



REFINE

Precision without restriction. Tighten execution without turning the protocol into punishment.

PRECISION WITHOUT RIGIDITY

FUEL

- Protein remains 1.6-2.2 g/kg body weight/day across three structured meals.
- No casual grazing. If you are repeatedly ravenous between meals, make the meals more adequate.
- Keep carbs responsive to training output: black rice, quinoa, potatoes, sweet potatoes + black beans.
- Morning remains savory + fruit-free; fruit follows Meal 2.
- Water before coffee. Start around ~0.5 oz/lb body weight/day, then replace sweat losses. Add sugar-free electrolytes around training, sauna or heavy sweating.
- Midday chia water continues outside the fasting window.
- Fast 14-16 hours as tolerated. Sixteen is optional for IF-adapted bodies, never a badge of honor.

MIND

- AM: What am I doing from habit that no longer serves me?
- PM: Where did I act intentionally instead of automatically?
- Meditation: 10 minutes daily.
- Add one 20-30 minute period of intentional silence this week.
- Theme: DISCIPLINE - self-respect expressed through repeated choices.

MOVE

- 10,000+ steps daily plus post-meal walks when possible.
- 4 training days: resistance or higher-intensity work. Keep execution high even if load increases.
- 2 cardio-focused days.
- 1 active-recovery day.
- Improve execution before chasing more volume.

HORMESIS + RECOVERY

- Sauna: 2-4 sessions of about 10-25 minutes depending on temperature + tolerance.
- Cold stays optional. If hypertrophy is a priority, avoid routine cold immersion immediately after lifting.
- Keep fasting moderate if your recovery signals ask for it. More restriction is not the objective.
- Protect sleep aggressively - it is part of the adaptation protocol.

TRACK THIS WEEK

Steps | sleep quality | hunger + satiety | training quality | mood + clarity | digestion/bloating | cycle/recovery signals

Discipline can look less like punishment and more like devotion.



SUNDAY PREP

Batch a few excellent components. Repeat them. Change the architecture - not the entire kitchen.

SUNDAY PREP

CHICKEN SHAWARMA

Batch-cook chicken with cumin, coriander, paprika, garlic + EVOO.

QUINOA

Cook, cool + portion.

GRAB + GO

Hard-boil eggs. Keep pistachios, walnuts, almonds, avocado, hemp hearts + sweet-potato rounds ready.

TURKEY BURGERS

Form lean turkey patties with herbs, garlic + seasoning.

CRUCIFEROUS VEGETABLES

Roast broccoli, cauliflower + Brussels sprouts.

MACRO + HYDRATION CODE

- Protein target: 1.6-2.2 g/kg body weight/day. Build each of the three meals around a substantial high-quality protein anchor; adjust portions to body size, training output and goals.
- If you want to count macros, a free tool such as Nutritionix Track can help you log portions and compare brands.
- Water before coffee. Starting baseline: ~0.5 oz/lb body weight/day, plus additional fluid for sweat losses. Add sugar-free electrolytes around training, sauna or heavy sweating.
- Midday chia water: 1 Tbsp chia in 16-20 oz water outside fasting hours.

FASTING NOTE

- Fast 14-16 hours. Fourteen is the minimum structure; sixteen is the upper end for IF-adapted bodies only.
- Women: shorten the fast if sleep, mood, training, PMS, bleeding, cycle regularity or recovery shifts negatively.
- Morning is savory and fruit-free; fruit follows Meal 2.

TRAINING STRUCTURE

- 4 days: resistance training or higher-intensity work.
- 2 days: cardio-focused movement you can recover from and repeat.
- 1 day: active recovery. 10,000+ steps daily is the movement floor.

THE POINT

Build enough stimulus to adapt while protecting the recovery required to actually get better.

Refine the execution, not the deficit. No casual grazing; no compensation around the flex meal; no under-fueling a hard session.



MEALS TO REPEAT

Approximate macros are a starting point. Use your app and portion sizes to dial them in.

Tuna Eggs

- 3 oz tuna + 2 eggs + 2 egg whites.
- 1/2 avocado + greens + hemp hearts.
- EVOO + lemon.

APPROX. 42P / 10C / 28F

Sausage + Eggs

- 2 eggs + 3 egg whites + chicken sausage.
- 1/2 avocado + vegetables.
- EVOO + walnuts.

APPROX. 40P / 12C / 31F

Shawarma Bowl

- 5 oz chicken shawarma + quinoa.
- Cucumber + tomato + greens + 1/2 avocado.
- Tahini-lemon drizzle + pistachios.
- Fruit after the meal.

