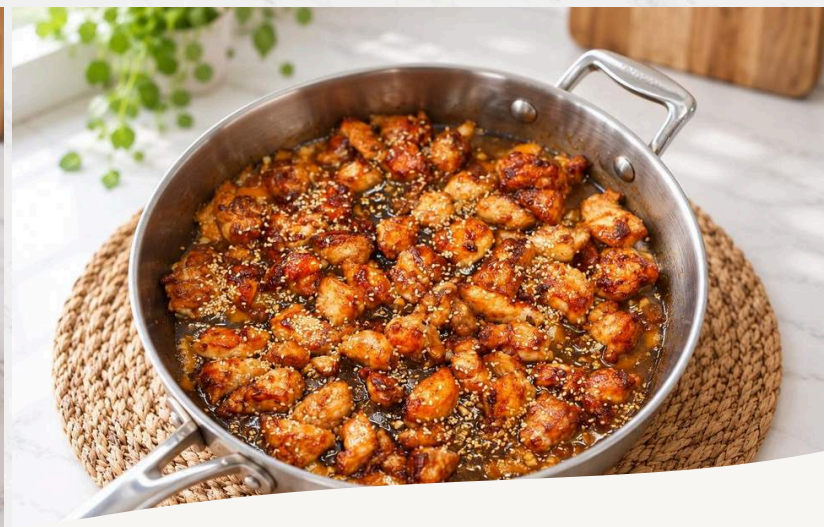




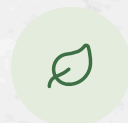
MYBIOHACK · FREE SAMPLER

The Junction Kitchen

Tight and Tasty

Recipes to support your gut barrier, immune balance and steady energy

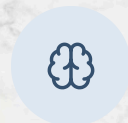
JACOB GORDON, INHC, FMT-C



REAL
INGREDIENTS



GUT
FRIENDLY



CLEARER
DAYS



What's Inside

Real food. Better health. A stronger you.



BEFORE YOU COOK

3

- 3 Disclaimer
- 4 How to Use This Book

- 7 Find Your GlycoProfile
- 10 Eating for Your Junctions



1

Rise and Seal

Breakfast

12

- 14 Resistant Starch Blueberry Muffins
- 16 Chicken Andouille Egg Scramble



2

Catch and Close

Seafood

18

- 20 Salmon Cakes with Lemon Dill Sauce



3

Barrier Bites

Snacks

22

- 24 Cauliflower Popcorn



4

Sip and Seal

Drinks and Smoothies

26

- 28 Cinnamon Cocoa Tea



AFTER YOU COOK

- 30 Quick Reference Table
- 31 Index by Hacking Category
- 32 Best Picks by GlycoProfile
- 33 References



BEFORE YOU COOK

Disclaimer



This book is educational and is not a substitute for individualized medical care.

The scores, flags and supplement notes describe foods and mechanisms, not treatments for any disease.

If you have a diagnosed condition, take prescription medication, are pregnant, or react strongly to foods, review changes with your clinician first.

Supplements named in this book are ones I use personally, and some links are affiliate links that support MyBioHack at no extra cost to you.

Scores and net carbs are estimates calculated from USDA ingredient data, and your brands and portions will vary.

The large recipe photos and the step photos were created with AI image tools and styled to show each recipe as written. Where I had my own photo of a dish, it was the starting point, and my original sits on the cooking page with the **Jacob's kitchen** label. The photos of me and my cat Polly are real.

Version 1.0.0 · October 2026



BEFORE YOU COOK

How to Use This Book



Every recipe in this book follows the same layout, so you can scan a page in five seconds and know whether it fits your day.

Don't overthink it. If the scoring system feels like too much, start with the Close the Gap recipes and the one-week plan in **Start Tonight**. Pick foods you tolerate and enjoy, and learn the rest as you go.

How to Pick a Recipe in Four Steps

1. **Check the scores.** In a flare or an elimination phase, pick an Autoimmunity Score of 10 and a Steady Energy Score of 8 or higher.
2. **Check the flags.** Skip any recipe flagged for something you react to (coconut, egg, FODMAP, free glutamate, histamine, nightshade, oxalate, phytate, salicylate, sulfur, tannin or tree nuts).
3. **Start with Close the Gap.** The recipes that meet the book's strictest criteria are on one page, and each carries a gold **Close the Gap** badge.
4. **Break ties with your GlycoProfile.** When two recipes fit, choose the one with a green check for your blood type, secretor status or glyco markers (see **Find Your GlycoProfile**).

The **Quick Reference Table** at the back lists every recipe with its page, total time and scores, so you can do all four steps from one page.

The Score Strip

Autoimmunity Score (1 to 10) answers one question: how well does this dish fit the book's strict criteria for a reactive, leaky or autoimmune immune system?

- A 10 meets the book's strict elimination-phase criteria.
- An 8 or 9 fits most autoimmune protocols.
- A 6 or 7 belongs in reintroduction.

