

PRONOIA · PERFORMANCE NUTRITION PROTOCOL

# Resilience & *Pressure Conditioning*

A seven-day protocol that builds physical and mental capacity, sustains pressure — raising energy, recovery, strength and the ability to handle the load is high.

MACRO TARGET

35 / 35 / 30

P / C / F

FEEDING WINDOW

~9.5 hrs

09:30 – 19:00

DAILY ENERGY

~2,650

kcal · 51–90kg band

COMPOSITION

High-protein

training fuel

**How this protocol works.** Sustained pressure — physical and mental — raises the body's demand for protein, fuel and recovery. Protein climbs to 35% to drive **muscle protein synthesis** and preserve lean mass, while carbohydrate matches it at 35% to fuel training and replenish glycogen between sessions. Fat is moderated to 30% so total energy stays high without crowding out what recovery depends on.

Each day is built around hard-working tissue: **leucine-rich protein spread across five feeds**, collagen paired with vitamin-C-rich fruit to support tendons and ligaments, tart cherry and berries to manage training-induced inflammation, and nitrate-rich beetroot for work capacity. Hydration is deliberate — water with sodium and electrolytes through the day, more so in the Bali heat, to protect output and clarity under load.

ENERGY BANDS — SCALE PORTIONS

1 – 50 kg	1,800 – 2,000
▶ 51 – 90 kg	2,400 – 2,900
90 kg +	3,000 – 3,500

This menu is calibrated to the highlighted band.

# 1 DAY ONE

DAILY TOTAL **230P** · **230C** · **86F** · **2,625 kcal**

## Build

Protein 35%   Carbs 35%   Fat 30%

### 09:30 FIRST MEAL

## Whole-egg & egg-white scramble, smoked salmon

Oats with berries & honey, spinach

P 50g  
C 46g  
F 20g

575 kcal

### 12:00 MIDDAY FUEL

## Greek yogurt & whey bowl

Banana, granola, raw honey

P 30g  
C 40g  
F 12g

390 kcal

### 14:00 MAIN PLATE

## Grilled chicken breast

Jasmine rice, broccoli, *beetroot*

P 60g  
C 58g  
F 22g

670 kcal

### 16:30 AFTERNOON RECOVERY

## Cottage cheese & pineapple

*Tart cherry*, pumpkin seeds

P 32g  
C 34g  
F 14g

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390 kcal

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19:00 EVENING MEAL

## Seared yellowfin tuna

Sweet potato, asparagus & greens, olive oil

P 58g  
C 52g  
F 18g

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600 kcal

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### RESILIENCE FOCUS

High protein with glycogen-replenishing carbohydrate; tart cherry to ease training-induced inflammation.

2 DAY TWO

DAILY TOTAL **230P** · **230C** · **86F** · **2,625 kcal**

Load

Protein 35%    Carbs 35%    Fat 30%

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09:30 FIRST MEAL

## Oats with whey & collagen

Banana, blueberries, almond butter, eggs

P 50g  
C 46g  
F 20g

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575 kcal

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12:00 MIDDAY FUEL

## Cottage cheese & pineapple

Granola, honey · collagen + vitamin C

P 30g  
C 40g  
F 12g

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390 kcal

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14:00 MAIN PLATE

## Lean grass-fed beef

Jasmine rice, roasted vegetables, *beetroot*

P 60g  
C 58g  
F 22g

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670 kcal

---

16:30 AFTERNOON RECOVERY

## Greek yogurt & berries

*Tart cherry, whey*

P 32g  
C 34g  
F 14g

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390 kcal

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19:00 EVENING MEAL

## Grilled barramundi

Sweet potato, sautéed greens, olive oil

P 58g  
C 52g  
F 18g

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600 kcal

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### RESILIENCE FOCUS

Collagen with vitamin-C-rich pineapple to support tendons and ligaments under load.

**3** DAY THREE

DAILY TOTAL **230P** · **230C** · **86F** · **2,625 kcal**

## Forge

Protein 35%   Carbs 35%   Fat 30%

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09:30 FIRST MEAL

## Egg-white omelette & smoked salmon

Sourdough, avocado, berries

P 50g  
C 46g  
F 20g

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575 kcal

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**12:00** MIDDAY FUEL

## Recovery smoothie

Whey, banana, oats, kefir, cacao

P 30g

C 40g

F 12g

390 kcal

**14:00** MAIN PLATE

## Grilled chicken thigh & breast

Quinoa, black beans, roasted peppers

P 60g

C 58g

F 22g

670 kcal

**16:30** AFTERNOON RECOVERY

## Rice cakes & tuna

Cucumber, kiwi

P 32g

C 34g

F 14g

390 kcal

**19:00** EVENING MEAL

## Seared tuna steak

Jasmine rice, broccoli & *beetroot*, sesame

P 58g

C 52g

F 18g

600 kcal

### RESILIENCE FOCUS

Combined animal and legume protein for a high daily total; beetroot nitrates for work capacity.

