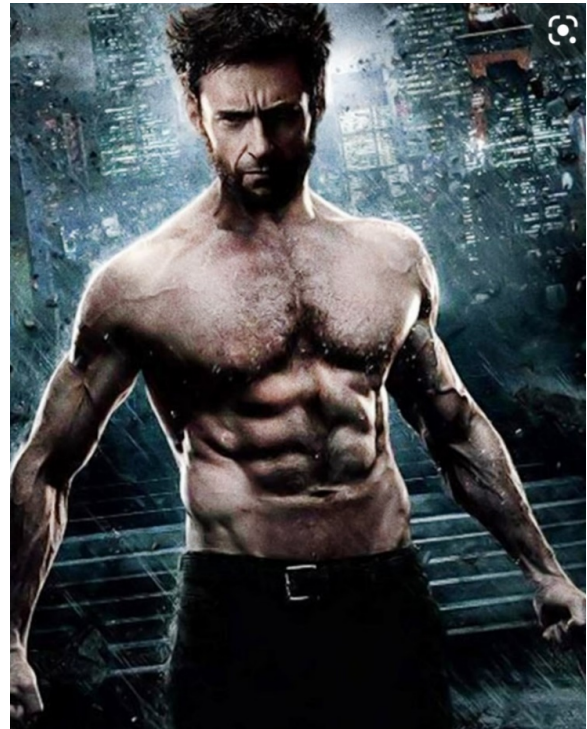


The Routine

Here is the exact protocol I use daily, including fitness, mindfulness, time saving routines, random stuff, and of course nutrition. I have always been reluctant to release this information simply because there is almost a zero percent chance that it applies to you. But, this is probably the most asked question I get on a daily basis, 'What do you do?' - So here you go. But first, remember, I am a forty-two-year-old male with the modest goal of looking and feeling as young as possible for as long as possible, which is largely accomplished by optimizing hormones. I am 180 pounds at roughly 10% bodyfat. My specific goals are to gain one pound of muscle a year while maintaining my current bodyfat for the next 18 years, resulting in a 200lb, ripped 60-year-old, like my dad. I didn't have a good pic of him so Wolverine will have to do. Got to have goals! *Hugh Jackman is a bit over 200lbs in this pic...* Regarding nutrition, I like my macros to be pretty even across the board and need a surplus of approximately 100 calories a day to meet my goals, which I calibrate out at dinner. I will break this down for you below. The reason for adding twenty pounds of muscle over the next twenty years is the hope of muscle preservation along with functionality as I age. Muscle atrophy after the age of sixty is a pretty slippery slope and I would like to approach this challenge with a bit of reserve.



And a bit more on me... I bike to and from work most days and am on my feet actively working with clients and athletes ten plus hours a day, usually six days per week. I exercise seven days a week, play beach volleyball on Saturdays, play singles tennis on Sundays, walk for 30 minutes after dinner, and

swim a few days a week. If the stars really line up, I get to surf too! My caloric needs are based on this lifestyle. This equates to thousands of calories burned daily, which I will break down below. So again, unless your age, genetics, lifestyle, and daily pattern don't line up with mine, this probably is not for you. However, jotting down your daily routine is a great exercise that will teach you tons about yourself. I highly recommend this to all of you wanting to make a change in your life.

If you have been following me for a while, you have hopefully read a few of the nutrition protocols that I have released throughout the years including the Party Diet, the Superhero Diet, and The Athletes Fast. I normally utilize these programs based on the time of year about 90% of the time. I add muscle with the Superhero Diet [The Superhero Diet – xrlifestyles](#), lean out on the Athletes Fast [The Athlete's Fast – xrlifestyles](#), and use the Party Diet on vacations and weekends [The Party Diet – xrlifestyles](#). But there is that 10% of variation that is more specific to my personal goals. They say the difference is in the detail, so here you go. One constant among all of my protocols is cyclical ketosis. I like to get the majority of my carbs in the evening which keeps me in ketosis most of the day. And lastly, the following is what I do on 'normal days.' If I am sick, sore, etc, I definitely ramp things up a bit to help out however necessary. I will include links to all products at the end of the article in chronological order.

