

PRONOIA · PERFORMANCE NUTRITION PROTC

Clarity & *Decision Precision*

A seven-day protocol built to optimize brain performance and sharpening focus, concentration, memory and sustained cognitive working day.

MACRO TARGET

30 / 30 / 40

P / C / F

FEEDING WINDOW

~9 hrs

10:00 – 19:00

DAILY ENERGY

~2,400

kcal · 51–90kg band

COMPOSITION

Protein-forward

low-glycemic load

How this protocol works. Decision quality depends on steady fuel to the brain and the right precursors for its signalling. Protein is raised to 30% to supply **tyrosine** — the building block for dopamine, the neurotransmitter behind focus and drive — while carbohydrate is kept low-glycemic to hold attention level and prevent mid-afternoon slumps.

Each day is dense in cognitive raw materials: **choline from pasture eggs** for acetylcholine, **EPA, DHA and phosphatidylserine from oily fish** for neuronal membranes, and flavanols from cacao and blueberries with nitrate-rich beetroot to support cerebral blood flow. Caffeine, where used, comes from green tea or matcha — paired with its own L-theanine for clean, jitter-free focus, and taken after the morning protein rather than before it.

ENERGY BANDS – SCALE PORTIONS

1 – 50 kg	1,700 – 1,900
▶ 51 – 90 kg	2,200 – 2,600
90 kg +	2,800 – 3,200

This menu is calibrated to the highlighted band.

1 DAY ONE

DAILY TOTAL **180P** · **180C** · **106F** · **2,395 kcal**

Focus

Protein 30% Carbs 30% Fat 40%

10:00 FIRST MEAL

Soft-scrambled eggs & smoked salmon

Spinach, avocado, *blueberries*, rye sourdough

P 44g
C 36g
F 28g

575 kcal

12:30 MIDDAY FOCUS

Greek yogurt & cacao

Walnuts, blueberries, *cacao nibs*

P 22g
C 20g
F 14g

295 kcal

14:00 MAIN PLATE

Seared yellowfin tuna

Brown rice, edamame, *beetroot*, seaweed, sesame

P 50g
C 52g
F 26g

640 kcal

16:30 AFTERNOON FOCUS

Cottage cheese & cacao nibs

Raspberries, walnuts

P 18g
C 22g
F 14g

285 kcal

19:00 EVENING MEAL

Grilled salmon

Quinoa, roasted asparagus & broccoli, olive oil

P 46g
C 50g
F 24g

600 kcal

COGNITIVE FOCUS

Choline from eggs and EPA from salmon and tuna; nitrate-rich beetroot to support blood flow to the brain.

2 DAY TWO

DAILY TOTAL **178P** · **178C** · **108F** · **2,395 kcal**

Sharpen

Protein 30% Carbs 30% Fat 40%

10:00 FIRST MEAL

Parmesan omelette & smoked trout

Spinach, avocado, blueberries, rye toast

P 44g
C 34g
F 28g

580 kcal

12:30 MIDDAY FOCUS

Cacao & almond smoothie

Kefir, banana, almond butter, *cacao*

P 20g
C 24g
F 14g

300 kcal

14:00 MAIN PLATE

Grilled mahi-mahi

Sweet potato, sautéed greens, *beetroot*, olive oil

P 48g

C 52g

F 26g

640 kcal

16:30 AFTERNOON FOCUS

Dark chocolate, Brazil nuts & egg

85% cacao, soft-boiled egg, *green tea*

P 14g

C 18g

F 18g

285 kcal

19:00 EVENING MEAL

Grass-fed beef & broccoli

Brown rice, mushrooms, sesame

P 52g

C 50g

F 22g

590 kcal

COGNITIVE FOCUS

Tyrosine from parmesan, beef and fish for dopamine; cacao flavanols for alertness and cerebral circulation.

3 DAY THREE

Clarity

DAILY TOTAL **178P** · **176C** · **106F** · **2,370 kcal**

Protein 30% Carbs 30% Fat 40%

10:00 FIRST MEAL

Eggs baked with smoked salmon

Spinach, avocado, *blueberries*, rye

P 44g

C 32g

F 30g

580 kcal

12:30 MIDDAY FOCUS

Greek yogurt & walnuts

Raspberries, cacao nibs

P 20g

C 18g

F 14g

280 kcal

14:00 MAIN PLATE

Seared tuna poke

Brown rice, edamame, seaweed, avocado, kimchi

P 48g

C 54g

F 26g

640 kcal

16:30 AFTERNOON FOCUS

Cottage cheese & blueberries

Pumpkin seeds

P 18g

C 20g

F 12g

260 kcal

19:00 EVENING MEAL

Grilled barramundi

Quinoa, roasted *beets* & greens, olive oil

P 48g

C 52g

F 24g

610 kcal

COGNITIVE FOCUS

Anthocyanins from blueberries and DHA from tuna and barramundi; a steady, low-glycemic carbohydrate load to hold attention.

