



MASTERING THE BASICS

THE 30-3-30 PRACTICE

A guide to recharge your health by Violetta Markelou



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HEALTH IS MULTI-DIMENSIONAL

Health is more than just the absence of illness—it's about thriving in all aspects of life. A holistic approach to health recognizes that physical, mental, emotional, social, and spiritual well-being are deeply interconnected. Stress can impact digestion, poor sleep can affect mood, and an unhealthy diet can lead to chronic disease. When we view health as a whole, rather than just treating symptoms, we make more mindful choices that create balance, build resilience, and enhance our overall quality of life. By nurturing our bodies, minds, and environments in harmony, we empower ourselves to live with vitality, purpose, and fulfillment.

This is my personal mission at Haus of V. To expand the awareness of holistic health and the many possibilities that are available to us in the pursuit of optimal health.



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WHY PRACTICE 30-3-30?

The 30-3-30 practice will improve your gut health, balance blood sugar, aid in weight management and improve your mood.

The father of modern medicine Hippocrates told us more than 2000 years ago that all dis-ease begins in the gut.

Today's cutting-edge longevity science agrees that optimal gut health is a fundamental key to not only improving our well-being but truly thriving.

In my personal experience and those of clients and friends I have coached, beginning with the 30-3-30 practice can improve health within days, even hours.

You don't need fancy tech, gadgets or apps to start.

You need a basic understanding of how nutrient dense of whole and gut improving foods change the state of your physical and mental health.



LET'S GET STARTED!



AIM FOR 30 GRAMS OF PROTEIN AT EVERY MEAL

Incorporating at least 30 grams of protein at every meal can significantly improve overall health by supporting muscle growth, enhancing metabolism, and promoting satiety. Protein is essential for maintaining and repairing tissues, making it especially important for active individuals and those looking to prevent muscle loss with age. A higher protein intake also helps regulate blood sugar levels, reducing energy crashes and cravings. Additionally, protein-rich meals boost thermogenesis, meaning your body burns more calories digesting protein compared to fats or carbohydrates. By ensuring each meal contains adequate protein, you can support weight management, muscle maintenance, and overall metabolic health.

HOW TO INCORPORATE 30 GRAMS OF PROTEIN AT EVERY MEAL

- Chicken breast: 3.5 oz (100 g) = ~31 g protein
- Turkey: 3.5 oz (100 g) = ~29 g protein
- Egg whites: 1 large egg white = ~3.5 g protein (8 egg whites = ~28 g)
- Tuna (canned in water): 1 can (5 oz) = ~27 g protein
- Salmon: 3.5 oz (100 g) = ~25 g protein
- Shrimp: 3.5 oz (100 g) = ~24 g protein
- Greek yogurt: 7 oz (200 g) = ~20 g protein
- Cottage cheese: 1 cup = ~28 g protein
- Parmesan cheese: 1 oz = ~10 g protein (pair with other sources)
- Whey protein: 1 scoop = ~20-25 g protein
- Quinoa: 1 cup cooked = ~8 g protein
- Edamame: 1 cup = ~17 g protein
- 6. Use High-Protein Snacks
- Protein bars: Look for ones with ~20-30 g protein.
- Beef jerky: 1 oz = ~9 g protein (pair with other sources).
- Peanut butter: 2 tbsp = ~8 g protein
- Chia seeds: 2 tbsp = ~5 g protein
- Pumpkin seeds: 1 oz = ~7 g protein
- Lentils: 1 cup cooked = ~18 g protein (pair with another source)
- Plant-based protein powder: 1 scoop = ~15-20 g protein
- Lentils: 1 cup cooked = ~18 g protein (pair with another source)



For balanced meals, ensure you include vegetables and healthy fats alongside your protein to maintain variety and nutritional completeness.

Tip* Pair lower-protein foods (e.g., rice and beans, whole-grain bread with eggs) to boost the total.



AIM FOR 3 PROBIOTIC FOODS PER DAY

Incorporating at least three probiotic and prebiotic foods daily can significantly enhance gut health, digestion, and overall well-being.

Probiotics, found in foods like yogurt, kimchi, and kefir, introduce beneficial bacteria that support a balanced gut microbiome, improving digestion and immune function. Prebiotics, found in fiber-rich foods like garlic, onions, and bananas, act as fuel for these good bacteria, helping them thrive. A healthy gut is linked to better nutrient absorption, reduced inflammation, improved mood and immune system, and enhanced brain function. By consistently including both probiotics and prebiotics in your diet, you can promote a strong digestive system and your overall physical and mental health.