Total Caloric intake: 3200, Fat 190g, Protein 190, Carb 190

Total Water intake: 190oz

<Total Caloric output: 3100>

Calorie Surplus: 100

**** All calories are approximates*

Daily Routine:

- 5am - I wake up to a Hatch sunrise alarm clock and do a quick scan of my body
- 5:05 am – Use the bathroom and make and consume an upgraded water elixir. This includes two Quicksilver molecular hydrogen tablets, one ampoule of Quinton Hypertonic, and .5 tsp. of Designs for Health Biofiz Vitamin C
- 5:10 am -Let the dog out ,empty the dishwasher, and brew a full French Press of Bulletproof Ground Coffee. I use a glass water heater and 4 tbsp. of ground coffee. I like to let it set for about 10 minutes.
- 5:10 - During these 10 minutes along with the 10 minutes while consuming the coffee, I perform the following routine. This routine is geared towards priming/rehabbing my 'problem areas,' currently being ankles, knees, hips, and chest. Specifically, I perform about one minute of the following moves, 1. Dead Bug, 2. Lying IT Band Lateral Pull, 3. Childs Pose, 4. Upright Knee Pulls, 5. Caveman Squat, 6. Calf Extensions, 7. and 1 arm countertop Pushups. I end with trying to drink my coffee on one leg to make sure my balance is symmetrical.

Calorie Expenditure: 100 calories

- 5:15 am - I have one tbsp. of Kion Colostrum - about ten minutes after my morning elixir.

- 5:15 am - During my morning priming routine, while my coffee is setting, I add a few ingredients into my coffee mug. I use a Bulletproof Contigo thermos, so I can shake up my coffee concoction without blending to not wake up the family. I add a pinch of Redmond's Real Sea Salt, one scoop of Bulletproof Collagen, one tbsp. of Carbon 60, one tbsp of Bulletproof Brain Octane, and one scoop of Four Sigmatic Chaga powder, and fill up the shaker bottle with coffee. I shake the hell out of it and pour into a large coffee mug. I double the recipe for another upgraded joe for around 9am. I also spend this time packing my cooler and backpack for the day. I fill up two 32 oz stainless steel water jugs with filtered water.

Calories: 310, Fat 30g, Protein 10g, Carb 0g(Coffee)

- 5:35 am - Once I finish the coffee and morning routine, I squeeze .5 an organic lemon into a glass with filtered water. I consume this with three Kion Omega softgels, six Ancestral Supplements beef organ capsules, and 10,000 IU of Vitamin D (unless I am spending the day in the sun.)
- 5:40 am - I head into the bathroom and roll my feet on a lacrosse ball while brushing my teeth with Ecodent Tooth Powder.
- 5:45 am - After brushing, I normally perform about fifty small jumps for lymphatic drainage as well as 'poop priming.'
- 5:50 am -Then it's that time... Pull out the Squaty Potty as well as the cell phone. This is the first time I allow myself to look at my phone and I really try to limit my social media usage to this room only, which is about 10 minutes.
- 6 am - When complete, I turn on the shower and hold a handstand for about a minute while the water is getting warm. I use Defense shower products and perform a series of shoulder mobility moves while washing my back. I end my shower with at least 1 minute of as cold of water as possible.
- 6:05 am - Nothing fancy about getting out of the shower. I use the Kion Serum on my face, Ion Biome nose spray for a nasal lubricant, Northwest Organics deodorant, and Primal Kitchen Avocado oil for a body moisturizer. I put a few drops of oregano oil in my mouth, squish it around and swallow and also put some in my hand with tea tree oil and rub in areas that may be cut or irritated like bug bites. I put on some 'Dirty' lip balm and get on with it.
- 6:10 am - I kiss my wife, grab my stuff, and head out to either bike to the beach, Midtown Trainers, or drive to Fairhope Fitness. Regardless the destination, I always perform one set of straight leg pullups and suspension dips to failure before I go (I have a set-up in the garage.) The bike or the truck (the bike is 1000 times better) is where and when I practice my gratitude for the day. – 'What am I grateful for today' and 'who can I help or serve today.' – From Ben Greenfield. Gratitude on the bike with the sun rising is epic. I have to work on the truck space more... The truck is also the time I perform kegals and hand grippers and spreaders, while catching up on podcasts and audible. – The drive home on Tues/Thu is when I make the majority of phone calls and I allow myself an hour when returning to Midtown Trainers(where my office is) for email, writing, etc... I really try to batch all office work to this time for efficiency.

