

PRONOIA · PERFORMANCE NUTRITION PROTC

Flow State

A seven-day protocol that creates stable energy and reduces peaks — fewer crashes, sustained productivity, and easier access to deep, focus.

MACRO TARGET

30 / 25 / 45

P / C / F

FEEDING WINDOW

~8.5 hrs

11:00 – 19:30

DAILY ENERGY

~2,400

kcal · 51–90kg band

COMPOSITION

Fat-forward

stable energy

How this protocol works. Flow depends on steady fuel to the brain — sharp glucose peaks and the crashes that follow pull you straight out of it. This protocol raises fat to 45% and lowers carbohydrate to 25%, shifting the body toward a **stable, fat-fuelled energy supply** that holds level through long blocks of focused work. Protein stays moderate at 30% to support signalling without spiking insulin.

The day opens later, leaving a **fasted morning window** where many find focus comes most easily — carried by water, electrolytes and green tea rather than food. Meals are built from monounsaturated and omega-3 fats — olive oil, avocado, nuts and oily fish — with carbohydrate kept low-glycemic and refined sugar removed, so energy and attention stay even from first meal to last.

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 **178P** · **148C** · **122F** · **2,400 kcal**

Steady

Protein 30% Carbs 25% Fat 45%

11:00 FIRST MEAL

Three-egg omelette & smoked salmon

Avocado, spinach, olive oil · *green tea*

P 42g
C 16g
F 32g

520 kcal

13:30 MIDDAY STEADY

Aged cheese & macadamias

Olives, 85% dark chocolate

P 18g
C 12g
F 20g

300 kcal

15:30 MAIN PLATE

Grilled salmon

Avocado salad, roasted vegetables, seeds, olive oil

P 50g
C 50g
F 28g

650 kcal

17:30 AFTERNOON STEADY

Full-fat Greek yogurt

Walnuts, berries, chia

P 16g
C 20g
F 16g

290 kcal

19:30 EVENING MEAL

Seared yellowfin tuna

Sautéed greens, avocado, quinoa, olive oil

P 52g
C 50g
F 26g

640 kcal

FLOW FOCUS

Fat-forward, low-glycemic structure to keep blood sugar level and energy steady for deep work.

2 DAY TWO

DAILY TOTAL **178P** · **148C** · **122F** · **2,400 kcal**

Glide

Protein 30% Carbs 25% Fat 45%

11:00 FIRST MEAL

Soft-boiled eggs & smoked mackerel

Avocado, rocket, olive oil

P 42g
C 16g
F 32g

520 kcal

13:30 MIDDAY STEADY

Aged cheese & macadamias

Olives

P 18g
C 12g
F 20g

300 kcal

15:30 MAIN PLATE

Grilled barramundi

Avocado salad, roasted courgette & peppers, seeds, olive oil

P 50g

C 50g

F 28g

650 kcal

17:30 AFTERNOON STEADY

Full-fat Greek yogurt

Walnuts, raspberries

P 16g

C 20g

F 16g

290 kcal

19:30 EVENING MEAL

Grass-fed beef

Sautéed greens, avocado, olive oil, small quinoa

P 52g

C 50g

F 26g

640 kcal

FLOW FOCUS

Omega-3-rich fish and monounsaturated fats; minimal refined carbohydrate to avoid energy crashes.

3 DAY THREE

DAILY TOTAL **178P** · **148C** · **122F** · **2,400 kcal**

Flow

Protein 30% Carbs 25% Fat 45%

11:00 FIRST MEAL

Spinach omelette & smoked salmon

Avocado, olive oil

P 42g

C 16g

F 32g

520 kcal

13:30 MIDDAY STEADY

Almonds & dark chocolate

Coconut chips

P 18g
C 12g
F 20g

300 kcal

15:30 MAIN PLATE

Seared tuna

Mixed leaves, avocado, olives, roasted vegetables, olive oil

P 50g
C 50g
F 28g

650 kcal

17:30 AFTERNOON STEADY

Full-fat Greek yogurt

Chia, berries, walnuts

P 16g
C 20g
F 16g

290 kcal

19:30 EVENING MEAL

Grilled mahi-mahi

Sautéed greens, quinoa, avocado, olive oil

P 52g
C 50g
F 26g

640 kcal

FLOW FOCUS

Steady fats and moderate protein support sustained focus with fewer fluctuations through the afternoon.

