

A COMPLETE PROTOCOL

7-Day Men's Energy Reset

A structured, grounded protocol for restoring vitality through
breathwork, rhythm, clean nutrition, and daily connection to
nature's cycles.

This protocol is designed for **beginners and intermediates** alike. Each day builds on the last. Follow the structure, trust the process, and allow your body to recalibrate over the full 7 days.

WHAT YOU'LL BUILD

The Six Pillars

Each pillar works synergistically. Together, they regulate your nervous system, restore hormonal balance, and rebuild sustained, clean energy.



HRV Breathwork

Deliberate breathing techniques that shift your autonomic nervous system toward parasympathetic dominance and measurably improve heart rate variability.



Daily Meditation

A 5–10 minute structured practice to train attention, reduce cortisol, and build the mental clarity that makes everything else possible.



Morning & Evening Rituals

Intentional bookends to your day — anchoring your circadian



Clean Nutrition

Organic, non-GMO, dairy-free and grain-free eating structured around real protein, vegetables,

rhythm and ensuring you enter and exit the day from a grounded, empowered state.

fruit, and smart carbohydrates. Simple and practical.



Pre-Meal Ritual

A brief gratitude practice or box breathing sequence before each meal — ensuring your body is in a rest-and-digest state for optimal nutrient absorption.



Light & Movement

Sunrise and sunset sun exposure for circadian anchoring, plus 10-minute post-meal walks to regulate blood sugar and improve digestion.

PILLAR ONE — BREATHWORK

HRV Breathing Practices

Heart Rate Variability (HRV) is one of the clearest markers of nervous system resilience. These practices directly stimulate the vagus nerve and shift your system toward recovery and presence. Use them morning, before sleep, and pre-meal.

Box Breathing

FOUNDATION PRACTICE · 4-6 MINUTES

The anchor technique. Used pre-meal, before sleep, and anytime you need a reset.

IN Inhale slowly through the nose — count 4

HOLD Hold at the top, lungs full — count 4

OUT Exhale fully through the mouth — count 4

HOLD Hold at the bottom, lungs empty — count 4

×6 Repeat for 6 rounds (approx. 4–6 min)

🧘 As you advance, extend to a 5-5-5-5 or 6-6-6-6 count. The longer the cycle, the greater the HRV benefit.

Resonance Breathing

HRV OPTIMIZER · 10 MINUTES

Research shows ~5.5 breaths/min is the resonance frequency that maximally amplifies HRV. Best used in the morning session.

IN Inhale through the nose — count 5.5 (or ~5 sec)

OUT Exhale through the nose — count 5.5 (or ~5 sec)

FLOW No pause. Continuous, smooth breath cycle

TIME 10 full minutes — approximately 55 breath cycles

TIP Breathe into the belly first, then expand the chest

🧘 Set a soft timer. After 10 minutes, sit in stillness for 2 minutes before standing. Notice the calm.

4-7-8 Breath

EVENING WIND-DOWN · 4 MINUTES

A powerful parasympathetic activator. The extended exhale signals safety to the nervous system. Use before sleep.

IN Inhale through the nose — count 4

HOLD Hold breath, lungs full — count 7

OUT Exhale slowly through the mouth — count 8

×4 4 rounds minimum. Up to 8 rounds as you advance

NOTE Exhale with a gentle "whoosh" sound if helpful

🧘 If holding for 7 feels too long at first, use a 4-6-8 ratio. Build up over the 7 days.

PILLAR TWO — MEDITATION

5–10 Minute Daily Practice

This simple protocol needs no app, no cushion, and no experience. It works. Do it every morning after your breathing practice. Even 5 minutes compounds powerfully across 7 days.

"You don't need to clear your mind. You just need to notice when it has wandered — and return. That return is the practice."

1

Seat & Settle

1 MINUTE

Sit upright — chair, floor, or edge of bed. Hands resting on thighs. Eyes closed or soft downward gaze. Take three deep, slow breaths to signal the transition. Let the breath return to natural.

2

Body Scan

1-2 MINUTES

Slowly scan from the top of your head down to your feet. Notice without trying to change anything. Where is there tension? Warmth? Heaviness? Simply observe. This grounds awareness in the body, not the mind.

3

Breath Anchor

3-6 MINUTES

Bring your full attention to the physical sensation of the breath — the rise and fall of the chest or belly, the air at the nostrils. When the mind wanders (it will), gently and without judgment bring it back. One return = one rep of the practice. No frustration. No score.

