BOGDAN DOSPINESCU - PERSONAL FITNESS AND HEALTH GUIDEBOOK

PROJECT 100 GUIDEBOOK

The pursuit of 100 lb of skeletal muscle mass.

A personal record at 46, 170 cm - told honestly, measured honestly, and built to last. The daily manual: what to take, when to take it, and how the day runs - in clock order.

VERSION 3.7 | 24 OCTOBER 2026 | DAILY MANUAL | PERSONAL RECORD



Cover - G2 tactical graphite + orange: shaker, pill organizer and day plan on the bench at dawn. Generated cover photograph for V3.7, distinct from the Encyclopedia cover.

The stretch	How I judge it
100 lb SMM, body fat below 15%, drug-free. Kept openly on the cover because it drives the work - never presented as a promise.	100 lb SMM is the disclosed stretch goal. Earlier corridor figures (90-93 / 92-97) are dated observations pending the InBody scan - see Chapter 13.

This is my project, in my words and my numbers. It is not a prescription for anyone else.

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	Colophon - edition, baseline and build

Front of this book is cover, Contents, then working content only. About, operator and edition matter sits at the back, before the colophon. If a page does not help run the day, it does not belong in the working chapters. The full record - dated telemetry, five-lens analysis and mineral chemistry - is in the Encyclopedia.



START HERE

Run the day: declare, mix, take, log

Declare the day first. Before the first shaker, choose State A (training morning), State B (rest) or State C (evening). V1 and V6 never run the same day: at most one of V1/V6 on a training day; both inactive on a rest day.

Every protocol in this book is complete. Each vector, recipe and pill grid lists its items with counts and doses, and the usage benefit beside them. Nothing is shortened and no stage is skipped - including the lunch grid, the 15:30 afternoon grid, and both night stages.

Daily run order: 04:00 V3 priming - breakfast - pre-gym V1 (State A) - in-session V2 - post-session V4 - lunch grid - 15:30 afternoon grid - evening V5 or V6 (never both with V1) - 18:30 V10 shutdown.

What to check before you start

Check	What good looks like	Benefit
State declared	A, B or C chosen before 04:00	Prevents V1/V6 overlap and double dosing
Shakers labelled	V1 / V2 / V4 kept separate	Each vector fires in its own window
Pill organizer loaded	Morning, lunch, afternoon and night cells filled	No missed or doubled capsules
Hydration ready	4.0 L planned for the day	Supports the hydration corridor behind every scan

This is the manual I run the day from. Every vector, meal and pill grid here is complete - item, count, dose and use on the same line. The deep analysis behind these tables lives in the Encyclopedia; this book keeps only what the day needs.



Section plate - morning kitchen: the day-run in one frame. Generated photograph, 24 October 2026.

Personal record, not medical advice. This book is Bogdan's personal record of what he does, in his own words and numbers. It is not medical advice, not a prescription, and not a programme for anyone else. Training, supplement and laboratory decisions belong with the reader's own clinician and trainer.

100 is the stretch. The scan settles the score.

My target is 100 lb of skeletal muscle mass (SMM) with body fat below 15%, at 170 cm and age 46, drug-free. I keep 100 on the cover because it drives the work. Earlier corridor figures beneath it are dated observations, not validated physiology - the InBody scan will settle them.

100 lb SMM
The disclosed stretch goal - ambition, not a promise, not a deadline.

Earlier corridor figures
90-93 true SMM and 92-97 on BIA were dated observations, not validated physiology. Pending the InBody scan.

Below 15% body fat
My personal marker, not a medical threshold. Not yet verified; the job is to hold below 15% once the InBody scan confirms it.

Where I stand, dated

Date	Weight	SMM	Body fat	Read
2024 baseline	226.2 lb	72.3 lb	37.0%	Where the rebuild started
28 Jun 2025	-	82.0 lb	-	+9.7 lb from 2024
2 Dec 2025	197.1 lb	88.2 lb	22.9%	Benchmark - Gym Fit Forme
April 2026	191.5 lb (86.9 kg)	93.7 lb (42.5 kg)	30.2%	Unverified - excluded from judgment
August 2026	-	-	Unverified	Reading NOT counted as a milestone; below-15% marker pending the InBody scan
Current	200.1 lb	88.2 lb carried	~22.5% est.	No new dry tissue claimed
14-21 Dec 2026	Next review - same InBody unit, same controls			See Chapter 13

In one line: 72.3 lb at 37.0% in 2024, to the 88.2 lb benchmark in December 2025, to an August 2026 reading that is UNVERIFIED and is NOT counted as a milestone. An earlier FFMI working (25.71, pointing to 91.5-93.0 lb) sat behind the 90-93 corridor figures; those were dated observations, not validated physiology - the InBody scan will settle them. Body fat below 15% is my personal marker, not a medical threshold.

The gap to the stretch, in both systems: 100 lb (45.4 kg) - 88.2 lb (40.0 kg) = **11.8 lb (5.35 kg), +13.4%** on the 88.2 lb benchmark. That arithmetic is the goal; it is not a claim that the tissue is already there.

Let symptoms - not ambition - set the ceiling on any given day. Train with intent. Eat with a record. Rest without guilt.



I train around my locks. I do not argue with them.

At 46, connective tissue adapts more slowly than muscle and the response to the same amino-acid dose is smaller than at 25. That changes how I load, not whether I train. These rules come from my history; they explain my choices and are not advice for another person.



Section plate - the bench and bands set for supported work. Generated photograph, 24 October 2026.

Lock	What I do	Stop signal
Lumbar L4-S1	Supported rows and presses, controlled ranges; rack pulls above the knee; load only while symptoms stay quiet	Progressive weakness, new numbness, or bowel/bladder change - session stops
Left ulnar and joints	Neutral, elbow- and shoulder-friendly grips and ranges	Pain is data about setup, not something to push through
No gallbladder	Bile trickles continuously, so smaller fat portions, slower eating, and a digestive enzyme with every solid meal; historical steatosis stays under hepatic surveillance (Chapter 13)	Recurrent watery stools with weight loss - see Chapter 12
Sleep and age	At least seven hours of sleep opportunity; consistent wake and caffeine timing	A late stimulant is never a remedy for a short night

Why the printout moves without new muscle

Bioelectrical impedance estimates SMM from body water. Creatine HCl (1.5 g/day standalone: 2 x 750 mg; the Pump's 1,000 mg native creatine monohydrate is formula-native and is counted separately, never added to the HCl total), betaine (2,500 mg; 5,000 mg on V6 days), taurine (3-4 g/day), potassium and glycogen together move the readout by 2 to 4 lb with no new contractile protein. That gap is exactly why the corridor exists: I read the tissue, not the water. Scan-day controls are in Chapter 13.

Morning, rest and evening are three different days

State	When	What runs	What stays off
A - Morning gym	My standard training day	V3 04:00 - V1 06:00 - V2 in session - V4 after - V10 18:30	V5, V6
B - Rest	Off-gym recovery	V3 (if used) - V5 16:00 - V10 18:30	V1, V2, V4, V6; lunch and afternoon pill grids
C - Evening gym	Schedule-shift day	V3 - V6 before evening training - V2 in session - V4 after - V10 at night	V1 that morning, V5

The one rule that protects all three: V1 and V6 never run on the same day - at most one of V1/V6 on a training day; both inactive on a rest day. Morning stimulation and evening pump work each have their place; together they would double the cholinergic, taurine, betaine and citrulline load and cost me sleep. On a State C day the morning citicoline primer does not run - one 250 mg capsule moves to T-30 minutes before V6.



Section plate - the morning kitchen: shaker, organizer and water at dawn. Generated photograph, 24 October 2026.

My anchors - the full day, in order

- **03:30** wake pack - **04:00** V3 - **05:00** first meal - **05:30** pre-gym primer (State A) - **06:00** V1 (State A)
- **09:30** V2 in session - **11:00** V4 after training - **12:00** lunch grid - **15:30** afternoon grid
- **16:00** V5 rest-day transport (State B only) - **evening** V6 + V2 + V4 (State C) - **18:15** night stage 1 (training days) - **18:30** V10 shutdown

Clock times are anchors for repeatability, not deadlines to obey at the cost of sleep or symptoms. Chapter 9 prints every stage with its pills, counts and uses.

Meals that fit my digestion - and my training

I eat smaller, more frequent fat loads, keep a solid carbohydrate base, and record what I actually ate. Whole-day totals are only honest when the whole day was measured.

Historical planning figures

19 October 2026: the 2,780 kcal / 252 g protein / 69 g fat figures below are historical planning figures, not verified daily intake. Whole-day intake verification is deferred - a number is honest only for the meal or batch it was measured on.

Key data - planning ceilings, not targets: fit inside 2,780 kcal / 252 g protein / 69 g fat; never chase them.

Ceiling	My value	What it governs
Energy	2,780 kcal per day	The top of my intake planning; meals are built to fit, not to chase
Protein	252 g per day	Distributed across meals so each one clears the leucine threshold at 46
Lipids	69 g per day	Smaller fat portions per meal - the gallbladder rule in numbers
Hydration	4.0 L (16.9 cups / 135 fl oz) per day	Water, vectors and tisane together; aggressive hydration when calcium runs high

Breakfast primer - 05:00

Item	Count / amount	What I use it for
Roasted kasha (dry weight)	~80 g (2.8 oz) dry, simmered	Slow carbohydrate base before training; easy on a gallbladder-free gut
Almond butter	1 tbsp (15 g / 0.53 oz)	Fat in a small, controlled portion rather than one large fatty meal
No-added-sugar syrup	To taste	Palatability without adding to the sugar load
Earl Grey tea	1 cup (240 mL / 8 fl oz) (~40-70 mg caffeine)	Morning ritual; timed ~2 hours before V1 so caffeine and tannins do not blur the training window
Kyolic 104	2 capsules	Aged garlic extract - part of the morning grid, taken with food
California Gold Nutrition NMN	1 capsule, 175 mg	NAD+ precursor in the morning grid
NAC	1 capsule, 900 mg	Cysteine donor for glutathione synthesis
Pure Encapsulations Digestive Enzymes Ultra	1 capsule (1,500 FIP lipase)	Assists triglyceride cleavage with continuous bile trickle

On State B rest mornings the breakfast pill grid is skipped except Pure Encapsulations Digestive Enzymes Ultra with the meal itself. Same food, fewer pills - that is the rest-day de-escalation working as designed.



Section plate - the fuel bowl. Generated photograph, 2026.

The largest window, the quiet bridge, the slow close

Training lunch - Meal 2, 12:00

My largest solid-fuel window on training days, taken with digestive enzymes and the lunch grid. On rest days the grid is skipped on purpose - only the meal and its enzyme remain.

