

PRONOIA · PERFORMANCE NUTRITION PROTOCOL

# Nervous System *Reset*

A seven-day protocol designed to reduce nervous system load, increase capacity — supporting better sleep, lower stress, steadier emotions, and deeper recovery.

MACRO TARGET

25 / 35 / 40

P / C / F

FEEDING WINDOW

~9 hrs

10:00 – 19:00

DAILY ENERGY

~2,300

kcal · 51–90kg band

COMPOSITION

Higher-fat

low-glycemic load

**How this protocol works.** The higher-fat, moderate-carbohydrate composition steadies blood glucose across the day, lowering the metabolic and cognitive load that keeps the nervous system in a heightened state. Meals are built from whole, minimally processed foods: **EPA-rich fish** several times a week, magnesium-dense leafy greens, fermented foods for the gut-brain axis, and slow-release carbohydrate over refined sugar.

The day is structured around circadian timing. Protein is front-loaded into the first meal, the eating window closes well before sleep, and the evening plate leans on **tryptophan, glycine and tart cherry** to ease the transition into rest. Caffeine, if taken, is delayed 90–120 minutes after waking — protein and hydration carry the morning instead.

ENERGY BANDS – SCALE PORTIONS

1 – 50 kg

1,600 – 1,800

▶	<b>51 – 90 kg</b>	<b>2,100 – 2,500</b>
90 kg +		<b>2,700 – 3,100</b>

This menu is calibrated to the highlighted band.

# 1 DAY ONE

DAILY TOTAL **146P** · **188C** · **106F** · **2,290 kcal**

## Settle

Protein 25%    Carbs 33%    Fat 42%

### 10:00 FIRST MEAL

#### Soft-scrambled pasture eggs

Wilted spinach, sliced avocado, wild blueberries, extra-virgin olive oil

P 36g

C 32g

F 33g

570 kcal

### 12:30 MIDDAY RESET

#### Greek yogurt & seeds

Toasted walnuts, pumpkin seeds, raw honey

P 18g

C 22g

F 16g

305 kcal

### 14:30 MAIN PLATE

#### Grilled wild salmon

Roasted sweet potato, steamed broccoli, lemon & olive oil

P 42g

C 50g

F 26g

600 kcal

### 17:00 AFTERNOON RESET

#### Crisp apple & almond butter

Flaked sea salt

P 8g

C 26g

F 15g

270 kcal

19:00 EVENING MEAL

### Slow-braised chicken thigh

Herbed quinoa, courgette & kale, tahini · *chamomile + kiwi*

P 42g

C 58g

F 16g

545 kcal

**RESET FOCUS**

EPA-rich salmon and magnesium-dense greens through the day; tryptophan and kiwi to ease into sleep.

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DAY TWO

DAILY TOTAL **146P** · **182C** · **102F** · **2,230 kcal**

Steady

Protein 26%

Carbs 33%

Fat 41%

10:00 FIRST MEAL

### Smoked mackerel & eggs

Soft-boiled eggs, avocado, rocket, rye sourdough

P 36g

C 30g

F 32g

555 kcal

12:30 MIDDAY RESET

### Cottage cheese & raspberries

Pumpkin seeds, cinnamon

P 20g

C 20g

F 12g

270 kcal

14:30 MAIN PLATE

### Grass-fed beef bowl

Brown rice, mixed vegetables, kimchi, sesame oil

P 42g  
C 56g  
F 24g

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600 kcal

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**17:00** AFTERNOON RESET

### Dark chocolate & Brazil nuts

85% cacao, fresh cherries

P 6g  
C 24g  
F 16g

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265 kcal

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**19:00** EVENING MEAL

### Baked cod & celeriac mash

Roasted asparagus, olive oil · *glycine bone broth to start*

P 42g  
C 52g  
F 18g

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540 kcal

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#### RESET FOCUS

Fermented kimchi for the gut–brain axis; glycine-rich broth to lower core temperature ahead of sleep.

**3** DAY THREE

DAILY TOTAL **142P** · **182C** · **110F** · **2,285 kcal**

Restore

Protein 25%    Carbs 32%    Fat 43%

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**10:00** FIRST MEAL

### Herb & tomato omelette

Feta, avocado, fresh herbs, olive oil

P 32g  
C 16g  
F 34g

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500 kcal

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**12:30** MIDDAY RESET

### Kefir smoothie

Banana, spinach, almond butter, chia

P 16g

C 34g

F 16g

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345 kcal

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**14:30** MAIN PLATE

Sardine & white bean salad

Mixed leaves, olives, red onion, lemon & olive oil

P 38g

C 44g

F 30g

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600 kcal

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**17:00** AFTERNOON RESET

Crudités & hummus

Carrot, cucumber, toasted seeds

P 10g

C 28g

F 14g

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280 kcal

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**19:00** EVENING MEAL

Roast turkey breast

Herbed quinoa, butternut squash, sautéed greens · *tart cherry + chamomile*

P 46g

C 60g

F 16g

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570 kcal

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**RESET FOCUS**

Sardines and kefir for omega-3 and live cultures; tart cherry to support natural melatonin.

