



BB3 April 2026 Blueprint

You were born a Lion... Not a lamb.

Outcome: To release and incinerate body fat and add lean muscle. To add years to your life and life to your years. To feel awesome while not feeling restricted.

Higher Purpose: Self-Mastery. To Master your thoughts, feelings, words and deeds to deliberately create your body and life on your terms. Self-Mastery is the gateway to **LIVING GREATLY.**



Week-at-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Muscle & Metabolism	Fat Burning & Endurance	Muscle & Metabolism	Fat Burning & Endurance	Muscle & Metabolism	Fat Burning & Endurance	Longevity & Mental Mastery
3 FUEL Meals + up to 300 "free" calories	3 FIRE Meals + up to 300 "free" calories	3 FUEL Meals + up to 300 "free" calories	3 FIRE Meals + up to 300 "free" calories	3 FUEL Meals + up to 300 "free" calories	3 FIRE Meals + up to 300 "free" calories	Fast until 12pm then 2 FUEL Meals + up to 300 "free" calories
Resistance Training	Cardio Conditioning	Resistance Training	Cardio Conditioning	Resistance Training	Cardio Conditioning	Go for a walk outdoors 10k steps or more.

 **Daily Step Count:** 7,000 steps minimum — Target: 10,000 or more



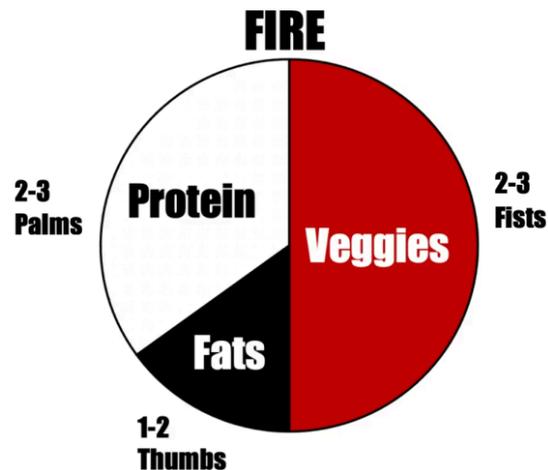
Meal Types: FIRE & FUEL

FIRE Meals

Protein: 2–3 Palms

Veggies: Unlimited or 2–3 Fists

Fats: 1–2 Thumbs

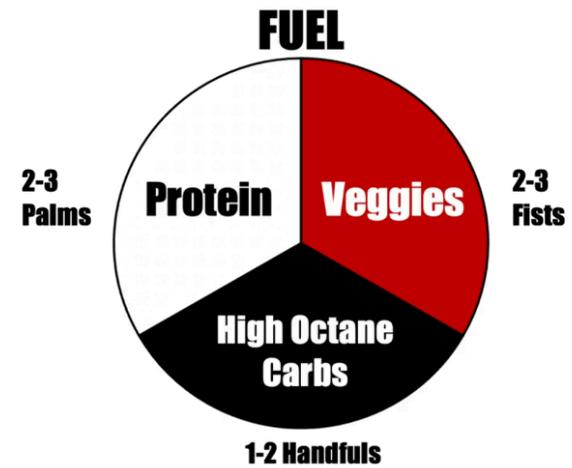


FUEL Meals

Protein: 2–3 Palms

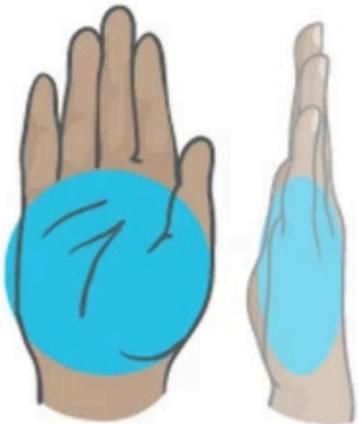
Veggies: Unlimited or 2–3 Fists

Carbs: 1–2 Handfuls

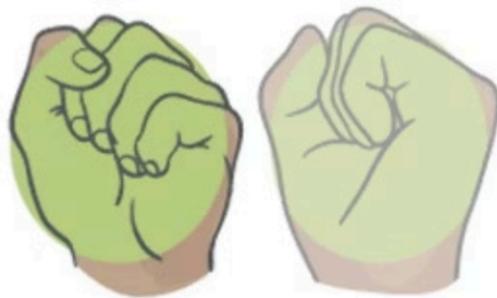


How Much Do I Eat?

