

KLF PROTOCOL

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# CLEAN ENERGY PROTOCOL

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*A Natural System for Sustained Energy*

Built on rhythm, discipline, and consistency.

YOUR BODY LEARNS TO DO IT ON ITS OWN

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PHASE 01

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SUNRISE

MORNING

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# 1

## HYDRATION RESET

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- 12–16 oz water
  - Pinch of sea salt
  - Squeeze of lemon
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### *PURPOSE*

Rehydrates and restores electrolytes — can prevent the sluggish, foggy start that kills morning momentum.

# 2

## LIGHT FAST

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- Delay food 2–4 hours after waking
  - Keep first meal light and balanced
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### LIGHT + FOCUSED

- 2–3 eggs
- Olive oil or avocado
- Light greens — spinach, arugula

*Best for: staying sharp · extending clean energy*

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### BALANCED

- Eggs or chicken
- Small portion of fruit — berries or half apple
- Nuts or seeds

*Best for: moderate activity days*

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### PURPOSE

Encourages natural ketone production. Your liver shifts to fat-burning mode.

# 3

## COFFEE (OPTIONAL)

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— Black coffee — no sugar

— Optional: small amount of MCT or coconut oil

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### *PURPOSE*

Sharpens focus and extends the fasted state. Can prevent the sluggish mid-morning dip. MCT oil converts rapidly to ketones, amplifying the effect without a crash.

PHASE 02

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MOVEMENT

MID-MORNING

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# 4

## MOVEMENT TRIGGER

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- 10–20 minute walk
  - Light movement — no gym required
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### *PURPOSE*

Activates mitochondrial energy production at the cellular level. Clears mental fog. Tells your body this is a performance day, not a rest day.

FUEL

MIDDAY

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# 5

## MIDDAY MEAL OPTIONS

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### OPTION 1 — CLEAN & STABLE

- Grilled chicken or fish
- Mixed vegetables — broccoli, greens, zucchini
- Olive oil or avocado

*Best for: workdays · staying sharp all afternoon*

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### OPTION 2 — BALANCED (add carbs if needed)

- Protein — chicken, salmon, beef, eggs
- Vegetables
- Small carbs: Lentils (small scoop), Chickpeas (light), Berries or green apple slices

*Best for: higher activity · workouts · longer days*

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### OPTION 3 — LIGHT MIDDAY (if not very hungry)

- Salad with protein — chicken, tuna, eggs
- Nuts or seeds
- Olive oil dressing

*Best for: maintaining momentum · avoiding heaviness*

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### PURPOSE

Protein and fat digest slowly, releasing glucose steadily. No insulin spike means no crash at 2pm. This is your fuel phase — treat it like one.

STABILITY

AFTERNOON

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# 6

## OPTIONAL SNACK

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- Small handful of nuts
  - 2 boiled eggs
  - Apple slices
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### *PURPOSE*

Tops up energy without spiking insulin. The key word is optional — if your morning fuel phase was solid, you may not need this at all.

WIND DOWN

EVENING

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# 7

## LIGHT CLOSE

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- Keep dinner simple — protein + veg
  - Eat before 8pm if possible
  - Hydrate before bed
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### *PURPOSE*

Supports overnight recovery and sets up tomorrow's energy. A heavy, late dinner disrupts sleep quality — and poor sleep can wreck next-day energy more than anything else.

WEEKLY RHYTHM

# KEEP IT SUSTAINABLE.

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**5** days clean  
Full protocol. No compromise.

**2** days flexible  
Live your life. No stress.

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*Your body is a system. Discipline produces the change.*

*Results compound over time.*

KLF PROTOCOL

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# THIS IS YOUR EDGE.

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Just your body, running the way it was built to.

Start tomorrow. Stack the days.

Let the system work.

*Clean Energy. Clear Mind. Your Design.*