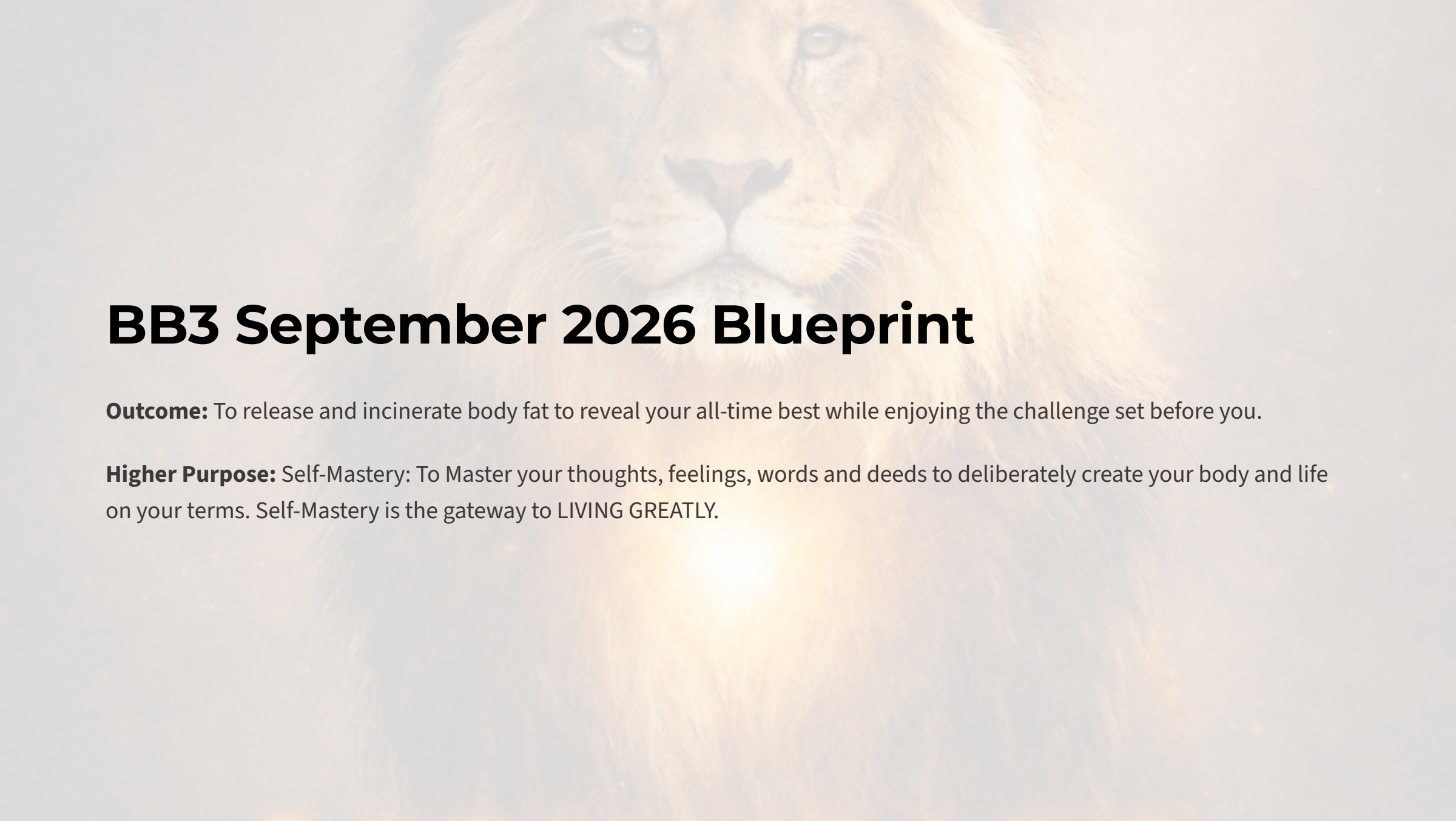




BB3 September 2026 Blueprint

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

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.

