

Vitality Grocery & Fueling Guide

Fueling your body naturally isn't about restriction; it's about density. Build your daily plate using the **PFF Principle (Protein, Fat, Fiber)** to stabilize insulin, improve mental focus, and optimize digestion.

The PFF Shopping List Essentials

PROTEIN:

- Wild Salmon / Fish
- Pasture-Raised Eggs
- Organic Chicken
- Hemp & Pea Protein

HEALTHY FATS:

- Avocados / Avocado Oil
- Extra Virgin Olive Oil
- Raw Walnuts & Almonds
- Chia & Flax Seeds

DENSE FIBER:

- Dark Leafy Spinach
- Wild Blueberries
- Cruciferous Broccoli
- Steamed Sweet Potatoes

Top Jumpstart Vitality Smoothies

1. The Morning Circadian Spark

Focus: Steady Energy & Metabolism

- 1 cup unsweetened almond milk
- 1 scoop plant protein (vanilla)
- 1/2 cup frozen wild blueberries
- 1 tbsp chia seeds
- 1 tbsp almond butter
- Pinch of mineral salt

2. Green Gut-Healing Elixir

Focus: Microbiome & Digestion

- 1 cup coconut water
- 1 cup organic baby spinach
- 1/2 avocado (healthy fats)
- 1/2 lemon (juice squeezed)
- 1/2 inch fresh ginger root
- 1 scoop collagen or hemp protein

Afternoon Recovery & Evening Fuel

3. Golden Turmeric Anti-Inflammatory

Focus: Joint Support & Recovery

- 1 cup warm oat milk
- 1/2 tsp ground turmeric
- 1/4 tsp ground cinnamon
- Pinch of black pepper (absorbency)
- 1 tsp raw unheated honey
- 1 tsp coconut oil

4. Deep Sleep Magnesium Freeze

Focus: Evening Relaxation

- 1 cup chamomile tea (cooled)
- 1/2 frozen banana
- 1 tbsp pumpkin seeds (zinc/mag)
- 1 scoop magnesium powder
- 4 ice cubes

Golden Meal Prep Protocol

3-Step Batch Prep System

- 1. Batch Protein:** Bake or grill 3-4 servings of chicken, fish, or tofu on Sunday evening.
- 2. Pre-Chop Greens:** Store clean leafy greens and veggies in glass airtight containers with paper towels to absorb excess moisture.
- 3. Pre-Portion Smoothie Bags:** Freeze dry smoothie ingredients (berries, seeds, spinach) in individual silicone freezer bags for 60-second morning prep.