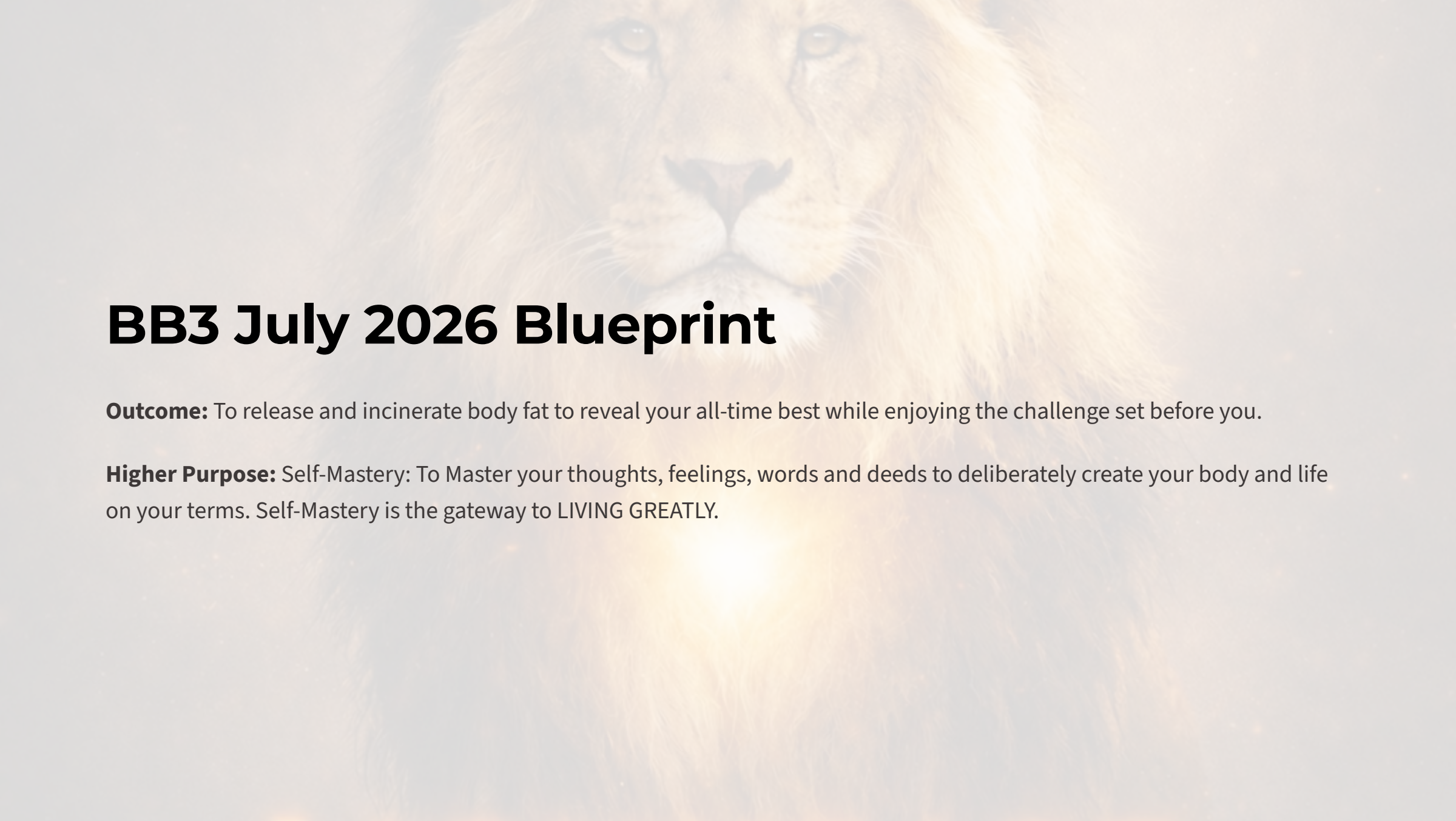




BB3 July 2026 Blueprint

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

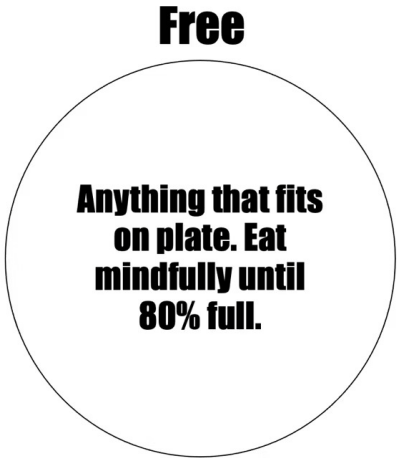
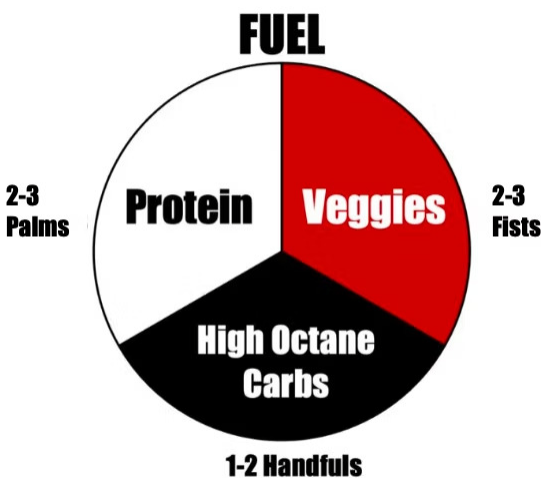
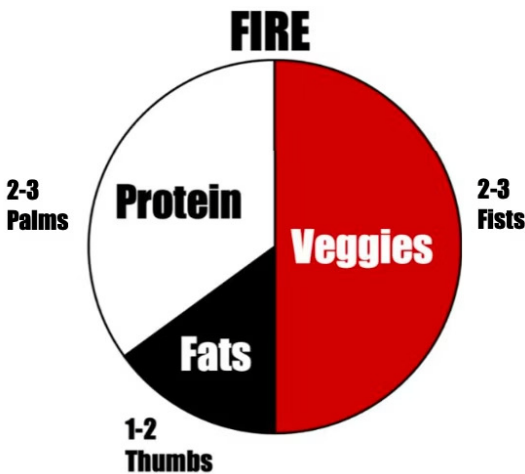
Higher Purpose: Self-Mastery: To Master your thoughts, feelings, words and deeds to deliberately create your body and life on your terms. Self-Mastery is the gateway to LIVING GREATLY.

Week-at-a-Glance

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Purpose	Muscle & Metabolic Enhancement	Fat Burning	Muscle & Metabolic