HOW TO INCORPORATE 3 PRO AND PREBIOTIC FOODS PER DAY

- Greek yogurt: Use it as a base for smoothies, top it with fruit and granola, or enjoy it plain.
- Kefir: Drink a small glass (~4-8 oz) or blend it into your smoothie for a tangy kick.
- Miso soup: A small cup can be a savory start to the day.
- Sauerkraut: Add a spoonful to a sandwich, salad, or as a side with your main meal.
- Kimchi: Use it as a spicy side dish or topping for rice bowls, scrambled eggs, or tacos.
- Pickles (fermented, not vinegar-based): Snack on them or add to burgers and wraps.
- Fruits – Bananas, apples (with skin), and berries provide natural prebiotics that support digestion and gut health.
- Whole Grains & Legumes – Oats, barley, flaxseeds, chickpeas, and lentils are excellent sources of resistant starch and fiber that promote a healthy microbiome
- Probiotic-rich cheese: Add small portions of cheeses like Gouda, cheddar, or Swiss to meals.
- Fermented veggies: Include fermented carrots, beets, or cauliflower in your meals.
- Tempeh: Use it as a plant-based protein in stir-fries, sandwiches, or salads.
- Kombucha: Sip on 1-2 servings (~8 oz) throughout the day.
- Probiotic shots: These concentrated drinks are quick and easy to take.
- High-Fiber Vegetables – Garlic, onions, leeks, asparagus, and artichokes are rich in inulin and other prebiotic fibers that nourish beneficial gut bacteria.



Pro tip* Rotate choices: Vary your probiotic foods to diversify your gut microbiome.
Watch portions: Start with small amounts if you're new to probiotics to avoid digestive discomfort.
Look for "live and active cultures": Ensure products contain beneficial bacteria



AIM FOR 30 GRAMS OF FIBER PER DAY

Incorporating at least 30 grams of fiber per day can greatly improve overall health by supporting digestion, stabilizing blood sugar levels, and promoting heart health. Fiber aids in regular bowel movements, preventing constipation and supporting a healthy gut microbiome. It also helps regulate blood sugar by slowing digestion and preventing spikes, making it beneficial for managing diabetes and reducing cravings. Additionally, fiber lowers cholesterol levels and supports cardiovascular health by reducing the risk of heart disease. By including fiber-rich foods like fruits, vegetables, whole grains, and legumes, you can enhance digestion, maintain a healthy weight, and support long-term well-being.

HOW TO INCORPORATE 30 GRAMS OF FIBER PER DAY

- Oatmeal: 1 cup cooked oats = ~4 g fiber.
- Add 2 tbsp chia seeds (10 g) = ~5 g fiber.
- Top with 1/2 cup raspberries = ~4 g fiber.
- Whole-grain toast: 2 slices = ~4–6 g fiber.
- Spread with 2 tbsp almond butter = ~3 g fiber.
- Legume-based salad or soup:
 - 1/2 cup lentils or chickpeas = ~8 g fiber.
 - Add 1 cup mixed greens = ~2 g fiber.
- Whole-grain wrap or sandwich:
 - Whole-grain tortilla = ~4 g fiber.
 - Fill with avocado (1/2 = ~5 g fiber), veggies, and lean protein.
- 1 medium apple = ~4 g fiber.
- 1 medium pear = ~6 g fiber.
- Vegetables and hummus:
 - 1 cup cooked quinoa or brown rice = ~4 g fiber.
- Legumes:
 - 1/2 cup black beans = ~7.5 g fiber
 - 1 cup carrot sticks = ~4 g fiber
 - Pair with 2 tbsp hummus = ~2 g fiber.
- 1 oz almonds = ~3.5 g fiber.
- 2 tbsp flaxseeds or chia seeds in a smoothie or yogurt = ~5 g fiber.
- 1 cup steamed broccoli = ~5 g fiber.
- 1 cup roasted Brussels sprouts = ~4 g fiber.



Pro tip* Start Slowly: Gradually increase fiber to prevent bloating or discomfort.
Stay Hydrated: Drink plenty of water to help fiber move through your digestive system.
Choose Whole Foods: Focus on whole grains, fruits, vegetables, nuts, seeds, and legumes.

HOW ARE YOU FEELING?

