



## Base Mess Hall Menu



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## **MCT Rank**

When following the recipes from the Battle Brew Mess Hall your level of MCT that should be added will be in accordance with your rank. We highly suggest you do not try jump a rank till fully acclimatised.

### **Rankings:**

#### **The Rookie**

Rookies need to take it slow and learn the ropes before jumping into combat. When using MCTs Rookies need to start off with a dose they can handle and train their bodies to handle higher doses of MCTs before moving up the ranks.

The head chef recommends Rookies start off with max half a tablespoon of MCTs for 7 to 10 days and then work their way up to the Rank of Cadet.

#### **The Cadet**

Cadets are well on their way up the MCT ranking and can easily handle 1 tbs of MCT at a time but are spending a week to 10 days working their way up to the Rank of Private.

#### **The Private**

Privates are fully acclimatised to MCTs and can easily handle 2 to three tablespoons but should never forget that MCTs are very powerful and even battle hardened troops can only handle a small amount.

## **Guide to Terminology**

Everyone knows how the military likes its abbreviations and acronyms so we thought we would cover the ones that will be used most frequently in this document.

Tsp    Teaspoon

Tbsp    Tablespoon

C        Cup

ml        Millilitre

L        Litre

mg        Milligrams

G        Grams

kg        Kilograms

LCF     Long Chain Fat

MCT     Medium Chain Triglyceride

SGT     Sergeant

## MCT Mission Strategy

Different missions have different objectives and when it comes to MCTs they are a very versatile fuel and can be used differently depending on what the desired outcome is. Aside from the potential health benefits, MCTs promote thermogenesis and the production of ketones which can be very beneficial if used correctly. Each recipe will include the Acronym for which strategy we recommend will benefit from it.

Regardless of which strategy suites you, your body will experience some form of thermogenesis and a metabolic increase.

### Basic Training - BT

Cadets undergoing basic training are usually focussed on getting fit and shedding those few extra pounds that make a morning run with the SGT living hell. The main goal here is to keep that sluggish metabolism running at peak efficiency and the best way to do that is to take your daily MCTs in 3 or 4 doses during the day.

The strategy is to give your body enough MCT to get your metabolism fired up and give you energy but not enough to keep you fully fueled so that your body will need to go to its fat reserves for a top up. This means essentially MCTs on their own with no LCFs to act as added fuel.

### Strategy Sessions – ST

We all know how strategy sessions can be mentally exhausting, for this we want ketone production more than energy so we are breaking the MCT allocation up into ideally 2 doses, one in the morning and one just before lunch time. This can be combined with Shock and Awe for extra energy if you are going to be extremely physically active.

### Shock and Awe – SA

Shock and Awe is when you need to start performing from the word go and maintain a high intensity for a few hours. This is ideal for those undergoing intense training and those who re intermittent fasting and need fuel to keep them going. The strategy here is a full load of MCTs to propel your body into action combines with LCFs to keep fuelling your body.

## Equipment

To make most of the recipes you will need:

- A powerful Jug or Hand Blender. (Our personal preference is the [Dualit Hand Blender](#) but any good blender will do. You can pick one up from your local appliance store or [Yuppiechef.com](#) has a great range of powerful options )
- Our Mess Hall uses the [AeroPress](#) to make coffee but any method that works for you will do.
- [BATTLE BREW M-C-T Oil](#)

# The Mess Hall

## Hot Drink Menu

### BBMEC – Battle Brew M-C-T Energy Coffee

We do not claim to have invented this recipe; as it was invented by Dave Asprey and branded “Bulletproof” coffee which he has trademarked. It is a High Fat, High Energy drink best *Suited for SA and ST Strategies*

#### You will need:

- Battle Brew M-C-T Oil
- High Quality Coffee
- Unsalted Butter, preferably grass-fed butter or Ghee

#### Steps

1. Make a strong cup of coffee, we recommend about 400ml and make it a little stronger than normal.
2. Add your full MCT OIL ranking.
3. Add 1-2 Tbsp of the grass-fed unsalted butter or Ghee.
4. Blend thoroughly till the butter/Ghee, coffee and oil is totally emulsified.
5. Drink while hot and enjoy and up front energy boost that will propel you into action and a follow through that will set you about for energy levels that will be stable all day (unless you eat High GI Carbs).

It is worth remembering that 1 cup of BBMEC provides as much, if not more energy, than a lot of breakfasts and it is ideally a meal replacement although it does not have much nutrient wise apart from Vitamin A, D, E, K2, CLA and Carotene... If you get hungry during the morning have a second cup of BATTLE BREW Coffee or Tea and then eat a normal lunch.

## BBMET – Battle Brew M-C-T Energy Tea

It is a High Fat, High Energy Tea best *Suited for SA and ST Strategies*

### You will need:

- Battle Brew M-C-T Oil
- High Quality Tea that works well with milk
- Unsalted Butter, preferably grass-fed butter or Ghee

### Steps

1. Make a strong cup of Tea, we recommend about 400ml and make it a little stronger than normal.
2. Add your full MCT OIL ranking.
3. Add 1-2 Tbsp of the grass-fed unsalted butter or Ghee.
4. Blend thoroughly till the butter/Ghee, tea and oil is totally emulsified.
5. Drink while hot and enjoy and up front energy boost that will propel you into action and a follow through that will set you about for energy levels that will be stable all day (unless you eat High GI Carbs).

