



BB3 February Blueprint

Outcome: To add lean muscle and strength for longevity, energy and performance. So that you can add years to your life and life to your years.

Higher Purpose: Self-Mastery.

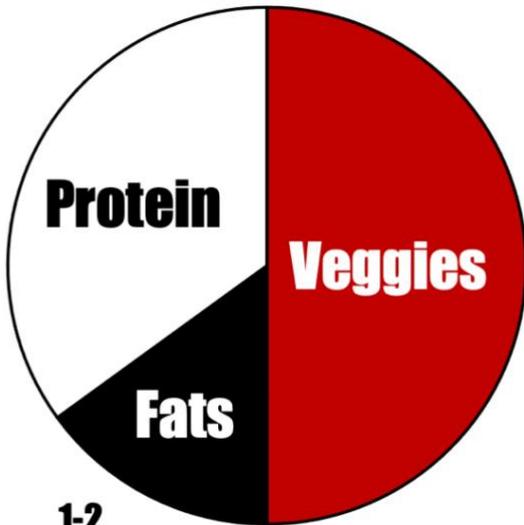
To become aware and command your thoughts, feelings, words and deeds to deliberately create your body and life on your terms. Self-Mastery is the gateway to LIVING GREATLY.

Week-at-a-Glance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Purpose	Add Lean Muscle, Strength, Performance & Longevity						
Meals	2 FUEL Meals + 1 FIRE Meal + up to 300 "free" calories optional each day						
Training	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						

FIRE

2-3
Palms

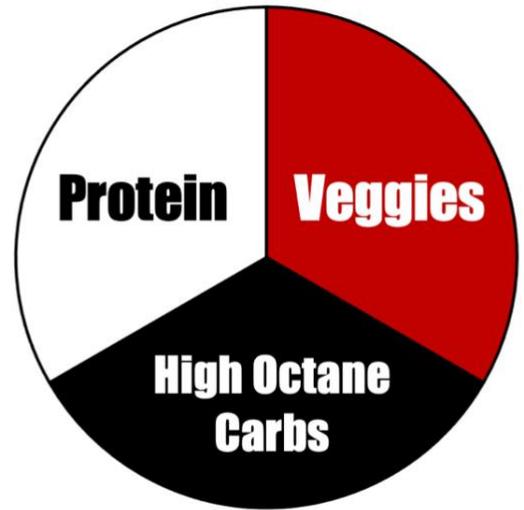


2-3
Fists

1-2
Thumbs

FUEL

2-3
Palms

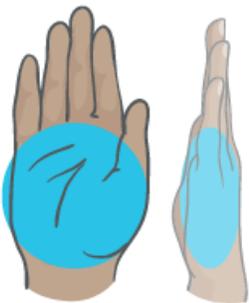


2-3
Fists

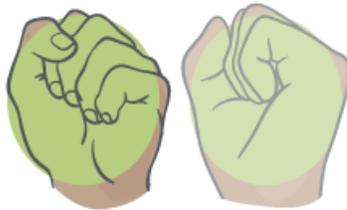
1-2 Handfuls

How much do I eat?

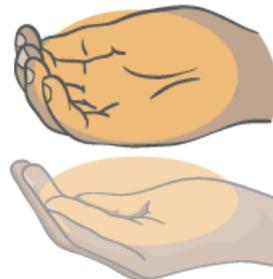
YOUR HAND IS YOUR PORTIONING TOOL



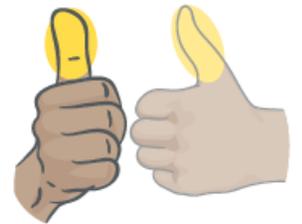
A serving of protein
= 1 palm



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	FUEL Meal	FUEL Meal	FUEL Meal	FUEL Meal	FUEL Meal	FUEL Meal
FUEL Meal	FUEL Meal	FUEL Meal	FUEL Meal	FUEL Meal	FUEL Meal	FUEL Meal
FIRE Meal	FIRE Meal	FIRE Meal	FIRE Meal	FIRE Meal	FIRE Meal	FIRE Meal
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.



Daily Fuel-Up Routine:

- Wake Up: [North-Star Process](#), Summon the Lion - Train
- FUEL Meal 1: Lean Protein, High Octane Carb, Veggies
- FUEL Meal 2: Lean Protein, High Octane Carb, Veggies
- FIRE Meal 3: Lean Protein, Double Veggies & Plant Based Fat

300 Free Calories:

You may have 300 calories of whatever you want every day and at any time of the day. 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:



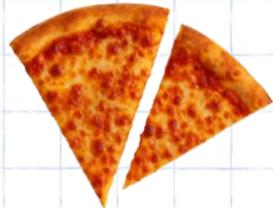
Dates: About 5 large Medjool dates



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).

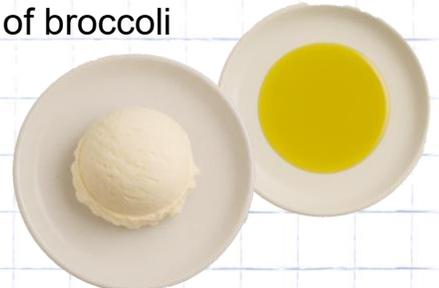


Cooked chicken breast: Roughly 5½ ounces (155g). About the size of your palm plus a few bites.