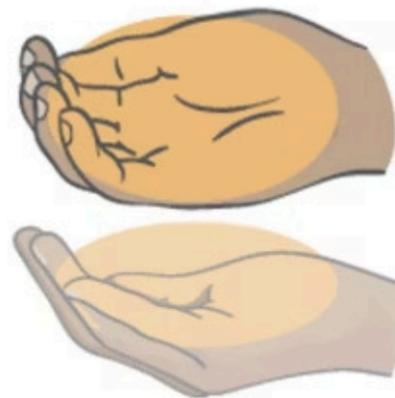
YOUR HAND IS YOUR PORTIONING TOOL



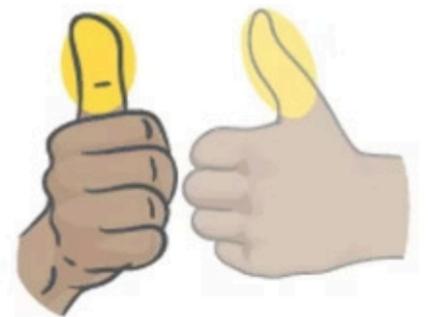
A serving of protein
= 2-3 palms



A serving of
vegetables = 2-3 fists



A serving of carbs
= 1 cupped hand



A serving of fats
= 1 thumb

 Eat until you are **80% full.**

What to Eat:

Build your meals from these four food pillars:

Lean Protein

- Poultry (chicken, turkey, eggs)
- Grass-fed beef, bison or elk
- Plant-based high protein pastas
- 1 serving = 20 or more grams of protein
- **Protein powders**
- Seafood of all types including wild salmon, shrimp, etc.

High Octane Carbs

- Roots like potatoes: purple potatoes, red potatoes, sweet potatoes, yams, baked or roasted
- Rice or quinoa steamed
- Oats/porridge
- Fruits like berries, apples, pears
- Sourdough bread

Veggies

- Cruciferous veggies like broccoli, cauliflower, Brussel sprouts, kale, cabbage
- All types of lettuce
- Fermented veggies like sauerkraut, kimchi, Ume plum, etc.
- Sprouts: specifically broccoli, alfalfa, radish, etc.
- All types of veggies. Focus on variety for greater microbiome diversity. Asparagus, artichokes, onions, carrots, etc.

Plant Based Fats

- Macadamias, walnuts, cashews, almonds, hazelnuts, pistachios
- Extra virgin olive oil, coconut oil, grape seed oil
- Pumpkin seeds, chia seeds, flaxseed, sesame seeds, sunflower seeds, basil seeds
- Coconut
- Avocado (Contains both good fats and carbs from fiber.)

For even more options, check out our [**Ultimate Food List.**](#)



The Nutritional Plan of Attack: "FIRE FUEL FREEDOM"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FUEL Meal	FIRE Meal	FUEL Meal	FIRE Meal	FUEL Meal	FIRE Meal	FAST until 12pm
FUEL Meal	FIRE Meal	FUEL Meal	FIRE Meal	FUEL Meal	FIRE Meal	FUEL Meal
FUEL Meal	FIRE Meal	FUEL Meal	FIRE Meal	FUEL Meal	FIRE Meal	FUEL Meal

Optional: Up to 300 calories of anything you'd like at any time of the day.