FIRE FUEL NUTRITION SYSTEM:

Step 1: Determine daily calorie intake

Fat Loss

Goal Bodyweight (lbs) X 10-12 =
Daily calorie intake range

Maintenance

Goal Bodyweight (lbs) X 13-14 =
Daily calorie intake range

Muscle Gain

Goal Bodyweight (lbs) X 15-17 =
Daily calorie intake range

Step 2: Meal Frequency

Choose how many times you will fuel your body per day. The number is not important. It is whatever you will sustain. Consistency is the key.

Once you decide then divide the total daily calories by the number of meals and this will give you the calorie amount for each meal.

For example, let's say you have 2000-2400 calories per day and you are committed to 4 meals per day.

$2000/4 = 500$ calories per meal.

Aim for the lower number.

Step 3: Fire or Fuel meals, which is right for you?

To know whether Fire meals or Fuel meals are best for you we will use your **hip to waist ratio**.

Using a tape measure with your feet together fully contract your hip muscles and place the tape measure over the largest diameter location over the gluteus muscles.

Then in the same position, engage your stomach muscles and measure directly over the navel.

If your waist is larger than your hips, or if your waist is over 40 inches (101.6 cm), then choose "FIRE meals" predominantly until your waist is the same or less than your hip measurement.

Having a waist that is smaller than your hips is linked to greater energy, vitality, health, decreased risk of diseases and a longer life! It's a great goal to aim for!

Step 4: Get your Done-4-You Meal Plans

Now for the easy breezy part!

Once you know

- 1. Your daily total calorie intake
- 2. Number of meals per day
- 3. You have chosen Fire or Fuel

Then go to the library of sample Fire and Fuel meals by calorie amounts below and there you will find dozens of choices.

Sample Meal Plans by Calorie Amounts:

FIRE Breakfast	FIRE Lunch	FUEL Breakfast	FUEL Lunch	Vegan Breakfast	Vegan Lunch
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>250</u>	<u>250</u>	<u>250</u>	<u>250</u>	<u>250</u>	<u>250</u>
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>
<u>350</u>	<u>350</u>	<u>350</u>	<u>350</u>	<u>350</u>	<u>350</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>
<u>450</u>	<u>450</u>	<u>450</u>	<u>450</u>	<u>450</u>	<u>450</u>
<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>
<u>550</u>	<u>550</u>	<u>550</u>	<u>550</u>	<u>550</u>	<u>550</u>
<u>600</u>	<u>600</u>	<u>600</u>	<u>600</u>	<u>600</u>	<u>600</u>
<u>650</u>	<u>650</u>	<u>650</u>	<u>650</u>	<u>650</u>	<u>650</u>
<u>700</u>	<u>700</u>	<u>700</u>	<u>700</u>	<u>700</u>	<u>700</u>
<u>750</u>	<u>750</u>	<u>750</u>	<u>750</u>	<u>750</u>	<u>750</u>
<u>800</u>	<u>800</u>	<u>800</u>	<u>800</u>		

VIDEO: How To Build Your Own Nutrition Plan

“Step by Step” Like a Pro!

If you want to learn the formulas used to design an effective eating plan, then [check out this video](#) where I take you by the hand and walk you through each step.

Learning this will clear the confusion and show you how simple nutrition can be.

This is a lifetime of knowledge put into a 42 minute video.