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 Protein Overnight Oats with berries	FUEL Meal Scrambled eggs with spinach & sweet potato hash	FUEL Meal Eggs scrambled with bell peppers & onions on sourdough	FUEL Meal Protein shake with fruit & oats	FUEL Meal Protein chia pudding topped with berries	FUEL Meal Scrambled eggs with roasted potatoes & greens	FUEL Meal Greek yogurt with berries
FUEL Meal Grilled chicken breast, quinoa & roasted Brussels sprouts	FUEL Meal Ground turkey bowl with brown rice, beans & sautéed peppers	FUEL Meal Grilled chicken thighs, jasmine rice & asparagus	FUEL Meal Turkey chili with beans & basmati rice	FUEL Meal Chicken burrito bowl (rice, salsa & veggies)	FUEL Meal Teriyaki salmon with rice noodles & steamed broccoli	FUEL Meal Ground bison bowl with rice & mixed vegetables
FIRE Meal Wild salmon with mixed greens, avocado & olive oil	FIRE Meal Shrimp stir-fry with broccoli, mushrooms & cashew drizzle	FIRE Meal Grass-fed steak salad with olive oil vinaigrette & avocado	FIRE Meal Pan-seared cod with sautéed kale & roasted zucchini	FIRE Meal Chicken salad with mixed veggies, olive oil & avocado dressing	FIRE Meal Chicken crust pizza (see recipe) topped with veggies of choice	FIRE Meal Grilled salmon, green beans & olive oil
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: Apple slices + 1 tbsp peanut butter	Optional 300- cal treat: 3 cups movie popcorn or 9 cups air- popped	Optional 300- cal treat: 3 date protein poppers (See recipe)



Recipes

Fat Loss Flavor Guide: Low-Calorie Dressings & Sauces that transform ordinary food to extraordinary flavor

Three Low-Calorie Salad Dressings:

Instructions:

Combine all ingredients in a jar or bowl. Shake/whisk until smooth. Taste and adjust. Let sit 2–5 minutes, then shake once more before serving.

1. Citrus-Ginger Splash

- 2 tbsp rice vinegar
- Juice of ½ orange
- 1 tsp grated fresh ginger
- 1 tsp low-sodium soy sauce
- Optional: pinch of red pepper flakes

Approx: 42 calories total (entire batch).

Bright, tangy, slightly spicy. This dressing wakes up greens without oil.



2. Creamy Mustard Vinaigrette

- 2 tbsp Dijon mustard
- 2 tbsp apple cider vinegar
- 1 tsp honey
- 2 tbsp water to thin

Approx: 40 calories

Creamy and zesty. This dressing works especially well on chicken salads.



3. Savory Balsamic Reduction

- 2 tbsp balsamic vinegar
- ½ tsp garlic powder
- ½ tsp dried oregano
- 1 tbsp water to thin

Approx: 28 calories

Feels gourmet, adds depth of flavor without the sugar-heavy bottled versions.



Three Low-Calorie Dipping Sauces

Instructions:

Combine all ingredients in a jar or bowl. Shake/whisk until smooth. Taste and adjust. Let sit 2–5 minutes, then shake once more before serving.

1. Spicy Yogurt Dip

- ½ cup plain nonfat Greek yogurt
- 1 tbsp hot sauce
- 1 tsp lime juice

Approx: 62 calories per half cup.

Creamy, protein-rich, and fiery. This dip pairs well with raw veggies or grilled chicken skewers.



2. Garlic-Soy Ginger Dip

- 2 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tsp grated garlic + ginger
- Optional: ½ tsp sesame seeds

Approx: 28–43 calories depending on sesame.

Savory and bold. This sauce makes veggies or lean proteins feel like takeout.



3. Zesty Salsa Verde Dip

- ½ cup tomatillo salsa
- Juice of ½ lime
- Handful fresh cilantro

Approx: 32 calories per ½ cup.

Bright, tangy, refreshing, could be used as a guacamole alternative.



High-Protein Lion Pancakes

Ingredients: (1 serving)

- ½ cup rolled oats (blended to flour)
- 1 scoop vanilla [protein powder](#) (whey or pea)
- 1 whole egg + 2 egg whites
- ¼ cup unsweetened almond milk
- ½ tsp baking powder
- Cinnamon & vanilla extract
- Optional toppings: fresh berries, honey, almond butter drizzle

Instructions:

1. Blend oats into flour.
2. Mix with protein powder, baking powder, egg, egg whites, almond milk, cinnamon, and vanilla.
3. Cook pancakes on a nonstick skillet until golden brown on both sides.
4. Top with berries or nut butter for extra Lion fuel.

Macronutrients:

(per serving, before toppings):

- Calories: ~350 calories
- Protein: ~32 g
- Carbs: ~28 g
- Fat: ~9 g

(If topped with nut butter or fruit, carbs and fats will shift accordingly.)



Power-Up Protein Muffins

Ingredients: (makes 6 muffins)

- 1 cup almond flour
- 1 scoop chocolate [protein powder](#)
- 2 tbsp cocoa powder
- 2 eggs
- 1 ripe banana (mashed)
- ½ cup Greek yogurt (or coconut yogurt for dairy-free)
- 1 tbsp coconut oil (melted)
- ½ tsp baking powder
- ½ tsp baking soda
- Optional: dark chocolate chips or blueberries

Instructions:

1. Preheat oven to 350°F (175°C).
2. Mix dry ingredients in one bowl, wet ingredients in another.
3. Combine and stir until smooth.
4. Line muffin tin with cups and pour batter evenly.
5. Bake 18–20 minutes until firm. Cool before eating.

Storage Tip: Keeps 5 days in fridge, or freeze individually for up to a month. Perfect for on-the-go fueling.

Macronutrients:

(per muffin, assuming 6 servings):

- Calories: ~250 calories
- Protein: ~20 g
- Carbs: ~18 g
- Fat: ~11 g

(If dark chocolate chips are added, fats/carbs will increase.)



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 calories
- 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 calories
- **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 calories
- **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 calories
- **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)
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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)
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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)
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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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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.