Every recipe starts at 10 and loses points for the food groups most often tied to intestinal permeability and immune reactivity. ^R

Both scores are screening tools I built for this book from each recipe's ingredients and cooking method. They are not validated clinical scales, and they do not diagnose or predict how any one person will react.

DEDUCTION	WHY
Nightshades, minus 2	Glycoalkaloids in tomatoes, peppers and potatoes increased permeability in animal models ^R
Grains and corn, minus 2	Gluten, prolamins and lectins
Legumes and soy, minus 2	Lectins and common allergens ^R
Dairy, minus 2	Casein and whey (ghee is exempt because it is clarified)
Pseudograins, minus 1	Quinoa, buckwheat and sorghum
Eggs, minus 1	Egg white is a common trigger in autoimmune protocols
Nuts and seeds, minus 1	Tree nuts, sesame, flax and chia
Packaged or cured items, minus 1	Additives, and higher histamine
Added sugar over 5 g per serving, minus 1	Glucose spikes and glycocalyx damage

Steady Energy Score (1 to 10) answers a different question: how steady is your energy likely to be for the 3 to 4 hours after eating this? A 10 is rock steady, and a low score means a dip is more likely.

It drops with net carbs per serving (minus 1 above 10 g, minus 3 above 20 g, minus 4 above 30 g), added sugar, a breakfast or main with under 15 g of protein, high-heat cooking, and aged, cured or fermented ingredients (which raise histamine load).

Net Carbs are total carbohydrates minus fiber per serving, estimated from USDA data.

Heat shows how hard the main cooking method is on your food: gentle (poach, steam, simmer, slow cook), moderate (saute, bake or roast at or under 375F), or high (grill, broil, fry).

Dry high heat multiplies the **advanced glycation end products (AGEs)** in food. ^R

Strict Base, Optional Swaps

Every recipe is written first in its strictest version.

Anything that would lower the Autoimmunity Score is listed under **Swaps**, with the points it costs, so you choose based on where you are in healing.

The scores always describe the base recipe, never the swaps.

Supplements

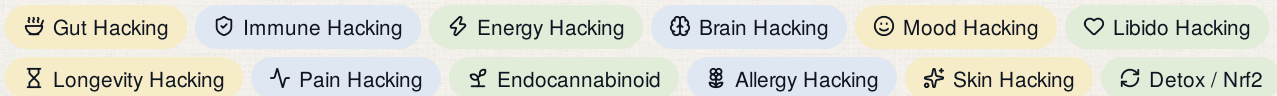
Supplements are always optional. They can interact with medications or be a poor fit for some conditions, so check with a qualified clinician or pharmacist before you add one.

Junction Support Tags

Each recipe lists the mechanisms its ingredients bring, mapped to the targets in the Junction Dysfunction framework: the gut barrier, the glycocalyx, the endothelium, Nrf2, the microbiome, and immune balance.

Hacking Icons

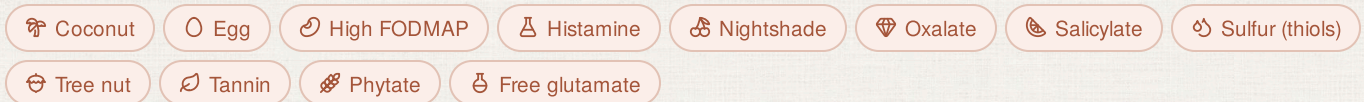
Your top three hacking categories appear on every recipe as colored pills:



The index at the back of the book lists every recipe by category.

Sensitivity Flags

Outlined flags mark ingredients that commonly cause trouble in sensitive people:



A flag is not a warning for everyone.

It is a shortcut for the reader who already knows their trigger.



BEFORE YOU COOK

Find Your GlycoProfile



Every cell in your body is coated in sugar chains called **glycans**, and your blood type is one of them.

Your **GlycoProfile** combines your blood type, whether you secrete those blood type sugars into your gut, and what your glycation and glycocalyx markers say.

Every recipe in this book has a GlycoProfile row, so you can see at a glance which dishes fit you best.

Step 1: Your Blood Type Is a Sugar

The A, B and O blood types differ by a single sugar at the tip of the same chain. ^R

- **Type O** keeps the base "H" sugar (fucose) with nothing added.
- **Type A** adds N-acetylgalactosamine on top.
- **Type B** adds galactose on top.
- **Type AB** carries both.

Some food lectins stick to one of these sugars and not the others, which is how blood banks have typed blood for decades. ^R

Dr. Peter D'Adamo has spent decades cataloging these lectins and their sugar targets, and his *Lecster* database was one of our starting points for the lectin data in this book. ^R

Step 2: Are You a Secretor?

