

T H E C L A R I T Y P R O T O C O L

SA Recipes and Tracker

Built in Cape Town. Engineered for the world.

THE CLARITY PROTOCOL: SA RECIPES & WEEKLY TRACKER

PART 1: CLARITY RECIPES (South African Sourcing)

Recipe 1: The "Stoic" Steak

The cornerstone dinner. Master this one meal.

STEP	DETAIL
Meat	Rump or Ribeye (fatty cuts — fat = flavor + hormones). Woolworths / local butcher.
Prep	Pat dry with paper towel. Salt heavily with Khoisan/Celtic salt 30 min before cooking.
Pan	Cast iron skillet. Smoking hot.
Fat	1 tbsp Tallow or Grass-fed Butter (Kerrygold).
Cook	Sear 2 min per side. Don't touch it while searing.
Rest	Remove. Rest 5 min on board. Top with cold butter slice.
Serve	With roasted sweet potato (coconut oil) + steamed broccoli (EVOO drizzled after).

Recipe 2: The "Bio-Stack" Scramble

Morning fuel. Zero starch. Maximum brain power.

COMPONENT	SOURCE
3-4 eggs	Woolworths Free Range (minimum) or farm-direct
Cooking fat	1 tbsp grass-fed butter or ghee
Salt	Celtic/Himalayan, generous
Side A	½ papaya (digestion enzymes)
Side B	Handful blueberries (antioxidant shield)
Drink	Black coffee or organic Rooibos (no sugar)

Method: Low heat, stir slowly, remove pan from heat before fully set. Carry-over heat finishes them creamy, not rubbery.

Recipe 3: The "Brain" Salad

Light lunch for deep work days.

COMPONENT	WHY
Rocket/arugula base	Bitter greens support liver detox
½ avocado	Brain fat + potassium
Smoked salmon or mackerel	Omega-3 for neural inflammation
Dressing	ACV + EVOO + lemon juice + pinch salt

Recipe 4: The "Rebuild" Smoothie

Post-workout recovery. 3 minutes to make.

INGREDIENT	BENEFIT
1 cup raw milk or kefir	Probiotics + complete protein
1 frozen banana	Potassium + natural sweetness
1 scoop clean whey isolate	Fast-absorbing protein (check for no aspartame)
1 tsp creatine monohydrate	Brain + muscle performance
1 raw egg yolk (optional)	Massive choline boost
1 tsp raw honey	Glycogen replenishment

Recipe 5: The "Predator" Lunch

When you need to eat fast and stay clean.

OPTION	DETAIL
Option A	Leftover steak or boerewors (natural casing, no MSG — check label)
Option B	100g wet & fatty biltong + 1 apple + 1 tbsp raw honey
Option C	Tin sardines (in brine/olive oil, NOT sunflower) + avocado on seed-free crackers

PART 2: THE CLARITY LEDGER (Weekly Tracker)

"What gets measured, gets managed." Print one per week.

WEEK OF: _____

DAY	MORNING IGNITION	TRAINING	CLEAN FUEL?	SLEEP	NOTES
MON	<input type="checkbox"/> Sun <input type="checkbox"/> Salt Water <input type="checkbox"/> Stoic	Push-ups: ____ Squats: ____ Plank: ____ s	<input type="checkbox"/> Y <input type="checkbox"/> N	____/10	
TUE	<input type="checkbox"/> Sun <input type="checkbox"/> Salt Water <input type="checkbox"/> Stoic	Zone 2: <i>min Distance</i> : km	<input type="checkbox"/> Y <input type="checkbox"/> N	____/10	
WED	<input type="checkbox"/> Sun <input type="checkbox"/> Salt Water <input type="checkbox"/> Stoic	Pull-ups: ____ Rows: ____ Hinge: ____	<input type="checkbox"/> Y <input type="checkbox"/> N	____/10	
THU	<input type="checkbox"/> Sun <input type="checkbox"/> Salt Water <input type="checkbox"/> Stoic	Zone 2: <i>min Distance</i> : km	<input type="checkbox"/> Y <input type="checkbox"/> N	____/10	
FRI	<input type="checkbox"/> Sun <input type="checkbox"/> Salt Water <input type="checkbox"/> Stoic	Full Circuit: <i>rounds Time</i> : min	<input type="checkbox"/> Y <input type="checkbox"/> N	____/10	
SAT	<input type="checkbox"/> Sun <input type="checkbox"/> Salt Water <input type="checkbox"/> Stoic	Active Recovery: _____	<input type="checkbox"/> 80/20	____/10	
SUN	<input type="checkbox"/> Sun <input type="checkbox"/> Salt Water <input type="checkbox"/> Stoic	REST (Cold Plunge / Stretch)	<input type="checkbox"/> Y <input type="checkbox"/> N	____/10	

THE SUNDAY AUDIT

METRIC	SCORE
Total Clean Days	____/7
Workouts Completed	____/5
Average Sleep Score	____/10
Cold Exposures	____/7
No-List Violations	____

One thing I learned: _____

One thing I will improve: _____

The Clarity Promise: "I understand that clarity is not given; it is built. This week, I built."

Signature: _____