Implementing new health challenges takes time and patience because forming lasting habits requires consistency, adaptation, and mindset shifts. The body and mind need time to adjust to new routines, whether it's increasing protein intake, adding more fiber, or incorporating probiotics. Progress may be gradual, and setbacks are a natural part of the process. Reflecting on your journey and taking notes can help track what works, identify obstacles, and celebrate small victories. Journaling or logging meals, energy levels, and digestion can provide valuable insights, making it easier to stay motivated and make necessary adjustments for long-term success. Take some time and jot down your thoughts below.

Your Notes

OK. I GOT THE NUTRITION DOWN. BUT WHAT OTHER TECHNIQUES CAN IMPROVE MY OVERALL HEALTH WITHIN MINUTES ?

Personally, my weekly yoga practice, daily breathwork and visualization, has had a profound impact on my overall health. Yoga helps me stay flexible, build strength, and release tension, while breathwork keeps me grounded and centered, reducing stress and improving my morning energy. Visualization has been incredibly powerful for setting positive intentions, enhancing my mental clarity, and staying motivated throughout the day. Together, these practices have not only improved my physical health but have also helped me cultivate a deeper sense of mindfulness, balance, and energy in all areas of my life.

Find what works for you based on your needs, inspirations, values and of course your schedule!

Beyond nutrition, stress management and mental health practices play a crucial role in our overall well-being. That's why it's essential to incorporate at least one daily exercise or stress-reducing practice into our routine.

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MORNING RITUALS

Starting your day with intentional morning rituals can set the tone for success by shaping your mindset, boosting mental health, and enhancing overall energy. A structured morning routine helps create a sense of control, reduces stress, and fosters positive habits that carry through the rest of the day. Practices like mindfulness, movement, hydration, and balanced nutrition can improve focus, regulate mood, and sustain energy levels. By prioritizing self-care and setting clear intentions each morning, you create a strong foundation for productivity, resilience, and overall well-being. Here are my personal favorites:

- **Breathwork for Stress Reduction** — Practicing deep breathing or techniques like box breathing in the morning helps activate the parasympathetic nervous system, reducing stress, improving focus, and enhancing oxygen flow for better energy levels.
- **Meditation for Mental Clarity** — Starting the day with even 5–10 minutes of meditation can lower anxiety, improve emotional resilience, and enhance concentration, leading to a more balanced and productive mindset. There are so many on Youtube! Search for the time and vibe that's right for you.
- **Sunlight for Circadian Rhythm** — Exposing yourself to natural sunlight in the morning helps regulate your internal clock, improving sleep quality, balancing hormones like cortisol and melatonin, and boosting mood and energy throughout the day





EVENING RITUALS

Evening rituals and proper sleep hygiene are essential for improving overall health by promoting better sleep quality, reducing stress, and enhancing recovery. A consistent bedtime routine helps signal to the body that it's time to relax, making it easier to fall asleep and wake up feeling refreshed. Practices like turning off screens an hour before bed and creating a calming environment—such as using dim lighting and playing relaxing music—can improve sleep. Deep, restful sleep is essential for overall health as it supports cellular repair, boosts immune function, and enhances cognitive performance. It also plays a crucial role in energy regulation and weight management by balancing hunger hormones and improving metabolism.

- Establish a Consistent Sleep Schedule — Go to bed and wake up at the same time every day to regulate your body's internal clock and improve sleep quality.
- Consume magnesium-Rich Foods or Supplements — Incorporate foods like leafy greens, almonds, and avocados, or consider a magnesium supplement like magnesium glycinate before bed to help relax muscles, calm the nervous system, and promote deeper sleep.
- Create a Sleep-Friendly Environment — Keep your bedroom cool, dark, and quiet, and avoid screen time an hour before bed to enhance the quality of your sleep and support restful recovery.



INSIGHT

Over the course of my health journey, utilizing several biohacking techniques as well as many longevity practices, I've found that focusing on the basics of eating nutrient dense foods and practicing stress-reducing techniques has been far more effective for my health than relying on biohacking tools.

By prioritizing whole gut-healing foods and engaging in daily practices like yoga, breathwork, and mindfulness, I've noticed significant improvements in both my mental and physical performance and my overall health. Incorporating the 30-3-30 practice is a simple yet powerful technique and provides immediate and long-lasting health benefits.

Sustainable health habits comes from consistent, mindful choices rather than quick fixes you may or may not stick to. As I advise all my clients and friends, start with the basics. Once you master that, then you can experiment with all the tech, tools and supplements that work for you.

I hope this guide was helpful. I'm here to help you understand that optimal health is within your reach. That is the mindset at Haus of V.



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