Calorie Expenditure: 300 calories (When Biking...)

- 6:45 am - When I get to work, I unload and grab a 25oz bottle of Gerolsteiner, - that I sip for about two hours.

- 8 am – I take a few capsules of Masszymes digestive enzymes on an empty stomach - so they go systemic rather than just digesting food.

- 9 am – I have my second upgraded coffee as a pre-workout

Calories: 310, Fat 30g, Protein 10g, Carb 0g

- 10 am – Exercise. I take 10g of Bodyhealth Amino XP at the beginning of my workout alongside Neo40

Calories 40, Fat 0g, Protein 10g, Carb 0g

- My Monday, Wednesday, and Friday workout is as follows: 3-5 sets of Hex Bar Deadlifts, 4-10 reps – all depending on how I feel... And 3-5 sets of Olympic Squats, 4-10 reps. I do the following moves as primers all throughout the hour in no given order. 1. Hip Swings, linear and lateral, 2. Caveman Squats, 3. Jump Rope, 4. Calf Extensions, 5. Sprinters, 6. Pigeons, 7. Bear Pose/Down Dog, 8. Gliders In and Out, 9. Fire Hydrants, 10. Clam Shells, 11. Single leg Glute Bridge, 12. Step Downs, 13. Squat Ups, 14. Sled Pull, 15. Side Shuffle, 16. Plyo Jumps, 17. Step-overs, 18. Foam Rolling, Calf, Quads, It Band, Piriformis
- My Tuesday, Thursday, and Saturday workout is as follows: 3-5 sets of Pullup variations and 3-5 sets of pushup variations. I speckle in the following accessory moves in no given order within the hour. 1. Ski Erg, 2. all upperbody TRX variations, 3. Bosu Ab work, 4. Battle ropes, 5. Hanging Ab Raises.

*** If I have a cancellation(which is common), I often extend workouts and sunning, meet with friends and clients at coffee shops, etc. Its not all work and no play!

- My Sunday workout is normally at home with an emphasis on glutes, - a current obsession of mine...

Calorie Expenditure: 500 calories

- 11 am – Post workout: 10g of Bodyhealth Amino XP. And back to training clients until 5pm.

Calories 40, Fat 0g, Protein 10g, Carb 0g

- 11 am – or possibly a bit earlier if I have clients, - earthing and sun exposure. 10 – 20 minutes of full body sun exposure with as much of my body connected to the earth as possible. I consider this to be more important than my workout and often cut out early to go outside and connect.
- 12 pm – BodyHealth Power Meal, 3 servings with water, 1 scoop of Nutiva MCT Powder and a small handful of fruit.

Calories 250, Fat 10g, Protein 30g, Carb 10g

- I consume roughly 10oz of water hourly until 5pm when finished training. This changes when I coach after work... Will explain in a moment.
- 2 pm – I either consume a Bulletproof Cold brew Latte or a Fit Aid Zero. I prefer consuming caffeine with fats and proteins. The cold brew includes these nutrients, but the Fit Aid does not, so I often consume a boiled egg with the FitAid.

Calories 100, Fat 5g, Protein 8g, Carb 0g.

- 5 pm, I consume another serving of two Quicksilver Molecular Hydrogen Tablets alongside a Quinton Isotonic Ampoule in 10 oz of filtered water

Calorie Expenditure (work for 10 hours:) 1000 calories

- 5 pm- Bike home. In the event that I am not able to bike, I try to make an effort to do something active before dinner time like swimming, playing with the kiddos, etc.