Enhancement	Fat Burning	Muscle & Metabolic Enhancement	Progress Without Restriction	Progress Without Restriction
Meals	3 FUEL Meals	3 FIRE Meals	2 FUEL Meals + 1 FREE Meal	3 FIRE Meals	3 FUEL Meals	1 FIRE Meal + 1 FREE Meal	1 FIRE Meal + 1 FREE Meal
Training	Strength Training	Cardio Conditioning	Strength Training	Cardio Conditioning	Strength Training	Cardio Conditioning	Walk or Ice Bath or Sauna

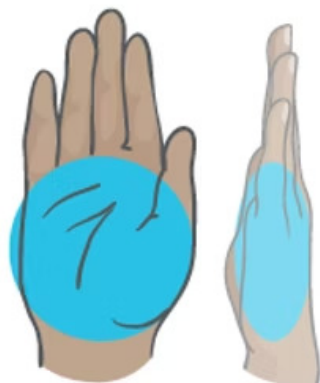
Daily Step Count:

- 7,000 steps minimum
- Target: 10,000 or more

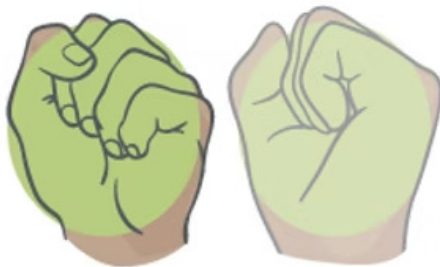


How much do I eat?