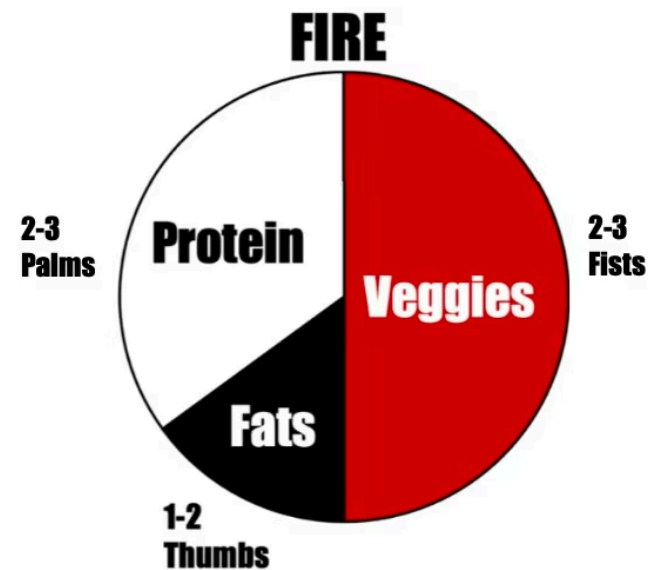
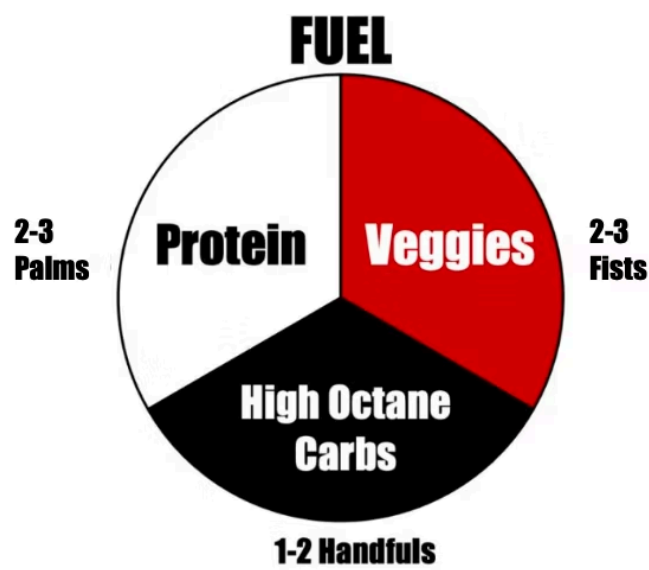
It is exactly how the world's best nutritionists set up their clients for success.

Lions & Lionesses Only: Please do not share this with anyone.

I'll be selling this system for a short period of time to raise funds to build a home for a family so I'd greatly appreciate that you refrain from giving away this information.

Respect & Gratitude.

Appendix: How to build your own Fire & Fuel Meals?



Lean Protein

- Poultry (chicken, turkey, eggs)
- Grass-fed beef, bison, or elk
- Plant-based high protein pastas (1 serving = 20g+ protein)
- **Protein powders**
- Seafood: wild salmon, shrimp, etc.

High Octane Carbs

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

Veggies

- Cruciferous: broccoli, cauliflower, Brussels sprouts, kale, cabbage
- All types of lettuce
- Fermented veggies: sauerkraut, kimchi, Ume plum
- Sprouts: broccoli, alfalfa, radish
- All types of veggies — focus on variety for microbiome diversity

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
- Coconut
- Avocado (contains both good fats and carbs from fiber)

For a complete list of Protein, Veggies, High Octane Carbs and Fats, check out our **Ultimate Food List**.

Hydration

Hydration has a profound effect upon every aspect of your health.

"The solution to pollution is dilution." - Dr. Jeffrey Bland, the "father of functional medicine"

Hydration Formula:

Imperial

Bodyweight in pounds X 0.5 = minimum ounces of fluid daily

Metric

Bodyweight in kg X 0.033 = Liters of water per day

[Click here for a list of Recommended Protein Powders.](#)

Recipes

Greek Chicken Power Bowl with Tzatziki

FIRE

1 serving

Approx. 430 cal | 52g protein | 18g carbs | 17g fat

INGREDIENTS

- 6 oz cooked chicken breast, sliced
- 2 cups chopped romaine
- 1/2 cup cucumber, chopped
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1/4 avocado, sliced
- 2 Tbsp tzatziki
- 1 tsp extra-virgin olive oil
- Lemon juice, oregano, sea salt & pepper

DIRECTIONS

1. Season chicken with oregano, salt and pepper; grill or sear until cooked through.
2. Build the bowl with romaine, cucumber, tomatoes and onion.
3. Top with chicken, avocado and tzatziki. Finish with olive oil and fresh lemon.



