

HERITAGE HAVENS

NUTRITION & PEPTIDE WELLNESS COHORT

# *Month 1 Meal Guide*

Protein-first foundations for your first 30 days

Nutrition & Peptide Wellness Cohort · Month 1

This guide gives you a practical, flexible framework for eating well throughout Month 1 — no rigid meal plan, no calorie counting. The goal is to build the habit of protein-first, anti-inflammatory eating while you establish your baseline labs and health goals.

### Month 1 Nutrition Priorities

- Protein target: 0.7–1.0g per pound of body weight, distributed across 3–4 meals
- Anti-inflammatory fats: olive oil, avocado, wild-caught fish, grass-fed butter
- Colorful vegetables at every meal — aim for 5–7 servings daily
- Eliminate refined seed oils, added sugars, and ultra-processed foods
- Hydration: minimum half your body weight (lbs) in ounces of filtered water daily
- Bone broth daily (1 cup) — begins gut lining support from Day 1

#### DAILY FOUNDATIONS

## *Protein by the Numbers*

Use the table below to find your starting protein target. If you're unsure of your goal, start with the body composition column — it's the most broadly applicable.

Body Weight	General Health (0.7g/lb)	Body Composition (0.9g/lb)	Active / Healing (1.2g/lb)
120 lbs	84g	108g	144g
140 lbs	98g	126g	168g
160 lbs	112g	144g	192g
180 lbs	126g	162g	216g
200 lbs	140g	180g	240g
220 lbs	154g	198g	264g

*Tip: Spread your protein across 3–4 meals. Your body can effectively use ~30–50g per meal for muscle protein synthesis. Eating it all at dinner is far less effective.*

#### MEAL BLUEPRINTS

## *Breakfast — Protein-First Start*

Aim for 30–40g of protein at breakfast. This stabilizes blood sugar, reduces cortisol spikes, and sets the tone for the day. Avoid starting the day with carbohydrates alone.

#### Quick Options (under 10 min)

- 3–4 eggs scrambled with spinach + avocado
- Greek yogurt (plain, full-fat) + collagen peptide powder
- Smoked salmon + 2 eggs + cucumber slices
- Cottage cheese (full-fat) + berries + hemp seeds
- Protein smoothie: whey or collagen, spinach, berries, almond butter

#### Prep-Ahead Options

- Egg muffins baked with veggies and sausage (make 12 on Sunday)
- Overnight chia pudding with full-fat coconut milk + protein powder
- Hard-boiled eggs (6 at a time) + sliced turkey roll-ups
- Leftover salmon or chicken with avocado + lemon
- Sheet-pan breakfast bake: eggs, sweet potato, turkey sausage

## *Lunch — Sustaining Midday Fuel*

Lunch should carry you through the afternoon without an energy crash. A protein anchor plus quality fat plus fiber is the formula. Keep refined carbohydrates minimal.

#### Protein Anchors (5–6 oz)

- Grilled or baked chicken breast or thighs
- Canned or fresh wild-caught tuna or salmon
- Ground turkey or grass-fed beef (bowl or lettuce wrap)
- Tempeh or firm tofu (marinated + seared)
- Grass-fed beef patty (no bun or lettuce wrap)

#### Build the Bowl Around It

- Base: leafy greens, cauliflower rice, or quinoa
- Vegetables: roasted or raw — as many colors as possible
- Fat: olive oil drizzle, avocado, tahini, or olive tapenade
- Flavor: lemon, herbs, apple cider vinegar, mustard
- Avoid: croutons, creamy dressings with seed oils, white bread

## *Dinner — Nourishing Evening Meal*

Dinner is a great opportunity for variety and gut-supportive ingredients. Aim to eat at least 2–3 hours before bed to avoid disrupting overnight growth hormone release.