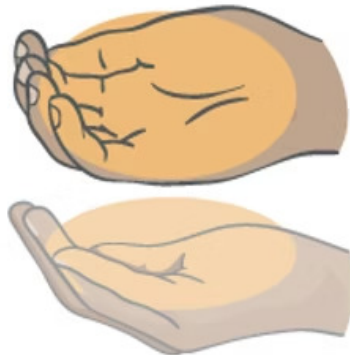
YOUR HAND IS YOUR PORTIONING TOOL



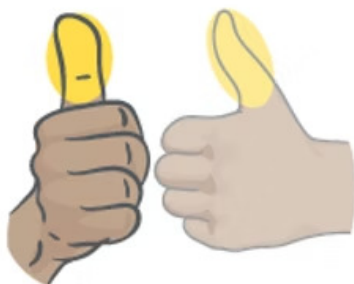
A serving of protein
= 2-3 palms



A serving of
vegetables = 2-3 fists



A serving of carbs
= 1 cupped hand



A serving of fats
= 1 thumb

Lean Protein	High Octane Carbs	Veggies
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
Grass-fed beef or bison or elk	Rice or quinoa steamed	All types of lettuce
Plant-based high protein pastas 1 serving = 20 or more grams of protein	Oats/porridge	Fermented veggies like sauerkraut, kimchi, Ume plum, etc.
<u>Protein powders</u>	Fruits like berries, apples, pears	Sprouts: specifically broccoli, alfalfa, radish, etc.
Seafood of all types including wild salmon, shrimp, etc.	Avocado (Contains both good fats and carbs from fiber.)	All types of veggies. Focus on variety for greater microbiome diversity. Asparagus, artichokes, onions, carrots, etc.

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

The Nutritional Plan of Attack

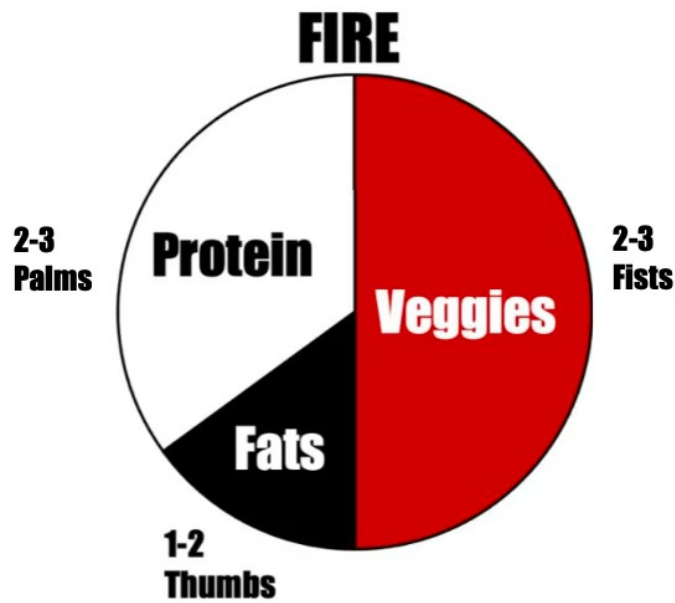
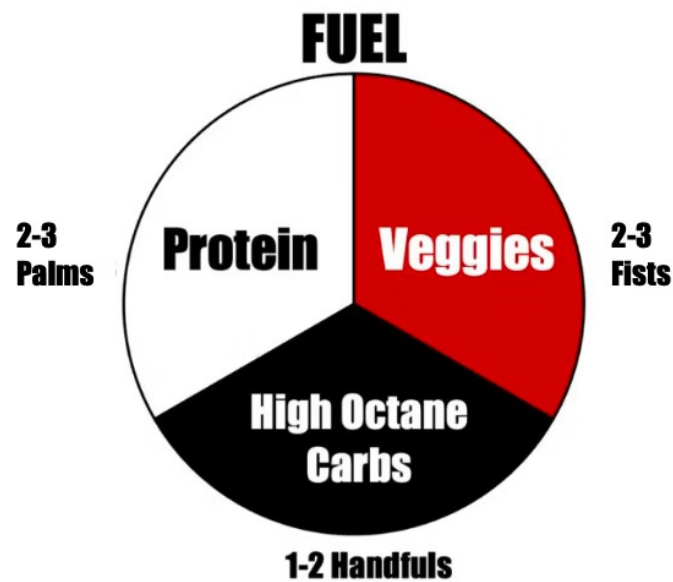
"FIRE FUEL" WEEK

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
FUEL Meal	FIRE Meal	FUEL Meal	FIRE Meal	FUEL Meal	FIRE Meal	FIRE Meal
FUEL Meal	FIRE Meal	FUEL Meal	FIRE Meal	FUEL Meal	FREE Meal	FREE Meal
FUEL Meal	FIRE Meal	FREE Meal	FIRE Meal	FUEL Meal		

Monday-Wednesday-Friday:

Strength and Muscle is the goal on these Fuel days.

Consume 3 FUEL meals on Mondays and Fridays and 2 FUEL meals plus 1 FREE meal on Wednesdays. FUEL meals are composed of Lean Protein, High Octane (unprocessed) Carbohydrates & Veggies. FREE meals are composed of anything that fits on 1 plate. Eat mindfully until 80% full.



