

**ELEVATE** 

**EXECUTIVE NUTRITION**

# EXECUTIVE NUTRITION

You already make a thousand decisions a day.

What to eat shouldn't be one of them.

Nutrition affects everything, from mental clarity to energy regulation and resilience under pressure.

But the constant barrage of food decisions creates friction and fatigue.

This guide gives you a simple, high-leverage system to reduce decision fatigue, fuel peak performance, and stay consistent even during your busiest weeks



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# Framework Principles

## ✓ Protein-First Approach

Supports satiety, stable blood sugar, and mental focus.

## ✓ Strategic Carbohydrate Timing

Use carbs to fuel high-output periods and aid recovery, not derail focus.

## ✓ Healthy Fat Inclusion

Stabilises energy, supports hormones, and reduces cravings.

## ✓ Hydration Integration

Planned hydration windows across your day to prevent energy dips.

## ✓ Supplement Timing

Layer in supplements when needed with meals and routines for effortless consistency.

# The 3-3-3 Meal System

A repeatable strategy for high-performance nutrition:

- 3 Breakfast Templates
- 3 Lunch Templates
- 3 Dinner Templates

Rotate options for variety without thinking. Add weekly prep and automation to lock it in.


## Breakfast Templates (7-9 AM)

### Power Protein Breakfast

**Template:** 30g protein + low-glycemic fruit + healthy fat

- Smoothie: whey/vegan protein + berries + nut butter
- Greek yoghurt + berries + almonds
- Eggs + avocado + berries

 **Performance Benefit:** Elevates focus and satiety for 4-5 hours

 **Prep Tip:** Batch-boil eggs or portion frozen smoothie packs

## Executive Overnight Option

**Template:** Protein + fibre + healthy fat

- Overnight oats + protein powder + nuts
- Chia pudding + protein + berries
- Egg muffin cups (spinach, peppers, eggs)

 **Prep Time:** 5 minutes the night before


 **Storage Tip:** Fridge-ready for 3 days

## Fasting Morning Protocol

**Template:** Strategic hydration + targeted supplements

- Electrolytes in mineral water
- Black coffee + optional MCT oil
- Herbal tea + adaptogens

 **Ideal When:** Meetings stack early or appetite is low

 **Strategy:** Break fast around 11:30 with a Rapid Refuel (see Lunch)


# Lunch Templates (12-2PM)

## Power Bowl Strategy

**Template:** Palm-sized protein + fibre-rich carbs + fat + veg

- Chicken + quinoa + avocado + greens
- Salmon + brown rice + olive oil drizzle + mixed veg
- Beef + sweet potato + walnuts + kale


 **Prep Tip:** Batch protein and carbs separately


 **Restaurant Strategy:** Build-your-own bowls or grilled plates

## Executive Salad Formula

**Template:** Protein base + functional toppings + performance dressing

- Chicken + beetroot + walnuts + EVOO/balsamic
- Tuna + olive tapenade + seeds + lemon dressing
- Tofu or lentils + roasted veg + tahini


 **Prep Tip:** Use a protein base + 3 rotating toppings


 **Custom Script:** “Swap croutons for seeds, dressing on the side”

## Rapid Refuel Protocol

**Template:** Fast protein + strategic carbs + micronutrients

- Shake with whey + berries + greens powder
- Protein box: boiled eggs + hummus + veg sticks
- Protein bar + apple or carrots

 **Use When:** Time is tight or appetite is low

 **Supplement Stack:** Add magnesium, omega-3, or adaptogens as needed

## Dinner Templates (6-8PM)

### Recovery Plate System

**Template:** Palm protein + light carbs + double veg

- Salmon + roasted new potatoes + asparagus + spinach
- Chicken + quinoa + broccoli + carrots
- Steak + roasted veg + leafy greens

 **Home Simplifier:** Grill protein + steam veg + olive oil drizzle

 **Restaurant Rule:** Ask for double veg, carbs on the side

# Strategic Carb Cycling

**Template:** Adjust carb load to match day intensity

- **High carb:** post-intense day (add rice/potato)
- **Moderate:** standard day (add quinoa/lentils)
- **Low carb:** rest/travel days (just protein + veg + fat)

## **Decision Tree:**

- Big day ahead or recovery needed? Go higher carb.
- Low output? Pull carbs down.

## **Evening Optimisation Protocol**

**Template:** Sleep-promoting protein + calming micronutrients

- Turkey stir-fry + sweet potato
- Cod + magnesium-rich greens + olive oil
- Tofu + sautéed spinach + pumpkin seeds

 **Timing Tip:** Eat 2+ hrs before bed

 **Supplements:** Magnesium glycinate, glycine, L-theanine

# Strategic Snack Framework

Snacks are optional, not essential.

If your goal is fat loss or body composition improvement, regular snacking can quietly sabotage progress.

👉 If you're not genuinely hungry or fuelling a high-output session, skip it.

You're likely just throwing in extra calories your body doesn't need.

That said, during long stretches between meals, travel, or high-stress periods, strategic snacks can help you maintain energy, focus, and emotional regulation, but they should serve a purpose.

## Morning Brain Boost (10-11AM)

**Template:** Protein + healthy fat

- Hard-boiled eggs + almonds
- Protein shake + ½ avocado
- Cottage cheese + walnuts

🧠 **Why:** Sustains focus and satiety before lunch

## Afternoon Energy Stabiliser (3-4PM)

**Template:** Protein + smart carbs

- Rice cakes + nut butter + protein shake
- Apple slices + cheese
- Tuna pot + carrots

 **Why:** Prevents 4pm slump and regulates blood sugar

## Evening Recovery Enhancer (8-9PM, if needed)

**Template:** Slow-release protein + calming nutrient

- Dark chocolate + almonds
- Greek yoghurt + magnesium-rich seeds
- Boiled egg + chamomile tea

 **Why:** Aids recovery and improves sleep latency

# A Note on Alcohol

**Alcohol is the stealth disruptor of performance.**

Yes, it may feel like it helps you unwind, but it wrecks sleep quality, slows recovery, and can easily push you over your daily calorie needs.

If you're aiming for cognitive sharpness, improved body composition, or better sleep:

- Minimise alcohol intake during the workweek
- Avoid within 3 hours of bedtime
- Treat it like sugar, enjoy it occasionally, not habitually

💡 **Smart swap:** Have sparkling water with lime or a sugar-free botanical if you want the ritual without the impact.