Calorie Expenditure: 300 calories

- 5:30 pm – I perform the same exercises I did on the way out the door earlier in the day. 1 set of straight leg pullups and dips to exhaustion
- 5:40 pm – I consume a swig of Ion Biome, preferable 15 or so minutes before consuming anything else.
- 6 pm – 6:30 pm – I consume ½ bottle of Scout and Celler Cabernet alongside a few homemade cacao truffles and Baruka Nut Fudge

Calories 550, Fat 30g, Protein 10g, Carb, 70g

All of this time from getting home from work could be filled with chilling with the fam, puzzling, helping with homework or sports or cooking, etc.

- 6:30 pm – Dinner! I normally consume about .5 lb. of meat alongside a few handfuls of veggies and safe starches mixed in about 2 tbsp. of oils, with herbs, and spices from the list below. I consume one large cup of bone broth with an egg simmered in, alongside my dinner. I almost always use Apple Cider Vinegar with dinner to blunt the insulin spike since the majority of my carbs are consumed with this meal.

Calories 1600, Fat 85g, Protein 100g, Carb 110g

I like to keep calories around the numbers listed at the top. If my day gets nuts, I will make up for it during the meal. These are amazing meals based around the families' favorite foods. They often range from burgers and sweet potato fries to taco night, to pizza night, grain bowls, and stir fry's and stews.

- 7pm – We take a family walk for about 30 minutes.

Calorie Expenditure: 200 calories

- 7:30 pm – After walking, I have one final glass of filtered water (with magnesium if I am sore) for the night and start cleaning up. Nothing crazy here, brush with Ecodent, floss, and mouthwash with Ecodent. I try to use the mouthwash the whole time I shower. I am quick unless I shave... I know there are healthier products out there, but I use Dollar Shave club for all shaving needs.
- 8 pm – After drying off, I use Kion Serum on my face and literally coat my body in Primal Kitchen avocado oil with lavender oil mixed in. I often rub in transdermal magnesium lotion too to sore muscles. I put my Swannies blue light blocking glasses on at this point and turn on the Chili Pad to cool the mattress.

- 8:10 pm - At this point, my wife and I typically chill out for an hour or so (read, watch TV, cuddle, whatever) and I close my eyes around 9 or 9:30 pm. I do prefer 7 to 8 hours of uninterrupted sleep nightly.
- 9:30pm – I reflect on my day as I close my eyes and drift off. ‘What did I do good and what could I have done better today’ as well as ‘what did I do to serve my purpose today?’ - From Ben Greenfield.

Calorie Expenditure at rest or Resting Metabolic Rate of remaining day: 700 calories

Resting Metabolic Rate is different for everyone based on your size and bodyfat, but I estimate mine to be around 70 calories an hour.

After work Routine: During the spring and summer, I will often have to coach beach volleyball for a few hours after work. I fuel this practice with a Kion bar or a Bodyhealth bar, Serenity Kids Baby Food Pouch, and fruit, 30 minutes prior to practice. I do not like old school carb loading before endurance events with pasta and crap the night before. I prefer to know the activity and approximate caloric expenditure and fuel properly. I also consume an additional 32oz of fluids with a tsp. of Redmonds Salt during practices. I burn an additional 1000 calories at most of these practices. I will also add in a few more cacao truffles and Baruka fudge post training when in a big deficit.

Weekend Routine: My weekend routine varies, but is normally much more demanding, energy wise, than the week. With that said, I consume a lot more, in the most fun way possible. I often double my calories and macros on weekends. I tend to reflect on my week and think on what items on the checklist(below) haven’t been consumed and I build large meals around them. I often have large traditional breakfasts, ‘superfood shakes,’ and ‘big ass salads.’ I also like to ‘dry out’ on weekends, which means taking no supplements, so I kind of have fun trying to get everything from food when I actually have time to do things like shop and cook. I like to again, reflect on the week on Sunday night and know that all of my bases have been covered.