Tuesday & Thursday:

Endurance, detoxification and accelerated fat burning is the goal on these FIRE days. Consume 3 FIRE meals on Tuesdays and Thursdays. 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".

Saturday & Sunday:

On Saturday and Sunday you will have 2 meals, a Fire meal and a Free meal. On the free meal, you can eat whatever you want that fits on 1 plate. Eat until you're 80% full and be sure to eat protein first. Protein helps you feel satiated and is essential for lean muscle, strength and recovery. There's a strategy we call "mindful eating" that helps you naturally regulate your appetite and avoid emotional eating, I walk you through it **here in this coachcast**.

One last thing, you want to consume both of your meals within a 9 hour window. If your first meal, your fire meal, is at 10am your last meal, your free meal, will be by 7pm or earlier. Do your best not to eat within 3 hours of going to sleep. The purpose of this is to remain consistent without burning out and feeling restricted and to avoid the pattern of going all in or all out.



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.

The Adrenal Support Cocktail

Consume this formula immediately upon awakening.

The Adrenal Support Cocktail 1.0 contains the minerals and electrolytes needed for optimizing hydration status and supporting adrenal function.

Adrenal Support Cocktail

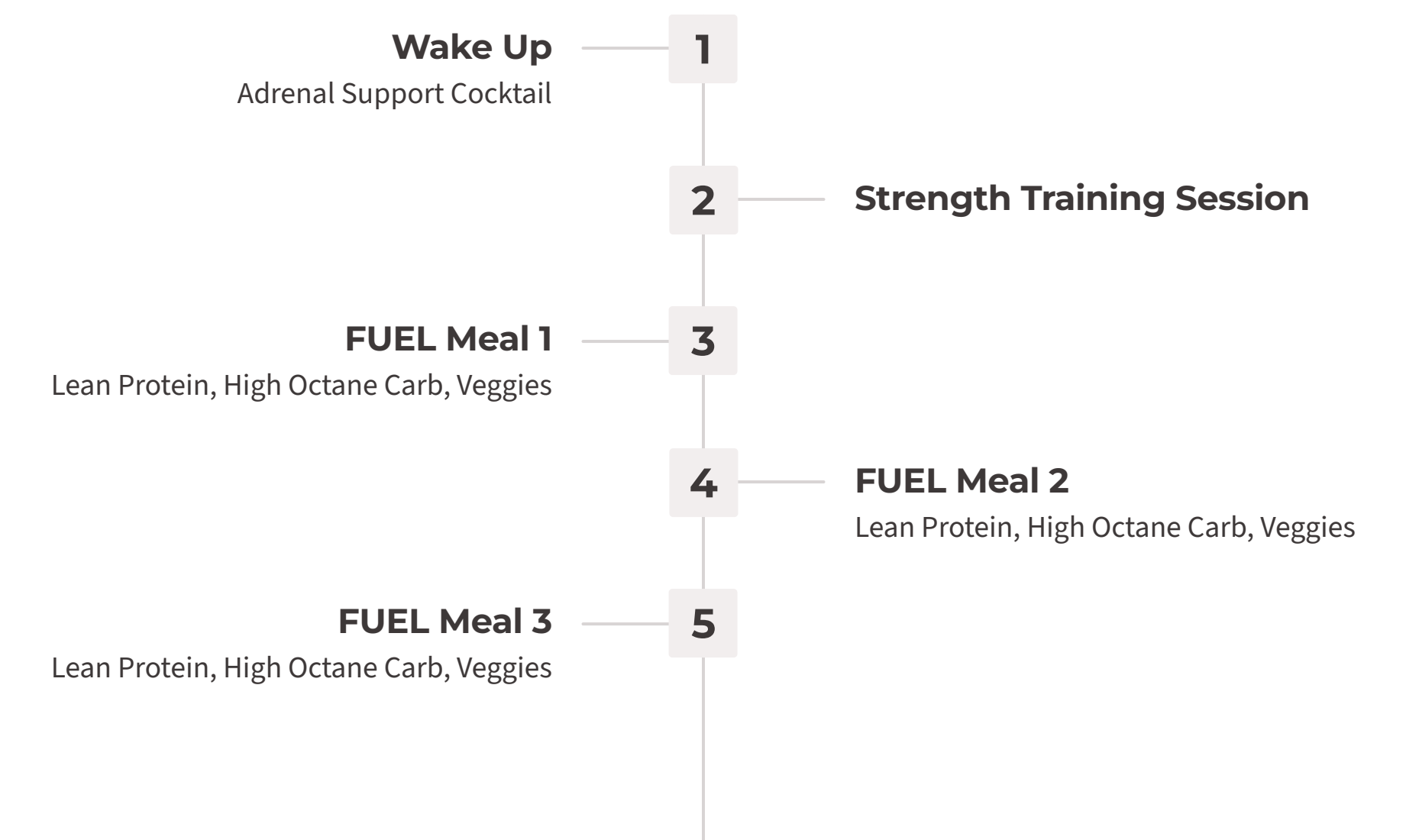
- 1.0 Pinch or 1/8 of a tsp of natural salt
- Lemon juice from 1/2 of an organic lemon with warm water
- Humic/Fulvic Acid 15 drops