Garlic Butter Steak Bites with Roasted Broccoli

FIRE

1 serving

Approx. 455 cal | 48g protein | 14g carbs | 24g fat

INGREDIENTS

- 6 oz lean sirloin, cut into bite-size pieces
- 2 cups broccoli florets
- 1 tsp extra-virgin olive oil
- 1 tsp grass-fed butter
- 1 garlic clove, minced
- 1/4 tsp smoked paprika
- Sea salt & black pepper
- Fresh parsley, optional

DIRECTIONS

1. Roast broccoli at 425°F with olive oil, salt and pepper for 18-22 minutes.
2. Heat a skillet over medium-high heat. Season steak with paprika, salt and pepper; sear 2-3 minutes per side.
3. Reduce heat, add butter and garlic, toss for 30-60 seconds, then serve with broccoli.





Lemon Garlic Salmon with Asparagus & Avocado

FIRE

1 serving

Approx. 470 cal | 39g protein | 13g carbs | 30g fat

INGREDIENTS

- 6 oz wild salmon fillet
- 2 cups asparagus, trimmed
- 1/3 avocado, sliced
- 1 tsp extra-virgin olive oil
- 1 garlic clove, minced
- Juice of 1/2 lemon
- Sea salt, black pepper & dill

DIRECTIONS

1. Heat oven to 400°F. Place salmon and asparagus on a sheet pan.
2. Drizzle with olive oil and lemon; season with garlic, salt, pepper and dill.
3. Bake 12-15 minutes, or until salmon flakes easily. Serve with avocado.

Turkey Taco Bowl with Cilantro-Lime Slaw & Guacamole

FUEL

1 serving

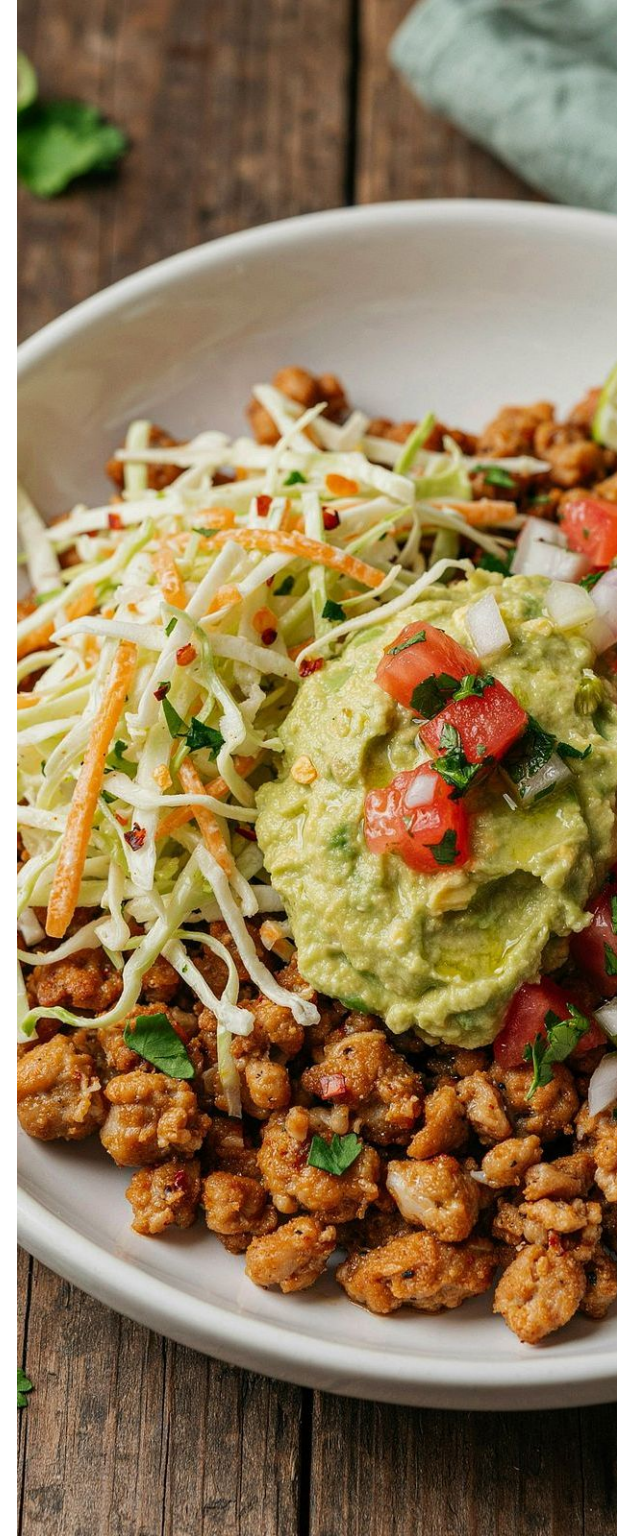
Approx. 445 cal | 47g protein | 21g carbs | 21g fat

