



**HOW TO SUPERCHARGE YOUR DAY  
EVERY MORNING  
in Just 10 Minutes**

**By LifeOnAuto**

# How to Supercharge Your Day, Every Morning, in just 10 Minutes.

I discovered these simple and unconventional changes almost by accident and they have made a profound effect on my life and those around me who have given it a try.

Thanks for watching, I hope these little tips help you supercharge your day, even if it's just modifying your daily brew.

If you like this video, don't forget to show some love and +1 below and I'll keep these coming. Any suggestions, leave a comment, I would love to hear from you.

## What you need:

### **COFFEE**

2TB Fresh Ground Coffee - I recommend Bulletproof® Coffee as a great tasting, consistent quality, single source bean. Use more for a stronger cup, you can also use decaf if you want to reduce the load on your adrenals.

2TB Grass-fed Butter - I cannot stress enough the significance of adding Butter back into your diet. Check out the cool infographic in the resources.

1-2TB MCT Oil - I use Upgraded Brain Octane Oil. It's 16x stronger than coconut oil and contains more of the C-8's your brain loves

Optional: 1TB Upgraded Collagen Protein

Coffee Maker (Aeropress, French Press, etc)

### **BREAKFAST**

2-6 Organic free-range eggs

1/2 Avocado

Pinch Himalayan salt

Pinch tarragon

1TB Grass-fed Butter

Optional Health Boost: Block of frozen spinach

Optional Flavor Boost: 2 rashers of organic nitrate free bacon (YUM! and additional protein and good fat)

### **NOOTROPICS**

Morning:

500mg Pramiracetam

Afternoon:

2g Piracetam

800mg Aniracetam

7mg Noopept

These are totally optional and personal preference. I have included my stack here for reference.

## Simple method to put it all together:

### Prep:

Here is what you can do in the evening when you have a few more faculties than first thing in the morning.

### Lay out the following:

- your Aeropress or coffee maker
- utensils - table spoon, Aeropress mixer, hand blender
- your coffee, MCT Oil, collagen protein
- make sure the kettle has water in it
- Fry pan, spatular, egg whisk, plate, knife, fork

Then in the morning, all you need to do is grab the butter from the fridge!

### Method:

First step is to turn on the kettle

While this is boiling grab the butter, eggs, and avocado from the fridge

Turn on the stove top to a medium heat and put the pan over the heat

Throw the butter for the eggs into the pan

Butter will be melting in the pan, so crack open eggs into bowl

Lightly whisk eggs and add salt and tarragon

Swirl butter around pan to aid in non-stick and pour in eggs

The kettle should be boiled now. This is a bit of a purist tip: pre-heat your Aeropress, and coffee cup with the hot water. This will only take about 30 seconds

While that's warming up, cut open your avocado and scrape out 1 half onto your plate

I mash this up to make it easier to eat

**TIP:** *Make sure you get all that nutrient dense, mushy, tasty stuff near the skin.*

Carefully pour out the hot water from the Aeropress and coffee cup

Add the MCT Oil, Butter, and Collagen your cup

Place Aeropress funnel on your cup

Use the spoon or just pour your ground coffee into the Aeropress

**TIP:** *I have a large mug, so I use notch 4 on the Aeropress and fill the coffee up to notch 3.*

Pour in hot water slowly to the Aeropress in a circular motion.

You will notice some bubbling as the coffee mixes in, make sure you don't overfill as you will end up with grounds in the bottom of your cup.

Pop the filter and cap on top to create a vacuum in the press and let it sit to brew for at least 30 seconds

Tip over the Aeropress onto the funnel sitting on your cup

Apply modest pressure to the Aeropress, making sure to do this slowly. I usually take around 30 seconds. This will ensure the fullest flavour and lowest bitterness.

Stop pressing when you get to the air pocket inside. You will know when you have reached this as a slight hissing sound will come from the Aeropress as some of the air is expelled

**TIP:** *If you press too hard or continue to press at the end when it is hissing, you will increase the chances of grounds in the bottom of your cup.*

The eggs will form an omelette appearance in the pan with the top still soft

Turn off the stove and stir the eggs vigorously with the spatula. They will continue to cook due to the cumulated heat

Slide the eggs onto the plate and breakfast is served!

Use the milk frother to blend the butter and oil into the coffee

Blend the coffee for around 15 seconds until you get a consistent colouring and a creamy head forms on the top

**TIP:** *If you have ever used an espresso machine with a milk frother, you will know there is an optimal pitch that the mixing will make that is usually right near the top of the liquid. I find that this both saves time and reduces mess and spills.*

Enjoy!

For a full version of these notes including details on Breakfast, Nootropics, and a stack of resources, head over to <http://lifeonauto.com> and grab a copy of the full pack.

Links and additional resources from the video: *note* - I am not affiliated in any way with any of the links below. I personally use all of them. If you are the owner of any of these sites and don't appreciate the free traffic, please let me know and I'll find someone else :)

### **Resources and Additional Information:**

Why Grass-Fed Butter? <http://www.bulletproofexec.com/butter-infographic/>

Where to find grass-fed butter (a great article that will help most people, even helped me down here in Australia) -

<http://www.foodrenegade.com/where-find-butter-from-grassfed-cows/>

The official video - <https://www.youtube.com/watch?v=4YjLMdx3YZY>

The original and I still think the best -

<https://www.youtube.com/watch?v=XiJeZYY2wiA>

### **Products and Tools:**

Ok, I love BulletProof® stuff. I've tried other brands of most of these products and while they might be premium, they live up to quality and value for money. But the key for me is flavor.

Upgraded BulletProof® Coffee Beans, Upgraded MCT and Brain Octane Oil, Upgraded Collagen Protein, Upgraded Vanilla Beans, Upgraded

Heirloom Raw Chocolate Powder, Upgraded Glutathione Force, obviously all from - <http://www.upgradedself.com>

Himalayan Pink Salt -

<http://www.nirvanahealthproducts.com/nirvana/himalayan-crystal-salt.html>

Aerobie Aeropress and Hario Porlex Coffee Hand Grinder (Courtesy of Timothy Ferris) - <http://fourhourworkweek.com/the-4-hour-chef-coffee-top-gear/>

Able Disk Filter for Aeropress - <http://ablebrewing.com/products/disk-coffee-filter>

Portable Hand Blender - <http://www.amazon.com/Portable-Drink-and-Formula-Mixer/dp/B000FNH01E>

### **Nootropics:**

Information, warnings, and references - good start -

<http://www.whatarenootropics.com/maximizing-the-effectiveness-of-nootropics/> with some heavier insights

here <https://www.erowid.org/smarts/> or

here <http://www.webmd.com/men/features/can-pill-make-you-smarter>

Products - I use these 2 at the moment and have found price, shipping, and quality to be great -

<http://peaknootropics.com/> and <http://healthsupplementwholesalers.com/>

You will find great intro information, but remember, these sites are selling you their products, so do your research on unbiased sites too.

Articles like this from longecity will give you hours of reading -

<http://www.longecity.org/forum/topic/35764-best-place-to-buy-nootropics/>

Happy learning and don't forget, when starting out something new, read a little, try a little, learn a little more. More articles on this specifically coming up.