Travel Routine: My travel routing is very similar to my weekly routine. I find it very ‘amateur hour’ to get off of a routine that delivers such good mental and physical energy – which is exactly what you want when traveling. I pack, my water elixir products, Four Sigmatic Defend Instant Coffee packs and Bulletproof Brain Octane and Collagen Sleeves for breakfast, Bodyhealth Power Meal Packets for lunch, and Kion and Bodyhealth bars for a ‘before dinner’ snack so I don’t overeat when on the road. I tend to eat big ‘party dinners’ when on vacations, and the energy bars help with satiety. Make sure to pack a metal thermos shaker bottle for your coffee and a blender bottle for your shake. I also pack my Prewriteout aminos and organ capsules. I do my very best to find a Whole foods the first day there and pack the mini fridge with other good/healthy stuff too to make it feel like vacation! I will get a few gallons of water as well to help with my exercises I normally perform in the hotel room and outside(normally a beach.) I perform as many of the normal exercises as possible.

Look, I could probably get very similar results without all of the tedious detail, but honestly, I just enjoy fine tuning. Even looking back at this article gives me ideas on how I could optimize different aspects of my life. If you really want to figure out how to optimize your day, I really encourage each and everyone of you all to take some time and jot down your daily routine. I bet you will come up with some game changing adjustments.

Nutritional Non – Negotiables, Checklist.

I like to get this stuff in as much as possible!!! The specifics are what work best for me through trial and error. Be mindful and see what serves you best.

1. An assortment of organic veggies, specifically greens including spinach, arugula, asparagus, broccoli, and Brussel sprouts.
2. An assortment of organic fruits, specifically blueberries, blackberries, strawberries, and cherries.
3. An assortment of nuts and seeds, specifically, hemp, flax, chia, pumpkin, Brazil nuts, and baruka nuts. Preferably sprouted.
4. An assortment of herbs and spices, specifically garlic, ginger, turmeric, and sea salt,
5. An assortment of fermented foods, specifically apple cider vinegar, kimchi, pickles, and sauerkraut.
6. An assortment of oils, specifically fish, avocado, olive, coconut, cacao, grass fed butter, and ghee.
7. An assortment of pastured meats, specifically beef, fish, shellfish, and eggs.

8. An assortment of broths
9. An assortment of safe starchy carbs like squash, black beans, pumpkin, and sweet potatoes.

Bed and Bath

Hatch Sunrise Alarm Clock: [Amazon.com: Hatch Restore - Sound Machine, Smart Light, Personal Sleep Routine, Bedside Reading Light, Wind Down Content and Sunrise Alarm Clock for Gentle Wake Up: Kitchen & Dining](#)

Chili Pad: [Amazon.com: Cal King ChiliPad Cube - Dual Zone - Heating and Cooling Pad - Fits Your Existing Mattress, Delivers Precise Temperature Control, and Creates the Perfect Sleep Environment: Home & Kitchen](#)

Ecotent Tooth Powder: [Amazon.com : ECO-DENT Extra Brite Baking Soda Toothpowder Dazzling Mint, 2 Ounce : Toothpastes : Beauty](#)

Ecotent Mouth Wash: [Amazon.com : ECO-DENT Premium Oral Care Mouthwash Daily Rinse Sparkling Clean, Mint, 8 Fl Oz : Beauty](#)

Squatty Potty: [Amazon.com: Squatty Potty The Original Bathroom Toilet Stool, 7 Inch height, White: Health & Personal Care](#)

Defense Soap: [Amazon.com : Defense Soap 4 Oz Bar \(Pack of 2\) - 100% Natural and Herbal Pharmaceutical Grade Tea Tree Oil : Beauty](#)

Avocado Oil: [Amazon.com : Primal Kitchen, Extra Virgin Avocado Oil, 8.5 Fl Oz : Grocery & Gourmet Food](#)

Nose Mist: [Amazon.com: ION*Sinus | Pre-Historic Sinus Relief - Rinse Out Dust and Particles with Our All-Natural Nasal Spray to Soothe and Hydrate Nose Passages: Health & Personal Care](#)