About 4 in 5 people are **secretors**: a gene called FUT2 puts their blood type sugars into saliva and the mucus lining the gut, where gut bacteria feed on them and attach to them. ^R

In a study of almost 9,000 people, blood type shaped the gut microbiome, and the effect showed up mainly in secretors. ^R

Non-secretors tend to carry fewer bifidobacteria, so the recipes that feed them (resistant starch, prebiotic fiber and cultured foods) matter more for you. ^R

How to find out:

- **Raw DNA file** (23andMe or Ancestry): look up **rs601338**. AA means non-secretor; GA or GG means secretor. If you have East Asian ancestry, also check **rs1047781**.
- **Saliva test**: a secretor status test from a lab service.
- **Don't know?** Read the book as a secretor. That's the most common result.

Step 3: Your Glyco Markers

These come from your labs or from the Glycome Profile on mybiohack.com.

- **Glycation:** HbA1c, fructosamine or skin autofluorescence above optimal. Sugar is sticking to your proteins and forming AGEs.
- **Glycocalyx:** a high GlycoCheck PBR, or high syndecan-1, hyaluronan or heparan sulfate. The protective gel on your blood vessel walls is thinning.

If you haven't tested, treat both as "possibly high" and favor the recipes marked best for each.

How to Read the GlycoProfile Row



- **Green check:** best pick for that profile
- **Grey:** good, fits the profile
- **Amber:** limit it, or use a swap

Blood type ratings combine two things. The first is the food lectins that bind your type's sugar, and whether the recipe's cooking destroys them. The second is the health patterns that each blood type is known for:

- **Type O:** a higher risk of stomach ulcers, so gentle, stomach-soothing recipes (ginger, glycine, cultured foods) rate higher, and hot spices rate lower. ^R
- **Types A and AB:** a higher risk of stomach cancer, so cured and smoked foods rate lower, and sulforaphane, quercetin and anthocyanin foods rate higher. ^R
- **Types A, B and AB (non-O):** higher clotting factor levels and higher cardiovascular risk, so omega-3, nitrate, olive polyphenol, cocoa and anthocyanin foods rate higher. ^{R R}

The ratings on each recipe assume you are a secretor. If you are a non-secretor, the blood type ratings matter about half as much for you, and the **Non-secretor** column matters more.

The strict base of this book already removes the grains and legumes that carry most blood-type-specific lectins. So in practice, most of the blood type differences you'll see come from the health patterns above, and from the swaps that bring those foods back.

What the Research Does and Doesn't Say

Blood type diets have not been proven to improve health on their own.

A systematic review found no trials supporting them, and in a study of 1,455 adults, people who followed the "type A" diet saw benefits whatever their actual blood type was. **R R**

How firm is each piece?

- **Well established:** blood type sugars, and the secretor gene that decides whether you release them into saliva and gut mucus.
- **Observed in studies:** blood type and secretor status are linked with differences in the gut microbiome.
- **Measured in the lab:** glycation (HbA1c, fructosamine) and glyocalyx markers.
- **This book's framework:** how I connect those pieces to specific foods and to the "best" ratings. This is reasoning and personal experience, not tested in trials.

That's why your GlycoProfile is a **tie-breaker, not a rulebook**.

The Autoimmunity and Steady Energy Scores come first. When two recipes score the same, pick the one that is best for your GlycoProfile.

Find Your Picks Online

Set your GlycoProfile once on mybiohack.com/cookbook/glycoprofile (free with an account), and the recipe list filters itself to your best picks.

If you log your HbA1c or GlycoCheck results in the Glycome Profile, your picks update automatically.

At the back of the book, **Best Picks by GlycoProfile** lists the best recipes for every profile, so you can plan a week from one list.



Eating for Your Junctions



The Junction Dysfunction framework explains chronic post-viral and autoimmune illness through two broken barriers held together by **tight junctions**, the gut lining and the glycocalyx that coats every blood vessel.

In this chapter, we will cover the seven kitchen rules that come straight out of that framework.

1

Cook Low and Wet

Grilling, broiling and frying drive the Maillard reaction, which forms AGEs that bind the **RAGE** receptor and keep inflammation running. ^R

A high-AGE diet raised inflammatory markers compared with the same foods cooked gently. ^R

There is a big MAYBE here, because a 4-week high-AGE diet did not impair vascular function in another trial. ^R

Poaching, steaming, stewing and pressure cooking cost nothing in flavor, so this book defaults to them.

2

Lower Plant Toxins While You Heal

When tight junctions are open, lectins can reach immune cells and bind the sugars of the glycocalyx. ^R

Nightshade glycoalkaloids increased intestinal permeability in mice. ^R

This is why the strict base of every recipe leaves out grains, legumes and nightshades, and why they come back as swaps.

3

Feed the Butyrate Makers

Resistant starch from green banana flour and cooled starches usually raises fecal butyrate. ^R

Butyrate speeds up tight junction assembly in the gut lining. ^R

Heat destroys resistant starch, so cold smoothies and cooled leftovers deliver the most.

