



KLF KNOWLEDGE SYSTEM
HEALTH & WELLNESS LIBRARY
HW-002

CLEAN ENERGY PROTOCOL

A Natural System for Sustained Energy
Built on Rhythm, Discipline, and Consistency

Version 1.0 • Available Now

Your body learns to do it on its own.

Stewarding Spirit. Body. Wealth.
Eat To Live Forever

KINGDOM LIFE FITNESS
Clean Energy Protocol

HW-002 · Version 1.0

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PHASE 01

SUNRISE

MORNING · FOUNDATION PHASE

1

HYDRATION RESET

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

PURPOSE

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

2

LIGHT FAST

- Delay food 2–4 hours after waking
- Keep first meal light and balanced

PURPOSE

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

3

COFFEE (OPTIONAL)

- Black coffee — no sugar
- Optional: small amount of MCT or coconut oil

PURPOSE

Sharpens focus and extends the fasted state. MCT oil converts rapidly to ketones, amplifying the effect without a crash.



PHASE 02

MOVEMENT

MID-MORNING · ACTIVATION PHASE

4

MOVEMENT TRIGGER

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

PURPOSE

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



PHASE 03

FUEL

MIDDAY · FUEL PHASE

5 — MIDDAY MEAL OPTIONS

Option 1 — Clean & Stable (workdays, staying sharp all afternoon)

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

Option 2 — Balanced (higher activity, workouts, longer days)

- Protein — chicken, salmon, beef, eggs
- Vegetables
- Small carbs — lentils, chickpeas, berries or green apple slices

Option 3 — Light Midday (maintaining momentum, avoiding heaviness)

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

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.



PHASE 04

STABILITY

AFTERNOON · STABILITY PHASE

6

OPTIONAL SNACK

- Small handful of nuts
- 2 boiled eggs
- Apple slices

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.



PHASE 05

WIND DOWN

EVENING · WIND DOWN PHASE

7

LIGHT CLOSE

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

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

5

DAYS CLEAN

Full protocol. No compromise.

2

DAYS FLEXIBLE

Live your life. No stress.

Your body is a system. Discipline produces the change. Results compound over time.



KLF PRINCIPLES

THIS IS YOUR EDGE

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

- Awareness comes first — this protocol only works once you've assessed where you actually stand (see HW-001).
- Discipline is a daily choice, repeated — not a single decision made once.
- Consistency compounds. Five clean days a week, sustained, outperforms seven perfect days that don't last.
- Start tomorrow. Stack the days. Let the system work.

Clean Energy. Clear Mind. Your Design.



APPENDIX

ABOUT THIS PROTOCOL

This protocol was produced by Kingdom Life Fitness for educational and informational purposes only. It does not constitute medical advice. Kingdom Life Fitness is not a licensed medical provider. Fasting, dietary changes, and exercise carry individual risk — consult a qualified physician before beginning this or any protocol, particularly if you are pregnant, managing a medical condition, or taking medication. Individual results vary. The kingdom principle is stewardship — build awareness before you build habits.



KNOWLEDGE SYSTEM

Continue Building Your Daily Rhythm

KLF KNOWLEDGE SYSTEM

NEXT RECOMMENDED MODULES

After completing HW-002: Clean Energy Protocol, continue with:

HW-003 — Clean Energy Companion Workbook

HW-004 — Nutrition Fundamentals

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AWARENESS

HW-001	Personal Wellness Assessment Framework	<i>Coming Soon</i>
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DISCIPLINE

HW-002	Clean Energy Protocol <i>— you are here</i>	<i>Available Now</i>
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HW-003	Clean Energy Companion Workbook	<i>Coming Soon</i>
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HW-004	Nutrition Fundamentals	<i>Coming Soon</i>
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HW-005	Fasting Guide	<i>Coming Soon</i>
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HW-006	Whole Foods & Ingredients Guide	<i>Coming Soon</i>
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HW-007	Movement & Recovery	<i>Coming Soon</i>
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CONSISTENCY

HW-008	Building a Sustainable Healthy Lifestyle	<i>Coming Soon</i>
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