Oregano Oil: [Amazon.com: North American Herb & Spice Super Strength Oreganol P73-1 fl. oz. - Immune System Support - Certified Organic, Wild Oregano - 285% More Potent Than Regular Strength - Non-GMO - 194 Servings: Health & Personal Care](#)

Tea Tree Oil: [Amazon.com: Plant Therapy Organic Tea Tree Oil \(Melaleuca\) 100% Pure, USDA Certified Organic, Undiluted, Natural Aromatherapy, Therapeutic Grade 10 mL \(1/3 oz\): Home & Kitchen](#)

Lavender Oil: [Amazon.com: Plant Therapy Lavender Essential Oil 100% Pure, Undiluted, Therapeutic Grade 10 mL \(1/3 oz\): Home & Kitchen](#)

Lip Balm: [Amazon.com : The Dirt 100% All Natural Lip Balm - Soy & Petroleum Free Lip Moisturizer - Coconut Oil, Beeswax to Repair Dry Chapped Lips | Deeply Hydrates and Moisturize - Lavender Palmarosa : Beauty](#)

Magnesium Lotion: [Amazon.com : Ancient Minerals Magnesium Lotion high concentration genuine zechstein topical magnesium chloride \(5oz\) : Beauty](#)

Upgraded Water Elixir

Effervescent C: [Amazon.com: Designs for Health Fizzy Vitamin C Drink Powder - C+BioFizz, High Potency Vitamin C Powder with Bioflavonoids - Immune + Antioxidant Support Drink Mix Supplement \(36 Servings / 144g\): Health & Personal Care](#)

Quinton Isotonic: [Amazon.com: Original Quinton Isotonic - Liquid Mineral Electrolyte + Trace Mineral Replenishment, Raw Unheated Ocean Minerals Hydration Drink to Support Detox, Relaxation - Keto \(30 Single Serving Vials\): Health & Personal Care](#)

Quinton Hypertonic: [Amazon.com: QuintEssential 3.3 - Seawater Electrolyte Liquid Minerals Supplement for Hydration, Muscle Recovery + Energy Support - Liquid Trace Minerals Electrolyte Drink \(30 Sachets\): Health & Personal Care](#)

Quicksilver Molecular Hydrogen: [Amazon.com: Quicksilver Scientific H2 Elite Tablets - Molecular Hydrogen Water Additive for Energy + Metabolism Support, Perfect for Open Containers - High-Dose Antioxidant Hydrating Drink \(60 Dissolving Tablets\): Health & Personal Care](#)

Upgraded Coffee

Bulletproof Coffee: [Amazon.com : The Original Whole Bean Coffee, Medium Roast, 12 Oz, Bulletproof Keto Friendly 100% Arabica Coffee, Certified Clean Coffee, Rainforest Alliance, Sourced from Guatemala, Colombia & El Salvador : Grocery & Gourmet Food](#)

Brain Octane: [Amazon.com: Brain Octane Premium C8 MCT Oil from Non-GMO Coconuts, 14g MCTs, 16 Fl Oz, Bulletproof Keto Supplement for Sustained Energy, Appetite Control, Mental & Physical Energy, Non-GMO, Vegan & Cruelty Free: Health & Personal Care](#)

Redmond Sea Salt: [Amazon.com : Redmond Real Salt - Ancient Fine Sea Salt, Unrefined Mineral Salt, 16 Ounce Pouch \(1 Pack\) : Grocery & Gourmet Food](#)

Collagen: [Amazon.com: Vanilla Collagen Protein Powder with MCT Oil, 19g Protein, 17.6 Oz, Bulletproof Collagen Peptides and Amino Acids for Healthy Skin, Bones and Joints: Health & Personal Care](#)

Carbon 60: [Amazon.com: Carbon60 plus regular strength. Has 20mg more Carbon 60 per 100ml than most competitors. carbon 60, cold pressed extra virgin olive oil, c60: Industrial & Scientific](#)