4

Intention Setting

1 MINUTE

Before opening your eyes, silently ask: *"Who do I want to be today?"* or *"What energy do I want to bring?"* Let the answer arise without forcing it. Carry that intention forward. Open your eyes slowly.

Days 1–3: Start with 5 minutes. Days 4–5: Stretch to 7 minutes. Days 6–7: Reach for the full 10. The goal is consistency, not duration.

PILLAR THREE — MORNING RITUAL

Start the Day Strong

The first 60–90 minutes of your day set your neurological and hormonal tone for everything that follows. Own them completely.

Upon Rising



Sunrise Sun Exposure

Step outside within 30 minutes of waking. Face the direction of the sun (no sunglasses). 5–10 minutes of natural light exposure to anchor your circadian rhythm, suppress melatonin, and spike cortisol at the right time of day — triggering natural alertness.

+10 min



Hydration First

Drink 16–24 oz of filtered water. Add a pinch of Himalayan or Celtic sea salt and a squeeze of lemon for electrolyte priming. Your body has been fasting and losing fluid for 7–8 hours — rehydrate before anything else.

+15 min



Resonance Breathing

10 minutes of resonance breathing (5.5 seconds in / 5.5 seconds out) to optimize HRV and set a calm, high-energy baseline for the day. Follow immediately with your 5–10 minute meditation practice.

+30 min



Meditation

5–10 minutes of the breath-anchor meditation described above.
Set your intention for the day. No phone until this is complete.

+45 min



Gratitude Journal (Optional but Powerful)

Write 3 specific things you are grateful for. Be concrete — not "my family" but "the way my son laughed yesterday." Specificity is what activates the neurological benefit. Takes 3 minutes.

+60 min



Morning Meal — Pre-Meal Ritual First

Before eating, complete either a 60-second gratitude pause or 1–2 rounds of box breathing. Then eat your breakfast slowly and without screens. This activates the parasympathetic (rest-and-digest) state before you eat.

+90 min



10-Minute Post-Meal Walk

A short walk after breakfast significantly lowers post-meal blood glucose, improves insulin sensitivity, and aids digestion. Walk at an easy, conversational pace. Leave the phone in your pocket.

PILLAR FOUR — EVENING RITUAL

End the Day Strong

The evening routine signals your body that the active period of the day is ending. A well-executed wind-down dramatically improves sleep quality, recovery, and next-day energy.

Sunset



Sunset Sun Exposure

5–10 minutes of low-angle evening light signals your circadian system that night is approaching. This triggers melatonin

production and prepares the body for deep sleep. Face west, no sunglasses, no screens.

After Dinner

10-Minute Post-Dinner Walk

Same as after breakfast — gentle, easy walk to manage blood sugar and support digestion. Evening walks also naturally lower cortisol and begin the calming cascade toward sleep.

90 min Pre-Sleep

Digital Sunset

Screens off or switched to warm-tone night mode. Blue light suppresses melatonin by up to 50%. Dim overhead lights. Use lamps or candlelight where possible. This is one of the highest-leverage things you can do for sleep quality.

60 min Pre-Sleep

Reflection & Release

Write 3 things that went well today (no matter how small). Then write 1 thing you are releasing — a worry, a tension, something you are choosing to let go of before sleep. This prevents the subconscious from processing stress during what should be recovery time.

30 min Pre-Sleep

4-7-8 Breathing

4 to 8 rounds of 4-7-8 breathing. Lying in bed or sitting comfortably. This activates the vagus nerve, drops heart rate, and physiologically prepares the body for deep sleep. It's one of the fastest-acting parasympathetic tools available.

Sleep

Dark, Cool, Quiet Room

Aim for 65–68°F (18–20°C). Complete darkness (blackout curtains or sleep mask). No phone in the bedroom if possible. Your nervous system has been guided here — now let the body do its work.

Clean Fuel Blueprint

The structure is simple: build every meal around quality protein, fill half the plate with vegetables, add a smart carbohydrate, and include healthy fat. Organic, non-GMO, dairy-free, grain-free throughout.



Protein

Pasture-raised eggs
Wild-caught salmon
Grass-fed beef
Pastured chicken
Wild sardines/tuna
Organic turkey



Vegetables

Broccoli & cauliflower
Spinach & arugula
Zucchini & cucumber
Asparagus
Bell peppers
Kale & chard



Fruit

Blueberries & strawberries
Avocado (daily)
Green apple
Mango (post-workout)
Banana (ripe)
Pineapple



Smart Carbs

Sweet potato
Plantains
Butternut squash
Beets
Cassava
Parsnip



Healthy Fats

Extra virgin olive oil

Coconut oil (cooking)

Avocado oil

Avocado (whole)

Walnuts & almonds

Coconut milk/cream

MEAL EXAMPLES — PRACTICAL & SIMPLE

What to Actually Eat

Every meal follows the same simple structure: Protein + Vegetables + Smart Carb + Healthy Fat. Here are practical, beginner-friendly examples for each meal of the day.