INGREDIENTS

- 6 oz 93% lean ground turkey
- 2 cups shredded cabbage
- 1/2 cup pico de gallo
- 1/4 avocado, mashed
- 2 Tbsp plain Greek yogurt
- 1 tsp extra-virgin olive oil
- Juice of 1 lime
- Taco seasoning, cilantro & sea salt

DIRECTIONS

1. Brown turkey in a skillet with taco seasoning until fully cooked.
2. Toss cabbage with olive oil, lime juice, cilantro and a pinch of salt.
3. Build the bowl with slaw, turkey and pico. Top with avocado and Greek yogurt.





Honey Garlic Chicken with Jasmine Rice & Broccoli

FUEL

1 serving

Approx. 515 cal | 51g protein | 59g carbs | 9g fat

INGREDIENTS

- 6 oz cooked chicken breast, cubed
- 3/4 cup cooked jasmine rice
- 1 1/2 cups broccoli florets
- 2 tsp honey
- 1 Tbsp coconut aminos
- 1 garlic clove, minced
- 1 tsp extra-virgin olive oil
- Black pepper & red pepper flakes, optional

DIRECTIONS

1. Steam or roast broccoli until crisp-tender.
2. Cook chicken in olive oil until browned and cooked through.
3. Stir together honey, coconut aminos and garlic; add to chicken and toss until glossy. Serve over rice with broccoli.

Steak & Sweet Potato Power Bowl

FUEL

1 serving

Approx. 525 cal | 45g protein | 49g carbs | 17g fat

INGREDIENTS

- 5 oz lean sirloin steak
- 8 oz sweet potato, cubed
- 2 cups mixed greens
- 1/2 cup cucumber and tomato
- 1 tsp extra-virgin olive oil
- 1 Tbsp balsamic vinegar
- Garlic powder, smoked paprika, sea salt & pepper

DIRECTIONS

1. Roast sweet potato at 425°F with half the olive oil and seasonings for 25-30 minutes.
2. Season and sear steak to desired doneness; rest 5 minutes and slice.
3. Layer greens, vegetables and sweet potato. Top with steak and drizzle with remaining oil and balsamic.