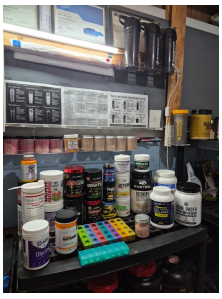
Component	Count / amount	What I use it for
Solid meal (protein + carb base)	Full plate, weighed when I log	Post-training replenishment; the day's main protein and glycogen deposit
Pure Encapsulations Digestive Enzymes Ultra	1 capsule	Meal enzyme support - bile trickle matched with smaller fat portions
Lunch pill grid	10 capsules total (see Chapter 10)	Multivitamin, omegas, prostate and curcumin support in one timed block

Afternoon meal - Meal 3, 15:30

Component	Count / amount	What I use it for
Solid meal	Moderate plate	The bridge between lunch and the night close; keeps protein distribution even
Pure Encapsulations Digestive Enzymes Ultra	1 capsule	Same meal-enzyme rule as every solid meal
Afternoon pill grid	6 capsules total (see Chapter 10)	Beef liver nutrients and connective-tissue support; copper stays paused

Legacy placeholders retired

MS-01 Mega Shake and SB-01 Salad Bowl were placeholders, not records. They are retired in V3.7. The records that replace them are the harvested Instagram records in **Fuel - harvested records**, next after this chapter, with macros exactly as harvested.



My station at home - the system is visible, labelled and repeatable before it is anything else.



Harvested records: 11 meal recipes

Restored from the Instagram harvest (@fudge_fit, 6 October 2026: 87 posts scanned, 15 full captions, 38 story highlights). Macros are printed exactly as harvested - caption-reported figures stay labelled as reported. Nothing here is invented, modelled or reconstructed. **Cup note:** harvested cups are the 240 mL Mega Salad cup (1 cup = 240 mL / 8 fl oz), not the 250 mL metric cup used in the Frozen Kitchen - every quantity also states its mL.

#	Record (as harvested)	Macros as harvested	Contents as harvested
1	Protein Fudge Matrix	706 kcal | 73.7 g P | 83 g carbs | 30.5 g fibre (52.5 g net) | 15.3 g F	Hexapro 2 scoops / 88 g (50 g P) - see Hexapro flag, Frozen Kitchen; frozen berries 1 cup / 140 g (4.9 oz); peanut powder 1 scoop / 13 g (0.46 oz); marine collagen 1 scoop / 10 g (0.35 oz); All-Bran Buds 1/2 cup (120 mL) / 45 g (1.6 oz); cocoa + almond milk
2	Anabolic Chocolate PB Fudge Jars	Per 16 oz (473 mL) jar: 441 kcal | 50.4 g P | 10.7 g fibre | 31.4 g net carbs | 10 g F. Makes 2 jars (100 g+ batch protein).	2 scoops Hexapro Chocolate; 1 scoop hydrolysed marine collagen; 1/2 cup (120 mL) PB&Me chocolate powdered PB; 1 cup (240 mL / 8 fl oz) Neilson 3.25% ultra-filtered protein milk (18 g P); xanthan gum + pink salt; toppings: 1/2 cup (120 mL) frozen berries, 1/3 cup (80 mL) All-Bran Buds
3	Protein Berries Smoothie (136 g anabolic density)	1,110 kcal | 136 g P | 86 g carbs (60 g net) | 26 g fibre | 24 g F	Hexapro 50 g (1.8 oz) + PB&Me 48 g (1.7 oz) + UltraPur 20 g (0.71 oz) + collagen 10 g (0.35 oz) + base 8 g P; bovine collagen peptides (Type I & III)
4	Choco Blueberry Recovery (Dark Choco Blueberry Engine)	805 kcal | 97 g P | 65 g carbs (43 g net) | 22 g fibre | 19.5 g F	2 cups (480 mL) frozen wild blueberries; 3 cups (720 mL / 24 fl oz) almond milk; 1/2 cup (120 mL) soaked chia; 1/4 cup (60 mL) egg white powder; 1/8 cup (30 mL) raw cacao; 2 scoops IsoGold chocolate; 1 scoop bovine collagen; pink salt
5	Carnivor Omelette (106 g protein)	1,240 kcal | 106 g P | 24 g net carbs | 34 g fibre | 68 g F	12x crispy pork belly (lard drained); 3 whole eggs + 1 cup (240 mL) liquid egg whites; sauteed onion; 2x Bon Matin keto tortillas; no-added-sugar drizzle
6	Chicken & Bean Mega Salad	1,025 kcal | 110.5 g P | 66 g carbs (38 g net) | 28 g fibre | 37 g F	280 g (9.9 oz) grilled chicken breast (88 g P); 1 cup (240 mL) mixed beans; 150 g (5.3 oz) avocado dressing; beets + kale bed
7	Egg & Dual-Feta Mega Salad	1,100 kcal | 64 g P | 60 g carbs (43 g net) | 17 g fibre | 68.5 g F	5 boiled eggs; 100 g (3.5 oz) goat + cow feta; 1 cup (240 mL) mixed beans; romaine / peppers / cucumber + olive oil
8	Anabolic Red Meat Matrix	~110 g P (no full macros harvested - none invented here)	Dual bone-in T-bone steaks + kimchi + dill pickles + no-added-sugar BBQ
9	Artisan Protein Wraps (3 wraps)	1,195 kcal | 94 g P | 64 g carbs (30 g net) | 34 g fibre | 62 g F	POM protein tortillas; hard-boiled eggs; turkey bacon; cheddar; tofu spread; pickled turnips
10	High Protein Tiramisu	Per serving: 310 kcal | 33 g P (full recipe in caption)	Almonds, quark, skyr, whey - as captioned
11	Post-Workout Dual Recovery Matrix (fruit + mega salad)	No macros harvested - none invented here	Glycogen fruit matrix (kiwi, pear, cantaloupe, honeydew) + mega salad (red cabbage, romaine, peppers, tomato, cucumber, beans, feta, avocado oil)

Reading rule: a harvested number is honest only for the serving the caption measured - whole blend, per jar, per serving, or 3 wraps. Do not scale a harvested number to a whole day. Wording rule applied throughout: the book claim is "no added sugar".



Highlight meals and the 6 oz protein reference

5 highlight meals (macros from story captions, as harvested)

Highlight meal	Macros as harvested	Contents as harvested
Protein wraps x4	1,645 kcal | 121 g P | 85 g carbs (16 g fibre) | 93 g F	As captioned - 4 wraps
Reload omelette	685 kcal | 71 g P | 26 g carbs | 32 g F	3 eggs; 1 cup (240 mL) whites; 1/2 cup (120 mL) 3% milk; 6 turkey pepperoni; onion
Tuna nutri bowl	No macros harvested - none invented here	3x tuna cans
Rest-day blue cheese omelette	No macros harvested - none invented here	As captioned
Anabolic recovery bowl	1,394 kcal | 67.3 g P | 36.7 g net carbs | 35.9 g fibre | 82.1 g F (52 g MUFA)	As captioned

Protein reference - per 6 oz (170 g), from his saved post

Food	Protein per 6 oz (170 g)	Food	Protein per 6 oz (170 g)
Elk	51 g	Bison	40 g
Octopus	50 g	Halibut	38 g
Pork tenderloin	45 g	Crab	38 g
Venison	44 g	Scallops	35 g
Clams	44 g	Oysters	32 g
Mussels	41 g	Lobster	32 g
Shrimp	41 g		

Source note (compact). Harvest: Instagram @fudge_fit, 6 October 2026 (87 posts scanned, 15 full meal / supplement captions, 38 story highlights reviewed). The full source register - every post link, caption and serving basis - lives in the Encyclopedia. The invented salad models and meal stories of earlier drafts are NOT in this book: where a harvest number does not exist, this book prints no number.

What the harvest also confirms, without adding new meals: the recipe system is fudge jars, 64 fl oz (1.89 L) smoothies, mega salads, omelettes and wraps, all with macro blueprints; protein powders rotate by recipe (Hexapro for fudge, IsoGold for smoothies, bovine collagen in smoothies, marine collagen in fudge); whole-food anchors are eggs, pork belly, chicken breast, T-bone steaks, tuna, feta, beans, berries and avocado; fibre runs through All-Bran Buds, chia, beans and psyllium - relevant with no gallbladder. Daily meal timing and structure, and any item not on Instagram, remain gated on the owner's input and are not filled in here.



The Frozen Kitchen (Ninja Creami XL)

Ledger-table companion to the working cookbook. This section deliberately has no 18 separate recipe pages: one base, one workflow, one ledger table. Cookbook identity: V2.14, 22 October 2026, 61 pages. Stable link as printed in the source insert: https://project100.fit/fit-nutrition.html?creami=open

Base per pint - every quantity in both systems. Boiling water 150-200 mL (5.1-6.8 fl oz) + bone broth 1 scoop, about 10 g (0.35 oz) + marine collagen 1 scoop, about 10 g (0.35 oz); cold phase: milk 250 mL (1 cup / 8.5 fl oz, metric cup) + pasteurised liquid egg whites 100 g (3.5 oz); protein powder 1.5 scoops, about 38-45 g (1.3-1.6 oz) + sweetener (allulose) 3-4 tbsp (25-35 g / 0.9-1.2 oz) + salt 1 pinch, about 0.5 g. **Fill spec: 600-645 g (21.2-22.8 oz) total per pint. Obey the MAX FILL line.**

Stabiliser - ONE gum only, weighed, never a universal dose

Isolate bases: 1/4 tsp = 1.0 g. Blend / pudding bases: 1/8 tsp = 0.5 g. Weigh the gum on a 0.1 g scale; do not trust volume alone. The 0.25% w/w anti-slime law governs: above it the texture turns rubbery. There is no one-size gum dose - the 0.5 g figure belongs to blends and puddings only.

Hexapro scoop conflict - FLAGGED, not fudged. The Hexapro label scoop is 44 g, yet the base above prices 1.5 scoops at about 38-45 g. At 44 g a scoop, 1.5 scoops would be 66 g, not 38-45 g. The ledgers on the next pages use the V2.14 edition estimates (38-45 g per 1.5 scoops) pending a weighed batch or a label / batch photo. Never print "two scoops = 88 g" as resolved: the harvested fudge recipe that reports 2 scoops / 88 g is printed as harvested, with this same flag.

Pathways - milk is the only swap; the delta is fixed

Pathway	Milk per 250 mL (1 cup / 8.5 fl oz)	Rule
A - Kirkland UF 2% (governing)	13 g protein, 5.0 g fat, 6 g net carbs	All Pathway A ledgers use this milk.
B - Neilson Dairy 3.25% High Protein, ultrafiltered	180 kcal, 18 g protein, 8.0 g fat, 9 g carbs	Every pint: **A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs**. Full second ledger on the next pages.
C - Silk (FLAGGED, NOT COSTED HERE)	Archived grid preserved unaltered in the source register; full recost pending SKU confirmation (front-panel photo).	**Never use Pathway A numbers as Silk results.** No Silk product name is confirmed as his SKU in this book, and no Silk ledger is printed here.

Lipid tiers and the Neilson-day firewall (69 g fat planning ceiling)

Tier 1: almond butter 1 tsp = 5 g (0.18 oz), +2.7 g fat, +33 kcal. Tier 2: almond butter 1 tbsp = 15 g (0.53 oz), +8.0 g fat, +100 kcal. **Firewall:** on Neilson days, Tier 1 builds drop the almond butter, and Tier 2 builds 11, 14 and 15 omit it on Neilson days. The Pathway B rows are the milk-swap arithmetic (A + delta); dropping the butter removes a further 33 kcal / 2.7 g fat (Tier 1) or 100 kcal / 8.0 g fat (Tier 2) from the as-eaten pint.