MORNING — BREAKFAST

The Sunrise Bowl

3 pasture-raised scrambled eggs cooked in coconut oil, with a large handful of spinach and half an avocado. Served with ½ cup of roasted sweet potato cubes. Side of mixed berries.

PROTEIN

HEALTHY FAT

SMART CARB

ANTIOXIDANTS

MORNING — BREAKFAST ALT

Salmon Hash

4oz wild smoked salmon with diced roasted sweet potato, sautéed bell peppers and zucchini in avocado oil, topped with sliced avocado and a handful of arugula. Fresh lemon juice to finish.

PROTEIN

OMEGA-3

SMART CARB

FIBER

MIDDAY — LUNCH

Grilled Chicken Bowl

6oz pastured chicken breast over a base of roasted broccoli, cauliflower, and asparagus. Add ½ cup roasted beets and drizzle generously with extra virgin olive oil and lemon. Handful of walnuts for crunch.

PROTEIN

FIBER

HEALTHY FAT

ANTI-INFLAMMATORY

MIDDAY — LUNCH ALT

Tuna & Plantain Plate

1 can wild-caught tuna mixed with avocado (instead of mayo), diced cucumber, and red onion. Served beside pan-fried plantain slices and a simple salad of mixed greens, cherry tomatoes, and olive oil.

PROTEIN

SMART CARB

HEALTHY FAT

EVENING — DINNER

Grass-Fed Beef Stir Fry

6oz grass-fed ground beef sautéed with broccoli florets, bok choy, garlic, and ginger in coconut oil. Season with coconut aminos (instead of soy sauce) and sesame oil. Serve over cauliflower rice.

PROTEIN

ZINC

FIBER

ANTI-INFLAMMATORY

EVENING — DINNER ALT

Baked Salmon & Squash

6oz wild salmon fillet baked with olive oil, garlic, and fresh herbs. Served with roasted butternut squash cubes and steamed asparagus with a lemon drizzle. Simple, nourishing, and deeply satisfying.

OMEGA-3

PROTEIN

SMART CARB

VITAMIN D

SNACK OPTION

Almond & Berry Reset

A small handful of raw almonds or walnuts with a cup of fresh blueberries and strawberries. No prep required. High in antioxidants, healthy fats, and stabilizing protein — holds energy steady between meals.

ANTIOXIDANTS

HEALTHY FAT

EASY

SNACK OPTION

Turkey & Avocado Roll-Up

Slices of organic turkey breast wrapped around avocado slices, cucumber sticks, and a sprinkle of sea salt. Or use large lettuce leaves as the wrap. Quick, protein-dense, zero prep time, zero grain.

PROTEIN

HEALTHY FAT

NO PREP

The Simplest Rule: Every plate = 1 palm of protein + 2 fists of vegetables + 1 cupped hand of smart carbs + 1 thumb of healthy fat. No measuring. No

counting. Just this visual guide at every meal.

PILLAR SIX — PRE-MEAL PRACTICE

Eat in a Parasympathetic State

Digestion only works optimally when the nervous system is in rest-and-digest mode. When stressed or rushed, stomach acid and enzyme production drop, nutrient absorption decreases, and the gut microbiome suffers. This 60-second practice changes that.

Gratitude Pause

Before picking up your fork, take a breath and identify one specific thing you genuinely appreciate right now. It could be about the food, the day, a person, or simply being alive.

Then take 3 slow, deep breaths — inhale through the nose, exhale through the mouth. Feel your shoulders drop. Begin eating slowly, without screens, chewing thoroughly.

TOTAL TIME: 60-90 SECONDS

Box Breathing Pre-Meal

If you've been rushing, stressed, or in active problem-solving mode, use this instead of (or before) the gratitude practice.

1. Inhale through the nose — 4 counts

2. Hold — 4 counts
3. Exhale through the mouth — 4 counts
4. Hold empty — 4 counts
5. Repeat 2–3 rounds
6. Then set your intention to eat slowly

TOTAL TIME: 60-120 SECONDS



10-Minute Post-Meal Walk — All Three Meals

Research consistently shows that a 10-minute walk after eating reduces postprandial blood glucose by 20–30%, improves insulin sensitivity, supports digestion, and reduces bloating. You don't need to walk fast — a gentle stroll is enough. Do this after breakfast, lunch, and dinner. If a full 10 minutes isn't possible, even 5 minutes delivers significant benefit.