4 DAY FOURDAILY TOTAL **178P** · **178C** · **106F** · **2,420 kcal****Precision**

Protein 30% Carbs 30% Fat 40%

10:00 FIRST MEAL**Steel-cut oats & collagen**Walnuts, *blueberries*, ground flax, cacao

P 40g

C 46g

F 24g

580 kcal**12:30** MIDDAY FOCUS**Soft-boiled eggs & avocado**

Flaked sea salt

P 16g

C 8g

F 22g

290 kcal**14:00** MAIN PLATE**Grilled salmon**Brown rice, broccoli, *beetroot*, sesame

P 48g

C 52g

F 26g

640 kcal**16:30** AFTERNOON FOCUS**Greek yogurt & honey**

Walnuts, raw honey

P 20g

C 22g

F 14g

300 kcal**19:00** EVENING MEAL**Roast free-range chicken**

Sweet potato, kale, mushrooms, olive oil

P 54g
C 50g
F 20g

610 kcal

COGNITIVE FOCUS

A higher-protein day for neurotransmitter precursors; slow-release oats and beetroot to keep decision quality even.

5 DAY FIVE

DAILY TOTAL **178P** · **176C** · **108F** · **2,395 kcal**

Acuity

Protein 30% Carbs 30% Fat 40%

10:00 FIRST MEAL

Egg & spinach scramble, smoked mackerel

Avocado, *blueberries*, rye

P 44g
C 30g
F 30g

575 kcal

12:30 MIDDAY FOCUS

Kefir & cacao smoothie

Banana, almond butter, chia

P 18g
C 26g
F 14g

300 kcal

14:00 MAIN PLATE

Grilled red snapper

Quinoa tabbouleh, roasted vegetables, olive oil

P 46g
C 52g
F 28g

650 kcal

16:30 AFTERNOON FOCUS

Dark chocolate, walnuts & cottage cheese

85% cacao

P 18g

C 18g

F 16g

290 kcal

19:00 EVENING MEAL

Seared tuna steak

Brown rice, sautéed greens, *beetroot*, sesame

P 52g

C 50g

F 20g

600 kcal

COGNITIVE FOCUS

Oily fish twice over the day for EPA and DHA; cacao and beetroot to keep cerebral blood flow high into the evening.

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 DAY SIX

DAILY TOTAL **180P** · **178C** · **104F** · **2,370 kcal**

Edge

Protein 30% Carbs 30% Fat 40%

10:00 FIRST MEAL

Eggs & smoked salmon on rye

Avocado, rocket, *blueberries*

P 42g

C 34g

F 28g

570 kcal

12:30 MIDDAY FOCUS

Greek yogurt & cacao nibs

Walnuts, raspberries

P 20g

C 18g

F 14g

280 kcal

14:00 MAIN PLATE

Grilled mahi-mahi

Sweet potato, broccoli, *beetroot*, olive oil

P 48g

C 54g

F 26g

650 kcal

16:30 AFTERNOON FOCUS

Cottage cheese & blueberries

Pumpkin seeds

P 18g

C 20g

F 12g

260 kcal

19:00 EVENING MEAL

Grass-fed beef

Quinoa, mushrooms, sautéed greens, sesame

P 52g

C 52g

F 24g

610 kcal

COGNITIVE FOCUS

Iron and B12 from beef and fish for oxygen delivery; blueberries and cacao for flavanol support across the day.

7 DAY SEVEN

DAILY TOTAL **180P** · **176C** · **110F** · **2,415 kcal**

Command

Protein 30% Carbs 29% Fat 41%

10:00 FIRST MEAL

Greek yogurt parfait & eggs

Walnuts, *blueberries*, flax, cacao; soft-boiled eggs

P 44g

C 34g

F 26g

560 kcal

12:30 MIDDAY FOCUS

Avocado & smoked salmon on rye

Pumpkin seeds

P 22g

C 22g

F 18g

320 kcal

14:00 MAIN PLATE

Whole roasted snapper

Brown rice, roasted *beets* & greens, olive oil

P 50g

C 52g

F 26g

635 kcal

16:30 AFTERNOON FOCUS

Dark chocolate, Brazil nuts & egg

85% cacao, *green tea*

P 14g

C 18g

F 18g

290 kcal

19:00 EVENING MEAL

Grilled salmon

Quinoa, asparagus & broccoli, olive oil

P 50g

C 50g

F 22g

600 kcal

COGNITIVE FOCUS

A clean, omega-3-forward close to the week; choline, DHA and flavanols carried from first meal to last.

FISH SOURCING

Oily fish anchors this protocol for its EPA and DHA. We rotate between salmon and locally landed Balinese catch — yellowfin tuna, mahi-mahi, barramundi and snapper — selected fresh by the day for peak quality and lower food miles.

Available in three nutritional preferences. **The protocol stays identical – only the protein sources change.**

Omnivore

As shown — salmon and Balinese fish, pasture eggs, grass-fed and free-range meats, cultured dairy.

Vegetarian

Eggs, cultured dairy, tempeh, legumes and quinoa carry protein; fish is replaced with an algae-oil omega-3 source.

Plant-Based

Tofu, tempeh, legumes, hemp and pea protein, with algae-derived EPA/DHA in place of fish.

Pronoia

A REGENERATIVE DESTINATION FOR HUMAN PERFORMANCE & SUSTAINABILITY

General performance-nutrition guidance for the Clarity & Decision Precision program. Not a substitute for individual medical advice. Portions are adjusted on arrival for body weight, training load, allergies and clinical needs.