Inclusion tiers

Tier 1: borehole + MIX-IN, inclusion frozen solid, about 10 g (0.35 oz). Tier 2: hand-fold only - never machined. Tier 3: knife-swirl only. MIX-IN always comes before RE-SPIN (see workflow).

Workflow: eight steps, one freeze window

1. **Dry calibration.** Weigh powders and gum on a 0.1 g scale. Dry-whisk so no fish-eye clumps form.
2. **Hot phase.** Dissolve bone broth and marine collagen in 150-200 mL (5.1-6.8 fl oz) boiling water.
3. **Hot-to-cold vortex.** Add 250 mL (1 cup / 8.5 fl oz) milk and 100 g (3.5 oz) pasteurised liquid egg whites. Stream the dry matrix in over a 90-second stream while blending.
4. **Pre-freeze taste audit + 15-minute settle.** Taste before freezing - sweetness and salt cannot be fixed after the spin. Rest 15 minutes. Verify 600-645 g (21.2-22.8 oz). Obey MAX FILL.
5. **ONE freeze window: 24 hours total at -18 to -20 °C (0 to -4 °F).** Freeze **lid-OFF for 2-4 hours first - OWNER DEVIATION** (the boxed manual says: snap the lid on). Then snap the lid ON and freeze to 24 hours total. There is no second window and no alternative freeze time in this book.
6. **Pre-spin prep.** Level the frozen surface with a masher. Warm bath 30-60 seconds. Run **Lite Ice Cream** (the low-sugar / low-fat programme).
7. **Wall scrape, then MIX-IN, then RE-SPIN - in that order.** After spin 1, scrape the icy wall ring and fold it into the core. **MIX-IN before RE-SPIN: the manual forbids RE-SPIN before MIX-IN.** Run a DRY re-spin first if powdery. Add a splash of 15-30 mL (0.5-1.0 fl oz) base milk ONLY if still powdery after the dry re-spin.
8. **Leftovers and washing.** Press leftovers flat before refreezing. If the freeze was uneven, use the fridge melt / whisk / refreeze remedy. Wipe the spindle with a damp cloth (not a flush). Wash the pint, lid and paddle in warm soapy water, parts separated. Hot-water spindle flush is NOT used in this book.

Manual positions, labelled honestly. Lid-off first freeze = OWNER DEVIATION (manual: snap the lid on). MIX-IN before RE-SPIN = the manual's order, and RE-SPIN before MIX-IN is forbidden. Damp-cloth spindle wipe only. One freeze window (24 hours total). Pint washing stated above. Anything that contradicts this box - a volume-based (millilitre) system, or a one-size gum dose - is deleted material and is not an alternative in this book.

Powder families. Hexapro: permutations 1-7 and 15-17. PVL IsoGold: 8-11 and 18. Syntha-6: 12-14. **Claim wording:** "no added sugar" throughout. Intrinsic milk and fruit sugars are counted openly in every net-carb line (8-22 g per pint).



All 18 permutations: Pathway A and Pathway B

Each row is one pint. Columns read **kcal / protein g / fat g / net carbs g**. Pathway B = Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs on every pint - all 36 ledger rows. Powder families: Hexapro 1-7, 15-17; PVL IsoGold 8-11, 18; Syntha-6 12-14.

#	Permutation - powder family	Pathway A (Kirkland 2%)	Pathway B (Neilson 3.25%)
01	**Lemon Chiffon** - Hexapro Vanilla Lemon emulsion, vanilla paste, cream of tartar	420 / 78.5 / 7.5 / 9.5	479 / 83.5 / 10.5 / 12.5
02	**Strawberry Cream** - Hexapro Vanilla Strawberry emulsion, vanilla paste, cream of tartar	420 / 78.5 / 7.5 / 9.5	479 / 83.5 / 10.5 / 12.5
03	**Blueberry Muffin** - Hexapro Vanilla Blueberry emulsion, cinnamon, cream of tartar	421 / 78.5 / 7.5 / 9.7	480 / 83.5 / 10.5 / 12.7
04	**Classic Vanilla Bean** - Hexapro Vanilla Vanilla paste, 1 tsp (5 g) almond butter - Tier 1 lipid	453 / 79.8 / 10.2 / 10.2	512 / 84.8 / 13.2 / 13.2
05	**Velvet Banana Cream** - Hexapro Vanilla Banana cream, butter vanilla, cream of tartar	420 / 78.5 / 7.5 / 9.5	479 / 83.5 / 10.5 / 12.5
06	**Spiced Chai Latte** - Hexapro Vanilla Cardamom, black tea powder, cinnamon	422 / 78.5 / 7.5 / 10.0	481 / 83.5 / 10.5 / 13.0
07	**Pistachio Biscotti** - Hexapro Vanilla Pistachio flavour, almond extract, cream of tartar	420 / 78.5 / 7.5 / 9.5	479 / 83.5 / 10.5 / 12.5
08	**Midnight Mocha** - PVL IsoGold Iced Mocha Coffee emulsion, instant espresso	380 / 81.5 / 6.0 / 8.0	439 / 86.5 / 9.0 / 11.0
09	**Triple Mint Chip** - PVL IsoGold Triple Choc Peppermint emulsion, cacao nibs	430 / 82.5 / 10.5 / 9.0	489 / 87.5 / 13.5 / 12.0
10	**Dark Chocolate Oreo** - PVL IsoGold Triple Choc Black cocoa, vanilla paste, cacao nibs	450 / 83.5 / 11.0 / 10.0	509 / 88.5 / 14.0 / 13.0
11	**Peanut Butter Twist** - PVL IsoGold Iced Mocha PB powder, 1 tbsp (15 g) almond butter - Tier 2 lipid	510 / 91.5 / 12.0 / 11.0	569 / 96.5 / 15.0 / 14.0
12	**Birthday Cake** - Syntha-6 Vanilla Butter vanilla, vanilla paste, cream of tartar	460 / 74.0 / 11.0 / 21.0	519 / 79.0 / 14.0 / 24.0
13	**Cinnamon Roll Glaze** - Syntha-6 Vanilla Butter vanilla, maple emulsion, cinnamon, cream of tartar	462 / 74.0 / 11.0 / 21.2	521 / 79.0 / 14.0 / 24.2
14	**Maple Walnut Cream** - Syntha-6 Vanilla Maple emulsion, cinnamon, 1 tbsp (15 g) almond butter - Tier 2 lipid	561 / 78.0 / 19.0 / 22.2	620 / 83.0 / 22.0 / 25.2
15	**PB Fudge Crunch** - Hexapro Vanilla PB powder, cacao nibs, 1 tbsp (15 g) almond butter - Tier 2 lipid	610 / 92.5 / 18.5 / 14.5	669 / 97.5 / 21.5 / 17.5
16	**No-Added-Sugar Cookie Dough** - Hexapro Vanilla Vanilla paste, brown sweetener, cinnamon, cream of tartar	471 / 83.5 / 10.0 / 11.7	530 / 88.5 / 13.0 / 14.7
17	**NAS Caramel Crunch** - Hexapro Vanilla Sugar-free (SF) butterscotch pudding mix, cinnamon, cream of tartar	461 / 81.5 / 8.5 / 12.2	520 / 86.5 / 11.5 / 15.2
18	**NAS Chocolate Swirl** - PVL IsoGold Triple Choc Black cocoa, sugar-free (SF) chocolate pudding mix	440 / 85.5 / 8.5 / 10.0	499 / 90.5 / 11.5 / 13.0

Firewall reminder: on Neilson days, Tier 1 builds drop the almond butter and Tier 2 builds 11, 14 and 15 omit it - the B column above is the milk-swap arithmetic; the as-eaten pint is lower by the dropped butter (Tier 1: -33 kcal / -2.7 g fat; Tier 2: -100 kcal / -8.0 g fat). **Hexapro flag (repeated, because it touches every Hexapro row):** 1.5 scoops are priced at 38-45 g in these ledgers while the label scoop is 44 g - unresolved pending a weighed batch or label photo. **Source:** the Gemini V3 Chapter 5 Frozen Kitchen insert, salvaged and canon-checked (base, workflow, 18 permutations, 36 A/B rows exact); the full register, including the archived Silk grid, lives in the Encyclopedia. Varied Creami portraits live in the Encyclopedia's 18 recipe pages and are deliberately not pasted here - this section is ledger-table format by design.

Three focused days, two full-body days

Programme first, then day, then exercise. Days 1-3 are muscle-focus; Days 5-6 are Pilates full-body. Days 4 and 7 are rest and recovery. The trainer selects resistance and individual adjustments.

Day 1 - Chest, triceps, core

#	Movement	Role	Planned sets
1	Supported single-arm chest press	main / Chest	2
2	Standing two-arm band chest press	accessory / Chest	1
3	Standing mid-height band chest fly	accessory / Chest	1
4	High-to-low band chest fly	accessory / Chest	1
5	Low-to-high band chest fly	accessory / Chest	1
6	Single-arm band chest fly	accessory / Chest	1
7	Seated straight-bar pressdown	main / Triceps	2
8	Standing mid side band bar pressdown	accessory / Triceps	1
9	Standing shared-handle overhead extension	accessory / Triceps	1
10	Floor-kneeling overhead band extension	accessory / Triceps	1
11	Inclined high-rear alternating elbow extension	accessory / Triceps	1
12	Standing inclined single-arm low-rear elbow extension	accessory / Triceps	1
13	Shared-grip side-line anti-rotation reach	main / Core	2
14	Floor-kneeling high-line torso fold	accessory / Core	1
15	Standing high-line torso fold with grip variations	accessory / Core	1

Fifteen exercises: six Chest, six Triceps, three Core. Slots 2-6 are the added Chest band techniques - their plates are in the Chest library at the end of this chapter. Planned sets are the owner-confirmed session plan (20 October 2026), not verified recording counts.

My bands - current directory

Bundle	Composition	Nominal
Juggernaut	3 x 85 lb	255 lb
Titan	4 x 75 lb	300 lb
Enforcer	Two matched sets of 2 x 65 lb	130 lb per set
Tricep Specialist	3 x 55 lb + rope	165 lb
Viper	4 x 45 lb	180 lb
Scalpel	4 x 35 lb	140 lb

Nominal label sums, not measured force at the hand. The trainer selects resistance. (C11)



Section plate - the training floor. Generated photograph, 2026.

Day 2 - Legs, shoulders, core

#	Movement	Role	Planned sets
1	Shoulder band-bar squat	main / Legs	2
2	Seated single-leg band curl	accessory / Legs	1
3	Low-squat high-front draw with lateral weight shift	accessory / Legs	1
4	Low back bar torso bow	accessory / Legs	1
5	Front waist bar torso bow	accessory / Legs	1
6	Shoulder-braced paired side-line squat	accessory / Legs	1
7	Standing shared-grip low-front arm raise with torso hinge	main / Shoulders	2
8	Floor-kneeling alternating low-side arm opening	accessory / Shoulders	1
9	Standing high front wide arm sweep	accessory / Shoulders	1
10	Standing inclined high rear wide arm drive	accessory / Shoulders	1
11	Standing inclined paired high-rear arm sweep	accessory / Shoulders	1
12	Floor-kneeling paired high-front arm sweep	accessory / Shoulders	1
13	Shared-grip side-line anti-rotation reach	main / Core	2
14	Floor-kneeling high-line torso fold	accessory / Core	1
15	Standing high-line torso fold with grip variations	accessory / Core	1



Slot 9 - Standing high front wide arm sweep. START / arms comfortably open - FINISH / controlled downward sweep. Neutral handle grip. Repaired plate: one consistent front viewpoint across both panels (C20).