Extra Credit

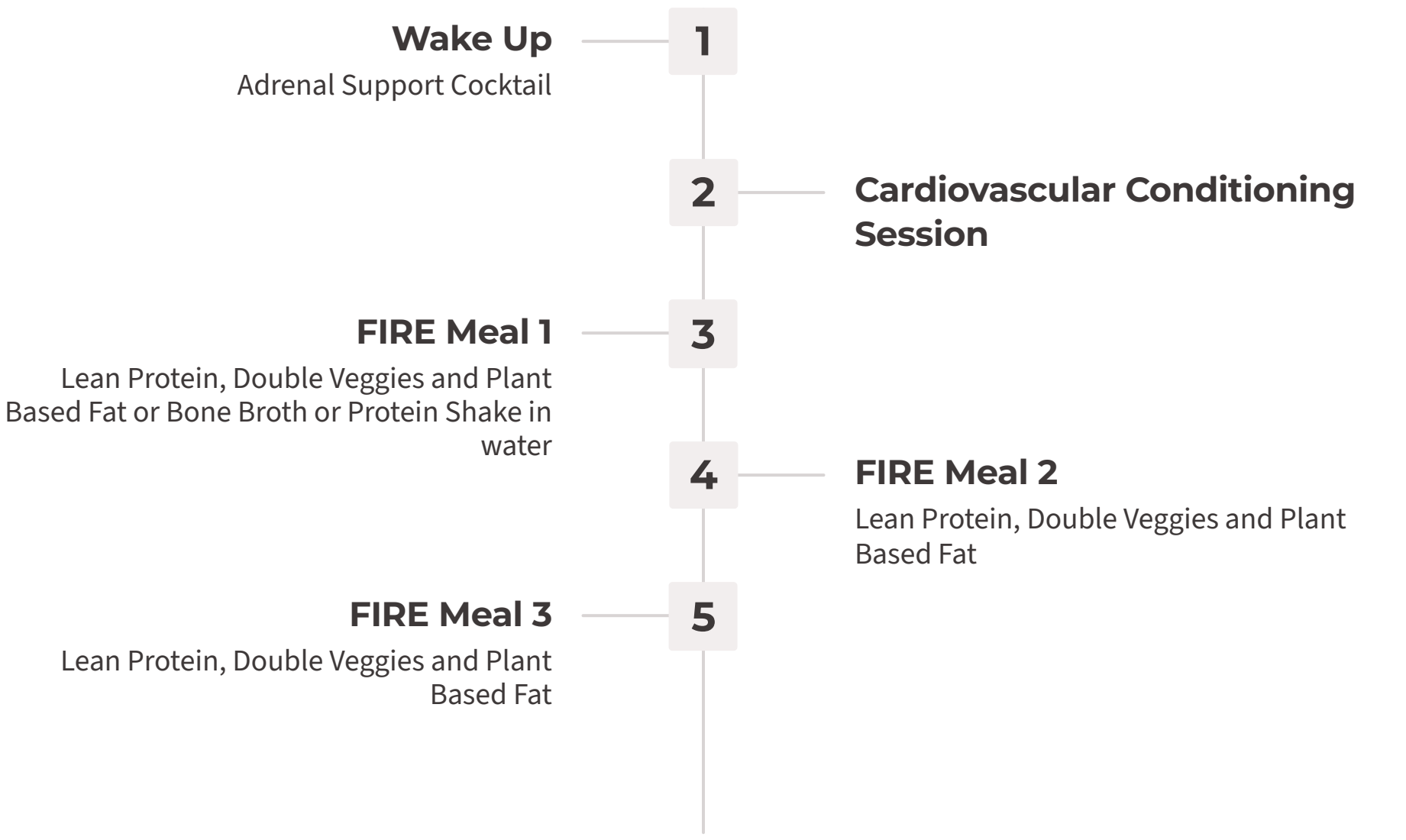
If you want to "do more" without overdoing it, then here are a few strategies you can employ for greater impact:

1. Heat Therapy: 20 minutes of sauna or hot tub.
2. Cold Therapy: 3 minute ice bath while doing breath work is very helpful especially on Fasting days.
3. Walking: 20-30 minute walk especially outdoors after your final meal of the day is ideal. However, any time of the day will be helpful.