It is worth remembering that 1 cup of BBMET provides as much, if not more energy, than a lot of breakfasts and it is ideally a meal replacement although it does not have much nutrient wise apart from Vitamin A, D, E, K2, CLA and Carotene... If you get hungry during the morning have a second cup of BBMET and then eat a normal lunch.

## BBMLC – Battle Brew M-C-T Light Coffee

This is a Medium Fat, High Energy Coffee best *Suited for BT and ST Strategies*

### You will need:

- Battle Brew M-C-T Oil
- High Quality Coffee

### Steps

1. Make a strong cup of coffee, we recommend about 400ml and make it a little stronger than normal.
2. Add a third to a quarter of your MCT OIL ranking.
3. Blend thoroughly till the coffee and oil is totally emulsified.
4. Drink while hot.

Drink up 3-4 cups of BBMLC a day to get your metabolism working at full speed throughout the day.

## BBMLT – Battle Brew M-C-T Light Tea

This is a Medium Fat, High Energy Tea best *Suited for BT and ST Strategies*

### You will need:

- Battle Brew M-C-T Oil
- High Quality Tea that works well with milk

### Steps

1. Make a strong cup of Tea, we recommend about 400ml and make it a little stronger than normal.
2. Add a third to a quarter of your MCT OIL ranking.
3. Blend thoroughly till the tea and oil is totally emulsified.
4. Drink while hot.

Drink up 3-4 cups of BBMLC a day to get your metabolism working at full speed throughout the day.

## BBMECO – Battle Brew M-C-T Energy Cocoa

This is a High Fat, High Energy Cocoa best *Suited for SA and ST Strategies*

### You will need:

- Battle Brew M-C-T Oil
- Pure unsweetened Cocoa Powder
- Unsalted Butter, preferably grass-fed butter or Coconut Cream

### Steps

1. Mix 2 Tbsp of cocoa powder with 400ml of boiling water.
2. Add your full MCT OIL ranking if drunk first thing or half your ranking if drunk at night.
3. Add 1-2 Tbsp of the grass-fed unsalted butter or Coconut Cream.
4. Blend thoroughly till the butter/Cream, Cocoa and M-C-T Oil is totally emulsified.
5. Drink while hot and enjoy.

It is worth remembering that 1 cup of BBMECO provides as much, if not more energy, than a lot of breakfasts and it is ideally a meal replacement although it does not have much nutrient wise apart from Vitamin A, D, E, K2, CLA and Carotene...

## **BBMEM – Battle Brew M-C-T Energy Mocha**

This is a High Fat, High Energy Mocha best *Suited for SA and ST Strategies*

### **You will need:**

- Battle Brew M-C-T Oil
- High Quality Coffee
- Pure unsweetened Cocoa Powder
- Unsalted Butter, preferably grass-fed butter or Coconut Cream

### **Steps**

1. Mix 1 Tbsp of cocoa powder with 400ml of strong coffee.
2. Add your full MCT OIL ranking if drunk first thing or half your ranking if drunk at night.
3. Add 1-2 Tbsp of the grass-fed unsalted butter or Coconut Cream.
4. Blend thoroughly till the butter/Cream, Cocoa and M-C-T Oil is totally emulsified.
5. Drink while hot and enjoy.

It is worth remembering that 1 cup of BBMEM provides as much, if not more energy, than a lot of breakfasts and it is ideally a meal replacement although it does not have much nutrient wise apart from Vitamin A, D, E, K2, CLA and Carotene...

## BBMNB – Battle Brew M-C-T Nutrient Bomb

The Nutrient Bomb builds on our Energy Coffee but adds back some of the extra nutrients that a good egg breakfast supplies. It is a High Fat, High Energy drink best *Suited for SA and ST Strategies*

### You will need:

- Battle Brew M-C-T Oil
- High Quality Coffee
- Unsalted Butter, preferably grass-fed butter or Ghee
- 1-2 Egg yolks
- Vanilla Paste

Please take note that while fresh pasteurised eggs very rarely contain Salmonella there is a small chance that the shells may, so either wash the eggs well or refrain from using the shells to separate the yolk from the egg white.

### Steps

1. Blend the egg yolks, your full ranking of MCT Oil, 1-2 Tbsp. butter and the vanilla (add a little to taste) with a little hot water.
2. Make a strong cup of coffee, we recommend about 400ml and make it a little stronger than normal.
3. Blend thoroughly till the mix is totally emulsified.
4. Drink while hot and enjoy and up front energy boost that will propel you into action and a follow through that will set you about for energy levels that will be stable all day (unless you eat High GI Carbs).

It is worth remembering that 1 cup of BBMNB provides as much, if not more energy, than a lot of breakfasts and it is ideally a meal replacement. It also adds the following per egg in addition to what the butter and MCT Oil contains:

Total Fat 4.5 g 6%  
Saturated fat 1.6 g 8%  
Polyunsaturated fat 0.7 g  
Monounsaturated fat 2 g  
Cholesterol 184 mg 61%  
Sodium 8 mg 0%  
Potassium 19 mg 0%  
Total Carbohydrate 0.6 g 0%  
Dietary fiber 0 g 0%  
Sugar 0.1 g  
Protein 2.7 g 5%  
Vitamin A 4% Vitamin C 0%  
Calcium 2% Iron 2%  
Vitamin D 0.9 µg Vitamin B-6 5%  
Vitamin B-12 5% Magnesium 0%

(Based on daily allowances and a 2000 calorie diet)

If this all sounds like too much work, why not head over to the [Depot](#) and see which restaurant or coffee shop, in your area, is serving BATTLE BREW M-C-T Coffee