Day 3 - Arms, back, core

#	Movement	Role	Planned sets
1	Seated neutral-grip curl	main / Arms	2
2	Standing alternating low-front curl	accessory / Arms	1
3	Supported low-front band curl	accessory / Arms	1
4	Thigh-braced cross-body low-side curl	accessory / Arms	1
5	Standing inclined single-arm low-front curl	accessory / Arms	1
6	Standing low-side forearm and grip rotation	accessory / Arms	1
7	PLYOSOFT box-supported one-arm row	main / Back	2
8	Floor-kneeling high-front paired draw	accessory / Back	1
9	Wide-stance paired high-front downward draw	accessory / Back	1
10	Standing shared-grip high-front draw	accessory / Back	1
11	Floor kneeling high front draw	accessory / Back	1
12	Box seated two hand high front draw	accessory / Back	1
13	Shared-grip side-line anti-rotation reach	main / Core	2
14	Floor-kneeling high-line torso fold	accessory / Core	1
15	Standing high-line torso fold with grip variations	accessory / Core	1

Anchor repairs in this edition: the supported curl uses a low-front anchor (resists the upward curl); the inclined curl anchor sits below the working hand. See correction register C18-C19.



Slot 3 - Supported low-front band curl. START / elbow softly open - FINISH / controlled low-anchor curl. Underhand / palms-up grip (C18).



Slot 5 - Standing inclined single-arm low-front curl. START / FINISH - one continuous band from a low front anchor, neutral handle grip, upper arm steady (C19).



Day 5 - Full body A (moderate)

#	Movement	Role
1	Shoulder band-bar squat	main / Legs and hips
2	Standing Pilates bar hip hinge	main / Legs and hips
3	Seated single-leg band curl / Pilates pair	accessory / Legs and hips
4	Bent-over Pilates bar row	accessory / Back
5	Floor-seated Pilates bar row	accessory / Back
6	PLYOSOFT box-supported one-arm row / Pilates pair	main / Back
7	Supported single-arm chest press / Pilates pair	main / Chest and shoulders
8	Standing Pilates bar overhead press	accessory / Chest and shoulders
9	Standing Pilates-handle lateral raise	accessory / Chest and shoulders
10	Seated neutral-grip curl / Pilates pair	accessory / Arms and core
11	Seated bar pressdown / Pilates pairs	accessory / Arms and core
12	Standing Pilates bar torso rotation	accessory / Arms and core



Slot 9 - Standing Pilates-handle lateral raise. START / hands beside thighs - FINISH / arms raised. Angled / semi-pronated grip. Repaired plate: straight wrist and forearm alignment at the finish, no forced thumb-down twist (C21).



Day 6 - Full body B (easy practice)

#	Movement	Role
1	Seated single-leg band curl / Pilates pair	accessory / Legs and hips
2	Shoulder band-bar squat	main / Legs and hips
3	Standing Pilates bar hip hinge	main / Legs and hips
4	Standing Pilates bar overhead press	accessory / Chest and shoulders
5	Supported single-arm chest press / Pilates pair	main / Chest and shoulders
6	Standing Pilates-handle lateral raise	accessory / Chest and shoulders
7	PLYOSOFT box-supported one-arm row / Pilates pair	main / Back
8	Floor-seated Pilates bar row	accessory / Back
9	Bent-over Pilates bar row	accessory / Back
10	Standing Pilates bar torso rotation	accessory / Arms and core
11	Seated bar pressdown / Pilates pairs	accessory / Arms and core
12	Seated neutral-grip curl / Pilates pair	accessory / Arms and core

Days 4 and 7 are rest and recovery. The week totals 69 exercise slots: 15 on each focused day, 12 on each Pilates day. Planned sets on the focused days are the owner-confirmed session plan, not observed set counts.



Eight added Chest techniques - the library

These eight resistance-band Chest techniques are editorial training options, illustrated on the two plate pages that follow. They are not claimed as verified personal footage. Five of them now run inside Day 1 (slots 2-6, owner-confirmed 20 October 2026); the seated fly and the two angled presses remain library-only options. The trainer selects resistance and individual repetitions.

Technique	Grip	Anchor	Runs
Standing two-arm band chest press	Neutral - palms face inward	Two rear anchors, chest height	Day 1, slot 2
Standing mid-height band chest fly	Fly arc - palms forward to inward	Two rear anchors, chest height	Day 1, slot 3
High-to-low band chest fly	Fly arc - palms forward to inward	Two rear anchors, high	Day 1, slot 4
Low-to-high band chest fly	Fly arc - palms forward to inward	Two rear anchors, low	Day 1, slot 5
Single-arm band chest fly	Fly arc - palms forward to inward	One rear/side anchor, chest height	Day 1, slot 6
High-anchor downward band chest press	Neutral - palms inward	Two rear anchors, high	Library option
Low-anchor upward band chest press	Neutral - palms inward	Two rear anchors, low	Library option
Box-seated two-arm band chest fly	Fly arc - palms forward to inward	Two rear anchors, shoulder height	Library option

Keep wrists aligned with forearms; do not force the upper arms behind the torso. Return slowly through a comfortable range.



Chest plates - the Day 1 sequence

Slots 2-5 of Day 1, in running order. Each plate shows two poses: START on the left, FINISH on the right. Added band techniques - not claimed as verified personal footage.



Standing two-arm band chest press - Day 1, slot 2. START / handles beside chest - FINISH / controlled forward press. Neutral handle grip: palms face inward, wrists aligned with forearms. Two rear anchors at chest height.



Standing mid-height band chest fly - Day 1, slot 3. START / arms comfortably open - FINISH / hands meet before chest. Neutral handles / fly arc: palms forward as the arms open, inward as the hands meet. Two rear anchors at chest height.



High-to-low band chest fly - Day 1, slot 4. START / arms open below shoulders - FINISH / hands forward and down. Neutral handles / fly arc. Two rear anchors, high.



Low-to-high band chest fly - Day 1, slot 5. START / hands outside hips - FINISH / hands before upper chest. Neutral handles / fly arc. Two rear anchors, low.



Chest plates - slot 6 and library options

The single-arm fly closes the Day 1 Chest block. The two angled presses and the seated fly stay in the library as options - they are not in the current focused-day sequence.



Single-arm band chest fly - Day 1, slot 6. START / working arm open - FINISH / handle near chest midline. Neutral handles / fly arc. One rear/side anchor at chest height; draw the arm across without turning the trunk.



High-anchor downward band chest press - library option. START / handles beside chest - FINISH / controlled downward press. Neutral handle grip. Two rear anchors, high.



Low-anchor upward band chest press - library option. START / handles beside lower chest - FINISH / controlled upward press. Neutral handle grip. Two rear anchors, low.



Box-seated two-arm band chest fly - library option. START / arms comfortably open - FINISH / hands meet before chest. Neutral handles / fly arc. Two rear anchors at shoulder height; seated on a stable box, both feet planted.

Keep wrists aligned with forearms on every plate; do not force the upper arms behind the torso. Return slowly through a comfortable range. The trainer selects resistance and individual repetitions.



Each vector has one job, one window, one firewall

Vector	Job	Base	State
V1 Ignition	Morning pre-workout: ~373 mg caffeine, 10.7-12 g citrulline base, 2.5 g betaine	500–600 mL (16.9–20.3 fl oz / 2.1–2.5 cups) cold water	A only
V2 Refuel	Intra-workout BCAAs, electrolytes, dates chewed separately	600–750 mL (20.3–25.4 fl oz / 2.5–3.1 cups) cold water	Training
V3 Recovery	04:00 priming: Carnivor Beef Isolate 33.9 g scoop, marine collagen 1 scoop, about 10 g, black maca 5 g, weighed, liquid L-carnitine 15 mL (1 tbsp / 0.5 fl oz), C Defense gummy; NAKA greens 20 mL (4 tsp) in a separate glass	Cold water + separate greens flush	Daily anchor
V4 Reload	Post-workout half-serving: 12 g protein, 19 g carbohydrate, creatine HCl 750 mg	350–450 mL (11.8–15.2 fl oz / 1.5–1.9 cups) room-temp water	After training
V5 Transport	Rest-day bridge: creatine HCl 750 mg, 10 g bovine collagen, electrolytes	500 mL (16.9 fl oz / 2.1 cups) cold water	B only
V6 Pump	Evening non-stimulant override: 0 mg caffeine, high citrulline, 220 mg formula-native sodium, 1,000 mg formula-native creatine monohydrate	500–600 mL (16.9–20.3 fl oz / 2.1–2.5 cups) cold water	C only
V10 Shutdown	Night: creatine HCl 750 mg, glutamine 5 g, weighed, glycine 3-5 g, weighed, bovine collagen 1 scoop, about 10 g in hibiscus tisane	800 mL (27.1 fl oz / 3.3 cups), comfortable temperature	Daily anchor

Creatine HCl stays at 1.5 g per day as standalone pulses - two 750 mg doses on every day. On a State C day the Pump adds 1,000 mg native creatine monohydrate, counted separately: V3.5's combined '2.5 g total' is retired - the two creatines are never summed. Standalone HCl is never stirred into the V6 shaker. R-ALA 300 mg is swallowed whole with water before V4, never emptied into the shake. The next pages give every vector its full ingredient table: item, count, dose and use, together.



Section plate - the vector slate. Generated photograph, 24 October 2026.

V3 Recovery - 04:00 priming, every day I use it

The day starts the same way it ends: on purpose. V3 primes the matrix before breakfast; the greens stay in their own glass so plant fiber and phytic acid do not blunt the collagen peptides.



Section plate - evening recovery: mat, roller and lamplight. Generated photograph, 24 October 2026.

Item	Count / dose	What I use it for
MuscleMeds Carnivor Beef Protein Isolate	1 scoop, 33.9 g	Fast morning protein base; Canadian label carries 0 g added creatine - the old 2.5 g import is erased
Promise Marine Collagen	1 scoop, about 10 g (0.35 oz)	Connective-tissue amino acid supply - the lagging tissue gets fed first
Black Maca	5 g, weighed	Morning adaptogen in the priming shaker
Liquid L-Carnitine 1500	15 mL (1 tbsp / 0.5 fl oz)	Fatty-acid transport support in the morning window
MegaFood C Defense Gummy	1 gummy, chewed	Vitamin C in a chewed form, kept separate from the shaker taste
NAKA Vital Greens	20 mL (4 x 5 mL tsp) in a separate glass of water	Greens and micronutrients, decoupled from the collagen so neither blunts the other
Base fluid	Cold water + separate flush	Two glasses on purpose - the split is part of the formulation

Why this works: beef isolate supplies the amino acids muscle rebuilds with; collagen provides glycine and proline, the building blocks of connective tissue; and L-carnitine shuttles fatty acids into the mitochondria, where they can be burned for energy.

