**Keto Coconut Probiotic Ceviche**

Reading The Wahls Protocol and being an inventive individual, the desire arose to design the perfect template for Wahls Paleo Plus, the ‘more advanced,’ ketogenic form of her dietary therapy. The intent was to create a template meal that hit the highest possible marks on all Wahls *and* Healing Protocol levels (protocols which are largely the same), creating a meal that not only helped induce or maintain nutritional ketosis but, in connection, was highly satiating (filling for a long time), micronutrient dense, was based upon the healthiest, cleanest possible protein, was raw (thus non-immunologically-triggering and fully nutritionally intact) and also contained foods that qualified as probiotic and medicinal. The result is an overlap of several other strategies listed in The Healing Protocol: Keto Coconut Probiotic Ceviche. Personally, this meal template has become the foundation of my own Healing Protocol, constituting at least one meal per day, and I wholeheartedly recommend that it serve the same for you.

You’ll need a food processor and a large bowl. Step one, a half hour to an hour before eating:

(1) place half to a whole can of full fat coconut milk and a little water in the food processor and mix in some chia seeds so they can soak and form their long-filling gel (note that, in lieu of coconut milk, a combination of avocado and olive oil can be used, both in terms of mixing up the taste profile of this strategy, and in terms of concerns over including too much saturated fat for those at risk, per Wahls)

(2) remove the skin from a piece of *wild* fish, if your fish has the skin attached (noting also that Wahls doesn’t seem to make the distinction between wild and wild *caught*, and they’re not the same - food manufacturers don’t use any labels accidentally, and they’re largely used to mislead and manipulate the assumptions and ignorance of the consumer, in this case turning you away from the fact that wild caught isn’t truly wild) – don’t toss the skin, as it’s full of the best fat - cook on low separately and consume) – cut the fish into bite-sized pieces and place in the large bowl. Also cut up some sulfur-rich veggies, like onions, garlic etc., and place in bowl with fish. Pour Apple Cider Vinegar (the probiotic component) into the bowl, and possibly squeeze-in some citrus and mix-in some coconut aminos as well, until the fish is entirely submerged. Note that if you’re working with pre-cooked (and possibly canned) fish, you can mix in the ACV anyway (despite the fact that it’s not technically needed to acid cook anything) and/or exchange it in whole or in part for probiotic coconut yogurt like Coco-Yo.

Leave both the chia and coconut milk and the ‘acid-cooking’ fish for half an hour to an hour in order both to render the chia gel and to acid-cook the seafood (and reduce the ‘punch’ of the sulfur veggies).

At the end of that 30-60 minutes, dice up a mix of raw, organic, low-glycemic vegetables (and possibly fruit as well), focusing on nutrient density and variety, as well as foods considered medicinal (my go-to trio is raw ginger, turmeric and rosemary), with salt and additional spices added for taste, and throw these into the food processor along with the soaking chia and coconut milk mix. Process this, then mix into the bowl with the vinegar/citrus-cooked fish and sulfur-rich veggies. Enjoy. For additional probiotic, gut-enriching benefits, mix another probiotic food like kimchi or sauerkraut into the final product.

I find this strategy to not only hit the highest aforementioned marks across all the most critical fronts for both Wahls Paleo Plus and The Healing Protocol, but also to be incredibly delicious, satisfying and conducive to variety, as the assortment of nutrient-dense raw foods that can be incorporated is vast.