4

Eat Sulfur, and Always Add Mustard

Eggs, garlic, onions and cruciferous vegetables supply the sulfur the glycocalyx and glutathione are built from.

Cooking destroys the **myrosinase** enzyme in broccoli, so most of its sulforaphane never forms.

A little mustard seed restores it. ^R

If sulfur foods make you feel worse, molybdenum is the mineral that clears sulfites.

5

Get Glycine Every Day

Bone broth, gelatin, collagen and slow-cooked cuts supply glycine, which increases tight junction proteins in intestinal cells. ^R

6

Eat Fish, Wild

The omega-3 fat DHA supports intestinal epithelial integrity and the resolution of inflammation. ^R

Farmed salmon carries significantly more organochlorine contaminants than wild. ^R

7

Protein Early, Carbs at Dinner

Eating earlier in the day improved insulin sensitivity and blood pressure without weight loss. ^R

The breakfasts in this book lead with protein, and the slow carbs (roots, sweet potatoes, resistant starch) are best at dinner, 3 to 4 hours before bed.



The Big Picture

These seven rules come straight from the Junction Dysfunction framework, and every recipe in this book is built on them. Start with the strict base, stay consistent, and let your body show you what it is ready for.

01

Rise and Seal

BREAKFAST

Protein and fat early, to anchor the circadian clock and flatten the glucose curve.



Resistant Starch Blueberry Muffins

p. 14



Chicken Andouille Egg Scramble

p. 16





RISE AND SEAL

Resistant Starch Blueberry Muffins

These muffins are high in resistant starch and great for your microbiome.



9/10

AUTOIMMUNITY

Fits most autoimmune protocols



8/10

STEADY ENERGY

Steady



16 g

net carbs

3 g protein



45 min

15 min prep

25 min cook



Serves 16

Makes 16 medium or 24 small muffins (serving = 1 medium muffin)



Moderate heat

Saute, bake, or roast at or under 375F

BENEFITS



Gut Hacking



Brain Hacking



Longevity Hacking

CONSIDERATIONS



Coconut



Egg



High FODMAP



Histamine



Salicylate



Sulfur (thiols)

GLYCOPROFILE

O

A

B

AB



Non-secretor



Glycation



Glycocalyx

Why this dish is good for you



Green banana flour

Green banana flour is one of the richest food sources of **resistant starch**, which gut bacteria ferment into **butyrate**.^{R1}



Butyrate and gut lining

Butyrate is the main fuel for colon cells and speeds up tight junction assembly.^{R2}



Wild blueberries

Wild blueberries bring **anthocyanins** that improve blood vessel function.^{R3}



Avocado replaces oil

Avocado replaces most of the oil and feeds fiber-fermenting bacteria.^{R4}

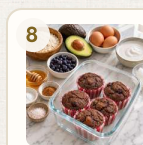
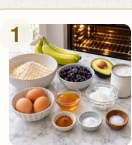
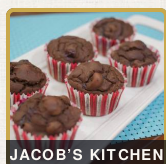


Baked resistant starch

Baking gelatinizes part of the resistant starch, so a muffin delivers less than raw banana flour stirred into a cold smoothie (still more than any wheat muffin).

Resistant Starch Blueberry Muffins

about 45 min · Makes 16 medium or 24 small muffins (serving = 1 medium muffin)



Ingredients

2 cups		green banana flour or 1 cup green banana flour and 1 cup ground flaxseed
1 medium		avocado <i>mashed</i>
4		pasture-raised eggs or 2 scoops hyperimmune egg
1 cup		full-fat coconut milk
2 tbsp		coconut oil <i>melted (or MCT oil)</i>
1 1/2 tsp		grain-free baking powder
1/2 tsp		Ceylon cinnamon
		pinch of sea salt
2 cups		wild blueberries
2 tbsp		raw honey
1/4 cup		raw cacao powder <i>(optional)</i>
2 scoops		pea protein <i>makes a denser cake (optional)</i>
3 tbsp		unsweetened coconut flakes <i>(optional)</i>

Steps

- 1 Preheat the oven**
Preheat the oven to 350F.
- 2 Mix the batter**
Blend or whisk everything except the blueberries, oil and honey in a large bowl.
- 3 Add oil and honey**
Add the oil, then the honey (honey mixes in more easily after the oil).
- 4 Fold in blueberries**
Fold in the blueberries.
- 5 Prep the muffin tray**
Line a muffin tray with baking cups and dust the inside of each cup with a little extra banana flour to prevent sticking.
- 6 Fill and bake** ⌚ 20 to 30 min
Fill the cups and bake 20 to 30 minutes, until a toothpick comes out clean.
- 7 Cool on a rack**
Cool on a rack.
- 8 Freeze the leftovers**
Freeze leftovers in a glass dish.

↻ Swaps

- Coconut sugar instead of honey (same score, lower fructose).
- Add 2 scoops pea protein to turn the batter into a cake.
-3 Autoimmunity
- Monk fruit or allulose instead of honey cuts added sugar to zero.