4 DAY FOUR

DAILY TOTAL **178P** · **148C** · **122F** · **2,400 kcal**

Sustain

Protein 30% Carbs 25% Fat 45%

11:00 FIRST MEAL

Avocado & eggs, smoked salmon

Rocket, pumpkin seeds, olive oil

P 42g

C 16g

F 32g

520 kcal

13:30 MIDDAY STEADY

Macadamias & aged cheese

Olives, dark chocolate

P 18g

C 12g

F 20g

300 kcal

15:30 MAIN PLATE

Grilled salmon

Lentil & roasted vegetable salad, avocado, olive oil

P 50g

C 50g

F 28g

650 kcal

17:30 AFTERNOON STEADY

Full-fat Greek yogurt

Walnuts, raspberries

P 16g

C 20g

F 16g

290 kcal

19:30 EVENING MEAL

Roast chicken thigh

Sautéed greens, avocado, small sweet potato, olive oil

P 52g

C 50g

F 26g

640 kcal

FLOW FOCUS

A balanced, fat-forward plate to hold energy level without the post-meal dip.

5 DAY FIVE

DAILY TOTAL **178P** · **148C** · **122F** · **2,400 kcal**

Deep

Protein 30% Carbs 25% Fat 45%

11:00 FIRST MEAL

Shakshuka

Avocado, fresh herbs, olive oil · *green tea*

P 42g

C 16g

F 32g

520 kcal

13:30 MIDDAY STEADY

Almonds & walnuts

Dark chocolate, olives

P 18g

C 12g

F 20g

300 kcal

15:30 MAIN PLATE

Grilled snapper

Avocado salad, roasted vegetables, seeds, olive oil

P 50g

C 50g

F 28g

650 kcal

17:30 AFTERNOON STEADY

Full-fat Greek yogurt

Chia, berries

P 16g

C 20g

F 16g

290 kcal

19:30 EVENING MEAL**Seared tuna**

Sautéed greens, quinoa, avocado, olive oil

P 52g

C 50g

F 26g

640 kcal

FLOW FOCUS

Choline and omega-3 alongside stable fats for clean, sustained concentration during deep work.

6 DAY SIXDAILY TOTAL **178P** · **148C** · **122F** · **2,400 kcal****Even**

Protein 30%

Carbs 25%

Fat 45%

11:00 FIRST MEAL**Soft-boiled eggs & smoked mackerel**

Avocado, spinach, olive oil

P 42g

C 16g

F 32g

520 kcal

13:30 MIDDAY STEADY**Aged cheese & macadamias**

Olives

P 18g

C 12g

F 20g

300 kcal

15:30 MAIN PLATE**Grass-fed beef**

Mixed leaves, avocado, roasted vegetables, olive oil

P 50g

C 50g

F 28g

650 kcal

17:30 AFTERNOON STEADY**Full-fat Greek yogurt**

Walnuts, raspberries

P 16g

C 20g

F 16g

290 kcal

19:30 EVENING MEAL**Grilled barramundi**

Sautéed greens, avocado, small quinoa, olive oil

P 52g

C 50g

F 26g

640 kcal

FLOW FOCUS

Higher monounsaturated and omega-3 fat to fuel steady energy with minimal glucose swing.

7 DAY SEVENDAILY TOTAL **178P** · **148C** · **122F** · **2,400 kcal****Effortless**

Protein 30% Carbs 25% Fat 45%

11:00 FIRST MEAL**Three-egg omelette & smoked salmon**

Avocado, olive oil

P 42g

C 16g

F 32g

520 kcal

13:30 MIDDAY STEADY

Almonds & dark chocolate

Coconut chips

P 18g

C 12g

F 20g

300 kcal

15:30 MAIN PLATE

Grilled salmon

Avocado, roasted vegetables, mixed leaves, seeds, olive oil

P 50g

C 50g

F 28g

650 kcal

17:30 AFTERNOON STEADY

Full-fat Greek yogurt

Walnuts, berries, chia

P 16g

C 20g

F 16g

290 kcal

19:30 EVENING MEAL

Seared yellowfin tuna

Sautéed greens, quinoa, avocado, olive oil

P 52g

C 50g

F 26g

640 kcal

FLOW FOCUS

A clean, fat-forward close to the week — stable fuel for effortless, sustained focus.

FISH SOURCING

Oily fish carries both protein and the omega-3 fats this protocol is built on. 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 meat, cultured dairy and aged cheese.

Vegetarian

Eggs, full-fat dairy, aged cheese, tempeh and tofu carry protein; algae-oil omega-3 replaces fish.

Plant-Based

Tofu, tempeh, nuts, seeds and avocado lead the fat-forward profile, with algae-derived EPA/DHA in place of fish.

Pronoia

A REGENERATIVE DESTINATION FOR HUMAN PERFORMANCE & SUSTAINABILITY

General performance-nutrition guidance for the Flow State program. Not a substitute for individual medical advice.

Portions are adjusted on arrival for body weight, training load, allergies and clinical needs.