V1 Ignition - State A mornings only, 06:00

Item	Count / dose	What I use it for
ALLMAX Igniter Xtreme 2.0	2 scoops, 28 g (~373 mg caffeine)	Morning adrenergic drive and focus for the 06:00 session
L-Tyrosine (formula-native)	2,000 mg	Catecholamine precursor for focus under load
Choline, as bitartrate (formula-native)	400 mg	Acetylcholine precursor alongside the citicoline capsule
DMAE bitartrate (formula-native)	500 mg	Choline-pathway nootropic inside the Igniter matrix - never a standalone pill
L-Theanine (formula-native)	400 mg	Smooths the caffeine edge; calm focus
Cocoa extract (formula-native)	500 mg	Flavanol blood-flow support
Synapsa bacopa (formula-native)	320 mg	Adaptogenic focus support inside the matrix
Juniper (formula-native)	200 mg	Botanical component of the Igniter matrix
Huperzine-A (formula-native)	200 mcg	Acetylcholinesterase inhibitor - the enzyme-inhibition half of the cholinergic stack; half-life ~10-24 h. Never a standalone pill
ALLMAX MuscleEAA Xtreme	1 scoop, 17.73 g (10 g EAA / 5.3 g BCAA)	Amino acid scaffolding around the session
PeakO2 mushroom matrix	2,000 mg by mass	Cellular oxygen kinetics and work tolerance
NOW Sports Betaine Powder (standalone)	2,500 mg	Intracellular osmolyte; methyl donor; part of the hyper-hydration architecture. The Igniter carries no betaine, so V1 runs 2,500 mg flat
Citrulline Malate 2:1	4-6 g (~2.67-4.0 g free L-citrulline)	eNOS saturation on top of the base - total citrulline base 10.7-12 g
Taurine (added)	2-3 g added on top of 1 g native in the Igniter	Sarcoplasmic swelling and bile-acid conjugation
Citicoline (separate capsule)	1 capsule, 250 mg, swallowed whole at 05:30	Cholinergic primer - never stirred into the shaker
Creatine HCl in V1	0 g - strictly zero	Kept out to preserve blood velocity; the 1.5 g day total comes from V4/V5 + V10
Base fluid	500–600 mL (16.9–20.3 fl oz / 2.1–2.5 cups) cold water	Cold, fast, before the session - never sipped through it

Why this works: citrulline feeds the arginine-nitric-oxide pathway for blood flow; citicoline plus the formula choline and alpha-GPC feed acetylcholine for focus and contraction, while the formula-native Huperzine-A (200 mcg) slows acetylcholine breakdown; caffeine blocks adenosine to cut perceived fatigue; beta-alanine builds muscle carnosine to buffer acid as sets get hard; and betaine (TMG) donates methyl groups in the methionine cycle while helping cells hold water.



V2 Refuel and V4 Reload - in session, then the commute shuttle

V2 Refuel - 09:30, in session

Item	Count / dose	What I use it for
BCAA HyperClear	1 scoop, 7.5 g	Intra-session amino support
RapiDrem Electrolytes (Lemon & Raspberry)	1 scoop, ~6.5 g (1,000 mg K, 100 mg Mg, 82 mg Ca, 45 mg Vit C; label declares Na 0 mg)	Electrolyte replacement - replaces BioSteel in V2 and V5. Label note: NaCl appears in the ingredient list while declared sodium reads 0 mg - I dose pink salt separately (1/16 tsp, ~150 mg salt) and do not assume hidden sodium.
Himalayan pink salt	1/16 tsp (~150 mg salt, ~59 mg sodium)	Sodium for the session window only - never at night
Medjool dates	2-3 whole, chewed solid	Fast carbohydrate, chewed separately - never blended into the shaker
Base fluid	600–750 mL (20.3–25.4 fl oz / 2.5–3.1 cups) cold water	The largest cold-water window of the day
BioSteel in V2	0 - purged	BioSteel is restricted to V4 only; RapiDrem owns V2 and V5

Why this works: sodium and potassium maintain fluid balance and nerve-to-muscle signaling during the session, magnesium and calcium support contraction chemistry, and the leucine in the 2:1:1 BCAAs signals the mTOR pathway that switches muscle protein synthesis on.

V4 Reload - 11:00, after training

Item	Count / dose	What I use it for
AOR R-ALA	1 capsule, 300 mg, swallowed whole with water before the shake	Antioxidant and glucose-disposal support; never opened into liquid (esophageal burn and degradation risk)
BioSteel Recovery Protein Plus	1 scoop, 36 g half-serving (12 g protein, 19 g carbs, 125 kcal)	Post-session protein and glycogen deposit - the only place BioSteel appears
Beetroot powder	7 g, weighed	Nitrate support in the reload window
Creatine HCl (SD Pharmaceuticals / Proline)	750 mg active (dose 1 of 2)	First of the two locked daily pulses; total day stays 1.5 g. Both brands approved and used interchangeably at vector-specified times
Himalayan pink salt	1/16 tsp (~150 mg salt, ~59 mg sodium)	Post-session sodium replacement
Base fluid	350–450 mL (11.8–15.2 fl oz / 1.5–1.9 cups) room-temperature water	Smaller, warmer, faster to leave the stomach on the commute

Why this works: beetroot nitrate takes a second, separate route to nitric oxide (nitrate - nitrite - NO) from the citrulline route in V1/V6; BioSteel carbohydrate and protein refill glycogen and start repair; creatine tops up the phosphocreatine store that re-makes ATP between sets; and R-ALA, taken separately as a whole capsule, supports glucose handling and antioxidant recycling.

R-ALA with only 19 g of carbohydrate in V4 means post-training tremor, sweating or confusion is read as a glucose question first, not as simple fatigue.



V5 Transport and V6 Pump - the rest-day bridge and the evening override

V5 Transport - State B only, 16:00

Item	Count / dose	What I use it for
Creatine HCl (SD Pharmaceuticals / Proline)	750 mg active (dose 1 of 2 on rest days)	Keeps the 1.5 g rhythm on a non-training day; both brands approved and used interchangeably
Bovine collagen	1 scoop, about 10 g (0.35 oz)	PM collagen - marine in the morning, bovine in the afternoon; connective-tissue supply on recovery day. Beef bone broth sometimes goes into the fudge (nutritional-guide detail)
Liquid L-Carnitine	15 mL (1 tbsp / 0.5 fl oz)	Transport support in the afternoon window
RapiDrem Electrolytes	1 scoop, ~6.5 g (1,000 mg K, 100 mg Mg, 82 mg Ca)	Same product as V2; same label note
Himalayan pink salt	1/16 tsp (~150 mg salt, ~59 mg sodium)	Daytime sodium only; the night stays sodium-free
Base fluid	500 mL (16.9 fl oz / 2.1 cups) cold water	A quiet bridge, not a second pre-workout

Why this works: on a rest day the job is maintenance - creatine keeps the phosphocreatine store full for tomorrow, carnitine keeps fatty-acid transport moving, collagen keeps supplying connective-tissue building blocks, and the RapiDrem electrolytes keep fluid balance steady without a training stimulus.



V6 Pump - State C only, evening threshold (T-30 min primer)

Item	Count / dose	What I use it for
ALLMAX Pump Xtreme (Blue Raspberry)	2 scoops, 31 g - citrulline 8,000 mg, beta-alanine 3,200 mg, GlycerPump 2,000 mg, beetroot 1,000 mg, NitroVascine 250 mg (native payload detailed in the rows below)	Stimulant-free nitric oxide and hyper-hydration base
Betaine anhydrous (formula-native)	2,500 mg	Osmolyte; pairs with 2,500 mg standalone NOW Sports = 5,000 mg on V6 days
Taurine (formula-native)	2,000 mg	Cell-volume support; pairs with 2-3 g added taurine (4-5 g total)
Creatine monohydrate (formula-native)	1,000 mg	Phosphocreatine support inside the formula - never stirred in as a standalone
L-Arginine, as sulphate (formula-native)	500 mg	Nitric-oxide substrate alongside citrulline - arginine, NOT agmatine, on the Canadian label
Alpha-GPC (formula-native)	300 mg	Acetylcholine precursor for evening focus
Choline, as bitartrate (formula-native)	300 mg	Acetylcholine precursor alongside the citicoline capsule
L-Tyrosine (formula-native)	500 mg	Catecholamine precursor for the evening session
Sodium (formula-native)	220 mg	Native to the formula - negligible against daily intake; no pink salt added at night
Huperzine-A (formula-native)	50 mcg	Acetylcholinesterase inhibitor - evening cholinergic support; half-life ~10-24 h. Never a standalone pill
ALLMAX MuscleEAA Xtreme (Cherry Limeade)	1 scoop, 17.73 g (10 g EAA / 5.3 g BCAA, 2 g glutamine, 1 g carnitine, 200 mg Alpha-GPC)	Mirrors V1 scaffolding, no stimulants
PeakO2 matrix	2,000 mg by mass	Oxygen kinetics, evening session
NOW Sports Betaine Powder (standalone)	2,500 mg on top of 2,500 mg native in the Pump = 5,000 mg on V6 days	Osmolyte and methyl donor; the V6 day carries the full 5,000 mg
Citrulline Malate 2:1	4-6 g (~2.67-4.0 g free L-citrulline)	Total citrulline base 10.67-12.0 g for eNOS saturation
Taurine (added)	2-3 g added on top of 2 g native in the Pump (4-5 g total)	Cell swelling without stimulation
Citicoline (T-30 min)	1 capsule, 250 mg, swallowed whole	Evening primer; no morning dose that day
Caffeine / theacrine / synephrine	0 mg - strictly zero	Heart rate and sympathetic tone fall before the 20:00 sleep cutoff
Sodium	220 mg formula-native in the Pump; 0 added pink salt	Negligible against daily intake - no nocturnal vascular load or facial edema; the night still gets no added salt
Creatine in V6	1,000 mg native creatine monohydrate in the Pump (formula-native); standalone creatine HCl stays at 1,500 mg/day (2 x 750 mg) elsewhere in the day	Native monohydrate is formula-native, not stirred in; standalone HCl is never added to the V6 shaker. V3.5's combined '2.5 g total' is retired - do not sum monohydrate and HCl.
Base fluid	500–600 mL (16.9–20.3 fl oz / 2.1–2.5 cups) cold water	20-30 minutes before evening loading

Why this works: the same nitric-oxide and cholinergic drive as V1 - citrulline for blood flow, alpha-GPC and choline for acetylcholine, formula-native Huperzine-A (50 mcg) slowing its breakdown - with betaine supporting methylation and cell hydration, but no caffeine and no adenosine blockade, so the evening session ends without borrowing from sleep.



