# First Signal Law Diet Loop

Constraint → Alignment → Persistence

Alkaline-leaning, pescatarian-optional, minimalist 7-day loop

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| Day | Constraint (Bulk) | Alignment (Protein) | Persistence (Spark / Hydration) |
| 1 · Ground | Wheat bread / oats | Kefir + chia + peanut butter | Spinach & celery salad · Lemon water am · Garlic & olive snack pm |
| 2 · Steady | Lentils (boiled, 2 c batch lasts 2 days) | Lentil-pesto mash on wheat toast | Kefir sip + raisins + cucumber slices · Pinch mineral salt in water |
| 3 · Reflect | Oats + banana | Tofu cubes (pan-warm, salt) | Spinach + garlic drizzle + olive oil · Kefir water (½ kefir : ½ water) |
| 4 · Release (acid trip) | Brown rice or bread | Sardines (1 tin) | Peppers & onions sauté · Chili spice allowed · Finish w/ kefir |
| 5 · Recover | Oats + chia + peanut butter | Greek yogurt or kefir | Spinach-celery salad + raisins · Lemon water am · Mint tea pm |
| 6 · Build | Lentils + wheat bread | Tofu or chickpeas | Garlic-pesto dressing · Cucumber slices · Mineral water |
| 7 · Rest | Raisin Bran small bowl | Kefir + handful peanuts | Spinach + olive salad · Citrus wedge · Salt pinch water |

## Hydration Cadence (micro-ritual)

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| Time | Cue |
| Morning | 1 glass lemon-salt water (½ lemon + pinch mineral salt) |
| Midday | 1 glass kefir water (1 : 1 kefir + filtered water) |
| Evening | 1 cup herbal tea (mint / ginger) |

## 🜁 Meta-Signal Summary

• Constraint: ≤ 15 staples → low noise

• Alignment: Plant protein + probiotic ferment → steady repair

• Persistence: 7-day rhythm → metabolic coherence

• Acid Control: 1 “release” day anchors awareness, not drift