

Tru' Alchemi Nutritional Blueprint™ (Extended Edition)

~ Based on Coach Mike D.A.'s Love of the S.A.R. Model (Simplify, Amplify, Repeat)

CORE GOALS:

1. Stabilize blood sugar
 - Reduce energy swings
 - Improve mental clarity
 - Reduce cravings
2. Lower systemic inflammation
 - Joint protection
 - Better digestion
 - Improved recovery and mood
3. Support adrenal and hormonal health
 - Boost resilience to stress
 - Improve sleep/wake cycles
 - Regulate cortisol patterns
4. Preserve lean muscle while burning fat
 - Improve metabolic rate
 - Maintain strength during deficit
 - Reduce “skinny-fat” risk
5. Honor cultural food roots without diet dogma
 - Upgrade soul food, Caribbean, African, Latin, and Southern classics
 - Keep flavor, ditch inflammation
 - Make food identity a strength, not a setback

MACRONUTRIENT FRAMEWORK (S.A.R. Style)

PROTEIN (30–35%)

Target: ~100–130g/day (based on body weight)

Why?

Builds lean mass, stabilizes appetite, supports detoxification, stress resilience, and recovery.

Top picks:

- Grilled salmon, mackerel, sardines (Omega-3 bonus)

- Organic eggs
- Bone-in chicken thighs
- Lean ground turkey or bison
- Lamb (slow-cooked or grilled)
- Greek yogurt or skyr
- Cottage cheese
- Lentils, chickpeas (esp. stewed or curried)
- Black-eyed peas, kidney beans
- Tofu, tempeh
- Protein smoothies (vegan or grass-fed whey + greens)
- Smoked salmon or sardines
- Shrimp or scallops
- Oxtail (leaned out by skimming fat after cooking)

👉 Quick hacks:

Add hemp seeds or collagen powder to smoothies for an extra 10–15g without effort.

🥑 FATS (30–35%)

Target: ~60–70g/day

Why?

Regulate hormones, reduce inflammation, nourish the brain, stabilize blood sugar, and keep you full.

Top picks:

- Avocados

- Olive oil (cold-pressed, extra virgin)
- Flax, chia, and hemp seeds
- Walnuts
- Ghee or grass-fed butter (if tolerated)
- Almonds, cashews, Brazil nuts
- Tahini (sesame paste)
- Coconut oil or coconut milk (great in curries)
- Olives
- Dark chocolate (70%+)

👉 Avoid:

Ultra-processed seed oils (canola, soybean, corn, cottonseed) — they create an Omega-6 to Omega-3 fat imbalance when too much is consumed.

🍌 CARBS (30–40%)

Target: 80–120g/day (timed around workouts)

Why?

Fuel your training, stabilize mood, improve sleep, support gut health.

Top picks:

- Sweet potatoes, black rice, quinoa
- Plantains (boiled, baked, or air-fried)
- Stewed okra, collard greens, beets
- Berries (blueberries, blackberries = antioxidants + low glycemic)
- Apples + almond butter
- Steel-cut oats

- Chickpea pasta
- Carrots, squash, pumpkin
- Bananas (pre or post-workout)
- Sourdough (1–2 slices when lifting heavy)
- Wild rice or fonio (West African supergrain)
- Cassava or breadfruit (baked, not fried)

👉 Rhythm tip:

Cycle higher-carb meals post-workout or in the evening for stress reduction and deeper sleep.

⚖️ MEAL TIMING + LIFESTYLE RHYTHM

🕒 EAT WITH A CIRCADIAN CLOCK

Keeping metabolism aligned with natural light = easier fat loss + better stress recovery.

First meal within 1–2 hrs of waking (protein + fat)

Main meals: 3x/day, no grazing

Optional 12:12 intermittent fasting

– Example windows: 8am–8pm, 9am–9pm

Cut caffeine after 12–2pm (adrenal support)

Hydrate before meals, not during (better digestion)

🌱 CULTURE-INCLUSIVE + FUNCTIONAL

Let's honor soul food, Caribbean, African, and Latin roots with wellness upgrades:

- Greens & smoked turkey? Keep 'em—just reduce sodium.
- Jollof rice or red beans & rice? Use wild rice or black rice as a base.

- Cornbread or yams? Bake, not fry. Add cinnamon (stabilizes blood sugar).
- Sweet tea → hibiscus tea + honey or stevia.
- Curry goat or chicken → trim visible fat + add veggies.
- Fried catfish → air fryer version.
- Mac & cheese → use whole ingredients + add broccoli.
- Tacos → corn tortillas + lean meats + avocado.
- Rasta pasta → coconut milk + gluten-free pasta + extra veggies.

👉 Food is identity. We upgrade—not erase.

💡 SUPPLEMENT STACK (Optional but Powerful)

👉 Only after food foundation is solid.

Essentials + Expanded Options:

- Multivitamin (whole-food based)
- Magnesium glycinate (stress, mood, sleep)
- Vitamin D3 + K2 (especially if indoors often)
- Omega-3 (EPA/DHA)
- Protein powder (grass-fed whey or plant-based)
- Creatine monohydrate (brain + strength + recovery)
- Ashwagandha (stress/adrenal support)
- Probiotics (gut/digestion support)
- B-complex (energy + metabolic support)
- Turmeric/curcumin (inflammation control)

✓ SIMPLE DAILY MEAL EXAMPLE

Breakfast Options:

- 2 eggs + sautéed spinach + ½ avocado + Ezekiel toast
- Protein smoothie (whey/vegan) + flax seeds + berries
- Greek yogurt + walnuts + cinnamon + apple slices
- Sweet potato hash + turkey sausage + kale

Lunch Options:

- Grilled salmon or lentil stew + black rice + steamed cabbage
- Chicken breast + quinoa + roasted beets
- Shrimp bowl (brown rice, avocado, greens)
- Chickpea curry + spinach + wild rice

Snack Options:

- Protein smoothie w/ almond milk, greens, flax, maca
- Apple + almond butter
- Cottage cheese + pineapple
- Handful of walnuts or cashews

Dinner Options:

- Chicken thighs + roasted brussels sprouts + plantains
- Bison burger (no bun) + collard greens + baked sweet potato
- Lentil pasta + turkey meatballs + marinara

- Tofu stir-fry + veggies + jasmine rice (post-workout)

🌙 Nighttime:

Herbal tea w/ magnesium or chamomile.

🔄 SYSTEMATIZE IT: S.A.R. LOOPS

1. Simplify:

- 5–7 core meals on rotation
- Use the same proteins + carb bases + veggie combos
- Limit decision fatigue

2. Amplify:

- Prioritize lean mass and metabolism
- Track protein first, carbs second
- Adjust portions based on energy and performance

3. Repeat:

- Batch cook 1–2x/week
- Use the same spice blends (Jerk, Cajun, Curry, Herb)
- Automate your grocery list
- Build a weekly ritual to stay consistent