

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

# HGH Meal Plan

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Built in Cape Town. Engineered for the world.

# THE CLARITY PROTOCOL: HGH OPTIMIZATION MEAL PLAN

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## The Zero-Toxin Fuel List

CATEGORY	APPROVED CLARITY SOURCES	STRICTLY PROHIBITED
<b>Proteins</b>	Grass-fed beef, pasture-raised eggs, wild-caught fish	Factory-farmed meat, soy protein
<b>Healthy Fats</b>	Organic Ghee, Tallow, EVOO, Avocado	Canola, Sunflower, Soybean Oil
<b>Carbohydrates</b>	Organic sweet potatoes, berries, organic white rice (post-workout only)	Refined sugars, HFCS, wheat flour
<b>Hydration</b>	Filtered water + Celtic/Himalayan salt, black coffee	Sodas, fruit juice, energy drinks
<b>Seasonings</b>	Turmeric, black pepper, garlic, oregano, cinnamon	MSG, "Natural Flavors," artificial sweeteners

## The HGH Strategy Sequence

FAST → TRAIN → HEAT → COLD → FUEL

STEP	PROTOCOL	TIMING	MECHANISM
1. FAST	Water + salts only	2.5h pre-workout	Low insulin = GH release unblocked
2. TRAIN	High-intensity Calisthenics	45-60 min	Mechanical tension + metabolic stress = GH spike
3. HEAT	20 min Sauna @ 80°C+	Immediately post-train	HSP activation. GH amplified 200-300%
4. COLD	3 min Cold Plunge @ 10°C	Post-sauna	Norepinephrine +530%. CNS reset.
5. FUEL	The HGH Window Meal	60-90 min post-plunge	Nutrient partitioning at peak GH

## The Post-Workout "HGH Window" Meal

**Timing:** 60-90 minutes after Cold Plunge.

COMPONENT	SOURCE	AMOUNT	PURPOSE
<b>Main Protein</b>	Grass-fed beef mince or steak	250g	Muscle protein synthesis. Creatine. Zinc.
<b>Fat</b>	Cooked in Ghee or Tallow	1 tbsp	Hormone precursor. Fat-soluble vitamin delivery.
<b>Carbohydrate</b>	Organic white rice OR sweet potato	1 cup / 1 medium	Glycogen replenishment. Salted for electrolytes.
<b>Micronutrients</b>	Organic berries	1 cup	Antioxidants. Polyphenols. Anti-inflammatory.
<b>Hormone Support</b>	Half an avocado	—	Monounsaturated fat. Potassium.
<b>Hydration</b>	Filtered water + Celtic salt	500ml	Electrolyte restoration.

# Full Daily Meal Structure

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## Training Day (Mon / Wed / Fri)

TIME	MEAL	CONTENTS
07:00	Morning Prime	Black coffee + pinch Celtic salt. Water only.
12:00	First Meal (Break Fast)	4 Pasture-raised eggs scrambled in Ghee + half avocado + sauerkraut
13:30	Fasting Begins	Water + salt only from here. GH window opens.
16:00	TRAIN	Calisthenics session (45-60 min)
17:00	HEAT	Sauna 20 min @ 80°C
17:25	COLD	Cold Plunge 3 min @ 10°C
18:30	HGH Window Meal	250g Grass-fed beef + organic rice + berries + avocado
20:00	Final Meal	Bone broth + turmeric/pepper. Chamomile tea.
20:30	Kitchen Closed	No food until tomorrow 12:00.

## Rest Day (Tue / Thu / Sat / Sun)

TIME	MEAL	CONTENTS
07:00	Morning Prime	Sunlight + Water + Celtic salt.
12:00	First Meal	Salmon fillet (wild-caught) + sweet potato + spinach in EVOO
17:00	Second Meal	Turkey mince bowl + white rice + kimchi + avocado
19:30	Evening	Chamomile tea + raw honey. Legs Up The Wall 10 min.
20:00	Kitchen Closed	16-hour fast begins.

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## Weekly Macro Targets (Approximate)

METRIC	TRAINING DAY	REST DAY
<b>Calories</b>	2,200-2,500	1,800-2,000
<b>Protein</b>	160-180g	130-150g
<b>Fat</b>	80-100g	70-90g
<b>Carbs</b>	150-200g (post-workout)	80-100g
<b>Eating Window</b>	8 hours (12:00-20:00)	8 hours (12:00-20:00)