

DAY 1

The Green Giant
Morning Stack
Berry Breakfast
Super Veggie
One other recipe

DAY 2

Morning Stack
Gym
Cold
Keto Breakfast
Super Veggie with no legumes instead add liver, salmon, sardines, mackerel or kidney.
Fast
Evening Anti Ageing (or other depending on month) Stack

Once a Week

Double calories and have cheese, prawns, eggs or other high cholesterol snack 3 hours before bed.

Recipes

Upon waking: The Green Giant

- 20 oz of water
 - [Spermidine](#), 2 Tbsp chlorella powder, yielding 13.5mg spermidine
 - [Amino Complex](#) 7.6 g
 - [Creatine](#) 2.5 g
 - [Collagen Peptides](#) 20 g
 - [Cocoa Flavanols](#) 500 mg
 - [Ceylon Cinnamon](#) 1 tsp
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Super Veggie

- [Black lentils](#), 300 grams (weighed cooked)
- Broccoli (head+stalk), 250 grams
- Cauliflower. 150 grams
- Shiitake or Maitake Mushrooms, 50 grams
- Garlic, 1 clove (a piece)
- Ginger Root, 3 grams
- Lime, 1
- Cumin, 1 Tbsp
- Apple Cider Vinegar, 1 Tbsp
- Hemp Seeds, 1 Tbsp
- After prep, drizzle 1 Tbsp of Extra Virgin Olive Oil

Recently been sprinkling 1 Tbsp of 100% dark chocolate to dish
(All organic)

Super Veggie Preparation instructions

- Weigh vegetables. Place broccoli, cauliflower, mushrooms (maitake or shiitake), ginger and garlic in boiling water*. Boil until tender (7-9 min). Steaming is also acceptable.
- You can choose to blend or keep whole pieces.
- Blend in a high-speed blender place 1 Tbsp of dried cumin, 1 Tbsp of apple cider vinegar, 1 fresh Lime, cooked black lentils, the strained cooked vegetables, and blend until it becomes thick soup. Can also serve as the picture above.
- If needed add some of the vegetable water (or steaming water) to thin out the texture.
- Top with hemp seeds.

Prepared correctly, taste should be an easy and smooth tasting veggie hummus. No smell/taste of garlic.

I season it with [NuSalt](#) (potassium chloride).

*Cooked via low temperature, high humidity, high acidity, high antioxidant cooking methods to minimize formation of Advanced Glycation End-products (AGEs) and Advanced Lipid Peroxidation End-products (ALEs).

SWAPS

Broccoli, cauliflower

Spinach, kale, endive, bok choy

Mushrooms

Reishi, Lions mane

Lentils

Any legumes (beans, chickpeas)

KETO VERSION

Swap lentils for liver, kidney or muscle meat.

Keto Breakfast

Mackerel, Salmon or Sardines

Eggs

Cheese (optional)

Salad leaves/Steamed Spinach

Berry Breakfast

3 Tbsp ground [macadamia nuts](#)

2 tsp of ground walnuts

1 tsp of ground flaxseed (seed that is ground into flour)

1/4 brazil nut

1 Tbsp [non dutched cocoa](#)

1 tsp [sunflower lecithin](#)

1/2 tsp [ceylon cinnamon](#)

300 - 500g blueberries/raspberries/blackberries/strawberries (your choice but do not mix)

3 cherries

2 tbsp pomegranate powder

Preparation instructions

- Add walnuts, macadamia nuts, ground flax seeds (highest nutritional value to buy seeds and grind)
- Add cocoa, sunflower lecithin, cinnamon
- Add 3 cherries, berries & pomegranate powder
- Mix on high for 3 or 4 minutes
- Pour into a dish.
- Let sit
- Typically will also add 30-60 grams of whey protein

If you want to go wild, you can add a Tbsp of sweetener Trehalose and/or a Tbsp of Manuka honey.

Asparagus Almond Beet Salad, 500 cal

Beets 500 grams cooked / Protein

Asparagus 300 grams cooked

Almonds Slivers 21 grams

Arugula 1 cup

Shallot 1 large

Balsamic 3 Tablespoons

Dijon 3 Tablespoons

Mustard Seeds 1 Tablespoons

Asparagus Almond Beet Salad Preparation Instructions

Trim and clean beets. Boil in water till the beets can be easily pierced with a fork. Drain and while still warm, the skin will rub off easily underwater. Set aside the skinless beets in a bowl.

