



REGULATE

Create rhythm before intensity. Remove decision fatigue and establish a clean, repeatable baseline.

CONSISTENCY > NOVELTY

FUEL

- Protein target: 1.6-2.2 g/kg body weight/day, distributed across three structured meals.
- Make high-quality protein the anchor of every meal. Use 1/2-1 scoop protein powder only when useful to reach your body-weight-based daily target.
- Fasting: 14 hours minimum; up to 16 hours for people already comfortable with IF when energy, sleep, training, recovery and menstrual health remain strong.
- Morning meals stay savory and fruit-free. Fruit lives after the midday meal.
- Hydration: water before coffee. Use ~0.5 oz/lb body weight/day as a starting baseline, then add fluid for sweat losses. Use sugar-free electrolytes when training, using sauna or sweating heavily.
- Midday: 1 Tbsp chia seeds in 16-20 oz water outside the fasting window. Let fully hydrate before drinking.

- Carbs come from black rice, quinoa, potatoes, sweet potatoes, black beans and plants.

HORMESIS + RECOVERY

- Sauna: 2 sessions of about 10-20 minutes, building only as tolerated.
- Cold: optional 30-60 second cool finish to 2-3 showers.
- Do not force a 16-hour fast. Shorten the window when hunger, sleep, performance, cycle symptoms or recovery worsen.
- Hydration, electrolytes and sleep are part of the adaptation protocol.

MIND

- AM: 5 minutes of journaling before your phone.
- PM: 5 minutes of reflection before bed.
- Meditation: minimum 5 minutes daily; morning, evening or both.
- Theme: AWARENESS - notice hunger, energy, habits, mood, triggers and recovery before trying to change them.

MOVE

- 10,000+ steps daily; walk 10 minutes after 1-2 meals when possible.
- 4 training days: resistance training or higher-intensity work.
- 2 cardio-focused days: running, incline walking, cycling, rowing, swimming or another sustained session.
- 1 active-recovery day: walking, mobility, yoga or easy biking.
- Do not progress aggressively this week. Establish your baseline.

TRACK THIS WEEK

Average steps | sleep hours + quality | morning energy | hunger + satiety | training performance | digestion | HRV/resting HR if tracked

Before changing the pattern, become intimate with it.



SUNDAY PREP

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

SUNDAY PREP

ANCESTRAL BEEF MEATBALLS

Grass-fed + grass-finished ground beef paired with Force of Nature Ancestral Blend; egg, garlic, parsley + seasoning. Look at Fresh Thyme or Whole Foods for availability.

BLACK RICE

Cook enough for 3-4 meals; cool and portion.

GRAB + GO

Hard-boil 8-10 eggs. Keep almonds/walnuts, avocados, hemp hearts + greens ready.

LEMON-HERB CHICKEN

Batch-roast chicken with lemon, garlic, herbs + EVOO.

ROASTED VEG + SWEET POTATO

Broccoli, Brussels sprouts, zucchini + peppers; roast thin sweet-potato rounds for a toast-style base.

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.

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



MEALS TO REPEAT

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

Egg + Sausage Plate

- 2 whole eggs + 3 egg whites.
- 1 chicken sausage + sauteed greens.
- 1/2 avocado + 1 Tbsp hemp hearts + 1 tsp EVOO.

APPROX. 40P / 12C / 28F

Tuna + Egg Plate

- 3 oz tuna + 2 eggs + 2 egg whites.
- 1/2 avocado + cucumber + greens.
- 2 roasted sweet-potato rounds + 1 Tbsp hemp hearts.

APPROX. 42P / 24C / 29F

Lemon Chicken Bowl

- 5 oz lemon-herb chicken + black rice.
- Roasted vegetables + 1/2 avocado.
- EVOO + lemon + almonds.
- Fruit after the meal if desired.

APPROX. 48P / 45C / 22F

Ancestral Meatball Bowl

- 4-5 oz ancestral beef meatballs + quinoa.
- Greens + roasted vegetables + 1/2 avocado.
- EVOO + pistachios.
- Fruit after the meal if desired.

APPROX. 40P / 36C / 28F

Meatballs + Sweet Potato

- Ancestral meatballs + roasted vegetables.
- Sweet potato + EVOO.
- Finish with walnuts.

APPROX. 40P / 40C / 27F

Chicken + Quinoa

- 5 oz lemon-herb chicken + quinoa.
- Greens + 1/2 avocado.
- EVOO + pumpkin seeds.

APPROX. 48P / 36C / 24F

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	Egg + Sausage Plate	Lemon Chicken Bowl	Chicken + Quinoa	≈136 g meals + Goal 1.6-2.2 g/kg
TUE	Tuna + Egg Plate	Ancestral Meatball Bowl	Meatballs + Sweet Potato	≈122 g meals + Goal 1.6-2.2 g/kg
WED	Egg + Sausage Plate	Lemon Chicken Bowl	Chicken + Quinoa	≈136 g meals + Goal 1.6-2.2 g/kg
THU	Tuna + Egg Plate	Ancestral Meatball Bowl	Meatballs + Sweet Potato	≈122 g meals + Goal 1.6-2.2 g/kg
FRI	Egg + Sausage Plate	Lemon Chicken Bowl	Chicken + Quinoa	≈136 g meals + Goal 1.6-2.2 g/kg
SAT	Egg + Sausage Plate	Ancestral Meatball Bowl (leftover)	Protein-forward flex meal	≈80 g + flex + Goal 1.6-2.2 g/kg
SUN	Tuna + Egg Plate	Lemon Chicken Bowl (leftover)	Chicken + Quinoa (leftover)	≈138 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.

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



INNER WORK

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

DAY	AM - SET THE TONE	PM - CLOSE THE LOOP
MON	What does my body feel like before I ask it to perform?	What did I notice today that I usually miss?
TUE	What habit feels most automatic right now?	When did I feel most energized today?
WED	What am I carrying into today that is not actually happening today?	What triggered reactivity or urgency?
THU	Where can I create 10% more space today?	What did slowing down change?
FRI	What do I need more of: effort, nourishment, rest or honesty?	Did my choices match that need?
SAT	What am I learning about hunger, energy and stress?	What did I enjoy without needing to optimize?
SUN	What pattern became clearer this week?	What is one thing I will carry into Week 02?

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

Before changing the pattern, become intimate with it.

Train. Fuel. Recover. Regulate. Repeat.