V10 Shutdown - 18:30, every day - and the firewalls that protect all of it

V10 Shutdown Slurry - 18:30

Item	Count / dose	What I use it for
Hibiscus tisane	800 mL (27.1 fl oz / 3.3 cups), comfortable temperature	The warm base - a ritual, not a sedative
Creatine HCl (SD Pharmaceuticals / Proline)	750 mg active (dose 2 of 2)	Second locked pulse; day total closes at 1.5 g; both brands approved and used interchangeably
North Coast Naturals Glutamine	5 g, weighed	Gut and recovery support in the night window
AOR Glycine	3-5 g, weighed	Inhibitory amino acid for the wind-down
Bovine collagen	1 scoop, about 10 g (0.35 oz)	PM collagen - marine in the morning (V3), bovine at night; connective-tissue supply overnight. Beef bone broth sometimes goes into the fudge (nutritional-guide detail)
Medi-C Plus (modular)	Optional half-scoop, 2.5 g, as needed	Titrated vitamin C and magnesium - not a nightly requirement
Hey Relax	Rare, optional	Occasional only; never a standing nightly dose
BioSteel electrolytes / added salt	0 - strictly zero	Purged to eliminate nocturnal diuresis

Why this works: glycine is an inhibitory neurotransmitter and a collagen building block, associated with calmer, cooler sleep; glutamine is a preferred fuel for gut and immune cells; creatine quietly maintains the phosphocreatine store overnight; and the optional Medi-C Plus vitamin C is the cofactor the body needs to turn collagen amino acids into actual collagen.

The firewalls - what never crosses

Rule	Count / dose locked	Why I hold it
V1 / V6 day branch	At most one of V1/V6 on a training day; both inactive on rest days	Prevents double cholinergic load in one day: 500 mg citicoline, 700 mg Alpha-GPC, formula choline and DMAE from both bases, plus formula huperzine-A (200 mcg + 50 mcg, half-life ~10-24 h - the two formula doses never stack same-day); also 7-9 g taurine, 5,000 mg betaine and 21-24 g citrulline
Creatine day cap	1.5 g standalone HCl (2 x 750 mg) on every day; Pump's 1,000 mg native monohydrate on State C days is counted separately, never summed with HCl	The legacy rest-day Pulse 3 label was an accounting artifact, not a third dose
R-ALA ingestion	300 mg capsule, whole, with water, before V4	Never opened - esophageal burn and hydrolytic degradation; rare insulin autoimmune reports mean glucose awareness comes first
NAKA greens split	20 mL (4 tsp) in a separate glass	Phytic acid and plant fiber stay away from the marine collagen peptides
Citicoline	250 mg capsule, whole, with water	Always a swallowed capsule - in V1 mornings at 05:30, in V6 evenings at T-30
Night sodium	0 added at night	Sleep and blood pressure outrank a saltier shutdown



First thing: priming, then ignition

V3 runs at 04:00 every day I use it. V1 runs only on a State A morning. Same hands, same shaker, different jobs.



V3 Recovery - 04:00 priming. Beef protein, marine collagen, carnitine; gummy and greens kept separate.



V1 Ignition - State A only. Stimulant morning fire; citicoline swallowed separately.

These cards are my personal mixes and doses. They are a record, not a recommendation.

During and after: refuel, then reload

V2 stays with me through the session. V4 is deliberately a half-serving after it - enough to reload, not enough to blur the next meal.



V2 Refuel - in session. Amino support and electrolytes; dates chewed separately, never blended in.



V4 Reload - after training. Half-serving; R-ALA swallowed whole before it, never emptied into the shake.

Creatine HCl across the day stays at 1.5 g total - two 750 mg doses; on a V6 day the Pump adds 1,000 mg native monohydrate, counted separately and never summed with HCl.

Rest day and evening: two opposite jobs

V5 is a quiet rest-day bridge. V6 is the evening override with zero caffeine. They never share a day with each other, and V6 never shares a day with V1.



V5 Transport - State B only. The rest-day bridge that keeps the rhythm without stimulation.



V6 Pump - State C only. 0 mg caffeine, 1,000 mg formula-native creatine monohydrate, 220 mg formula-native sodium.

At most one of V1/V6 on a training day - both inactive on a rest day - is the rule that protects my sleep and keeps the evening session honest.

Last thing: shutdown is a ritual, not a sedative

V10 closes every day the same way: warm hibiscus tisane, glutamine and glycine, bovine collagen 1 scoop, about 10 g, and the second 750 mg of creatine HCl. Optional additions stay optional - half-dose Medi-C, rare Hey Relax - never a nightly requirement.



V10 Shutdown - 18:30 anchor. 800 mL (27.1 fl oz / 3.3 cups) warm hibiscus tisane; food supports the night, it does not push it later.

At least seven hours of sleep opportunity comes first. No vector is a remedy for a short night.

The full 24-hour chronometer - every stage, in clock order

My day is not four blocks. It is eleven timed stages, and the afternoon is a real stage with its own grid. What runs depends on the day: State A morning gym, State B rest, or State C evening gym. If a stage is not listed for that state, it does not run that day.



My weekly organizer - what is daily, what is training-only, and what is optional is decided before the week starts.

Time / stage	State A - Morning gym	State B - Rest	State C - Evening gym
03:30-03:45 Wake pack	3x TestoFX Xtreme, 1x Boron 3 mg, 1x LactoBif 100 intermittent	Same as A	Same as A
04:00 V3 Recovery	V3 shaker + C Defense gummy; greens flush separate	V3 when consumed + gummy; greens flush separate	Same as A
05:00 Breakfast primer	Kasha + Earl Grey; 2x Kyolic 104, 1x NAC 900 mg, 1x California Gold Nutrition NMN 175 mg, 1x Pure Encapsulations Digestive Enzymes Ultra	Normal breakfast; 1x Pure Encapsulations Digestive Enzymes Ultra only	Same meal and grid as A
05:30 Pre-gym primer	1x Citicoline 250 mg swallowed whole	Skipped	Skipped in morning - moves to T-30 before V6
06:00 V1 Ignition	V1 shaker 500–600 mL (16.9–20.3 fl oz / 2.1–2.5 cups); 0 g creatine HCl in V1	Skipped	Skipped - V1 purged all day
09:30 V2 Refuel	V2 in session; 2-3 dates chewed separately	Skipped	Runs in evening session
10:30 Band deload	100-rep band work (Scalpel / Viper) - hyperemia, no axial load	Active recovery	Normal workflow (no morning deload)
11:00 V4 Reload	1x R-ALA 300 mg whole, then V4 half-serving	Skipped	Runs after evening session



Lunch grid, afternoon grid, and both night stages - nothing skipped

Time / stage	State A - Morning gym	State B - Rest	State C - Evening gym
12:00 Lunch - Meal 2	Solid meal + 1x Pure Encapsulations Digestive Enzymes Ultra + lunch grid (10 caps - Ch. 10)	Solid meal + 1x Pure Encapsulations Digestive Enzymes Ultra only - grid skipped	Same meal and lunch grid as A
15:30 Afternoon - Meal 3	Solid meal + 1x Pure Encapsulations Digestive Enzymes Ultra + afternoon grid (6 caps - Ch. 10)	Solid meal + 1x Pure Encapsulations Digestive Enzymes Ultra only - grid skipped	Same meal and afternoon grid as A
16:00 V5 Transport	Inactive (reload done via V4)	V5 shaker: creatine HCl 750 mg + bovine collagen 1 scoop, about 10 g + carnitine 15 mL (1 tbsp / 0.5 fl oz) + RapiDrem	Purged
Evening V6 window	Purged	Purged	T-30: 1x Citicoline 250 mg; then V6 shaker; V2 in session; V4 after
18:15 Night stage 1	2x Magnesium Glycinate (240 mg), 1x Tart Cherry, Inno Nutrition 10000 (1 capsule, dose per label), 1x Milk Thistle conditional	Skipped - no night grid on rest days	Same as A (after evening session)
18:30 V10 Shutdown	800 mL (27.1 fl oz / 3.3 cups) hibiscus + creatine HCl 750 mg + glutamine 5 g, weighed + glycine 3-5 g, weighed + bovine collagen 1 scoop, about 10 g	Same formulation, if consumed	Same formulation at night

The afternoon grid is not optional detail. On training days it runs; on rest days it is deliberately skipped, and that skip is what halves the weekly clearance load. Skipping it in print would misrepresent both the dose and the recovery logic.

Rest-day de-escalation, stated plainly

Rest oral intake is only: 3x TestoFX Xtreme, 1x Boron 3 mg, intermittent LactoBif 100, and Pure Encapsulations Digestive Enzymes Ultra with actual meals - plus V3, V5 and V10 if consumed. Every midday, afternoon and night grid pill is off.



The second angle: seven days, four windows a day. If it is not in the organizer, it is not improvised.



Morning grids - wake pack, breakfast and pre-gym

03:30-03:45 Wake pack - all states

Item	Count / dose	What I use it for	Status
ALLMAX TestoFX Xtreme	3 capsules (500 mg fenugreek, 250 mg Sensoril, 200 mg DIM, 9.5 mg piperine)	Morning hormonal support stack - the first thing on waking. The piperine is why I watch clearance (Ch. 12).	Daily
New Roots Boron	1 capsule, 3 mg elemental	Trace element locked at 3 mg; the lunch Multi adds 1 mg on training days (4 mg total vs 20 mg UL) - wide margin by design	Daily, locked
CGN LactoBif 100	1 capsule, intermittent	Probiotic - intermittent, not a forced daily	Intermittent

Why this works: this is the foundation pack - the TestoFX complex and boron sit in the hormone-support and mineral-balance pathway, while the intermittent LactoBif probiotic supports the gut microbiome that nutrient and hormone metabolism depends on. It stays on rest days because foundations do not take days off.

05:00 Breakfast grid - State A and C (skipped on State B except enzyme)

Item	Count / dose	What I use it for	Status
Kyolic Formula 104	2 capsules (600 mg aged garlic, 380 mg lecithin)	Aged garlic extract with the first meal; S-allylcysteine antiplatelet note - I flag it before any procedure	Training days
California Gold Nutrition NMN	1 capsule, 175 mg	NAD+ precursor in the morning window	Training days
NAC	1 capsule, 900 mg	Glutathione precursor; cysteine donor	Training days
Pure Encapsulations Digestive Enzymes Ultra	1 capsule (1,500 FIP lipase)	Meal enzyme support - runs with every solid meal, including rest days. I have no gallbladder (post-cholecystectomy), so this is the standing enzyme in every stage stack; Naturopathic Active Enzymes Plus and one more rotate in as addons here and there	Every meal

Why this works: NAC supplies cysteine, the rate-limiting building block for glutathione, the body main internal antioxidant; NMN feeds the NAD+ pathway that cellular energy and repair enzymes run on; Kyolic aged garlic contributes sulfur compounds used for cardiovascular support; and the digestive enzymes do the mechanical job - breaking the meal down so the rest can be absorbed.

05:30 Pre-gym primer - State A only

Item	Count / dose	What I use it for	Status
AOR Citicoline	1 capsule, 250 mg, swallowed whole with water	Cholinergic primer ~30 min pre-gym; on State C it moves to T-30 before V6	State A / C primer

Why this works: citicoline provides choline plus cytidine, supporting acetylcholine - the neurotransmitter that carries focus and the signal to contract - and the phosphatidylcholine that cell membranes are built from. Taken whole, separately, once: this is the protocol only cholinergic capsule.

Zinc Supreme is removed on all days and Copper Glycinate is paused on all days. Those absences are part of the grid - see Dose Accounting for why.



Lunch grid - Meal 2, 12:00 - training days only

Ten capsules with the largest meal of the day. On State B rest days this entire grid is skipped - only the meal and its enzyme remain.