Protein	Vegetables	Sauce / Flavor
Wild-caught salmon	Asparagus + roasted sweet potato	Olive oil + lemon herb sauce
Grass-fed beef stir-fry	Broccoli, snap peas, bok choy	Coconut aminos + ginger + sesame
Slow-cooker chicken thighs	Roasted root vegetables	Bone broth pan sauce
Lamb chops or ground lamb	Sauteed zucchini + tomatoes	Mint yogurt sauce (coconut yogurt)
Baked cod or halibut	Cauliflower mash + green beans	Garlic butter (grass-fed)
Turkey meatballs	Zucchini noodles + marinara	Nutritional yeast + basil
Chicken and vegetable soup	Bone broth base	Turmeric, ginger, garlic for gut support

#### BETWEEN MEALS

## Smart Snacking

Snacks should serve a purpose — either bridging protein intake gaps or managing energy between meals. Avoid grazing throughout the day, which keeps insulin elevated continuously.

Snack	Approx. Protein	Best Timing
2 hard-boiled eggs	12g	Midmorning or afternoon
Beef jerky (no sugar, 1 oz)	10–12g	Afternoon or travel
Collagen peptides in hot water or broth	8–10g	Morning or between meals
Full-fat Greek yogurt (1/2 cup)	10g	Midmorning
Edamame (1 cup, shelled)	17g	Afternoon
Cheese + turkey roll-ups (2)	12–15g	Afternoon
Almond butter (2 tbsp) + celery	7g (+ fat)	Afternoon energy dip
Bone broth (1 cup)	5–10g (collagen)	Between meals — gut support

## GUT FOUNDATION

## Daily Gut-Support Protocol

### Daily Non-Negotiables

- 1 cup bone broth (morning or with lunch)
- L-glutamine powder: 5g on empty stomach
- Probiotic with breakfast (25–50B CFU)
- Prebiotic fiber from whole foods (garlic, onion, leeks)
- Filtered water: half bodyweight (lbs) in oz minimum

### Foods to Minimize Month 1

- Refined seed oils: canola, soybean, sunflower, corn
- Added sugar and high-fructose corn syrup
- Gluten (if you suspect sensitivity — try 30 days without)
- Alcohol — disrupts gut lining and sleep quality
- Packaged snacks, fast food, anything with >5 ingredients you can't pronounce

## HYDRATION

## Water & Supportive Beverages

### What to Drink

- Filtered water: your primary beverage throughout the day
- Bone broth: 1 cup daily for gut lining support (glycine + collagen)
- Herbal teas: ginger, chamomile, peppermint — all anti-inflammatory and gut-soothing
- Green tea: rich in EGCG polyphenols for antioxidant and metabolic support (1–2 cups)
- Electrolytes: especially if you exercise or sweat heavily — sodium, potassium, magnesium
- Black coffee or unsweetened espresso: fine in moderation, avoid after 2pm

### What to Avoid

- Soda and diet soda — disrupts gut microbiome and insulin signaling
- Fruit juice — high sugar load with none of the fiber benefit of whole fruit
- Energy drinks — artificial additives, high caffeine, gut-disrupting ingredients

- Sweetened coffee drinks — hidden sugar bombs that spike insulin first thing in the morning
- Alcohol — suppresses deep sleep, increases intestinal permeability, raises cortisol

#### PRACTICAL TIPS

## *Making This Work in Real Life*

Perfection is not the goal — patterns are. Follow the 80/20 principle: if 80% of your meals follow this guide, you are building the foundation. Here are practical strategies to make this sustainable:

- **Batch cook Sunday:** grill 2 lbs of protein, roast a sheet pan of vegetables, hard-boil 6–8 eggs. This eliminates decision fatigue Monday through Wednesday.
- **Keep protein accessible:** pre-portioned beef jerky, hard-boiled eggs, Greek yogurt, and cheese are grab-and-go proteins that require no prep.
- **Build your fridge differently:** eye-level = cooked protein and cut vegetables. Out of sight = leftovers and condiments. Make the right choice the easy choice.
- **Dining out:** order protein + vegetables. Ask for olive oil instead of butter or creamy sauces. Skip the bread basket. Add a side salad.
- **Travel:** pack beef jerky, mixed nuts, collagen packets, and protein bars (low-sugar). These keep you from making poor choices at airports or gas stations.
- **Track loosely:** use a free app (Cronometer or Carb Manager) for 7 days to build protein awareness — you don't need to track forever, just until you know your portions.

### Bring to Session 2

- Your 7-day food journal or tracking app screenshots
- Your bloodwork results (if received)
- Your 3 written personal health goals
- Any questions about specific foods, substitutions, or challenges you encountered