



BB3 November Blueprint

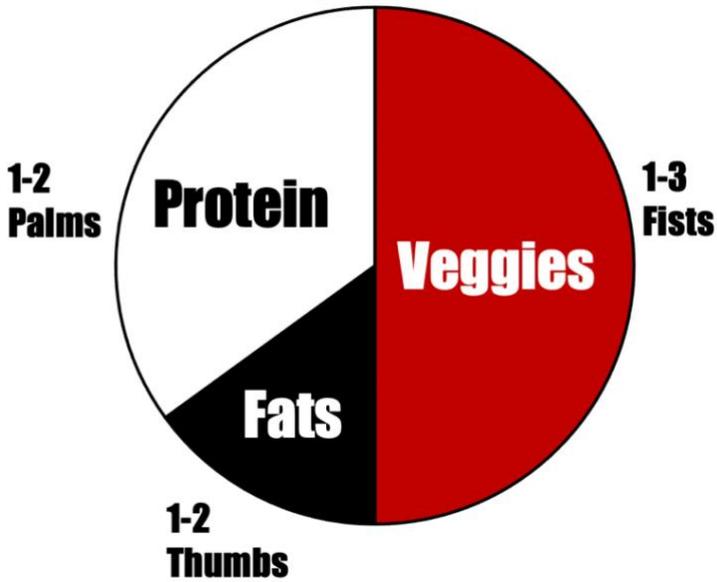
Outcome: To release and incinerate body fat to reveal your all-time best while enjoying the challenge set before you.

Higher Purpose: 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.

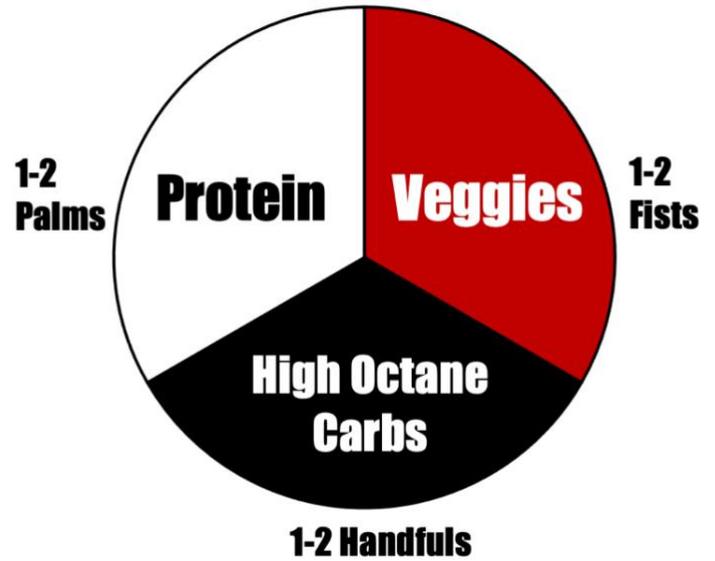
Week-at-a-Glance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Purpose	Muscle & Metabolism	Fat Burning & Endurance	Muscle & Metabolism	Fat Burning & Endurance	Muscle & Metabolism	Fat Burning & Endurance	Longevity & Mental Mastery
Meals	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
Training	Resistance Training	Cardio Conditioning	Resistance Training	Cardio Conditioning	Resistance Training	Cardio Conditioning	Go for a walk outdoors 10k steps or more.

FIRE

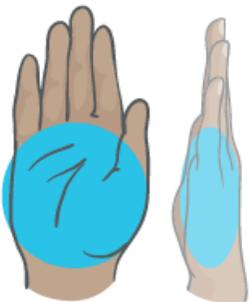


FUEL

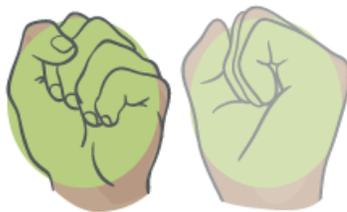


How much do I eat?