Mediterranean Chicken Sourdough Plate

FUEL

1 serving

Approx. 500 cal | 49g protein | 48g carbs | 13g fat

INGREDIENTS

- 5 oz grilled chicken breast
- 2 slices sourdough bread
- 1 cup cucumber-tomato salad
- 2 Tbsp hummus
- 1 tsp extra-virgin olive oil
- Fresh lemon, parsley & oregano
- Sea salt & black pepper

DIRECTIONS

1. Season chicken with oregano, salt and pepper; grill until cooked through.
2. Toss cucumber and tomato with lemon, parsley and olive oil.
3. Serve chicken with toasted sourdough, hummus and the fresh salad.

Turkey Meatballs with High-Protein Pasta & Marinara

FUEL

1 servingF

Approx. 535 cal | 52g protein | 57g carbs | 13g fat

INGREDIENTS

- 5 oz 93% lean ground turkey
- 2 oz dry high-protein pasta
- 1/2 cup tomato sauce
- 1 cup zucchini or spinach
- 1 Tbsp grated Parmesan
- 1 Tbsp egg white
- Italian seasoning, garlic powder, sea salt & pepper

DIRECTIONS

1. Mix turkey with egg white and seasonings; form into meatballs. Bake at 400°F for 15-18 minutes or until cooked through.
2. Cook pasta according to package directions. Warm tomato sauce with zucchini or spinach.
3. Toss pasta with sauce and vegetables; top with meatballs and Parmesan.



Chocolate Peanut Butter Protein Shake

FUEL PROTEIN SHAKE

1 shake

Approx. 330 cal | 39g protein | 29g carbs | 9g fat

INGREDIENTS

- 1 scoop [chocolate protein powder](#)
- 1 cup unsweetened almond milk
- 1/2 frozen banana
- 2 Tbsp PBfit powdered peanut butter
- 1 Tbsp chia seeds
- 1 tsp unsweetened cocoa powder
- Ice + water as needed
- Pinch of sea salt

DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until thick and creamy, adding water only as needed.
3. For a thicker shake, use extra ice or freeze the banana in slices.



Vanilla Berry Cheesecake Protein Shake

FUEL PROTEIN SHAKE

1 shake

Approx. 315 cal | 41g protein | 32g carbs | 5g fat

INGREDIENTS

- 1 scoop vanilla protein powder
- 3/4 cup plain nonfat Greek yogurt
- 3/4 cup unsweetened almond milk
- 1 cup frozen mixed berries
- 1/2 tsp vanilla extract
- 1 tsp fresh lemon juice
- Ice as desired

DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until completely smooth and creamy.





Chocolate Peanut Butter Protein Mousse

HIGH-PROTEIN DESSERT

1 serving

Approx. 255 cal | 29g protein | 19g carbs | 8g fat

INGREDIENTS

- 3/4 cup plain nonfat Greek yogurt
- 1/2 scoop **chocolate protein powder**
- 1 Tbsp natural peanut butter
- 1 tsp unsweetened cocoa powder
- 1-2 tsp water or almond milk
- Pinch of sea salt

DIRECTIONS

1. Whisk Greek yogurt, protein powder, peanut butter, cocoa and salt until smooth.
2. Add a splash of almond milk if needed for a mousse-like texture.
3. Chill for 15-30 minutes before serving.

High-Protein Berry Cheesecake Cups

HIGH-PROTEIN DESSERT

1 serving

Approx. 270 cal | 30g protein | 27g carbs | 6g fat

INGREDIENTS

- 3/4 cup plain nonfat Greek yogurt
- 1/2 scoop **vanilla protein powder**
- 2 Tbsp low-fat cottage cheese
- 1/2 cup fresh berries
- 1 Tbsp crushed walnuts
- 1/2 tsp vanilla extract
- 1 tsp lemon juice

DIRECTIONS

1. Blend or whisk Greek yogurt, protein powder, cottage cheese, vanilla and lemon until creamy.
2. Spoon into a small cup or bowl and top with berries and walnuts.
3. Chill 20 minutes for the best cheesecake-like texture.



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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.