Blanch Asparagus - Set aside a bowl of ice water. Heat a large saucepan of water till boiling. Add Asparagus to the boiling water for 4 minutes. It may be shorter or

larger boiling times depending on the size of the stalks. Once asparagus is firm but not crisp, remove it from boiling water and dump it into the ice bath. Once asparagus is cool. Drain and take a paper towel to blot any excess water away.

In another heated pan, add the mustard seeds to a dry pan for one minute. After one minute add sliced shallots and one-fourth cup of water. Cook shallots and mustard seeds down until the shallots are transparent. Add more water if needed.

In a small bowl add the balsamic and the dijon and blend well.

Once everything is assembled and cooled to room temperature. Chop the beets and asparagus into small bite-sized pieces. Add the cooled shallots mixture. Add in chopped arugula and toss lightly. Once lightly tossed pour dressing over and toss lightly again. Top the salad with slivered almond

Orange Fennel Salad, 500 calories

Cara Cara Orange 1 segmented orange / Protein

Fennel ¼ cup shredded

Goji Berries 30 grams / Walnuts

Pecans 30 grams

Plum Tomatoes 14

Spring Mix Salad 3 cups

Rocket 1 cup

Fresh Mint ¼ cup

Balsamic Vinegar 2 Tablespoon

Orange Fennel Salad Preparation Instructions

Gather ingredients. Segment the orange. Shred the fennel on a grater. Toss in greens, torn mint leaves, fennel, grape tomatoes, top with chopped pecans, and goji berries. Right before serving add fig balsamic dressing.

Stuffed Sweet Potato, 500 calories

Sweet Potato 300 grams cooked / Turnip

Chickpeas 45 grams cooked / Cauliflower - Keto

Grape Tomatoes 12

Avocado ½

Radishes 4

Cilantro ¼ cup

Jalapeno Pepper 1 large

Limes 2 whole

Lemon 1 whole

Chile Powder 1 Teaspoon

Stuffed Sweet Potato Preparation Instructions

Roast the sweet potato until you can puncture it with a fork. While the potato is roasting, place chickpeas in a bowl. Add the juice of half of a lemon and the chile powder and set aside to marinate.

On a sheet pan, roast the grape tomatoes until they have popped and have a bit of color.

Add to a small bowl the avocado mash with the juice of one lime and half of a lemon. Stir until creamy.

Thinly slice the radishes and the jalapeno pepper.

Once everything is roasted. Build your dish. Start with the potato, slice open. Remove skin if preferred. Pour the chickpea mixture over the sweet potato, next add roasted grape tomatoes and some jalapenos. Top with avocado mixture, chopped fresh cilantro, radishes, and the remainder of jalapeno peppers. Serve with sliced lime on the side.

EXERCISE

- Backwards Sled, 2 min
- Mobility and Posture Exercises
 - Ankle mobility
- Foam Rolling
- Tricep extensions 1x25
- Face pulls 1x15
- Butterfly, 1x15
- Band pull apart (back muscles), 1x15
- Back extensions (on a hyperextension), 1x25
- Obliques (each side, on a hyperextension), 1x25 or using an earth quake bar
- Leg raises (for abdomen), 1x50
- Seated Calf Raises, 1x25 (alternate with Standing Calf Raises)
- Single Leg Squats
 - Beginner (single leg squats)
 - Advanced Poliquin step ups, 3x10, each leg
- Squats, 3x15
- Lunges, 3x10 (alternate with ATG Split Squats)
- Hamstring Curls
 - Beginner
 - Hamstring Curls on ball x 20
 - Intermediate
 - Single Leg Hamstring Curls on ball x 10 each leg
 - Advanced
 - Nordics, 1x10
 - Reverse Nordics, 1x10
- Tibialis raises, 1x25
- Pull ups, 1x15

- Chin ups, 1x15
- Stretches
 - Worlds Greatest Stretch
 - Prayer Stretch
 - Hamstring
 - Flossing routine
- 10 min HIIT (M,W,F)
- Hiking on weekends, kitesurfing, wakeboarding

SKIN

DAILY PROTOCOL

- [Face wash](#)
- Other active creams
- Vit C, E, ferulic, B3, azelaic etc
- [Cerave am face](#)
- [Cerave body](#)
- [Cerave pm face](#)
- Tretinoin .1%
- [UVA+B mineral sunscreen](#)
- UV environmental filters

SUPPLEMENTS

Rotate the stack you are taking monthly so the body does not have time to adapt. I personally do 1 of the anti ageing ones every month and cycle the rest in on top of these as I feel.