FUEL Days



FIRE Days



Saturday & Sunday



 The purpose here is Self-Mastery.
*If needed, sip Bone or Vegetable Broth with salt and/or consume sprouts or plain veggies.

FREE Meals

- MINDFULLY Eat whatever fits on **one** plate.
- Eat until 80% full. Do not binge. Be Present. Enjoy.

Sample Week of Meals

Mon.	Tues.	Wed.	Thurs.	Frid.	Sat.	Sun.
FUEL Meal Scramble eggs + roasted sweet potato cubes + spinach sauté	FIRE Meal Egg White Power Scramble: whole eggs, Spinach, Mushroom s, Onions, Avocado	FUEL Meal Oats with protein powder, berries, and egg whites	FIRE Meal Bone broth or <u>protein shake</u>	FUEL Meal Protein shake with oats blended in	FIRE Meal Egg scramble with spinach + avocado	FIRE Meal Protein shake or bone broth + sautéed veggies + avocado
FUEL Meal BBQ Chicken Power Plate: Grilled chicken, Roasted sweet potato, Green beans	FIRE Meal Mediterranean Chicken Bowl: Grilled chicken breast, Cucumber Tomato, Mixed greens, Kalamata olives, Olive oil + lemon	FUEL Meal Lean Bison Burrito Bowl: Lean ground bison, Brown rice, Peppers, Onions, Salsa	FIRE Meal Taco Salad: Lean ground turkey, Romaine, Salsa, Bell peppers, Avocado, Cilantro (No tortilla chips.)	FUEL Meal Greek Chicken Bowl: Chicken breast, Quinoa, Cucumber Tomato, Spinach	FREE Meal Your choice: One plate, mindful, 80% full	FREE Meal Your choice: One plate, mindful, 80% full
FUEL Meal Teriyaki Salmon Bowl: Wild salmon, Jasmine rice, Broccoli, Carrots	FIRE Meal Blackened cod, Roasted asparagus cauliflower mash, Olive oil drizzle	FREE Meal Your choice: One plate, mindful, 80% full	FIRE Meal Steak & Mushroom Skillet: Grass-fed sirloin, Mushrooms, Broccoli, Garlic, Olive oil	FUEL Meal Turkey Meatballs & Potatoes: Turkey meatballs, Baby potatoes, Roasted broccoli		

Recipes

1. Fire Taco Lettuce Wraps



Ready in 12 minutes

Servings: 1

Ingredients

- 6 oz (170 g) 96% lean ground turkey
- 4 large romaine lettuce leaves
- ½ cup diced tomatoes
- ¼ cup diced onion
- ¼ cup diced bell pepper
- 2 tbsp salsa
- ¼ avocado (about 50 g) sliced
- 1 tsp taco seasoning
- Fresh cilantro
- Lime wedge

Directions

1. Heat a non-stick skillet over medium-high heat.
2. Add the ground turkey and taco seasoning.
3. Cook 6-8 minutes until fully browned.
4. Wash and dry lettuce leaves.
5. Fill each leaf evenly with the turkey.
6. Top with tomatoes, onion, peppers and salsa.
7. Finish with avocado, cilantro and a squeeze of fresh lime.

Meal Prep Tip

Cook 2-3 pounds of taco meat on Sunday and these become a 3-minute lunch all week.