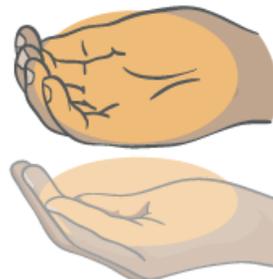
YOUR HAND IS YOUR PORTIONING TOOL



A serving of protein
= 1 palm



A serving of
vegetables = 1 fist



A serving of carbs
= 1 cupped hand



A serving of fats
= 1 thumb



Lean Protein	High Octane Carbs	Veggies	Plant Based Fats
Poultry (chicken, turkey, eggs)	Roots like potatoes: purple potatoes, red potatoes, sweet potatoes, yams, baked or roasted	Cruciferous veggies like broccoli, cauliflower, Brussel sprouts, kale, cabbage	Macadamias, walnuts, cashews, almonds, hazelnuts, pistachios
Grass-fed beef or bison or elk	Rice or quinoa steamed	All types of lettuce	Extra virgin olive oil, coconut oil, grape seed oil
Plant-based high protein pastas 1 serving = 20 or more grams of protein	Oats/porridge	Fermented veggies like sauerkraut, kimchi, Ume plum, etc.	Pumpkin seeds, chia seeds, flaxseed, sesame seeds, sunflower seeds, basil seeds
Protein powders	Fruits like berries, apples, pears	Sprouts: specifically broccoli, alfalfa, radish, etc.	Coconut
Seafood of all types including wild salmon, shrimp, etc.	Sourdough bread	All types of veggies. Focus on variety for greater microbiome diversity. Asparagus, artichokes, onions, carrots, etc.	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" WEEK

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

Note:

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

Important:

During this protocol it is very important to drink adequate fluids. Take your bodyweight x 0.5 = 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.

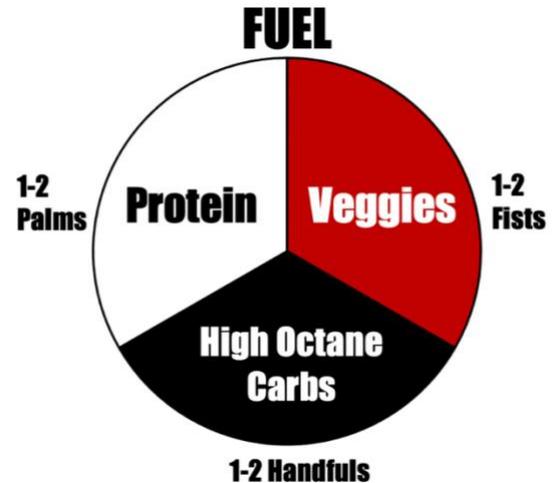


Monday-Wednesday-Friday:

Strength and Muscle is the goal on these Fuel days.

Consume 3 FUEL meals on Mondays, Wednesdays and Fridays. 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

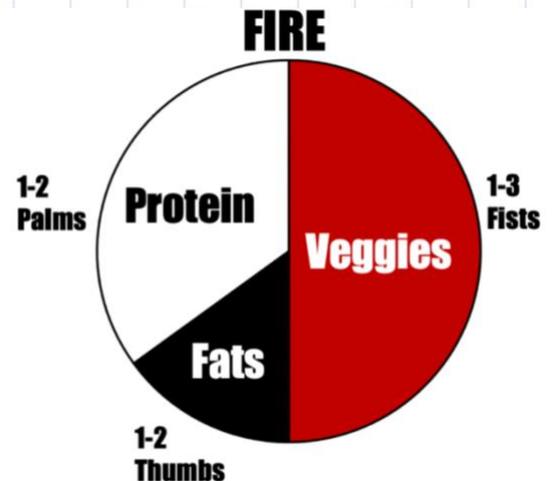


Tuesday-Thursday-Saturday:

Endurance and accelerated fat burning is the goal on these FIRE days.

Consume 3 FIRE meals on Tuesdays, Thursdays and Saturdays. 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”

During this phase you will fast until 12pm then have 2 FUEL meals. You may also have up to 300 “Free” calories any time after 12pm.

Do your best to walk 10,000 steps. This is approximately 4 miles (6.4 km).

- 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

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:



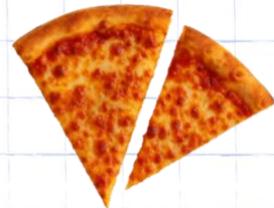
Dates: About 5 large Medjool dates



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



Dark Chocolate (70-85%): 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.

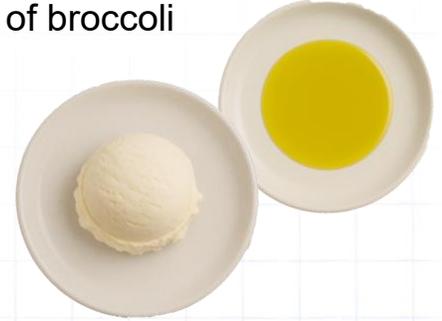




Steamed broccoli: Nearly 9 cups (900g). Yep, tons of broccoli for just 300 calories!