- For added benefit go for a 20–30 min walk after your final meal.
- Do your best to avoid eating 2 hours before sleep.

Daily Breakdown

Monday–Wednesday–Friday: FUEL Days

Strength and Muscle is the goal on these Fuel days. Consume 3 FUEL meals. FUEL meals are composed of **Lean Protein, High Octane (unprocessed) Carbohydrates & Veggies.**

- Wake Up: Resistance Training Session
- FUEL Meal 1: Lean Protein, High Octane Carb, Veggies
- FUEL Meal 2: Lean Protein, High Octane Carb, Veggies
- FUEL Meal 3: Lean Protein, High Octane Carb, Veggies

Tuesday–Thursday–Saturday: FIRE Days

Endurance and accelerated fat burning is the goal on these FIRE days. Consume 3 FIRE meals. FIRE Meals are composed of **Lean Protein, Veggies and a Plant Based Fat.** On these days you can replace your first meal with bone broth (60-100 calories) or a **protein shake.** This simple change will help curb appetite and create a greater calorie deficit (fat burning) and detoxification. You could call this day a "fat cell cleanse".

- Wake Up: Cardiovascular Conditioning Session
- FIRE Meal 1: Lean Protein, Double Veggies & Plant Based Fat — or Bone Broth or Protein Shake in water
- FIRE Meal 2: Lean Protein, Double Veggies & Plant Based Fat
- FIRE Meal 3: Lean Protein, Double Veggies & Plant Based Fat

Sunday: "FAST Day"

Fasting has been around for thousands of years. It's a powerful tool when used wisely. The best way to use it is for self-mastery. A big mistake people make with fasting is they're doing it just to lose weight. They often suffer while doing the fast, remember neuroscience 101: "what fires together wires together," so the goal is not just to suffer through it. The goal is to command your thoughts, emotions and actions in a way where you can still live in love based emotion, the Lion or Lioness. if you can't be your best just because you haven't eaten for a few hours, how are you going to do it when life hits hard and your loved ones need you most? So I invite you to joyfully fast, not to suffer.

- Wake Up: Go for a walk outdoors
- FAST until 12pm
- FUEL Meal 1: Lean Protein, High Octane Carb, Veggies
- FUEL Meal 2: Lean Protein, High Octane Carb, Veggies

Hydration is Important

During this protocol it is very important to drink adequate fluids. Water is life.

Take your bodyweight x0.5 =this will be your goal for how many ounces to drink per day.

For most people this will be between 2-4 liters. This helps curb cravings and think clearly.

300 Free Calories

You may have 300 calories of whatever you want every day and at any time of the day (except before 12pm on Sundays). This means you can enjoy any food you like but keep it to 300 "guilt-free" calories or less. This is optional of course.

Here are some examples of what 300 calories looks like:

Dates

About 5 large Medjool dates

Blueberries

Around 3¾ cups (550g). That's a lot of berries, since they're low-calorie and high-fiber.

Dark Chocolate (70-85% cacao)

Roughly 2 ounces (56g). That's about 6 squares.

Standard Pizza

12-inch pie, cheese: Around 1½ slices (This varies depending on brand, crust, and toppings).

Peanut butter

About 2½ tablespoons (48g).

Cooked chicken breast

Roughly 5½ ounces (155g). About the size of your palm plus a few bites.

Steamed broccoli

Nearly 9 cups (900g). Yep, tons of broccoli for just 300 calories!

Extra virgin olive oil

Exactly 2 tablespoons (27g)

Standard vanilla ice cream

About ¾ cup (145g). A generous scoop.