Item	Count / dose	What I use it for	Status
Pure Encapsulations Digestive Enzymes Ultra	1 capsule	Meal enzyme support with the solid lunch	Every meal
PureGenomics Multi	1 capsule (25 mg Zn, 300 mcg biotin, 1 mg boron)	Multivitamin base - main zinc source. With MuscleEAA (125 mcg) my training-day biotin is 425 mcg, which is why I disclose it to the laboratory	Training days
CGN Omega 800	1 softgel (480 mg EPA, 320 mg DHA; 800 mg total)	Omega-3 membrane support with the midday fat window	Training days
Pure Liver-GI Detox	1 capsule (50 mg silymarin, 50 mg NAC, 47.5 mg curcumin)	Liver and gut support formula; the NAC tops up the morning 900 mg to 950 mg when this runs (Ch. 11)	Conditional
Himalaya UriCare	2 capsules	Urinary tract botanical support	Training days
KITABIO Pumpkin Seed Oil with Saw Palmetto	3 softgels (3,000 mg pumpkin seed oil, 75 mg 4:1 saw palmetto = 300 mg berry equivalent)	Prostate botanical support in the midday window	Training days
Pure Curcumin 500 with BioPerine	1 capsule (475 mg curcuminoids, 5 mg piperine)	Curcumin with piperine - with TestoFX the training-day piperine total is 14.5 mg, which is why interaction awareness matters (Ch. 12)	Training days

Why this works: this is the housekeeping grid - PureGenomics covers the methylation cycle (folate and B-vitamin chemistry), Omega 800 EPA and DHA feed membrane and lipid-mediator pathways, curcumin with BioPerine addresses inflammatory signaling (piperine slows the clearance that would remove curcumin too fast), Liver-GI supports the liver conjugation pathways, and the UriCare plus pumpkin-seed / saw-palmetto pair covers urinary and prostate support. Conditional items stay conditional.

Conditional means I take that item only when its condition applies that week; it is not a daily default. R-ALA is never opened into a shake. Citicoline is always swallowed whole with water.



The printed phase schedule beside the organizer - the grid exists on paper before it exists in the box.



Afternoon grid - Meal 3, 15:30 - and Night stage 1, 18:15

Afternoon grid - training days only (skipped on State B)

Item	Count / dose	What I use it for	Status
Pure Encapsulations Digestive Enzymes Ultra	1 capsule	Meal enzyme support with Meal 3	Every meal
Higher Healths Beef Liver	3 capsules (1.5 g powder total)	Whole-food B-vitamin, iron and copper matrix from liver	Training days
Pure Ligament Restore	2 capsules (750 mg glucosamine, 200 mg BioCell)	Connective-tissue support formula for the lagging tissue; shellfish glucosamine - I note it with my antiplatelet items	Training days
Pure Lab Copper Glycinate	0 - paused (was 1 capsule, 1 mg)	Paused on all days pending any lab-confirmed deficiency; the pause prevents copper antagonism after the zinc correction	Paused
Designs for Health Zinc Supreme	0 - removed (was 1 capsule, 30 mg zinc bisglycinate)	Removed on all days; removal cut 30 mg of supplemental zinc and fixed the 55 mg excess (Ch. 11-12)	Removed

Why this works: beef liver is the nutrient-matrix item - B12, vitamin A and heme iron in food form - while Ligament Restore supplies the building blocks aimed at ligaments and connective tissue, the structures that have to survive the loads the muscles create.

Afternoon is the stage most summaries drop. In my day it carries the connective-tissue logic - liver nutrients and ligament support in the window between the two training-adjacent meals. Printing it matters because the weekly load changes by ten capsules when it is skipped correctly on rest days.

Night stage 1 - 18:15, training days only

Item	Count / dose	What I use it for	Status
Pure Encapsulations Magnesium Glycinate	2 capsules, 240 mg elemental Mg	Fixed neuromuscular anchor for the night; the magnesium baseline of the whole system	Training days
Inno Nutrition Tart Cherry 10000	1 capsule, dose as labelled on the Inno Nutrition 10000 bottle (the V3.5 Organika 10:1 dose is retired, not transferred)	Night recovery and sleep-architecture support	Training days
Naturopathic Labs Milk Thistle	1 capsule (80% silymarin; mass unlisted on label)	Liver support in the evening window; conditional, not a guarantee of protection (Ch. 13)	Conditional

Why this works: magnesium glycinate pairs magnesium - a mineral involved in hundreds of enzyme reactions and in calming excitatory signaling - with glycine, an inhibitory amino acid; tart cherry is a natural source of melatonin-related compounds and anthocyanins linked to sleep and recovery; and the conditional milk thistle (silymarin) is the liver-antioxidant item, used only when called for.

On State B rest days Night stage 1 does not run at all - no magnesium or night grid pills. V10 still runs if consumed. That contrast is deliberate de-escalation, not an omission.



The numbers I watch, not just the ones I take

Compound	Training day	Rest day	Reference	My read
Supplemental magnesium	341 mg (up to 646 mg with optionals)	100 mg	UL 350 mg (supplemental)	At/above UL on training days - osmotic effect expected and logged
Vitamin C	452.9 mg (1,452.9 mg with half Medi-C)	150 mg	UL 2,000 mg/day	Within limits at half scoop; a full Medi-C scoop would reach 2,452.9 mg and exceed the UL - that is why it stays half and optional
Elemental zinc	25 mg (28.78 mg with almond milk)	0 mg (3.78 mg with almond milk)	UL 40 mg/day	Zinc Supreme removal brought this under the UL and ended the copper antagonism risk
Elemental calcium	202.5 mg (1,336.5 mg with 945 mL / 32 fl oz Silk almond beverage) - V3.7: minus the retired 200 mg calcium capsule	82 mg (1,216 mg with almond)	UL 2,500 mg/day	The beverage, not the capsules, dominates - aggressive hydration required
Potassium	1,269.7 mg (1,931.2 mg with almond)	1,220 mg (1,881.5 mg with almond)	No formal UL	RapiDrem's 1,000 mg per scoop requires intact renal filtration - surveillance in Ch. 13
Caffeine + tea	~373 mg + 40-70 mg Earl Grey	0 mg	400 mg/day guidance	At or above on training mornings - sleep governs, TeaCrine's 16-20 h half-life included
Creatine HCl	1,500 mg (2 x 750 mg); plus 1,000 mg native monohydrate in Pump on State C days, counted separately	1,500 mg	3-5 g/day monohydrate reference	Locked to two pulses; creatinine reading needs Cystatin C (Ch. 13)
Piperine (BioPerine)	14.5 mg	9.5 mg	No UL - interaction threshold	Suppresses P-gp and CYP3A4/UGT - raises exposure to co-administered compounds
Biotin	425 mcg (300 multi + 125 MuscleEAA)	Lower on rest	RDA 30 mcg, no UL	Not toxicity - assay interference; disclose 425 mcg/day to the laboratory and follow assay-specific instructions only (no universal 72-hour washout)
Boron	4 mg (3 mg capsule + 1 mg Multi)	3 mg	UL 20 mg	Wide margin, locked dose

A Project 100 number is never printed without its limit. Single ingredients can look comfortable while the summed day is not - that sum is where I pay attention.

Before I change anything

- Is the measurement comparable? Same device, same conditions?
- Did sleep, digestion or load change first?
- Am I changing one variable, or three at once?

What conditional means in my book

- Calcium pill REMOVED in V3.7 (was Calcium Malate 200) - no calcium capsule in any grid
- Liver-GI Detox and Milk Thistle - only in their support windows
- Medi-C and Hey Relax in V10 - titrated, never standing nightly doses

Risk lives in combinations, not single bottles

Piperine and clearance

14.5 mg on training days can raise exposure to medicines and to the stack itself. I disclose it to prescribers.

Cholinergic stack

Citicoline, Alpha-GPC and choline - plus the formula-native Huperzine-A in the Igniter (200 mcg, V1) and the Pump (50 mcg, V6), an acetylcholinesterase inhibitor - together can cause cramps, salivation, twitching or slow pulse. These are a stop signal, not overtraining. The cholinergic stack is two-sided: precursors AND enzyme inhibition, not precursors alone. The two formula huperzine-A doses never land on the same day (at most one of V1/V6 on a training day; neither on a rest day), and with a ~10-24 h half-life that rule is absolute.

R-ALA and low fuel

300 mg R-ALA with only 19 g carbohydrate in V4 means post-training sweating, tremor or confusion gets glucose awareness first.

Magnesium, vitamin C and bile

The osmotic chain plus continuous bile trickle makes loose stools predictable system output. I log it and adjust fat load before blaming one food.

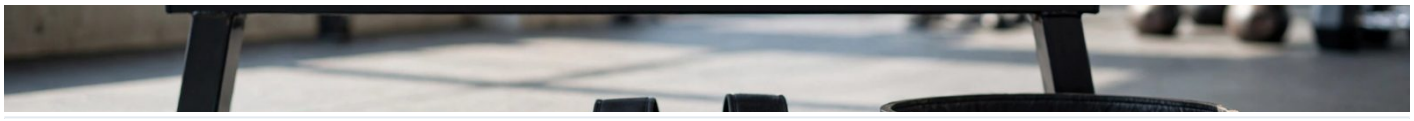
My red flags - stop and get assessed

- Progressive weakness, new numbness, bowel or bladder change
- Jaundice, fever with abdominal pain, recurrent watery stools with weight loss
- Palpitations, fainting, unusually slow pulse, recurrent hypoglycaemia-type symptoms
- Sleep disruption that does not settle when caffeine moves earlier

I never treat a combination symptom by adding its opposite from a supplement shelf.

The zinc and copper correction, in full

Change	Count / dose	What it fixed
Zinc Supreme removed	Was 30 mg zinc bisglycinate, now 0 mg	Brought total zinc from 55 mg overage to under the 40 mg UL and ended enterocyte copper antagonism
Copper Glycinate paused	Was 1 mg, now 0 mg (paused, not deleted)	Holds copper steady while zinc normalizes; a pause is reversible, a removal is not
Boron locked	1 capsule, 3 mg daily (+1 mg Multi on training days)	One variable, one dose - no drift between versions of the day



One page to keep the score honest

The score: 100 lb SMM is the disclosed stretch goal. Earlier corridor figures (90-93 true SMM; 92-97 lb on a standardized BIA printout) were dated observations, not validated physiology - the InBody scan will settle them. Benchmark: 88.2 lb SMM, 197.1 lb, 22.9% on 2 December 2025 at Gym Fit Forme. August 2026 body-fat reading is UNVERIFIED and is NOT counted as a milestone; the below-15% marker remains pending the InBody scan. April 2026 (93.7 lb / 42.5 kg) stays unverified and out of the judgment.

Scan day - run it the same way every time

Step	What I do	Why
Device	Same InBody unit, Gym Fit Forme	Twelve months apart on one device is the only comparison I trust
Morning	Fasted, on waking, post-void, before training and before a large drink	Removes the acute water shifts the device cannot separate from tissue
Buffer	No heavy session, sauna or alcohol in the prior 24 hours	Clears swelling and fluid swings that read as lean mass
Record	Time, last meal, last workout and sleep logged with the printout	Next year needs this year's conditions
Report	SMM, total weight and body fat from that single visit	One visit, three numbers - then weekly logs carry the judgment

Open decision: whether to run a standardized deload week before the scan so swelling does not blur the baseline. Next review: 14-21 December 2026, Gym Fit Forme.

