

UNSHACKLED™ COVENANT MEAL GUIDE

Restoring the Body Through Discipline, Clarity, and Covenant Alignment

Foundation

Food is not separate from faith. Nourishment is a daily act of alignment. This guide restores discipline, clarity, and strength through consistent practice.

Core Principles

- 1 Eat what strengthens, not what stimulates
- 2 Simplicity over variety
- 3 Whole foods over processed
- 4 Discipline over craving

Grocery List

- 1 Proteins: Eggs, chicken, turkey, fish, grass-fed beef
- 2 Vegetables: Spinach, kale, broccoli, zucchini, cucumbers, asparagus
- 3 Fruits: Berries, apples, grapefruit
- 4 Fats: Avocado, olive oil, coconut oil
- 5 Other: Herbal teas, nuts (moderate)

7-Day Structured Plan

- 1 Day 1: Eggs + spinach / Chicken + broccoli / Salmon + asparagus
- 2 Day 2: Eggs + avocado / Turkey + zucchini / Beef + greens
- 3 Day 3: Fruit + nuts / Chicken salad / Fish + vegetables
- 4 Day 4: Eggs + greens / Chicken + asparagus / Salmon + broccoli
- 5 Day 5: Eggs + avocado / Turkey + greens / Beef + zucchini
- 6 Day 6: Fruit + nuts / Chicken + vegetables / Fish + greens
- 7 Day 7: Eggs + spinach / Turkey + broccoli / Salmon + asparagus

Declaration

I nourish my body with intention. I choose what strengthens, not what weakens. I walk in discipline daily. I am Unshackled.