LIGHT ANCHORING

Sunrise & Sunset Exposure

Natural light at the right times of day is one of the most powerful and underused tools for circadian health, testosterone regulation, mood, and sleep quality. Five to ten minutes is all it takes.

Sunrise Exposure

WITHIN 30-60 MIN OF WAKING

Morning light enters the eye and directly signals the suprachiasmatic nucleus (the brain's master clock) to suppress melatonin, trigger a healthy cortisol peak, and set your 24-hour rhythm. Go outside — a window isn't enough. Stand or walk. No sunglasses. 5–10 minutes minimum.



Sunset Exposure

WITHIN 30-60 MIN OF SUNSET

Evening low-angle light signals the circadian system that the active phase of the day is ending. This triggers melatonin production and prepares the body for deep, restorative sleep. The warm orange spectrum of sunset light is anti-inflammatory and mood-regulating. Face west. No screens. Just stand and breathe.



THE FULL PROTOCOL

Your 7-Day Journey

Each day has a theme and a specific focus area to build momentum progressively. Follow the daily structure, adding layers as the week progresses.

01

MONDAY

Foundation

ESTABLISH THE FRAMEWORK

→ Sunrise light exposure (10 min)

02

TUESDAY

Breath Deep

ADD RESONANCE BREATHING

→ Sunrise light (10 min)

- Hydration: 24oz water + salt + lemon
- Box breathing: 6 rounds morning
- Meditation: 5 minutes
- Pre-meal ritual before all 3 meals
- Post-meal walk × 3
- Sunset light exposure (10 min)
- 4-7-8 breathing before sleep
- Meal: Sunrise Bowl + Chicken Bowl

- Resonance breathing: 10 minutes
- Meditation: 5 minutes
- Gratitude journal: 3 entries
- Pre-meal box breathing × 3
- Post-meal walk × 3
- Sunset light (10 min)
- Reflection journal + 4-7-8 breathing
- Meal: Salmon Hash + Tuna Plate

03

WEDNESDAY

Go Inward

DEEPEN THE MEDITATION

- Sunrise light (10 min)
- Resonance breathing: 10 minutes
- Meditation: 7 minutes today
- Pre-meal gratitude pause × 3
- Post-meal walk × 3
- Midday: 5 min box breathing reset
- Sunset light (10 min)
- Reflection + release writing
- Meal: Beef Stir Fry + Baked Salmon

04

THURSDAY

Refuel

NUTRITION AND BODY AWARENESS

- Sunrise light (10 min)
- Resonance breathing: 10 minutes
- Meditation: 7 minutes
- Notice how food choices affect energy
- Pre-meal ritual × 3 — eat slowly
- Post-meal walk × 3
- Sunset light (10 min)
- 4-7-8 breathing × 6 rounds
- Meal: Sunrise Bowl + Chicken Bowl

05

FRIDAY

Integrate

ALL PILLARS IN FULL FLOW

- Sunrise light (10 min)
- Resonance breathing: 10 minutes
- Meditation: 10 minutes — full protocol
- Gratitude journal morning
- Pre-meal ritual × 3
- Post-meal walk × 3
- Sunset light (10 min)
- Full evening wind-down sequence
- Meal: Tuna Plate + Beef Stir Fry

06

SATURDAY

Expand

NATURE AND PRESENCE

- Longer sunrise walk: 20 min outside
- Resonance breathing: 10 minutes
- Meditation: 10 minutes
- Spend time in nature mid-day if possible
- Pre-meal ritual × 3
- Post-meal walk × 3 — try a new route
- Sunset light: extended 15 min sit
- Reflection: what has shifted this week?
- Meal: Salmon + Squash + creative meal

07

SUNDAY

Reset Complete

REFLECT, CELEBRATE, COMMIT

- Sunrise light (10 min)
- Full breath sequence: all 3 techniques
- Meditation: 10 minutes
- Journal: What changed? What felt good?

- Pre-meal ritual × 3
- Post-meal walk × 3
- Sunset light (15 min) — mark the moment
- Plan: which habits do you carry forward?
- Meal: your favorites from the week

7-Day Men's Energy Reset

This protocol is designed as a complementary lifestyle framework and does not constitute medical advice.

Always consult a qualified healthcare provider before beginning any new health regimen.

The information presented is for educational and wellness purposes only.

Repeat the cycle. The second week is always more powerful than the first.