Four laboratory rules

Rule	What I do
Cystatin C, not creatinine alone	With creatine HCl 1.5 g/day and a 200.1 lb chassis, I request Cystatin C eGFR - creatinine alone falsely reads as kidney decline
Biotin - disclose 425 mcg	I disclose 425 mcg/day (300 mcg Multi + 125 mcg MuscleEAA) to the laboratory and follow assay-specific instructions only. No universal washout; I hold only if the specific assay requires it
Morning endocrine draws	Two fasting morning draws, 07:00-09:30, on separate days. An afternoon value - my historical 13:28 draw read 7.4 nmol/L - is a trough, not a verdict
Hepatic panel	Periodic ALT, AST, GGT, ALP and bilirubin, with draw timing noted - training alone can lift AST/CK. R-ALA (300 mg) is always swallowed whole, never opened into liquid

Full telemetry, charts and the FFMI working are in the Encyclopedia. This page is the part the day - and scan morning - actually needs.



Daily totals against their limits

Almost nothing in this system is visible. This page makes the day visible: training day against rest day, against the limit - with the margin stated, not hidden. Full vector chemistry is in the Encyclopedia; each vector table in Chapter 7 already carries its own counts, doses and pathway line.

Compound	Training day	Rest day	Limit / read
Magnesium (supplemental)	341 mg; up to 646 mg with optionals	100 mg; up to 405 mg with optionals	UL 350 mg - optionals cross; osmotic effect expected and logged, compounded without a gallbladder
Vitamin C	452.9 mg; 1,452.9 mg with half Medi-C	150 mg; 1,150 mg with half Medi-C	UL 2,000 mg - a full Medi-C scoop (2,452.9 mg) would exceed it; that is why it stays half and optional
Zinc	25 mg (28.78 mg with almond milk)	0 mg (3.78 mg with almond milk)	UL 40 mg - Zinc Supreme removed; copper paused (Chapter 12)
Calcium	202.5 mg supplements; 1,336.5 mg with almond milk - V3.7: minus the retired 200 mg calcium capsule	82 mg; 1,216 mg with almond milk	UL 2,500 mg - the beverage, not the capsules, dominates
Potassium	~1,270 mg	~1,220 mg	No formal UL - RapiDrem's 1,000 mg per scoop needs intact renal filtration (Chapter 13)
Caffeine	~373 mg + 40-70 mg tea	0 mg (+ tea only)	400 mg guidance - State A sits at or above it; State C is stimulant-free by design
Piperine	14.5 mg	9.5 mg	No UL - suppresses clearance pathways; disclosed to prescribers
Biotin / Boron	425 mcg / 4 mg	Lower / 3 mg	Biotin: no UL - assay interference, disclose 425 mcg (Chapter 13). Boron UL 20 mg - wide margin
Creatine HCl	1,500 mg (2 x 750 mg) on every day	1,500 mg (2 x 750 mg)	Locked pulses on every branch; V6 Pump carries 1,000 mg native monohydrate, counted separately

Three label facts I plan around

- **RapiDrem** (per ~6.5 g scoop: 1,000 mg K, 100 mg Mg, 82 mg Ca, 45 mg vitamin C) declares 0 mg sodium while listing NaCl as an ingredient. I therefore dose 1/16 tsp (~150 mg salt) pink salt separately in V2 and V4, and never assume hidden sodium. The night stays at zero added sodium.
- **BioSteel** appears only in V4 (36 g half-serving: 12 g protein, 19 g carbohydrate, 125 kcal). RapiDrem owns the electrolyte job in V2 and V5.
- **Medi-C Plus** half-scoop (2.5 g) = 1,000 mg vitamin C, 105 mg magnesium, 650 mg lysine. Optional and titrated in V10 - never a standing nightly dose. Hey Relax is likewise rare and optional.

Conditional means conditional: Calcium pill REMOVED in V3.7; Liver-GI Detox and Milk Thistle only in their support windows. Before changing anything I ask: is the measurement comparable, did sleep, digestion or load change first, and am I changing one variable or three?

VISUAL ATLAS

The system, in my own photographs

These are not illustrations. They are the actual room, the actual organizer, and the actual training space the tables describe.



Barbell curl - the day's work, with a bar when the day calls for it.



My training space - built for the next repeatable session, not for a single heroic one.



CLOSE

Durability outranks comparison

The singularity is not a physique borrowed from a stage. It is the point where measurement, training, digestion, sleep and laboratory honesty work as one system - sustained for years.

My scoreboard is my own comparable measurements, my function and my health. Quarterly review beats weekly overreaction. One change, one review window, one decision.

Project 100 - 100 lb of skeletal muscle mass, body fat below 15% - remains the horizon I work toward, disclosed honestly as a stretch. Earlier corridor figures beneath it are dated observations pending the InBody scan. The method underneath both is unglamorous and repeatable: measure honestly, train repeatably, eat with a record, sleep, and let symptoms set the ceiling.

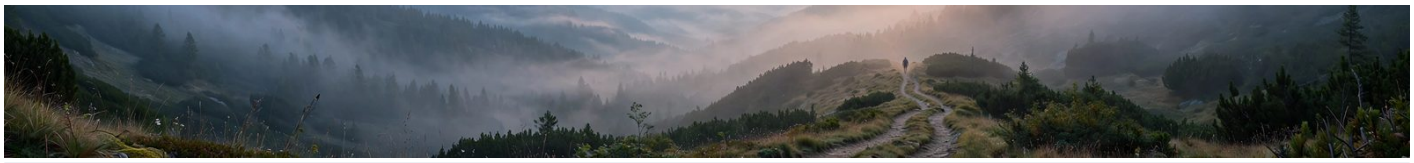


Incline bench with bands set for the next session - the room stays ready, the routine repeats.

Bogdan Dospinescu

Age 46 - Project 100 Guidebook V3.7 - 24 October 2026

Personal record. Not medical advice.



What changed in V3.7, and what this book is not

Version handling - SETTLED. V3.7 (24 October 2026) supersedes V3.6 (24 October 2026), built from the V3.5 baseline (19 October 2026). V3.7 is the V3.6 layout-fixed content renumbered under the owner's major-re-edit rule; the renumber itself changes no content, numbers, or ledgers. The voided file titled PROJECT_100_DAILY_GUIDEBOOK_V3.6_RELEASE.docx is NOT used anywhere in this book - its title number is voided with it, and this V3.7 supersedes it legitimately from the baseline. No v190 material, no invented vector system, no invented salad or meal, and no stale V186.40 dossier workflow enters this edition. The unverified financial ledger is excluded. The 13.6% body-fat reading is excluded as a milestone (see Chapter 1 and Chapter 13).

Canon corrections applied against the baseline text. Calcium pill REMOVED (lunch grid row deleted; Ch. 11 / Ch. 14 totals reduced by the retired 200 mg capsule). Tart cherry corrected to Inno Nutrition 10000 (Organika retired; its dose is NOT transferred). NMN named as California Gold Nutrition 175 mg. Creatine accounting separated: standalone creatine HCl 1,500 mg/day (2 x 750 mg) on every day; Pump's 1,000 mg native monohydrate counted separately; V3.5's combined "2.5 g total" retired. "Zero sugar" wording replaced with "no added sugar". Chapter 14 renamed Minerals & Micros. Goal arithmetic added: 11.8 lb (5.35 kg), +13.4% to the stretch. SMM 100 lb stays the disclosed stretch goal; the 90-93 lb true / 92-97 lb BIA corridor stays dated observations, never validated physiology.

Programme facts carried forward (V3.5 correction register, condensed). Benchmark scan date 2 December 2025 (not 14 December). Day-branch rule: at most one of V1 / V6 on a training day; both inactive on rest days. Planning figures 2,780 kcal / 252 g protein / 69 g fat are historical planning figures; whole-day intake verification is deferred. Technique count 39 (25 base + 6 Pilates-kit + 8 Chest band = 39; sequence 31 to 39). Week 69 slots exact: focused days 15 each (Day 1 Chest 6 + Triceps 6 + Core 3; Day 2 Legs 6 + Shoulders 6 + Core 3; Day 3 Arms 6 + Back 6 + Core 3); Pilates days 12 each; Days 4 and 7 rest. KUZARO bundles: Juggernaut 3 x 85 lb, Titan 4 x 75 lb, Enforcer, Tricep Specialist, Viper, Scalpel (nominal label sums, not measured force at the hand). HPYGN matched pairs: R1 2 x 45 lb, R2 2 x 55 lb, R3 2 x 65 lb. Train systems stay distinct: long-line bands for focus days, matched Pilates kit only for full-body days. Four illustration repairs from V3.5 stand (supported low-front curl; inclined single-arm low-front curl; wide-arm sweep viewpoint; Pilates lateral-raise wrist alignment).

Serving-basis rule (from the V3.5 Fuel overview, kept as a principle only). A number means nothing without its per-what: recipe or source, amount prepared, amount eaten, and nutrition basis (whole blend, whole plate, three wraps, per jar, or whole batch are different quantities). The modelled salad and meal lists that carried that overview are retired; the harvested records in Fuel replace them.

Personal record, not medical advice. This book is Bogdan's personal record of what he does, in his own words and numbers. It is not medical advice, not a prescription, and not a programme for anyone else. Training, supplement and laboratory decisions belong with the reader's own clinician and trainer.

Sources (compact). Baseline: Guidebook V3.5 (19 October 2026). Frozen Kitchen: Gemini V3 Chapter 5 insert, canon-checked (V2.14 cookbook identity, 61 pages). Nutrition: Instagram @fudge_fit harvest, 6 October 2026. Full source register in the Encyclopedia. **Owner decisions still open:** Silk SKU photo; Hexapro label / weighed batch; nutrition scope veto; boxed-manual freeze page. Version handling is settled (supersede) unless the owner overrides.



Colophon

PROJECT 100 Guidebook V3.7 - Daily Manual. Dated 24 October 2026. Built from the Guidebook V3.5 baseline (19 October 2026) by scripted, grep-verified edits - no hand-edits to the baseline, no website or Drive edits (read-only). Rendered with WeasyPrint on LETTER pages. Typography: body 10.5 pt / line-height 1.5, h2 22 pt serif, h3 12 pt, tables 8.2 pt, footers 8 pt. Every quantity is printed in kitchen measures and true measures together. Cover: G2 tactical graphite + orange, generated for V3.7 and distinct from the Encyclopedia cover. Section plates: generated photographs, each used once, each captioned as generated. Footer bands: four distinct black + gold strips (filigree for front and back matter, vine for Fuel / Frozen, chevron for Train, sunburst for planning pages), used as footer strips only, never as section plates.

Supersedes Guidebook V3.6. The voided V3.6 release file, the v190 drafts and the Gemini V3 PDF as an edition are not sources for this book; only the canon-checked Gemini Chapter 5 Frozen Kitchen insert and the Instagram harvest were salvaged into it, as listed in the Edition notes.

Personal record, not medical advice. See Edition notes and Start here.

