

Pre-BizTrip Health Plan

A structured approach to nutrition, activity, and rest.

Guiding Principles

This plan is built on a foundation of routine, whole foods, and consistent activity.

- **Rhythm:** A consistent sleep and rest schedule.
- **Nourishment:** Nutrient-dense, whole-food meals.
- **Hydration:** Prioritizing water intake.
- **Movement:** Integrating varied physical activity into the week.
- **Mind:** Daily practices for mental engagement.

Sleep & Rest Schedule

Rest is the foundation of recovery and energy.

- **Bedtime:** 9:00 PM
- **Wake Up:** 5:00 AM
- **Siesta:** 2:00 PM

This provides 8 hours of nightly sleep and a midday reset.

Daily Hydration

Proper hydration is crucial for energy, digestion, and overall health.

- **Primary Goal:** 1 Gallon of water or soda water per day.
 - Enhance with fresh lemon juice.
- **Electrolytes:** 1 Nectar hydration pack per day.

Coffee Routine

Strategic caffeine intake for focused energy.

- **Morning Coffee:** After waking up (post-5:00 AM)
- **Afternoon Coffee:** After your siesta (post-2:00 PM)

Meal Structure: The Plate Method

Simplicity and consistency are key.

- **Frequency:** 3 meals per day.
- **Portion:** 1 plate per meal.

Focus on a balanced composition for each plate.

Core Components

Each meal should be a mix of the following.

- **Base (~1/4 plate):**
 - Quinoa, Beans
- **Protein (~1/4 plate):**
 - Beef Liver, Salmon, Beef Steak, Pollo Asada
- **Vegetables (~1/3 plate):**
 - Mixed stir-fry: Carrots, Onions, Broccoli, Red Pepper, Zucchini, Garlic

Building Your Plate: Flavor & Nutrients

Add these for healthy fats, micronutrients, and taste.

- **Healthy Fats:**

- Goat Butter

- **Probiotics & Flavor:**

- Indian Pickle (Achar)

- **Fruit (On the side or on the plate):**

- Kiwi, Pineapple, Cranberries, Blueberries, Peaches, Grapes



Occasional Treat: Cereal Bowl

For a different texture and taste, "here and there."

- **Base:**
 - Ezekiel Cereal
 - Oats + Sunflower Seeds + Raisins (Cold Cereal)
- **Fruit:**
 - Blueberries
- **Milk:**
 - Goat Milk

Weekly Exercise Plan

A balanced routine for strength, cardio, and skill.

- **Mondays:** Pickleball.
- **Twice a Week:** Swimming, one-mile walk to the cafe.

Daily Mental Habits

Keep the mind sharp and engaged.

- **Daily Reading:** Dedicate a specific block of time to read.
- **Daily Writing:** Journal, plan, or create.

A Day in the Life

- **5:00 AM:** Wake up, Hydrate
- **5:15 AM:** Coffee #1
- **8:00 AM:** Meal #1
- **1:00 PM:** Meal #2
- **2:00 PM:** Siesta
- **3:00 PM:** Coffee #2
- **4:00 PM:** Activity (Swim/Pickleball)
- **5:00 PM:** Meal #3
- **6:00 PM:** Walk (1 mile)
- **9:00 PM:** Bedtime