🔗 Supplements Jacob likes with this

- DPP-IV digestive enzymes (Glutenease):** Backup for hidden gluten and casein cross-contact when eating out or trying reintroductions
- Betaine HCl with pepsin:** Helps break down a protein-heavy meal when stomach acid runs low

Goes great with (full book)

- L. reuteri Coconut Yogurt and Sour Cream

📖 **Junction Notes** Resistant starch GUT BARRIER (BUTYRATE) | Prebiotic fiber MICROBIOME | Choline MEMBRANES AND BRAIN | MCTs MICROBIOME (ANTIFUNGAL)



RISE AND SEAL

Chicken Andouille Egg Scramble

Fifteen minutes, almost zero carbs, and enough protein to carry you to lunch.



8/10

AUTOIMMUNITY

Fits most autoimmune protocols



9/10

STEADY ENERGY

Steady



6 g

net carbs

35 g protein



15 min

5 min prep

10 min cook



Feeds 2 to 3



Moderate heat

Saute, bake, or roast at or under 375F

BENEFITS

⚡ Energy Hacking

🍷 Gut Hacking

🧠 Brain Hacking

CONSIDERATIONS

🥚 Egg

🔄 High FODMAP

🧂 Free glutamate

🧪 Histamine

🔥 Sulfur (thiols)

GLYCOPROFILE

O A B AB
 ✓ Non-secretor Glycation
 Glycocalyx

Why this dish is good for you



Sausage and egg protein

Eight eggs and four sausages put about 40 g of protein on each plate, which is the morning anchor for your circadian clock. ^{R5}



Eggs and choline

Eggs are rich in **sulfur** amino acids and choline, raw material for glutathione and cell membranes. ^{R6}



Nutritional yeast

Nutritional yeast gives the cheesy flavor without dairy and adds B vitamins and yeast **beta-glucans**.

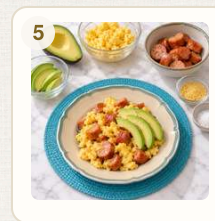
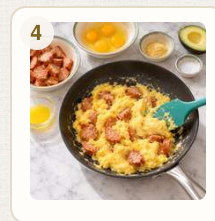
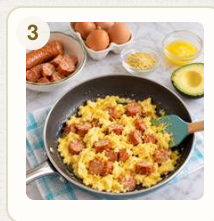


Low and slow ghee

Scrambling low and slow in ghee keeps the eggs soft and the AGE load low. ^{R7}

Chicken Andouille Egg Scramble

about 15 min · Feeds 2 to 3



Ingredients

- 4 chicken andouille sausages
clean label, no nitrites
- 8 pasture-raised eggs
- 1 tbsp nutritional yeast
- 2 tbsp ghee
- salt to taste
- 1 avocado
sliced
- 3 slices dairy-free cheese (optional)
- sriracha or Cholula to taste (optional)
- 1 slice pineapple for dessert (optional)

Steps

- 1 **Melt the ghee**
Melt the ghee in a large skillet over low heat.
- 2 **Whisk the eggs**
Whisk the eggs with the nutritional yeast and a pinch of salt.
- 3 **Add the sausage**
Snip the sausages into small pieces with kitchen scissors and stir them into the eggs.
- 4 **Scramble until set**
Pour into the skillet, raise the heat to medium, and keep folding with a spatula until the eggs are just set and fluffy.
- 5 **Top with avocado**
Plate and top with sliced avocado.

🔗 **Note:** Goes well with the Sweet Potato Skillet Hash.

🔄 Swaps

- Dairy-free cheese instead of nutritional yeast (Jacob's original). -2 Autoimmunity
- Sriracha or Cholula on top. -2 Autoimmunity

🔗 Supplements Jacob likes with this

- **Betaine HCl with pepsin:** Helps break down a protein-heavy meal when stomach acid runs low

Goes great with (full book)

- Sweet Potato Skillet Hash with Baked Eggs

📖 **Junction Notes** Choline MEMBRANES AND BRAIN | Beta-glucans IMMUNE BALANCE | Prebiotic fiber MICROBIOME

02

Catch and Close

SEAFOOD

Wild over farmed, every time.



Salmon Cakes with Lemon Dill Sauce [p. 20](#)





CATCH AND CLOSE

Salmon Cakes with Lemon Dill Sauce

Crisp outside, tender inside, and loaded with omega-3.