**4** DAY FOUR

DAILY TOTAL **148P** · **187C** · **104F** · **2,275 kcal**

**Rebuild**

Protein 26%    Carbs 33%    Fat 41%

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**10:00** FIRST MEAL

## Steel-cut oats & collagen

Walnuts, blueberries, ground flax, cinnamon

P 34g

C 48g

F 22g

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560 kcal

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**12:30** MIDDAY RESET

## Soft-boiled eggs & avocado

Flaked sea salt

P 14g

C 9g

F 22g

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290 kcal

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**14:30** MAIN PLATE

## Wild salmon poke

Brown rice, edamame, seaweed, kimchi, sesame

P 40g

C 56g

F 26g

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620 kcal

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**17:00** AFTERNOON RESET

## Greek yogurt & honey

Pumpkin seeds, raw honey

P 18g

C 22g

F 12g

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270 kcal

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**19:00** EVENING MEAL

## Slow-cooked lean lamb

Sweet potato mash, courgette & spinach, tahini

P 42g

C 52g

F 22g

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575 kcal

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**RESET FOCUS**

Magnesium- and zinc-dense plates to settle the nervous system; steady low-glycemic carbohydrate throughout.

## 5 DAY FIVE

DAILY TOTAL **140P** · **180C** · **106F** · **2,235 kcal**

### Calm

Protein 25%    Carbs 32%    Fat 43%

#### 10:00 FIRST MEAL

### Shakshuka

Baked eggs in tomato & pepper, avocado, fresh herbs

P 30g

C 24g

F 32g

510 kcal

#### 12:30 MIDDAY RESET

### Apple & almond butter

Cinnamon

P 8g

C 26g

F 16g

280 kcal

#### 14:30 MAIN PLATE

### Pan-seared trout

Lentil & roasted vegetable salad, parsley, olive oil

P 38g

C 52g

F 28g

615 kcal

#### 17:00 AFTERNOON RESET

### Cottage cheese & raspberries

Walnuts

P 20g

C 16g

F 14g

270 kcal

19:00 EVENING MEAL

**Herb chicken thigh**Wild rice, roasted carrots & broccoli · *chamomile + kiwi*

P 44g

C 62g

F 16g

580 kcal

**RESET FOCUS**

Lentils and wild rice for slow-release energy; apigenin-rich chamomile to wind down the evening.

**6** DAY SIXDAILY TOTAL **138P** · **184C** · **104F** · **2,225 kcal****Recover**

Protein 25%   Carbs 33%   Fat 42%

10:00 FIRST MEAL

**Smoked salmon & scrambled eggs**

Avocado, rocket, rye toast

P 36g

C 30g

F 30g

535 kcal

12:30 MIDDAY RESET

**Kefir & mixed berries**

Chia, pumpkin seeds

P 14g

C 24g

F 12g

260 kcal

**14:30** MAIN PLATE**Grass-fed beef over greens**

Sweet potato wedges, sauerkraut, avocado

P 42g

C 54g

F 26g

618 kcal

**17:00** AFTERNOON RESET**Dark chocolate & almonds**

85% cacao, fresh cherries

P 6g

C 22g

F 18g

280 kcal

**19:00** EVENING MEAL**Baked white fish**Celeriac & potato mash, steamed greens · *glycine bone broth to start*

P 40g

C 54g

F 18g

540 kcal

**RESET FOCUS**

Sauerkraut for live cultures; an earlier, lighter evening plate to protect sleep onset.

**7**

DAY SEVEN

DAILY TOTAL **139P** · **188C** · **104F** · **2,245 kcal****Integrate**

Protein 25%

Carbs 33%

Fat 42%

**10:00** FIRST MEAL**Greek yogurt parfait**

Walnuts, blueberries, flax &amp; honey; soft-boiled eggs

P 36g

C 34g

F 26g

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555 kcal

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**12:30** MIDDAY RESET**Avocado on rye**

Pumpkin seeds, flaked sea salt

P 9g

C 24g

F 18g

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290 kcal

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**14:30** MAIN PLATE**Whole roasted trout**

Quinoa tabbouleh, roasted aubergine &amp; courgette, olive oil

P 40g

C 50g

F 28g

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615 kcal

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**17:00** AFTERNOON RESET**Crudités & hummus**

Carrot, cucumber, olives

P 8g

C 24g

F 16g

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270 kcal

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**19:00** EVENING MEAL**Slow-roast turkey**Sweet potato mash, kale & mushrooms, tahini · *tart cherry + chamomile*

P 46g

C 56g

F 16g

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570 kcal

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**RESET FOCUS**

A calm, omega-3-forward close to the week; tryptophan and tart cherry to deepen recovery.

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

**Omnivore**

As shown — wild 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 Nervous System Reset program. Not a substitute for individual medical advice. Portions are adjusted on arrival for body weight, training load, allergies and clinical needs.