Coffee cup shaker: [Amazon.com: Contigo Autoseal West Loop Vacuum-Insulated Travel Mug, 20 Oz, Stainless Steel: Kitchen & Dining](#)

Supplements

Colostrum: [Amazon.com: Kion Colostrum | Grass-Fed Bovine | Gut Health and Immune Support | 30 Servings: Health & Personal Care](#)

Vitamin D/K2: [Amazon.com: Thorne Research - Vitamin D/K2 Liquid \(Metered Dispenser\) - Dietary Supplement with Vitamins D3 and K2 to Support Healthy Bones and Muscles - 1 Fluid Ounce \(30 ml\): Health & Personal Care](#)

Masszymes: [Amazon.com: MassZymes - Digestive Enzyme Supplement - with Proteolytic Enzymes - Provides Bloating, Constipation, and Gas Relief - Contains Lipase, Amylase, and Bromelain \(250 Capsules\): Health & Personal Care](#)

BodyHealth Aminos: [Amazon.com: BodyHealth PerfectAmino XP Mixed Berry \(30 Servings\) Best Pre/Post Workout Recovery Drink, 8 Essential Amino Acids Energy Supplement with 50% BCAAs, 100% Organic, 99% Utilization: Health & Personal Care](#)

Kion Omega: [Amazon.com: Kion Omega-3 Fish Oil | Brain Health and Cardiovascular Support | 30 Servings: Health & Personal Care](#)

Ancestral Supplements Beef Organs: [Amazon.com: Ancestral Supplements Grass Fed Beef Organs \(Desiccated\) — Liver, Heart, Kidney, Pancreas, Spleen \(180 Capsules\): Health & Personal Care](#)

BodyHealth Power Meal: [Amazon.com : BodyHealth PerfectAmino Complete Power Meal Replacement Shake \(Natural Flavor, Pouch, 20 Servings\), Organic Protein Powder Drink w/ MCT Oil, Probiotics, Vegan, High Nutrition, For Weight Loss Diet : Grocery & Gourmet Food](#)

MCT Powder: [Amazon.com : Nutiva Organic MCT Powder with Prebiotic Acacia Fiber, Classic, 10.6 Ounce | USDA Organic, Non-GMO, Non-BPA | Vegan, Gluten-Free, Keto & Paleo | Instant Beverage or Boost to Coffee & Smoothies : Grocery & Gourmet Food](#)

BodyHealth Bar: [Amazon.com : BodyHealth Bar: A Protein Energy Snack \(Cocoa-Brownie Flavor, 12pk\) with 10g of protein | Plant Based MCT's | Superfood Blend | Vegan | 1000mg PerfectAmino per bar! : Grocery & Gourmet Food](#)

Kion Bar: [Amazon.com : Kion Bar | Satisfying, Real-Food Energy Bar | Stable Energy and No Sugar Crashes | 12 Bar Box : Grocery & Gourmet Food](#)

Neo40: [Amazon.com: HumanN Neo40 Daily Heart and Circulation Support Nitric Oxide Boosting Supplement \(30 Tablets\): Health & Personal Care](#)

Magnesium, Mag Sooth: [Amazon.com: Jigsaw Health MagSoothe Calming Magnesium Powder Supplement Jar, 60 Servings: Health & Personal Care](#)

Food

Serenity Baby Food: [Serenity Kids Baby Food, Organic Savory Veggies and Ethically Sourced Meats Variety Pack, For 6+ Months, 3.5 Ounce Pouch \(8 Pack\): Amazon.com: Grocery & Gourmet Food](#)

Bone Broth: [Amazon.com : Kettle and Fire Classic Beef and Classic Chicken Beef Bone Broth Variety Pack, Keto, Paleo, and Whole 30 Approved, Gluten Free, High in Protein and Collagen, 4 Pack : Grocery & Gourmet Food](#)

Black Beans: [Amazon.com : Eden Organic Black Beans, 15 oz Can \(Pack of 12\), No Salt, Non-GMO, U.S Grown, Heat and Serve, Macrobiotic, Turtle Beans, Frijol Negro, Caviar Criollo : Black Soybeans Canned : Grocery & Gourmet Food](#)