8/10

AUTOIMMUNITY

Fits most autoimmune protocols



9/10

STEADY ENERGY

Steady



14 g

net carbs

22 g protein



2 h

30 min prep

30 min cook



Serves 5

Makes 10 cakes (serving = 2 cakes)



Moderate heat

Saute, bake, or roast at or under 375F

BENEFITS



Energy Hacking



Brain Hacking



Mood Hacking

CONSIDERATIONS



Egg



High FODMAP



Histamine



Sulfur (thiols)

GLYCOPROFILE

O

A

B

AB

Non-secretor

Glycation

Glycocalyx

Why this dish is good for you



Omega-3 and DHA

Salmon is high in omega-3 fats, specifically **DHA**, which supports intestinal epithelial integrity. **R8**



Omega-3 and gut barrier

In the randomized LIBRE trial, higher omega-3 levels tracked with better gut barrier markers. **R9**



Wild versus farmed

Choose wild over farmed, since farmed salmon carries significantly more organochlorine contaminants. **R10**



Capers add quercetin

Slow roasting the salmon instead of grilling it keeps the AGE load down, and capers add quercetin. **R7R11**

Salmon Cakes with Lemon Dill Sauce

2 hours · Makes 10 cakes (serving = 2 cakes)

Ingredients

SALMON CAKES

1 lb		wild salmon
2 large		eggs
2 tsp		Dijon mustard
1/4 cup		minced parsley
1/2 cup		finely diced carrot
1/2 cup		sliced scallion greens
4 tbsp		ghee <i>divided</i>
3 tbsp		extra virgin olive oil <i>divided</i>
		salt
		black pepper
3/4 cup		diced red onion
1 1/2 cups		diced celery
1/4 cup		avocado oil mayo
1 tsp		capers
1/2 tsp		celery seed
1/4 tsp		ground bay leaf
1/2 tsp		mustard powder
1/2 cup		cassava flour <i>or crushed cassava chips</i>

LEMON DILL SAUCE

1/4 cup		avocado oil mayo <i>or coconut yogurt</i>
2 tbsp		fresh dill
1 tbsp		lemon juice

OPTIONAL

1/2 tsp		soy-free Worcestershire <i>(optional)</i>
---------	---	---

Swaps

-  **Butyrate Boost** Hi-maize for half the cassava flour (1/4 cup). **-2 Autoimmunity**
- Jacob's original: grill the salmon on the cool side of a covered grill for 10 minutes per side (high heat).
- Jacob's original seasoning: 1 1/2 tsp Old Bay, 1/4 tsp Tabasco, 1/2 cup each diced red and yellow bell pepper. **-2 Autoimmunity**
- Breadcrumbs from a gluten-free bagel instead of cassava flour (Jacob's original). **-2 Autoimmunity**
- Gyro: tuck two cakes into a cauliflower pizza crust with the dill sauce.

Steps

- 1 Slow roast the salmon** ⌚ 18 to 22 min
Heat the oven to 275F, lay the salmon skin down on an oiled pan, and slow roast 18 to 22 minutes until it just flakes.
- 2 Flake and chill** ⌚ 30 min
Flake it into a bowl, discarding the skin, and chill 30 minutes.
- 3 Saute the vegetables** ⌚ 10 min
Meanwhile, saute the onion, celery, carrot, scallion, parsley, capers and seasonings in 2 tbsp ghee and 2 tbsp olive oil over medium heat for 10 minutes, then cool to room temperature.
- 4 Mix the cake base**
Add the cassava flour, mayo, mustard and eggs to the salmon, then the cooled vegetables.
- 5 Chill the mixture** ⌚ 30 min
Mix well and chill 30 minutes (this is what keeps them from falling apart).
- 6 Form the cakes**
Form 10 cakes.
- 7 Brown the cakes** ⌚ 4 min
Heat the remaining ghee and oil in a cast iron skillet over medium and cook the cakes about 4 minutes per side until browned.
- 8 Spoon on dill sauce**
Stir the dill, mayo and lemon together and spoon over the warm cakes.

Supplements Jacob likes with this

- **Fish oil (EPA/DHA):** Tops up omega-3 on days without seafood
- **Betaine HCl with pepsin:** Helps break down a protein-heavy meal when stomach acid runs low

Goes great with (full book)

- Steamed Broccoli with Mustard Butter

 **Junction Notes** Omega-3 (EPA/DHA) GUT BARRIER AND RESOLUTION | Choline MEMBRANES AND BRAIN | Myrosinase NRF2 (ACTIVATES SULFORAPHANE) | Dietary nitrate ENDOTHELIUM (NITRIC OXIDE)

03

Barrier Bites

SNACKS

Small bites that hold the line between meals.



Cauliflower Popcorn

p. 24





BARRIER BITES

Cauliflower Popcorn

Buttery, garlicky bites to enjoy with your favorite horror flick.

10/10
AUTOIMMUNITY
Meets elimination criteria

9/10
STEADY ENERGY
Steady

10 g
net carbs
6 g protein

30 min
5 min prep
20 min cook

Serves 1 to 2

High heat
Grill, broil, fry, or roast above 375F

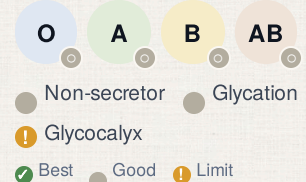
BENEFITS

- Detox / Nrf2
- Longevity Hacking
- Immune Hacking

CONSIDERATIONS

- High FODMAP
- Sulfur (thiols)

GLYCOPROFILE



Why this dish is good for you



Cauliflower net carbs

A whole head of cauliflower has about 16 g of net carbs, less than a cup of popcorn.



