

DOC NO. 01 · CORE PROTOCOL

# The Standard Week

*A high-protein, low-carb operating rhythm — eggs every morning, chicken at the work-day, ribeye Saturday, surf Sunday.*

01

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DOC HUB

[mealplan.nepa-pro.com](http://mealplan.nepa-pro.com)

PROTOCOL

**High-Protein · Low-Carb**

EDITION

**01**



## PROTOCOL OVERVIEW

# The NEPA-PRO Standard Week

*A seven-day operating rhythm built on three rules: protein leads every plate, carbohydrate exposure stays near zero, and the only sweetness comes from a Saturday ribeye and a Sunday surf finish.*

## THE FRAMEWORK

## One pattern. Seven nights.

Every morning opens with eggs — the most efficient amino-acid delivery system in the kitchen. Lunch and weekday dinners run on grilled chicken breast, rotated with broccoli and avocado for fiber, potassium, and monounsaturated fat. Saturday earns a ribeye. Sunday closes the week with lobster tail and shrimp. No sugar. No grains. No starch. No seed oils.

DAY	BREAKFAST	LUNCH	DINNER
<b>MON</b>	3 eggs · ½ avocado sautéed broccoli	6 oz chicken broccoli · ½ avocado	8 oz chicken roasted broccoli
<b>TUE</b>	3 eggs · ½ avocado sautéed broccoli	6 oz chicken broccoli · ½ avocado	8 oz chicken roasted broccoli
<b>WED</b>	3 eggs · ½ avocado sautéed broccoli	6 oz chicken broccoli · ½ avocado	8 oz chicken roasted broccoli
<b>THU</b>	3 eggs · ½ avocado sautéed broccoli	6 oz chicken broccoli · ½ avocado	8 oz chicken roasted broccoli
<b>FRI</b>	3 eggs · ½ avocado sautéed broccoli	6 oz chicken broccoli · ½ avocado	8 oz chicken roasted broccoli
<b>SAT</b>	3 eggs · ½ avocado sautéed broccoli	6 oz chicken broccoli · ½ avocado	12 oz ribeye charred broccoli
<b>SUN</b>	3 eggs · ½ avocado sautéed broccoli	6 oz chicken broccoli · ½ avocado	Lobster tail · 6 oz shrimp garlic broccoli

*"Repetition is what makes a protocol work. The week is identical so your metabolism, grocery list, and decision budget can rest."*

## DAILY TARGETS

**What every day delivers**

Targets are floors, not ceilings. Eat to satiety with protein and fat, treat broccoli and avocado as the only carbohydrate sources, and drink water until your urine runs pale.

	WEEKDAY	SATURDAY	SUNDAY
<b>Calories</b>	≈ 1,420	≈ 1,640	≈ 1,400
<b>Protein (g)</b>	≈ 145	≈ 155	≈ 165
<b>Total Carbs (g)</b>	≈ 26	≈ 22	≈ 24
<b>Net Carbs (g)</b>	≈ 12	≈ 9	≈ 11
<b>Fiber (g)</b>	≈ 14	≈ 13	≈ 13
<b>Added Sugar (g)</b>	0	0	0
<b>Grain / Starch</b>	None	None	None

## THE FOUR RULES

**Operating standards**

- 01 Protein first.**  
Hit your protein target before anything else hits the plate. Aim for  $\geq 1$  g per pound of target body weight.
- 02 Carbs from greens only.**  
Broccoli and avocado are the entire carbohydrate aisle. No grains, no starch, no fruit, no sugar — including honey, agave, and most condiments.
- 03 Fats earn their seat.**  
Cook in butter, ghee, tallow, or extra-virgin olive oil. Skip seed oils (canola, soy, corn, sunflower, grapeseed).
- 04 Hydrate and salt.**  
Three liters of water daily, plus a generous pinch of sea salt at every meal. Low-carb eating flushes sodium fast.

## WEEKLY MARKET LIST

**One trip. One week.**

Quantities for a single adult. Double for a partner; multiply by household. Prefer pasture-raised eggs, air-chilled chicken, grass-fed beef, and wild-caught seafood.

PROTEIN	QTY	NOTES
<b>Eggs (large, pasture)</b>	<b>21 ea</b>	<b>3 per morning, 7 days</b>
Chicken breast (boneless)	5.5 lb	6 oz lunch + 8 oz dinner Mon–Fri + 6 oz Sat/Sun lunch
Ribeye, bone-in	12 oz	Saturday dinner
Lobster tail (4–5 oz)	1 ea	Sunday dinner
Shrimp (16/20 ct, peeled, deveined)	6 oz	Sunday dinner
PRODUCE		
<b>Broccoli crowns</b>	<b>3.5 lb</b>	<b>Side at every meal</b>
Hass avocado	7 ea	Half per breakfast + half per lunch
Garlic, fresh	1 bulb	Aromatic base
Lemon	3 ea	For chicken + seafood
Flat-leaf parsley	1 bunch	Garnish + chimichurri
FATS · DAIRY · PANTRY		
<b>Grass-fed butter</b>	<b>8 oz</b>	<b>Cook + finish</b>
Extra-virgin olive oil	1 small bottle	Dressing only — not for searing
Sea salt (flake + fine)	—	Two grades, both indispensable
Black pepper, whole	—	Grind fresh
Dijon mustard (no sugar)	1 jar	Read the label
Apple cider vinegar	1 bottle	Acid + digestion