Butternut Squash: [Amazon.com : Farmer's Market Foods Organic Butternut Squash, 15-Ounce Cans \(Pack of 12\) : Canned And Jarred Vegetables : Grocery & Gourmet Food](#)

Pumpkin Puree: [Amazon.com: Foods Canned Organic: Grocery & Gourmet Food](#)

Sweet Potato Puree: [Amazon.com : Farmer's Market Foods Canned Organic Sweet Potato Puree, 15 Ounce \(Pack of 12\) : Grocery & Gourmet Food](#)

Smoked Oysters: [Crown Prince Natural Smoked Oysters in Pure Olive Oil, 3-Ounce Cans \(Pack of 18\): Amazon.com: Grocery & Gourmet Food](#)

Smoked Sardines: [Amazon.com : Wild Planet Wild Sardines in Extra Virgin Olive Oil, Lightly Smoked, Keto and Paleo, 4.4 Ounce \(Pack of 12\) : Sardines Seafood : Grocery & Gourmet Food](#)

Smoked Clams: [Crown Prince Natural Smoked Baby Clams in Olive Oil, 3-Ounce Cans \(Pack of 12\): Amazon.com: Grocery & Gourmet Food](#)

Cacao Nibs: [Amazon.com : Sunfood Superfoods Cacao Nibs Raw Organic Non GMO 2.5 lb Bag : Chocolate Candy : Grocery & Gourmet Food](#)

Cacao Powder: [Amazon.com : Viva Naturals #1 Best Selling Certified Organic Cacao Powder from Superior Criollo Beans, 1 LB Bag : Grocery & Gourmet Food](#)

Cacao Butter: [Amazon.com : GlutenFree & Keto, Cacao Butter 8 Ounce, 8 Ounce \(Pack of 1\) - 1 : Grocery & Gourmet Food](#)

Stevia: [Amazon.com : Omica Organics Liquid Stevia - Vanilla \(2 fl oz\) : Grocery & Gourmet Food](#)

Manuka Honey: [Amazon.com : Wedderspoon Raw Premium Manuka Honey, KFactor 16, 17.6 Ounce : Grocery & Gourmet Food](#)

Coconut Oil: [Amazon.com: Garden of Life Organic Extra Virgin Coconut Oil - Unrefined Cold Pressed Plant Based Oil for Hair, Skin & Cooking, 14 Oz: Health & Personal Care](#)

Sauerkraut: [Amazon.com : EDEN FOODS Organic Sauerkraut, 18 OZ : Grocery & Gourmet Food](#)

Kimchi: [Amazon.com: Eden Foods Organic Kimchi Sauerkraut - 18 oz Jar: Health & Personal Care](#)

Baruka Nuts: [Amazon.com : Barukas: The Healthiest Nuts in the World \(Regular, 12 oz\) : Grocery & Gourmet Food](#)

Accessories

Vitamix Blender: [Amazon.com: Vitamix 5200 Blender Professional-Grade, Self-Cleaning 64 oz Container, Black - 001372: Electric Countertop Blenders: Kitchen & Dining](#)

Lacrosse Ball: [Amazon.com : Champion Sports Colored Lacrosse Balls: White Official Size Sporting Goods Equipment for Professional, College & Grade School Games, Practices & Recreation - NCAA, NFHS and SEI Certified - 1 Pack : Joes Lacrosse Balls White : Sports & Outdoors](#)

Blue Light Blocking Glasses: [Amazon.com: Swanwick: Classic Night Swannies - Premium Blue Light Blocking Glasses - Orange Tint for Superior Blue Light Blocking from Gaming PC, Laptop and Smartphone Screen Glare - Sleep Support - Black Reg: Health & Personal Care](#)

Shaker Bottle: [Amazon.com: BlenderBottle Full Color Bottles - New Black Translucent Color with Shaker Ball - Red - 28oz: Kitchen & Dining](#)