**4** DAY FOUR**Endure**DAILY TOTAL **230P** · **230C** · **86F** · **2,625 kcal**

Protein 35%   Carbs 35%   Fat 30%

**09:30** FIRST MEAL

## Greek yogurt & oat bowl

Whey, banana, honey, walnuts, eggs

P 50g

C 46g

F 20g

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**575 kcal**

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**12:00** MIDDAY FUEL

## Turkey & avocado on sourdough

Tomato, rocket

P 30g

C 40g

F 12g

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**390 kcal**

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**14:00** MAIN PLATE

## Grilled salmon

Sweet potato, lentils, sautéed greens

P 60g

C 58g

F 22g

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**670 kcal**

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**16:30** AFTERNOON RECOVERY

## Cottage cheese & pineapple

*Tart cherry*

P 32g

C 34g

F 14g

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**390 kcal**

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**19:00** EVENING MEAL

## Lean grass-fed beef

Jasmine rice, roasted vegetables, *beetroot*

P 58g

C 52g

F 18g

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**600 kcal**

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**RESILIENCE FOCUS**

Iron and B12 from beef and salmon for oxygen delivery and sustained energy under pressure.

**5** DAY FIVEDAILY TOTAL **230P** · **230C** · **86F** · **2,625 kcal****Strengthen**

Protein 35%   Carbs 35%   Fat 30%

**09:30** FIRST MEAL**Eggs & egg whites, smoked mackerel**

Oats with berries, honey

P 50g

C 46g

F 20g

575 kcal

**12:00** MIDDAY FUEL**Greek yogurt & whey**

Granola, mango

P 30g

C 40g

F 12g

390 kcal

**14:00** MAIN PLATE**Grilled mahi-mahi**Jasmine rice, edamame, broccoli, *beetroot*

P 60g

C 58g

F 22g

670 kcal

**16:30** AFTERNOON RECOVERY**Recovery smoothie**

Whey, kefir, banana, berries

P 32g

C 34g

F 14g

390 kcal

**19:00** EVENING MEAL**Roast chicken breast & thigh**

Sweet potato, greens, olive oil

P 58g

C 52g

F 18g

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600 kcal**RESILIENCE FOCUS**

Leucine-rich protein spread across five feeds to drive muscle protein synthesis.

**6** DAY SIXDAILY TOTAL **230P** · **230C** · **86F** · **2,625 kcal****Recover**

Protein 35% Carbs 35% Fat 30%

**09:30** FIRST MEAL**Oats with collagen & whey**

Blueberries, banana, almond butter, eggs

P 50g

C 46g

F 20g

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575 kcal**12:00** MIDDAY FUEL**Cottage cheese & pineapple**

Honey · collagen + vitamin C

P 30g

C 40g

F 12g

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390 kcal

**14:00** MAIN PLATE**Lean grass-fed beef**Quinoa, black beans, roasted peppers, *beetroot*

P 60g

C 58g

F 22g

670 kcal

**16:30** AFTERNOON RECOVERY**Greek yogurt & berries***Tart cherry, whey*

P 32g

C 34g

F 14g

390 kcal

**19:00** EVENING MEAL**Grilled snapper**

Sweet potato, asparagus &amp; greens, olive oil

P 58g

C 52g

F 18g

600 kcal

**RESILIENCE FOCUS**

A recovery-weighted day — tart cherry and collagen to repair tissue between hard sessions.

**7** DAY SEVEN**Fortify**DAILY TOTAL **230P** · **230C** · **86F** · **2,625 kcal**

Protein 35% Carbs 35% Fat 30%

**09:30** FIRST MEAL

## Egg & smoked salmon scramble

Oats with berries &amp; honey, spinach

P 50g

C 46g

F 20g

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**575 kcal**

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**12:00** MIDDAY FUEL

## Recovery smoothie

Whey, banana, oats, kefir

P 30g

C 40g

F 12g

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**390 kcal**

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**14:00** MAIN PLATE

## Grilled chicken breast

Jasmine rice, broccoli, *beetroot*, sesame

P 60g

C 58g

F 22g

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**670 kcal**

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**16:30** AFTERNOON RECOVERY

## Rice cakes & cottage cheese

Pineapple, kiwi

P 32g

C 34g

F 14g

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**390 kcal**

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**19:00** EVENING MEAL

## Seared yellowfin tuna

Sweet potato, sautéed greens, olive oil

P 58g

C 52g

F 18g

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**600 kcal**

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**RESILIENCE FOCUS**

A balanced, high-protein close to the week to consolidate strength and replenish glycogen.

**FISH SOURCING**

Lean, high-protein fish anchors this protocol alongside poultry and grass-fed meat. 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, poultry, lean grass-fed meat, pasture eggs, cultured dairy and whey.

**Vegetarian**

Eggs, cultured dairy, whey, tempeh, legumes and quinoa carry the high protein load; algae-oil omega-3 replaces fish.

**Plant-Based**

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

**Pronoia**

A REGENERATIVE DESTINATION FOR HUMAN PERFORMANCE & SUSTAINABILITY

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