APPROX. 46P / 42C / 27F

Turkey Burger Bowl

- Turkey burger + roasted sweet potato.
- Big chopped salad + 1/2 avocado.
- EVOO vinaigrette + walnuts.
- Fruit after the meal.

APPROX. 40P / 40C / 26F

Shawarma + Crucifers

- Chicken shawarma + quinoa.
- Roasted cruciferous vegetables.
- EVOO + almonds.

APPROX. 45P / 34C / 21F

Turkey Burger + Sweet Potato

- Turkey burger + roasted vegetables.
- Sweet potato + 1/2 avocado.
- Pumpkin seeds.

APPROX. 40P / 38C / 26F

NUTRITION LOGIC

Protein is the anchor. Carbohydrate matches output. Fat adds satiety + nutrient density. Meal prep should eliminate decisions - not pleasure.



REPEAT THE WEEK

Leftovers are part of the design. The point is precision without daily reinvention.

DAY	MEAL 1	MEAL 2	MEAL 3	PROTEIN / GOAL
MON	Tuna Eggs	Shawarma Bowl	Turkey Burger + Sweet Potato	≈128 g meals + Goal 1.6-2.2 g/kg
TUE	Sausage + Eggs	Turkey Burger Bowl	Shawarma + Crucifers	≈125 g meals + Goal 1.6-2.2 g/kg
WED	Tuna Eggs	Shawarma Bowl	Turkey Burger + Sweet Potato	≈128 g meals + Goal 1.6-2.2 g/kg
THU	Sausage + Eggs	Turkey Burger Bowl	Shawarma + Crucifers	≈125 g meals + Goal 1.6-2.2 g/kg
FRI	Tuna Eggs	Shawarma Bowl	Turkey Burger + Sweet Potato	≈128 g meals + Goal 1.6-2.2 g/kg
SAT	Sausage + Eggs	Turkey Burger Bowl (leftover)	Protein-forward flex meal	≈80 g + flex + Goal 1.6-2.2 g/kg
SUN	Tuna Eggs	Shawarma Bowl (leftover)	Shawarma + Crucifers (leftover)	≈133 g meals + Goal 1.6-2.2 g/kg

SWEET THINGS

Greek yogurt treat

- Plain Greek yogurt + cacao + cinnamon.
- Add 1-2 tsp nut butter + walnuts or pecans.
- Optional: 1/2 scoop protein powder to close the protein gap.
- Optional: melted sugar-free chocolate drizzle.

APPROX. 20-35P / 10-18C / 8-16F

Frozen banana bites

- Have after Meal 2 only; fruit stays midday.
- Banana coins + nut butter + hemp hearts.
- Drizzle or dip in melted sugar-free chocolate and freeze.
- Add sea salt for the full little treat moment.

APPROX. 4-7P / 20-30C / 10-16F

DAILY NON-NEGOTIABLES

- Protein goal: 1.6-2.2 g/kg/day. Table totals are approximate protein from the three planned meals; + means close only the remaining gap with 1/2-1 scoop protein powder, Greek yogurt, hemp hearts, pumpkin seeds or a slightly larger protein portion.
- Fast 14-16 hours as tolerated. Water before coffee; use sugar-free electrolytes and midday chia water. Morning stays fruit-free; fruit follows Meal 2.
- Add 2 Brazil nuts on any day you eat a can of tuna for selenium. No compensation around flex meals.

ALCOHOL NOTE

Goal: no alcohol this month. If a social situation calls for a drink, choose 100% agave tequila neat/on the rocks or with an unsweetened mixer to avoid added sugar. Keep it occasional; alcohol still works against sleep and recovery.

Refine the execution, not the deficit. No casual grazing; no compensation around the flex meal; no under-fueling a hard session.



INNER WORK

A morning question. An evening question. Five minutes is enough.

DAY	AM - SET THE TONE	PM - CLOSE THE LOOP
MON	What am I ready to stop negotiating with myself about?	Where did keeping a promise build trust?
TUE	What is noise disguised as necessity?	What happened when I removed some of it?
WED	Where does excess show up in my day?	What felt better with less?
THU	What would self-respect look like in one small choice today?	Did I make that choice?
FRI	Am I seeking intensity when consistency would work better?	Where did restraint improve the day?
SAT	Can pleasure and structure coexist today?	How did I return to rhythm without guilt?
SUN	What became simpler this week?	What do I no longer need to force?

MEDITATION

5-10 minutes daily. Sit, breathe, notice, return. The practice is not having a blank mind; it is noticing when attention leaves and bringing it back.

SOMETHING TO SIT WITH

Discipline can look less like punishment and more like devotion.