ANTI AGEING 1

600mg (Resveratrol (SIRT Activator) or Pterostilbene) + Leucine (leucine activates the 2 former ones)
 Spermadine
 500mg NMN
 200mg Apigenin
 500mg Rutin (better curcumin, inflammation and body fat)
 3-5g Trehalose (wonder sugar)

ANTI AGEING 2

2g AKG - Similar to NMN, key metabolite which diminishes with age involved in a lot of reactions
 4g Glycine - rate limiter for glutathione synthesis
 2g NAC - also involved in synthesis of Glutathione
 300mg Fisetin
 500mg Rutin
 Ketones - HDAC inhibitors

ANTI ONCOGENIC (anti cancer)

350mg Fucoidan
 600mg Baicalin

<https://reignitemy.life>

1g Rutin
Methylene blue
1g Berberine (natural metformin analogue, but don't want to use it all the time)
500mg Naringin

FAT LOSS

1 g Berberine
10g MCT
1 tablespoon High EPA Omega 3
3 grams L Carnatine (mix in various forms - there are different types, need to be driving commensals to negate the potential toxic effects of this)
100mg Coq10
200mg Fisetin
1g Taurine
Coffee/Green Tea

MUSCULAR HYPERTROPHY

10g Ketones
Ornithine/Argenine
7g leucine
1g Resveratrol
2g HMB (hydroxy methyl butyrate)

TESTOSTERONE

It's not just supplements: Food and training have a lot to do with this
Especially BIG food ie to 2 x calories for 10 days and stack all this stuff on top.

Ice Balls!

Vitamin D (this is the foundation)

Do it at bedtime (mix with melatonin if struggle to sleep)

Or do in the morning works as well

15 - 30000 iu's

Large High Fat Meal at night

Why because you need choline to make T

Cheese is great for this (cheeseburger)

Salmon, Rib Eye Steak

ZMA (also foundational) - but you have to take them off Zinc and Magnesium supplements as the ratios have to be exact for this to work

Fenugreek(Testofen brand if can find) + Ashwaganda

However Fenugreek can aromatise quite a bit so have to stack an anti aromatisation agent with it ie

Chrysin, Genestein and Resveratrol

This is your basic stack

We can mix it up by replacing it with:

<https://reignitemy.life>

Stack 1

Turkesterone (German Farmer Brand) + Fadogia (Fadagocia?) + Longjack (1-3g) and DHEA

Stack 2

Dhu Zhong (a cousin of long jack) + Fucoidan + Resveratrol (600mg) Biotest a good brand, but need a good brand + Leucine 3g + Unichi Oyster

Take these at bed time.

For a master stack

Vatimain d 15000- 20000iu

1g Longjack

Fenugreek(Testofen) 400-600mg

Ashwaganda

50mg DHEA

Turkesterone

Fadogia

Unichi

Resveratrol

Leucine

Dhu Zhong

ZMA

Do for a couple of weeks. Along side high fat meals in the evening. Take this and mix it with 2 x calories. And go and put some muscle on at the gym.

MENOPAUSE

Black Cohosh

Omega 3

Vitamin B

SHOPPING LIST

Black lentils, 300 grams (weighed cooked) or any beans/chickpeas/lentils
Broccoli (head+stalk) x 2 (or spinach/asparagus/kale/bok choy/endive)
Cauliflower x 2 (or spinach/asparagus/kale/bok choy/endive)
Sweet Potato x 2
Turnip x 2
Shiitake or Maitake Mushrooms (or reishi, lions mane)
Ginger Root
Lime x 3
Lemon x 3
Cumin
Apple Cider Vinegar with Mother
Extra Virgin Olive Oil
Plenish Nut Milk (any)
Macademia Nuts x 1
Walnuts x 2
Brazil nuts x1
Almonds x 1
Pecans x 1
Blueberries/raspberries/strawberries/Blackberries
Cherries
Pomegranate Powder
Beetroot raw (bag)
Asparagus
Rocket bag
Balsamic Vinegar
Dijon Mustard
Mustard Seeds
Orange (Blood or Pink ideally ..cara cara)
Fennel
Plum Tomatoes
Spring Mix Salad bag x 1
Fresh Mint
Avocado x 3
Radishes
Cilantro
Jalapeno Pepper
Chile Powder
Liver/Kidneys/Muscle meat
Salmon/Mackerel/Sardines
Free range eggs
Bones (if not using collagen peptides, add in an ice cube of bone broth to the morning Green Giant))

Online

1 Tbsp [non dutched cocoa](#)

1 tsp [sunflower lecithin](#)

<https://reignitemy.life>

1/2 tsp [ceylon cinnamon](#)

Goji Berries

Hemp Seeds

Flax Seeds

Whey Protein