Sample Week of Meals

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FUEL Meal: Greek yogurt bowl with berries, chia seeds, and a drizzle of honey	FIRE Meal: Bone broth with sea salt and herbs or Protein shake (water or almond milk) + cinnamon	FUEL Meal: Eggs + avocado toast (sourdough) + sautéed spinach	FIRE Meal: Egg muffins (see recipe)	FUEL Meal: Protein pancakes (see recipe)	FIRE Meal: Bone broth with sea salt or a protein shake	FAST — No calories before noon. Water, black coffee, tea, celery juice or wheat grass are acceptable
FUEL Meal: Grilled chicken, roasted sweet potatoes, sautéed zucchini	FIRE Meal: Salmon salad (mixed greens, cucumber, avocado, olive oil)	FUEL Meal: Bison burger bowl (no bun, roasted potatoes, mixed greens)	FIRE Meal: Turkey lettuce wraps (avocado, shredded veggies, olive oil drizzle)	FUEL Meal: Chicken burrito bowl (rice, beans, fajita veggies)	FIRE Meal: Grilled chicken salad (olive oil, avocado, nuts, mixed greens)	Fuel Meal: Steak + roasted potatoes + green beans
FUEL Meal: Ground turkey taco bowl (rice, black beans, lettuce, pico)	FIRE Meal: Chicken stir-fry (broccoli, cabbage, mushrooms, olive oil)	FUEL Meal: Shrimp rice bowl with jasmine rice + grilled veggies	FIRE Meal: Steak + roasted asparagus + sautéed mushrooms	FUEL Meal: Salmon pasta (high-protein pasta + tomato sauce + spinach)	FIRE Meal: Shrimp + zucchini noodles + pesto	FUEL Meal: Chicken + quinoa + roasted veggies
Optional 300-cal treat: 2 squares dark chocolate & 1 Tbsp peanut butter	Optional 300-cal treat: $\frac{3}{4}$ cup vanilla ice cream	Optional 300-cal treat: 1 tbsp of peanut butter with apple slices	Optional 300-cal treat: 5 medjool dates	Optional 300-cal treat: 1 slice of pizza	Optional 300-cal treat: 3 cups of movie theater popcorn or 9 cups of air popped (plain, no oil)	Optional 300-cal treat: 3 date protein poppers (see recipe)

Recipes:

High-Protein Blueberry Pancakes

(30g Protein per Serving)

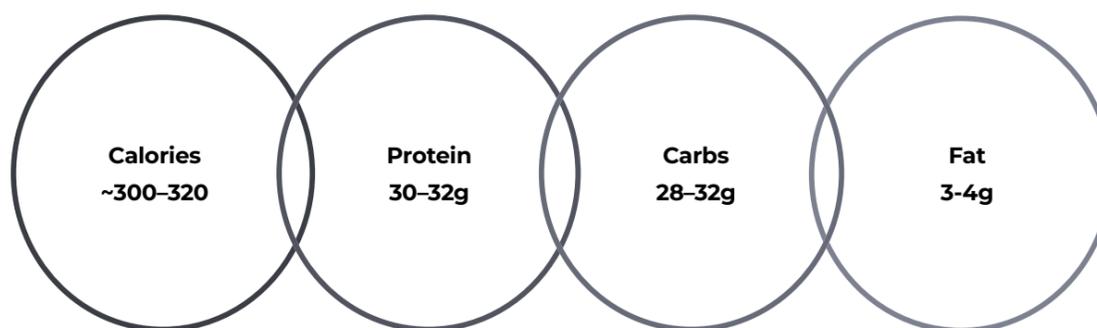


Ingredients (Makes 2 Servings):

- 1 cup gluten-free oats
- 6 egg whites
- ½ cup low-fat cottage cheese
- 1 scoop (about 25–30g) vanilla or unflavored whey protein powder
- 2 tsp cinnamon extract
- 1 tsp vanilla extract
- 20 blueberries
- Optional: 1–2 tbsp unsweetened almond milk (for desired batter consistency)

Instructions:

1. Blend Base: Add oats, egg whites, cottage cheese, protein powder, cinnamon extract, vanilla extract, and almond milk (if needed) to a blender. Blend until smooth.
2. Add Blueberries: Gently fold in the blueberries.
3. Preheat Pan: Heat a medium non-stick skillet over medium heat and lightly coat with non-stick spray.
4. Cook Pancakes: Pour ¼ of the batter into the pan for each pancake. Cook until bubbles form and edges firm up, then flip and cook through.
5. Serve & Enjoy: Eat immediately, or store in the refrigerator for quick meals on the go. They taste great hot or cold.



