



INTEGRATE

Build your defaults. Keep the meals and practices with the highest return - not the ones that merely look impressive.

KEEP WHAT WORKS

FUEL

- Keep protein at 1.6-2.2 g/kg body weight/day and the three-meal structure if it feels supportive.
- Choose the fasting window that best supported energy, sleep, training + menstrual health. 14 hours minimum; 16 hours only if your body handles it well.
- Identify the breakfast and bowl combinations you can repeat without friction.
- Keep carbs responsive to training demand rather than fear or habit.
- Morning stays savory + fruit-free; midday fruit and chia water remain available.
- 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.
- Use protein powder strategically, not automatically.

MIND

- AM: Who am I becoming through the choices I keep making?
- PM: What from this reset deserves to become part of my normal life?
- Meditation: 5-10 minutes daily.
- Read back through your notes from Weeks 01-03.
- Theme: INTEGRATION - turn useful experiments into a personal operating system.

MOVE

- 10,000+ steps daily or choose the sustainable floor you will actually keep.
- 4 training days: resistance or higher-intensity work.
- 2 cardio-focused days.
- 1 active-recovery day.
- Choose the long-term training rhythm you can maintain even during busy weeks.

HORMESIS + RECOVERY

- Keep the practices that genuinely improved how you feel and perform.
- Sauna, fasting and cold exposure are tools - not requirements.
- Keep the lowest effective dose that supports resilience without draining recovery.
- Your long-term protocol should leave room for life.

TRACK THIS WEEK

Compare Week 01 vs Week 04 | energy | sleep | training performance | hunger/satiety | digestion | body composition if desired | HRV/resting HR

The point was never perfection. The point was remembering what brings you back to yourself.



SUNDAY PREP

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

SUNDAY PREP

GARLIC-HERB CHICKEN

Batch-roast chicken with garlic, herbs + EVOO.

QUINOA + ROASTED POTATOES

Prepare both so the starch can change with training demand.

GRAB + GO

Keep pecans/walnuts, pumpkin seeds, avocado, hemp hearts, eggs + favorite Week 01-03 breakfast ingredients ready.

TURKEY + BLACK BEAN CHILI

Lean turkey, black beans, tomatoes, peppers, onions + spices.

BIG CHOPPED VEGETABLE BASE

Greens, cucumber, peppers, cabbage + herbs.

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.

Same ingredients, different architecture. Integration means knowing the few meals that make healthy eating feel automatic.



MEALS TO REPEAT

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

Your Best Egg Plate

- Repeat the egg-based breakfast that felt best in Weeks 01-03.
- Keep it savory, fruit-free + protein-forward.
- Use avocado, hemp hearts, EVOO + nuts as desired.

APPROX. 30-45P / 8-25C / 20-32F

Tuna Egg Repeat

- Tuna + eggs/egg whites + 1/2 avocado.
- Greens + hemp hearts + EVOO.

APPROX. 38-45P / 8-24C / 24-31F

Garlic Chicken Bowl

- 5 oz chicken + quinoa or roasted potato.
- Chopped vegetables + 1/2 avocado.
- EVOO + pecans.
- Fruit after the meal.

APPROX. 46P / 40-50C / 25F

Turkey + Black Bean Chili

- Lean turkey + black beans + tomatoes + peppers.
- 1/2 avocado + Greek yogurt garnish if desired.
- Finish with pumpkin seeds.
- Fruit after the meal.

APPROX. 42P / 38C / 22F

Chicken, New Architecture

- Use the same garlic chicken.
- Serve over chopped salad, roasted vegetables or quinoa.
- Add avocado/EVOO/nuts based on appetite + training.

APPROX. 42-48P / 20-45C / 18-28F

Chili, New Architecture

- Serve chili in a bowl or over roasted sweet potato.
- Add greens + 1/2 avocado.
- Greek yogurt + pumpkin seeds as garnish.

APPROX. 40-45P / 35-50C / 20-28F

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	Your Best Egg Plate	Garlic Chicken Bowl	Chili, New Architecture	≈116-136 g meals + Goal 1.6-2.2 g/kg
TUE	Tuna Egg Repeat	Turkey + Black Bean Chili	Chicken, New Architecture	≈122-135 g meals + Goal 1.6-2.2 g/kg
WED	Your Best Egg Plate	Garlic Chicken Bowl	Chili, New Architecture	≈116-136 g meals + Goal 1.6-2.2 g/kg
THU	Tuna Egg Repeat	Turkey + Black Bean Chili	Chicken, New Architecture	≈122-135 g meals + Goal 1.6-2.2 g/kg
FRI	Your Best Egg Plate	Garlic Chicken Bowl	Chili, New Architecture	≈116-136 g meals + Goal 1.6-2.2 g/kg
SAT	Favorite egg breakfast	Turkey + Black Bean Chili (leftover)	Social / flex meal	≈72-87 g + flex + Goal 1.6-2.2 g/kg
SUN	Your Best Egg Plate	Garlic Chicken Bowl (leftover)	Chicken, New Architecture	≈118-139 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.

Same ingredients, different architecture. Integration means knowing the few meals that make healthy eating feel automatic.



INNER WORK

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

DAY	AM - SET THE TONE	PM - CLOSE THE LOOP
MON	Which changes now feel natural instead of effortful?	What did I do today because it is becoming who I am?
TUE	What practice gave me the highest return this month?	What evidence do I have that it helped?
WED	What am I keeping because it works - not because it is impressive?	What can I release?
THU	What is my minimum viable healthy day?	Did I prove I can do enough without doing everything?
FRI	What does feeling regulated actually look like for me?	When did I feel closest to that today?
SAT	How do I want health to fit into my life - not consume it?	What did balance look like today?
SUN	What am I carrying forward after October?	Write the five rules of your own operating system.

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

The point was never perfection. The point was remembering what brings you back to yourself.

Train. Fuel. Recover. Regulate. Repeat.