Cauliflower glucosinolates

Cauliflower carries glucosinolates, the sulforaphane precursors of the cabbage family.

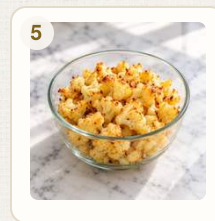


Clarified ghee

Ghee is clarified, so it keeps the butter flavor without the milk proteins most dairy reactions come from.

Cauliflower Popcorn

about 30 min · Serves 1 to 2



Ingredients

1 head	 cauliflower
3 tbsp	 ghee melted
1 large	 garlic clove grated (or 1/3 tsp garlic powder)
1/2 tsp	 salt
1/2 tsp	 nutritional yeast <i>(optional)</i>
1/2 cup	 dairy-free cheddar shreds <i>(optional)</i>

Steps

- 1 Preheat the oven**
Heat the oven to 400F.
- 2 Cut cauliflower florets**
Break the cauliflower into tiny popcorn-sized florets.
- 3 Toss and spread**
Toss with everything else by hand and spread out on a sheet pan with space between pieces.
- 4 Bake and broil** ⌚ 15 min ⌚ 3 to 5 min
Bake 15 minutes until browned, flip with a spatula, and broil 3 to 5 minutes more.
- 5 Serve and enjoy**
Tip into a bowl and enjoy with your favorite horror flick.

↻ Swaps

- Dairy-free cheddar instead of nutritional yeast.
-3 Autoimmunity
- Bake at 375F for 20 to 25 minutes and skip the broil for a moderate-heat version with softer edges.

Goes great with (full book)

- Guacamole

📖 **Junction Notes** Sulforaphane precursors NRF2 | Sulfur and H2S GLYCOLALYX

04

Sip and Seal

DRINKS AND SMOOTHIES

Broth, tea, coffee and smoothies that work while you sip.



Cinnamon Cocoa Tea

p. 28





SIP AND SEAL

Cinnamon Cocoa Tea

A hot chocolate you can drink every night.



10/10
AUTOIMMUNITY
Meets elimination criteria



10/10
STEADY ENERGY
Rock steady



5 g
net carbs
2 g protein



5 min
2 min prep
3 min cook



Makes 1 mug



Gentle heat
Poach, steam, simmer, slow cook,
pressure cook, or no cook

BENEFITS

- Brain Hacking
- Mood Hacking
- Libido Hacking

CONSIDERATIONS

- Coconut
- Histamine
- Oxalate
- Phytate
- Salicylate
- Tannin

GLYCOPROFILE

- O
- A
- B
- AB
- Non-secretor
- Glycation
- Glycocalyx

Why this dish is good for you



Cocoa flavanols
Cocoa flavanols improve endothelial function in a dose-dependent way. **R12**



Cinnamon and glucose
Cinnamon modestly lowers fasting glucose. **R13**



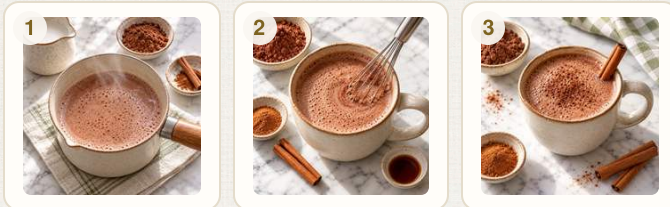
Gentle warming
Warming the milk without boiling it protects the flavanols.



Caffeine and theobromine
Cocoa contains a little caffeine and theobromine, so sensitive sleepers should have it before late afternoon.

Cinnamon Cocoa Tea

about 5 min · Makes 1 mug



Ingredients

8 oz		unsweetened coconut milk
1 tbsp		raw cacao powder
1 tsp		Ceylon cinnamon
1/4 tsp		vanilla extract
		pinch of stevia or monk fruit (optional)
1 scoop		collagen peptides (optional)

↻ Swaps

- A scoop of collagen for glycine and protein.

Steps

- 1 Warm the coconut milk**
Warm the coconut milk in a small pot until steaming, not boiling.
- 2 Whisk in cacao and spices**
Whisk in the cacao, cinnamon and vanilla (a frother makes it foamy).
- 3 Serve warm**
Enjoy warm.