Lion Fuel Tips:

- For higher carbs (post-workout): Add an extra ¼ cup oats or top with sliced banana.
- For lower carbs: Replace half the oats with oat fiber or almond flour.
- For dairy-free: Swap cottage cheese for dairy-free yogurt and use plant-based protein powder.



Egg Muffins (FIRE Meal)

Ingredients (12 muffins):

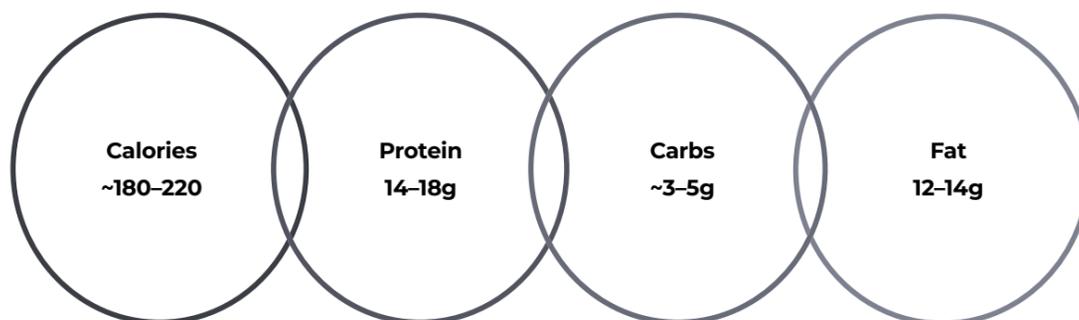
- 12 whole eggs
- 1 cup spinach, chopped
- ½ cup bell peppers, diced
- ½ cup mushrooms, chopped
- ¼ cup red onion, finely diced
- ½ cup shredded cheese (goat cheese, feta, or mozzarella)
- 1–2 tbsp olive oil or avocado oil (for sautéing + healthy fats)
- Seasoning: ½ tsp sea salt, ½ tsp black pepper, ½ tsp garlic powder, ½ tsp onion powder, Optional: pinch of paprika or Italian seasoning

Purpose: Fat-burning, high-protein, grab-and-go meal that keeps you full, energized, and aligned with FIRE days.

Instructions:

1. Preheat oven to 375°F (190°C).
2. Sauté veggies: Heat oil in a pan. Cook onions, mushrooms, and peppers for 3–5 minutes until softened. Add spinach last until wilted. 🍷 This step removes water so your muffins aren't soggy.
3. Whisk eggs in a bowl with all seasonings.
4. Combine sautéed veggies into egg mixture.
5. Pour into muffin tin (greased or lined).
6. Top with cheese.
7. Bake for 18–22 minutes until set in the center.
8. Let cool slightly, then remove.

Macronutrients (per 2 muffins approx.):



📌 Flavor Upgrades: Southwest: add cumin + cilantro + a little salsa on top | Italian: sun-dried tomatoes + basil + mozzarella | Mediterranean: feta + olives + spinach | Protein Boost: add ground turkey or chicken

📦 Storage: Fridge: up to 4–5 days | Freezer: up to 2 months | Reheat: 30–45 sec microwave or toaster oven

Mother Nature's Gatorade: Hydration Elixir



Purpose: To replenish electrolytes, revitalize cellular hydration, and restore inner balance using nature's purest ingredients. Designed for post-training recovery, deep cellular nourishment, and sustained vitality, the Lion's way.