Optional Additions

- Jalapeños
- Hot sauce
- Pickled onions

Macros

Calories: 430 | Protein: 42g | Carbs: 13g | Fiber: 8g | Fat: 21g

Big Mac Burger Bowl (FIRE)



Ready in 15 minutes

Ingredients

- 6 oz 96% lean ground beef
- 2 cups shredded romaine lettuce
- ½ cup diced tomatoes
- ¼ cup diced onions
- ¼ cup sliced dill pickles
- 1 tbsp sugar-free ketchup
- 1 tsp yellow mustard
- 2 tbsp plain nonfat Greek yogurt
- 1 tsp pickle juice
- ½ tsp garlic powder
- ½ tsp onion powder
- Sesame seed seasoning (optional)

Directions

1. Brown beef in a skillet for 8-10 minutes.
2. Mix yogurt, ketchup, mustard, pickle juice, garlic and onion powder into a quick burger sauce.
3. Add lettuce to a bowl.
4. Top with tomatoes, onions and pickles.
5. Add hot beef.
6. Drizzle with burger sauce.
7. Sprinkle sesame seasoning on top.

Macros

Calories: 445 | Protein: 44g | Carbs: 13g | Fiber: 5g | Fat: 22g

Asian Protein Noodle Bowl (FUEL)



Ready in 12 minutes

Ingredients

- 6 oz lean ground turkey
- ¾ cup cooked jasmine rice
- 1 cup broccoli slaw
- ½ cup shredded carrots
- 1 tbsp coconut aminos
- 1 tsp sesame oil
- 1 tsp fresh grated ginger
- 1 garlic clove minced
- Green onions

Directions

1. Brown turkey.
2. Add garlic and ginger.
3. Stir in vegetables.
4. Add coconut aminos.
5. Serve over rice.
6. Garnish with green onions.

Macros

Calories: 535 | Protein: 48g | Carbs: 39g | Fiber: 6g | Fat: 15g

Berry Parfait of Power



Ingredients (single serving):

- ¾ cup Greek yogurt (0% fat, high protein)
- 1 scoop of protein powder
- ½ cup mixed berries (blueberries, raspberries, strawberries)
- 1 tbsp chia seeds
- 1 tbsp crushed walnuts or almonds
- Optional: drizzle maple syrup or raw honey

Instructions:

1. Stir protein powder into yogurt until smooth.
2. Layer yogurt, berries, chia seeds, and nuts in a glass.
3. Chill 10 minutes to let chia expand for a pudding-like texture.
4. Eat as a refreshing snack or dessert

Macronutrients:

- Calories: ~370 kcal
- Protein: ~45.7 g
- Carbs: ~25 g
- Fat: ~9.5 g

Chicken Burrito Power Bowl (FUEL)



Ready in 15 minutes

Ingredients

- 6 oz grilled chicken
- ¾ cup cooked Jasmine rice
- ½ cup pico de gallo
- ¼ cup cooked Black beans
- 1 cup shredded romaine lettuce
- 1 tbsp chopped fresh cilantro
- Lime

Directions

1. Cook the rice according to package directions if not already prepared.
2. Season the chicken lightly with sea salt, black pepper, garlic powder, onion powder, and paprika, then grill or pan-sear until the internal temperature reaches **165°F (74°C)**. Slice into bite-sized pieces.
3. Warm the black beans in a small saucepan for about 30 seconds.
4. Add the rice to the bottom of a serving bowl.
5. Arrange the grilled chicken, black beans, shredded lettuce, and pico de gallo over the rice.
6. Sprinkle with fresh cilantro.
7. Squeeze the juice of one lime wedge over the bowl just before serving and toss together if desired.

Optional Flavor Boost

- ¼ tsp cumin
- Dash of chili powder
- Dash of smoked paprika
- Fresh jalapeño slices
- A few slices of avocado

Macros

Calories: 560 | Protein: 46g | Carbs: 48g | Fiber: 8g | Fat: 11g

High Protein Pepperoni Pizza (FUEL)



Ready in 15 minutes

Ingredients

- 1 high-protein tortilla
- ½ cup low-fat cottage cheese
- 2 tbsp pizza sauce
- ¼ cup reduced-fat mozzarella cheese
- 15 slices turkey pepperoni
- ¼ cup sliced mushrooms
- ¼ cup diced bell peppers
- Italian seasoning
- Crushed red pepper (optional)

Directions

1. Preheat oven or air fryer to 400°F.
2. Spread cottage cheese evenly over tortilla.
3. Add pizza sauce.
4. Sprinkle mozzarella evenly.
5. Add pepperoni, mushrooms and peppers.
6. Bake 8-10 minutes until cheese bubbles.
7. Sprinkle with Italian seasoning before serving.

Meal Prep Tip

Prepare three pizzas ahead of time and refrigerate. Bake fresh in under 10 minutes.

