



## 5 Biohacking Breakfasts

### 1. Mitochondria Power Yogurt Bowl

- Greek yogurt (high protein)
- Handful blueberries
- 1 tbsp chia seeds
- 1 tbsp walnuts
- Sprinkle cinnamon

**Why:** Protein + omega-3 + polyphenols + fiber = better glucose curve & brain energy.

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### 2. Protein Oats with Blood Sugar Brakes

- ½ cup oats
- 1 scoop protein
- 1 tbsp ground flax or chia
- ½ apple diced
- Cinnamon + pinch sea salt

**Why:** Fiber + protein + cinnamon slows glucose spike, fuels focus all morning.

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### 3. Cortisol-Calming Egg Scramble

- 2 eggs + 3 egg whites
- Spinach + mushrooms
- ½ avocado
- 1 tsp olive oil

**Why:** Protein + choline + magnesium-rich veg + fats = nervous system calm, no crash.

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### 4. Gut-Friendly Smoothie

- 1 scoop protein
- ½ cup berries
- Handful spinach
- 1 tbsp ground flax
- ½ cup kefir or Greek yogurt
- Water/almond milk to blend

**Why:** Probiotics + fiber + phytonutrients support gut-brain axis and hormones.

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## 5. High-Performer “NSDR” Breakfast Plate

- ¾ cup cottage cheese
- ½ cup pineapple
- 1 tbsp pumpkin seeds
- Pinch sea salt

**Why:** Protein + digestive enzymes + magnesium = smooth digestion, steady focus.

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## 5 Biohacking Lunches

### 1. Glucose-Stable Power Bowl

- 4 oz chicken or tofu
- ½ cup quinoa
- ¼ cup black beans
- Mixed greens, cucumber, peppers
- ¼ avocado
- Olive oil + lemon + ACV dressing

**Why:** Protein + fiber + ACV = stable glucose, good afternoon energy.

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### 2. Omega-3 Brain Salad

- Canned salmon or tuna
- Mixed greens
- Olive oil + lemon dressing
- ¼ avocado
- Pumpkin seeds or walnuts

**Why:** Omega-3s support cognition, mood, and inflammation control.

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### 3. Gut-Rebuild Buddha Bowl

- Lentils or chickpeas
- Roasted carrots + broccoli
- Sauerkraut or kimchi on the side
- Tahini + lemon dressing

**Why:** Prebiotic + probiotic combo to upgrade gut diversity and immune resilience.

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#### 4. HRV-Friendly Turkey & Veg Plate

- 4 oz turkey breast
- ½ cup sweet potato
- 1 cup green beans or asparagus
- 1 tsp olive oil

**Why:** Slow carbs + protein = less nervous system stress and afternoon crash.

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#### 5. Low-Inflammation Stir-Fry

- 4 oz shrimp or chicken
- Mixed veggies (broccoli, peppers, snap peas)
- ½ cup cauliflower rice
- 1 tsp olive or avocado oil
- Garlic, ginger, coconut aminos

**Why:** Anti-inflammatory spices + low glycemic load + high protein.

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### 🍴 5 Biohacking Dinners

#### 1. Sleep-Optimized Salmon Plate

- 4–5 oz salmon
- 1 cup roasted broccoli
- ½ cup potato or sweet potato
- 1 tsp olive oil

**Why:** Omega-3s + complex carbs at night can support serotonin and sleep quality.

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#### 2. Muscle & Mitochondria Bowl

- 4 oz lean beef or bison
- ½ cup jasmine or basmati rice
- Roasted beets + spinach

**Why:** Iron, creatine, and nitrates support oxygen delivery and mitochondrial function.

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#### 3. Hormone Harmony Lentil Stew

- Lentils

- Tomato, onion, carrots, celery
- Turmeric, black pepper, garlic
- 1 tsp olive or coconut oil

**Why:** Fiber + plant protein + anti-inflammatory spice stack for recovery and gut.

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#### 4. Cortisol-Down Chicken & Veg Tray Bake

- 4 oz chicken thighs or breast
- Zucchini, peppers, onions
- Olive oil + rosemary + garlic

**Why:** Simple, low-friction meal decreases decision fatigue and evening stress load.

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#### 5. Glucose-Friendly Tofu & Greens

- 4 oz tofu
- Bok choy or kale
- Mushrooms
- ½ cup cauliflower rice (optional)
- Ginger, garlic, sesame oil (light)

**Why:** Plant protein + cruciferous veg support hormones and liver detox pathways.

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### 5 Biohacking Snack Options

#### 1. Protein + Polyphenol Hit

- 1 small protein shake
- Handful of berries on the side

**Why:** Supports muscle retention and antioxidant status without spiking sugar.

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#### 2. Brain & Mood Snack

- 10–12 walnuts
- 1 small square dark chocolate (70%+)

**Why:** Omega-3 + polyphenols for cognition, mood, and vascular health.

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### 3. Gut-Boost Mini Bowl

- ½ cup Greek yogurt or kefir
- 1 tbsp chia or ground flax

**Why:** Probiotics + prebiotics + healthy fats = gut and hormone support.

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### 4. Mineral + Electrolyte Support

- 1 oz pumpkin seeds
- Sparkling water with pinch sea salt and squeeze of lemon

**Why:** Magnesium + zinc + sodium for HRV, stress tolerance, and performance.

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### 5. Pre-Sleep Recovery Snack (If Needed)

- ½ cup cottage cheese
- Sprinkle cinnamon
- 1–2 Brazil nuts

**Why:** Casein protein for overnight repair + selenium for thyroid and antioxidant support.