Ingredients:

- 0.5 L (500 ml) unsweetened coconut water
- 1/8 tsp natural salt (Redmond Real Salt or Himalayan salt)
- Juice of ½ lemon or lime

Macronutrients: Calories: ~45 kcal | Protein: 0.5g | Carbohydrates: 11g | Fat: 0.2g | Sodium: 160–180 mg | Potassium: 400–500 mg | Magnesium: 20–25 mg | Vitamin C: 20–25 mg

Use: Drink before or after training, or whenever energy feels low. Breathe deeply as you sip, remind yourself: *"I drink to remember my strength. Every cell awakens to the Lion within."*

You can also enhance absorption and energy by adding a few drops of liquid trace minerals or a pinch of spirulina for an extra performance edge.

Lion Wisdom: "Hydration is not just water, it is electricity ⚡. It is Life! The Lion knows that energy, the spark of life, flows with ease and great power through a well-hydrated & mineralized body."

High Protein Overnight Oats



Purpose: Daily performance, energy, gut health

Ingredients:

- ½ cup rolled oats
- 1 scoop vanilla protein (plant or whey)
- 1 cup almond milk
- 2 tbsp chia seeds
- 1 tbsp ground flaxseed
- ½ cup frozen berries
- 1 tbsp almond butter
- ½ tsp cinnamon, vanilla, pinch of salt

Instructions:

1. Combine dry ingredients: In a jar or bowl, mix oats, protein powder, chia seeds, flaxseed, cinnamon, and salt.
2. Add wet ingredients: Pour in almond milk and vanilla extract. Stir until everything is evenly combined and no clumps of protein powder remain.
3. Add fruit & nut butter: Stir in frozen berries and swirl in almond butter (you can leave a few ribbons for texture).
4. Cover and refrigerate overnight (or at least 6 hours).
5. In the morning, stir well. If it's too thick, add a splash more milk to loosen.

Macronutrients: Calories: 520 kcal | Protein: 34g | Carbs: 46g | Fiber: 14g | Fat: 18g

Why it works: Balanced macronutrient ratio for sustained energy, gut fiber for detox and hormonal stability, antioxidants for recovery.

Protein Poppers



Purpose: Quick, energizing snack for sustained energy, workout recovery, or a healthy sweet treat.

Ingredients:

- 12 large Medjool dates, pitted
- ¼ cup PBfit Cocoa powder (or 2 tbsp of peanut butter)
- 2 tbsp Designs for Health Whey Cool Chocolate Protein Powder
- 3 tbsp almond flour
- 1 tsp vanilla extract
- Pinch of sea salt
- 1–2 tbsp water (as needed for texture)
- Optional: 2 tbsp Lily's Dark Chocolate Chips (sugar-free)

Instructions:

1. In a food processor, blend dates until a thick paste forms.
2. Add PBfit, protein powder, almond flour, vanilla, and salt. Pulse until the mixture forms a dough.
3. Add 1 tbsp water at a time if it's too thick.
4. Fold in Lily's chocolate chips (optional).
5. Roll into 14–15 even balls.
6. Chill for 20–30 minutes before serving.

Storage: Keep in an airtight container in the fridge up to 1 week or freeze up to 2 months.

Macronutrients per popper (Yields about 13 balls – 3 poppers = "300 free" calories): Calories: 100 kcal | Protein: 5g | Carbs: 12g | Fiber: 3g | Fat: 3.5g

Why it works: Balanced energy from natural carbs, protein, and healthy fats. No crash, no junk. Give quick, clean energy and gut-friendly fiber. Perfect pre- or post-workout bite, or a mid-afternoon pick-me-up that feels like dessert but nourishes like fuel.

Chicken Crust Pizza

Purpose: A clean, high-protein, family-friendly pizza that satisfies comfort food cravings while supporting lean muscle, gut health, and steady energy.