Macros

Calories: 520 | Protein: 45g | Carbs: 34g | Fiber: 11g | Fat: 17g

BBQ Chicken Crunch Wrap (FUEL)



Ready in 15 minutes

Ingredients

- 1 high-protein tortilla
- 6 oz cooked chicken breast, chopped
- ¼ cup reduced-fat mozzarella
- 1 cup shredded lettuce
- ¼ cup diced tomatoes
- 2 tbsp diced onions
- Olive oil spray

Directions

1. Layer chicken, cheese and BBQ sauce onto tortilla.
2. Fold into a crunch-wrap shape.
3. Spray skillet lightly.
4. Cook 3–4 minutes per side until golden.
5. Open slightly and add lettuce, tomatoes and onions before serving.

Macros

Calories: 510 | Protein: 47g | Carbs: 36g | Fiber: 9g | Fat: 13g

Vanilla Lionheart Protein Muffins



Ingredients (makes 8–10 muffins):

- 2 scoops vanilla protein powder
- ½ cup almond flour
- ½ cup peanut butter
- 1 cup unsweetened applesauce (natural sweetness + moisture)
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 ripe banana
- Optional: ¼ cup dark chocolate chips

Instructions:

1. Preheat oven to 350°F (175°C).
2. Mix dry ingredients in one bowl, wet in another.
3. Combine and stir until smooth batter forms.
4. Pour into muffin tin (lined).
5. Bake 18–20 min until golden and set.
6. Cool and store

Macronutrients per muffin, ~10 per batch:

- Calories: ~190 kcal
- Protein: ~10 g
- Carbs: ~14 g
- Fat: ~12 g

Protein Shake Ideas

1. Green Lion Shake

- 2 scoops of protein powder
- 2 cups unsweetened almond milk
- 1 cup spinach
- ½ avocado
- 1 tbsp flaxseed
- Ice + blend



2. Berry Fuel Shake

- 2 scoops of protein powder
- 1 cup frozen blueberries
- 1 tbsp almond butter
- 1 tbsp chia seeds
- Water or almond milk
- Ice + blend



3. Mocha Muscle Shake

- 2 scoops of protein powder
- 1 shot cooled espresso
- 1 frozen banana
- 1 tbsp cacao powder
- Water or almond milk
- Ice + blend



Sample Grocery List (1 week)

Proteins

- Chicken breast or thighs: 3–4 lbs
- Ground bison or grass-fed beef: 2 lbs
- Wild salmon fillets: 3–4 fillets
- Shrimp: 1 lb
- Turkey breast or ground turkey: 2 lbs
- Eggs: 2 dozen
- Protein powder: 1 tub (for shakes)
- Bone broth (chicken or beef): 2–3 quarts

High-Octane Carbs (FUEL Days)

- Sweet potatoes or yams: 4–5 medium
- Red or purple potatoes: 4–5 medium
- Quinoa: 1–2 cups dry
- Rice: 2 cups dry
- Oats: 1 lb bag
- Berries (blueberries, raspberries, strawberries): 2–3 cups frozen or fresh
- 2 bananas (for shakes)

Extras & Flavor

- Himalayan salt
- Organic lemons: 4–5 (for Adrenal Support Cocktail)
- Humic/Fulvic acid drops
- Cacao powder: 1 small bag
- Espresso or strong coffee (for Mocha Shake)
- Herbs & spices (garlic, cumin, chili powder, etc.)

Veggies (Double Down on FIRE Days)

- Spinach: 2 big bags
- Kale: 1 large bunch
- Broccoli: 3 heads
- Cauliflower: 2 heads
- Brussels sprouts: 2 lbs
- Cabbage: 1 head
- Lettuce (romaine or mixed greens): 2 heads or big box
- Carrots: 1 bag
- Onions: 3–4
- Zucchini: 3–4 medium
- Mixed stir fry veggies (frozen or fresh, e.g., peppers, snap peas): 1 large bag

Healthy Fats

- Avocados: 5–6
- Olive oil: 1 bottle
- Almond butter: 1 jar
- Tahini: 1 small jar
- Flaxseed (ground): 1 bag
- Chia seeds: 1 bag

Shake Staples

- **Protein powder**
- Almond milk (unsweetened): 2 cartons
- Frozen spinach: optional backup for greens
- Frozen berries: 1 large bag



Batch cooking tip: Roast all sweet potatoes + Brussels + carrots at once; grill chicken and salmon in bulk; pre-portion shakes in zip bags or ideally a glass container (just add liquid).

Disclaimer (legal stuff):

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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.