

Protocol Library — Quick Reference

Doses and timing at a glance. Don't try to use every protocol every day — pick the 1–3 that fit your life and stick with them until they're automatic.

Extra-Virgin Olive Oil

Quality

Cold-pressed, unrefined, dark glass bottle. Peppery "throat catch" = higher polyphenols.

Morning (optional)

1–2 tsp up to 1 tbsp in water with lemon or vinegar, especially high-stress days.

With meals

Use as your default cooking and dressing fat.

Pre-carb meal (optional)

1 tbsp 10–20 minutes before eating, if tolerated.

Avoid

Cheap blends, plastic bottles, exposure to light and heat during storage.

Gutfire Foods

Target

3–5 servings per day, rotating across the three groups.

Group 1 — Fermented (daily if possible)

Plain Greek yogurt with live cultures, kefir, sauerkraut, kimchi.

Group 2 — Anti-inflammatory & fiber

Berries, chia seeds, salmon and other fatty fish, leafy greens.

Group 3 — Satiety & hormonal support

Almonds, avocado, eggs, poultry and lean proteins.

GLP-1 Stack

Psyllium husks

Start 1 tsp in water 30 min before your largest meal → work up to 1 tbsp. Always chase with a second full glass of water.

Vinegar

1–2 tbsp in water before carb-heavy meals.

Protein anchor

Every meal built around a strong protein source.

Matcha latte

30–60 minutes before breakfast or lunch.

Skip if

You take GLP-1 medication, have GI conditions, or your doctor advises against it.

Resistant Starch

Sources

Cooked-and-cooled potatoes, rice, whole grains. Beans, lentils, chickpeas. Green bananas. Konjac products (shirataki).

How to use

Once or twice a day, as your carb source instead of bread or sugary options.

Cook-cool trick

For potatoes/rice: cook, then cool in the fridge several hours or overnight. Eat cold or reheat gently — the resistant starch stays higher than in never-cooled starch.

Rhythm

Not required daily. Several times a week supports gut and metabolic health.

Safety first

These protocols interact with real medications. If you take insulin, sulfonylureas, GLP-1 drugs, or have diabetes, cardiovascular disease, kidney disease, or a GI condition — talk to your doctor before adding any of them. Pregnant, breastfeeding, or history of an eating disorder: talk to your provider first. See Chapter 8 for the full safety notes.