Ingredients

Crust:

- 1 lb. ground chicken breast
- 2 large eggs
- ½ cup shredded mozzarella or grated Parmesan
- ½ tsp garlic powder or 2 cloves garlic, minced
- ½ tsp onion powder
- ½ tsp Italian seasoning
- ½ tsp salt
- ¼ tsp black pepper

Toppings (customizable):

- ¼ cup tomato or pizza sauce
- ½ - 1 cup shredded mozzarella
- Optional add-ons: bell peppers, spinach, onions, mushrooms, or fresh basil



Instructions

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Mix crust ingredients: In a bowl, combine ground chicken, eggs, cheese, and seasonings until evenly blended.
3. Form crust: Spread mixture onto parchment in a thin, even circle or rectangle (about ¼ inch thick).
4. Bake crust for 20 minutes, or until golden and firm to the touch.
5. Add toppings: Spread sauce over crust, sprinkle with mozzarella, and layer on your favorite veggies.
6. Bake or broil for an additional 5–7 minutes, until cheese is bubbly and edges are crisp.
7. Cool slightly before slicing. This helps the crust hold together beautifully.

Macronutrients (per serving, 4 servings): Calories: 280 kcal | Protein: 35g | Carbs: 3g | Fat: 13g

Why It Works: This recipe flips pizza night on its head, all the flavor, none of the blood sugar spike. The chicken crust gives pure protein for muscle repair and satiety. Low-carb and gluten-free, it supports steady energy and digestive ease. Perfect for busy weeknights, meal prep, or post-workout family dinners.



Sample Grocery List

(1 Week – FIRE/FUEL Program)

Lean Proteins

- Chicken breast (4–5 lbs)
- Ground turkey (1–2 lbs)
- Grass-fed beef or bison (1 lb)
- Wild salmon fillets (2–3)
- Shrimp (1 lb, peeled)
- Eggs (2–3 dozen)
- **Protein powder**
- Bone broth (1–2 cartons)

High-Octane Carbs (FUEL Days Only)

- Jasmine or basmati rice (1 bag)
- Quinoa (1 box)
- Sweet potatoes (3–5 medium)
- Rolled oats (for overnight oats/pancakes)
- Sourdough bread (1 loaf)
- Black beans (1–2 cans or dry)
- High-protein pasta (optional)

Fruits

- Frozen &/or fresh berries
- Apples (3–5)
- Lemons or limes
- Avocados (3–4)

Healthy Fats

- Extra virgin olive oil
- Avocado oil (optional)
- Nuts (almonds, cashews, or walnuts)
- Chia seeds
- Ground flaxseed
- Almond butter or peanut butter

Veggies

(Buy a mix of fresh + frozen for ease)

- Spinach (2 bags or clamshells)
- Mixed greens / lettuce (2 large containers)
- Broccoli (2 heads or frozen bags)
- Zucchini (3–4)
- Mushrooms (1–2 containers)
- Bell peppers (4–5 assorted)
- Onions (2–3)
- Asparagus (1 bunch)
- Green beans (1 bag)
- Cabbage
- Cherry tomatoes (1 container)
- Garlic (1 bulb)

Pantry / Flavor Builders

- Sea salt / Himalayan salt
- Black pepper
- Garlic powder
- Onion powder
- Paprika
- Italian seasoning
- Cinnamon
- Cumin (for taco bowls)
- Vanilla extract
- Tomato sauce (no sugar added)
- Salsa (whole ingredients)
- Honey or maple syrup (optional)

 **Disclaimer (legal stuff):** The content provided in this PDF is for informational and educational purposes only. The contents of this document are not intended to diagnose, treat, cure, or prevent any health conditions, nor are they intended to replace a physician, dietitian, nutritionist, or other qualified healthcare professional's advice. You should always consult your physician or other qualified healthcare professional on any matters regarding your health, engagement in physical activity, and/or diet before starting any fitness program or meal plan to determine if it is suitable for your needs.