



BUILD

Fuel the work. Keep the structure steady while placing more energy where training can actually use it.

PROGRESS ONE VARIABLE

FUEL

- Keep protein at 1.6-2.2 g/kg body weight/day across three structured meals.
- Keep protein steady; increase black rice, quinoa or sweet potato around harder training days.
- Use protein powder only if food leaves you short of your body-weight-based daily target.
- Morning stays savory + fruit-free. Fruit follows the midday meal.
- 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 fasting hours.
- Fast 14-16 hours. Sixteen is for those already adapted to IF and only when sleep, energy, performance and cycle health stay strong.

HORMESIS + RECOVERY

- Sauna: 2-3 sessions of about 10-25 minutes as tolerated.
- Cold: optional 30-90 second cool/cold shower finish 2-4 times this week.
- If sleep, cycle symptoms, mood or training performance deteriorate, reduce the stress dose.
- Adaptation happens after the stressor - not during it.

MIND

- AM: Where is my energy going today - and where do I want it to go?
- PM: What gave me energy today? What drained it?
- Meditation: 5-10 minutes, once or twice daily.
- Theme: INTENTION - direct attention before habit directs it for you.

MOVE

- 10,000+ steps daily.
- 4 training days: resistance or higher-intensity work. Progress one variable: load, reps, control, range or quality.
- 2 cardio-focused days: sustained work you can recover from and repeat.
- 1 active-recovery day.
- Take stairs, walk short trips and choose movement whenever convenience is the only reason not to.

TRACK THIS WEEK

Average steps | sleep consistency | energy | strength progression | cardio RPE | hunger | HRV/resting HR trend if available

Where attention goes, life follows.



SUNDAY PREP

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

SUNDAY PREP

GINGER-LIME CHICKEN

Batch-cook chicken thighs or breast with ginger, lime, garlic + EVOO.

BLACK RICE

Cook, cool + portion for training-day bowls.

GRAB + GO

Hard-boil eggs. Keep cashews, pepitas, avocado, hemp hearts + sweet-potato rounds ready.

ANCESTRAL TACO BEEF

Grass-fed + grass-finished ground beef paired with Force of Nature Ancestral Blend; season with cumin, paprika + oregano.

PEPPERS + ONIONS + GREENS

Roast peppers/onions; wash cabbage + greens for crunch bowls.

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.

Hard training days get the larger carbohydrate serving. Protein stays steady. Do not lower carbs simply because the goal is to get lean.



MEALS TO REPEAT

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

Eggs + Sausage + Avocado

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

APPROX. 40P / 10C / 29F

Sweet Potato Toast + Eggs

- 2 eggs + 3 egg whites.
- 2 thin roasted sweet-potato rounds.
- 1 Tbsp almond butter + hemp hearts + greens.
- Use 1/2 scoop protein later if needed.

APPROX. 35P / 28C / 23F

Ginger Chicken Crunch Bowl

- 5 oz ginger-lime chicken + black rice.
- Cucumber + cabbage + 1/2 avocado.
- EVOO/lime + cashews.
- Fruit after the meal.

APPROX. 47P / 52C / 24F

Ancestral Taco Bowl

- Ancestral taco beef + black beans + black rice.
- Peppers + cabbage + 1/2 avocado.
- Salsa + pepitas.
- Fruit after the meal.

APPROX. 43P / 52C / 27F

Ginger Chicken + Black Rice

- 5 oz chicken + black rice.
- Roasted vegetables + EVOO.
- Finish with almonds.

APPROX. 45P / 45C / 20F

Taco Beef + Sweet Potato

- Ancestral taco beef + roasted sweet potato.
- Greens + 1/2 avocado.
- Pepitas + salsa.

APPROX. 42P / 40C / 27F

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	Eggs + Sausage + Avocado	Ginger Chicken Crunch Bowl	Taco Beef + Sweet Potato	≈129 g meals + Goal 1.6-2.2 g/kg
TUE	Sweet Potato Toast + Eggs	Ancestral Taco Bowl	Ginger Chicken + Black Rice	≈123 g meals + Goal 1.6-2.2 g/kg
WED	Eggs + Sausage + Avocado	Ginger Chicken Crunch Bowl	Taco Beef + Sweet Potato	≈129 g meals + Goal 1.6-2.2 g/kg
THU	Sweet Potato Toast + Eggs	Ancestral Taco Bowl	Ginger Chicken + Black Rice	≈123 g meals + Goal 1.6-2.2 g/kg
FRI	Eggs + Sausage + Avocado	Ginger Chicken Crunch Bowl	Taco Beef + Sweet Potato	≈129 g meals + Goal 1.6-2.2 g/kg
SAT	Eggs + Sausage + Avocado	Ancestral Taco Bowl (leftover)	Protein-forward flex meal	≈83 g + flex + Goal 1.6-2.2 g/kg
SUN	Sweet Potato Toast + Eggs	Ginger Chicken Crunch Bowl (leftover)	Taco Beef + Sweet Potato (leftover)	≈124 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.

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INNER WORK

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

DAY	AM - SET THE TONE	PM - CLOSE THE LOOP
MON	Where do I want my best energy to go this week?	Did my attention go there?
TUE	What deserves less access to me today?	What felt lighter because I protected my attention?
WED	What am I building that requires patience?	Where did I confuse urgency with progress?
THU	What is one deliberate choice I can make before noon?	What changed because I chose it consciously?
FRI	Where am I leaking energy through indecision?	What decision can I stop reopening?
SAT	What makes discipline feel supportive rather than restrictive?	Where did I experience that today?
SUN	What created capacity this week?	What will I progress - and what will I leave alone?

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

Where attention goes, life follows.

Train. Fuel. Recover. Regulate. Repeat.