DIRECTIONS

1. Add all ingredients together in a small bowl. Keep in fridge for at least 20 to 30 minutes to allow the chia seeds to expand, soften and absorb the liquid to form a pudding-like consistency. Top with additional coconut flakes, cacao nibs, nuts, or fresh fruit if desired.

TIP: Chia seed pudding is a great option for a primal dessert without using any dairy, processed sugar or preservatives. By adding emulsified MCT oil, this omega-3-rich pudding got just optimized.

ABOUT THE AUTHOR



Liv Langdon is the on-site Nutrition and Food Manager at Onnit. With a B.S. in journalism and a minor in business administration from the University of Florida, she contributes research-supported articles and educational recipe ebooks. A former personal chef, she translates her skills in the kitchen to recipe development, food styling, and built the organic, locally sourced menu for the Onnit Cafe & Smoothie Bar and Food Truck. Her knowledge and experience in holistic nutrition has allowed her to cook and support some of our professional and collegiate athletes. She has previously worked as an online diet & lifestyle coach, nutrition consultant, personal chef, freelance journalist, and corporate sales director for a fresh meal delivery service. She has been a guest on the Total Human Optimization podcast and the Touching Base podcast. You can find her work in Men's Fitness Magazine, Born Fitness, and is publishing her first cookbook this summer.