🔗 Supplements Jacob likes with this

- **Glycine powder:** Stirs into broths and drinks and supports collagen and sleep

Goes great with (full book)

- Probiotic Chia Pudding

📖 **Junction Notes** Cocoa flavanols **ENDOTHELIUM** | Glucose buffering **GLYCOALYX**

Quick Reference Table

PAGE	RECIPE	SECTION	TIME	AUTOIMM.	STEADY ENERGY	NET CARBS	HEAT	FLAGS
14	Resistant Starch Blueberry Muffins	Rise and Seal	45 min	9	8	16 g	Moderate	Coconut, Egg, High FODMAP, Histamine, Salicylate, Sulfur (thiols)
16	Chicken Andouille Egg Scramble	Rise and Seal	15 min	8	9	6 g	Moderate	Egg, High FODMAP, Free glutamate, Histamine, Sulfur (thiols)
20	Salmon Cakes with Lemon Dill Sauce	Catch and Close	2 h	8	9	14 g	Moderate	Egg, High FODMAP, Histamine, Sulfur (thiols)
24	Cauliflower Popcorn	Barrier Bites	30 min	10	9	10 g	High	High FODMAP, Sulfur (thiols)
28	Cinnamon Cocoa Tea	Sip and Seal	5 min	10	10	5 g	Gentle	Coconut, Histamine, Oxalate, Phytate, Salicylate, Tannin

Index by Hacking Category

Recipes in **bold** are Close the Gap picks, the best place to start.

Gut Hacking 2

Chicken Andouille Egg Scramble	16
Resistant Starch Blueberry Muffins	14

Immune Hacking 1

Cauliflower Popcorn	24
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Energy Hacking 2

Chicken Andouille Egg Scramble	16
Salmon Cakes with Lemon Dill Sauce	20

Brain Hacking 4

Chicken Andouille Egg Scramble	16
Cinnamon Cocoa Tea	28
Resistant Starch Blueberry Muffins	14
Salmon Cakes with Lemon Dill Sauce	20

Mood Hacking 2

Cinnamon Cocoa Tea	28
Salmon Cakes with Lemon Dill Sauce	20

Libido Hacking 1

Cinnamon Cocoa Tea	28
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Longevity Hacking 2

Cauliflower Popcorn	24
Resistant Starch Blueberry Muffins	14

Detox / Nrf2 1

Cauliflower Popcorn	24
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Best Picks by GlycoProfile

Recipes rated  best for each profile. **Bold** recipes are also Close the Gap picks, so start there. See Find Your GlycoProfile for how the ratings work. Use them as a tie-breaker after the Autoimmunity and Steady Energy Scores.

Type A secretor or unknown · 1

Salmon Cakes with Lemon Dill Sauce	20
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Type B secretor or unknown · 1

Salmon Cakes with Lemon Dill Sauce	20
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Type AB secretor or unknown · 1

Salmon Cakes with Lemon Dill Sauce	20
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Non-secretor any blood type · 2

Chicken Andouille Egg Scramble	16
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Resistant Starch Blueberry Muffins	14
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Glycation HbA1c, fructosamine or AGEs high · 2

Cinnamon Cocoa Tea	28
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Salmon Cakes with Lemon Dill Sauce	20
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References

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2. Butyrate speeds tight junction assembly through AMPK activation in intestinal cells. <https://pubmed.ncbi.nlm.nih.gov/19625695/>
3. Blueberry anthocyanin metabolites in the blood track with improved flow-mediated dilation in randomized trials. <https://pubmed.ncbi.nlm.nih.gov/30772905/>
4. Eating an avocado a day increased fiber-fermenting bacteria and fecal short-chain fatty acids. <https://pubmed.ncbi.nlm.nih.gov/32805028/>
5. Eating earlier in the day improved insulin sensitivity, blood pressure and oxidative stress without weight loss. <https://pubmed.ncbi.nlm.nih.gov/29754952/>
6. Eggs deliver highly bioavailable choline and lutein, both tied to cognition across the lifespan. <https://pubmed.ncbi.nlm.nih.gov/29451849/>
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10. Farmed salmon carries significantly higher organochlorine contaminants than wild salmon. <https://www.science.org/doi/10.1126/science.1091447>
11. Quercetin (onions, apples, capers) strengthens the intestinal barrier and increases claudin-4. <https://pubmed.ncbi.nlm.nih.gov/18492835/>
12. Cocoa flavanols improve endothelial function (flow-mediated dilation) in a dose-dependent way. <https://pubmed.ncbi.nlm.nih.gov/31524216/>
13. Cinnamon modestly lowers fasting glucose across meta-analyses of randomized trials. <https://pubmed.ncbi.nlm.nih.gov/37316893/>

THE FULL BOOK

72 recipes. One framework.

This sampler is 5 of the 72 recipes in The Junction Kitchen, each scored for autoimmunity, steady energy and net carbs, with junction support tags, sensitivity flags, and the supplements Jacob uses to hack them.

The full book adds staples, soups, poultry, meats, seafood, vegetables, snacks, drinks and desserts, plus Close the Gap (the strongest recipes for a flare), GlycoProfile picks for every blood type, the LPS and Micro-Sepsis chapter, and the elimination and reintroduction plan.

Get the full cookbook at mybiohack.com