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 Overnight oats (see recipe)	FIRE Meal Bone broth with sea salt and herbs <i>or</i> protein shake with almond milk	FUEL Meal Scrambled eggs with spinach and sweet potato hash	FIRE Meal Chia pudding topped with almond butter	FUEL Meal Eggs scrambled with bell peppers and onions on sourdough bread	FIRE Meal Bone broth with sea salt <i>or</i> a protein shake	FAST No calories before noon. Water, black coffee, tea, celery juice or wheat grass are acceptable
FUEL Meal Grilled chicken breast, quinoa, roasted Brussels sprouts	FIRE Meal Wild salmon with mixed greens, avocado, and olive oil	FUEL Meal Ground bison with roasted potatoes and green beans	FIRE Meal Chicken salad w/ veggies of your choice, olive oil & avocado dressing	FUEL Meal Turkey chili with beans and basmati rice	FIRE Meal Grass-fed steak salad with olive oil vinaigrette and avocado	Fuel Meal Chicken burrito bowl with rice, black beans, salsa, and veggies
FUEL Meal Ground turkey bowl with brown rice, beans, & sautéed peppers	FIRE Meal Shrimp stir-fry with broccoli, mushrooms, and cashew drizzle	FUEL Meal Grilled chicken thighs with jasmine rice & asparagus	FIRE Meal Pan-seared cod with sautéed kale and roasted zucchini	FUEL Meal Teriyaki salmon with steamed broccoli and rice noodles	FIRE Meal Chicken crust pizza topped with veggies of choice (see recipe)	FUEL Meal Grilled salmon, roasted sweet potatoes, and steamed green beans
Optional 300-cal treat: 2 squares dark chocolate & 1 Tbsp peanut butter	Optional 300-cal treat: ¾ cup vanilla ice cream	Optional 300-cal treat: 1 slice pizza	Optional 300-cal treat: 5 medjool dates	Optional 300-cal treat: 1 tbsp of peanut butter with apple slices	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

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 1/2 lemon or lime

Macronutrients:

- Calories: ~45 kcal
- Protein: 0.5 g
- Carbohydrates: 11 g
- Fat: 0.2 g
- 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)

Lean Proteins

- Chicken breast (4–5 lbs total for grilling, bowls, and pizza crusts)
 - Ground chicken breast (1 lb for chicken crust pizza)
 - Ground turkey
 - Wild salmon fillets
 - Grass-fed ground beef or bison (1 lb for pasta sauce or rice bowls)
 - Eggs (1–2 dozen)
 - Protein powder – chocolate & vanilla (for oats, shakes, poppers)
 - Bone broth (unsalted or low sodium)
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High-Octane Carbs (FUEL Meals)

- Jasmine or basmati rice (1 bag or box)
 - Sweet potatoes / yams (3–4 medium)
 - Quinoa (1 box or bag)
 - Oats / rolled oats (for overnight oats)
 - Sourdough bread (1 loaf)
-

Veggies (Fresh + Frozen)

- Broccoli, cauliflower, Brussels sprouts, asparagus
 - Spinach / kale (for eggs, pizza toppings or salads)
 - Bell peppers
 - Onions (2–3 yellow or red)
 - Zucchini (2–3 medium)
 - Mushrooms (1 container)
 - Mixed greens or lettuce (2 bags for salads)
 - Garlic (1 bulb)
-

Fruits

- Frozen mixed berries (for oats)
 - Apples, Pears or Bananas (optional for shakes)
 - Lemons / limes (for hydration elixir)
 - Medjool dates (1 bag for protein poppers)
-



Healthy Fats / Plant-Based Add-Ons

- Avocados (3–4)
 - Almond butter or peanut butter (for oats + poppers)
 - PBfit powder (optional swap for PB)
 - Chia seeds (for oats + chia pudding)
 - Ground flaxseed (for oats)
 - Olive oil / avocado oil (for cooking)
 - Nuts / seeds (cashews, almonds, pumpkin seeds)
 - Coconut oil (optional)
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Dairy / Cheese

- Mozzarella (block or shredded)
 - Parmesan (for chicken crust pizza or pasta sauce)
 - Greek yogurt (optional for snacks or dips)
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Pantry & Condiments

- Tomato / pizza sauce (no-sugar-added)
 - Crushed tomatoes / tomato paste (for pasta sauce)
 - Spices: sea salt, black pepper, paprika, garlic powder, onion powder, Italian seasoning, turmeric, cinnamon
 - Vanilla extract
 - Honey or maple syrup (optional natural sweetener)
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Hydration & Optional Add-Ons

- Coconut water (for Mother Nature's Gatorade)
- Himalayan / Redmond Real Salt
- Herbal teas or coffee
- Popcorn kernels (for "300 Free Calories" snack)
- Dark chocolate (70–85 %) squares



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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.

