

Phase 4 — Optimize

Reigniting your energy — mitochondria: antioxidants, quality protein, omega-3s



We support energy where it is made, inside your cells. A “rainbow” plate rich in antioxidants, quality protein and omega-3s, plus proper recovery (sleep, activity). Rotate the menu across the 4 weeks.

No time or no appetite for cooking? Part 2 of this booklet — “Eating well without cooking” — gives you the back-up pantry, the express meals (5 minutes, no cooking) and the slip-up survival guide. It starts right after the shopping guide.

— The week menu

DAY	MORNING	LUNCH	SNACK	EVENING
Mon	1 egg, spinach, avocado, pumpkin seeds	Salmon, quinoa, beetroot, rocket	Berries + almonds	Creamy pumpkin-turmeric soup + poached egg
Tue	Quinoa porridge, almond milk, walnuts, blueberries	Chicken, brown rice, colourful peppers, olive oil	Dark chocolate ≥70% + hazelnuts	Parcel-baked sole, broccoli, lemon
Wed	Herb omelette, buckwheat pancake, avocado	Beef, sweet potato, spinach, garlic	Apple + almond butter	Colourful vegetable curry (coconut) + brown rice
Thu	Plant yoghurt, quinoa flakes, berries, flaxseed	Mackerel, lentils, tomato, onion, parsley	Vegetable sticks + hummus	Quinoa bowl, rainbow roasted vegetables, chickpeas
Fri	1 scrambled egg, mushrooms, rocket	Turkey, brown rice, green beans, garlic	Pear + Brazil nuts	Creamy spinach soup + soft-boiled egg
Sat	Buckwheat pancakes, berries	Mackerel, sweet potato, asparagus	Dark chocolate + almonds	Warm salad: quinoa, beetroot, avocado, seeds, egg
Sun	1 egg, avocado, tomatoes, pumpkin seeds	Roast chicken, roasted root vegetables, salad	Berries + hazelnuts	Colourful vegetable soup + lentils

Chrono tip: keep regular mealtimes, with a few hours between meals; in the evening, go easy on the starches.

Interchangeable fish: sardine, mackerel, herring, salmon, sea bream, sole — avoid tuna and large predators (heavy metals).

— The swap bank — build your own variety

The weekly menu is your framework. Here are dozens of interchangeable options, all in line with the rules of the programme: pick, swap and vary with your cravings and the season.

Breakfasts

- 1 egg + spinach + avocado + pumpkin seeds
- Quinoa porridge, almond milk, walnuts, blueberries
- Herb omelette + buckwheat pancake + avocado
- Plant yoghurt, quinoa flakes, berries, flaxseed
- 1 scrambled egg + mushrooms + rocket
- Chia pudding with coconut milk + berries + almonds

Dinners (light)

- Creamy pumpkin-turmeric soup + poached egg
- Parcel-baked sardines + broccoli + lemon
- Colourful vegetable curry (coconut) + brown rice
- Quinoa bowl + roasted vegetables + chickpeas
- Creamy spinach soup + soft-boiled egg
- Warm salad: quinoa, beetroot, avocado, seeds, egg
- Colourful vegetable soup + lentils
- Sea bream + green vegetables + olive oil

Lunches

- Mackerel + quinoa + beetroot + rocket
- Chicken + brown rice + colourful peppers + olive oil
- Beef + sweet potato + spinach + garlic
- Mackerel + lentils + tomato, onion, parsley
- Turkey + brown rice + green beans + garlic
- Mackerel + sweet potato + asparagus
- Roast chicken + roasted root vegetables + salad
- Rainbow bowl: quinoa, colourful roasted vegetables, chickpeas

Snacks

- Berries + almonds
- Dark chocolate $\geq 70\%$ + hazelnuts
- Apple + almond butter
- Vegetable sticks + hummus
- Pear + Brazil nuts
- Plant yoghurt + berries
- MiaM chocolate bar (a healthy alternative, worth keeping on you)

— Foods to discover in this phase

- **Berries (blueberry, blackcurrant, raspberry)** — rich in antioxidants (polyphenols); frozen out of season, and just as valuable.
- **“Rainbow” vegetables (beetroot, pepper, pumpkin, red cabbage)** — a diversity of colours means a diversity of antioxidants.
- **Spices (turmeric, ginger, cinnamon)** — concentrated in protective compounds.
- **Fish (sardine, mackerel, herring, salmon, sea bream, sole)** — omega-3s for cellular energy and the heart; go for small fish and white fish, low in heavy metals, and avoid tuna and large predators.
- **Green tea / matcha (in the morning)** — rich in antioxidants; in moderation, never in the evening.

— Winning pairings

Pairing foods well means absorbing them better:

- **Antioxidants in many colours:** they work in synergy — aim for the most colourful plate you can.
- **Iron (meat, pulses) + vitamin C:** for energy and vitality.
- **Protein + physical activity:** to support recovery and your muscles.
- **Turmeric + white pepper + fat:** the piperine in pepper markedly improves the absorption of curcumin.

— Les aliments à éviter

Applies throughout the programme:

- **Banana & kiwi:** often picked before they are ripe and ripened artificially, with a pesticide load. Swap them for seasonal fruit picked ripe (apple, pear, berries, citrus, plum, grapes).
- **Cow's milk & dairy:** excluded. Go for plant milks (almond, coconut, rice, hazelnut); sheep's or goat's only as an option, if you have no other choice.
- **Wheat, gluten & oats:** to be avoided (oats contain gluten). Go for buckwheat, quinoa, brown rice, sweet potato and pulses (and, if you eat bread, einkorn sourdough or gluten-free).
- **Added sugars & ultra-processed foods:** off the table. To sweeten: cinnamon or a little xylitol (in moderation). Otherwise, sweetness comes from seasonal fruit and dark chocolate $\geq 70\%$.

— Good to know — preparation & choices

- **Eggs:** one fresh egg a day — no more.
- **Almonds:** choose blanched ones (skins removed).
- **Pepper:** white rather than black.
- **Flaxseed:** grind it just before eating, so you absorb it properly.
- **High-heat cooking:** goose or duck fat (high smoke point) rather than butter or olive oil; keep olive oil for raw dressings.
- **Milks & yoghurts:** go for plant-based (almond, coconut, rice, hazelnut); sheep's or goat's only as an option, if you have no other choice.
- **To sweeten:** cinnamon or a little xylitol; never added sugar.
- **Grains:** gluten-free (buckwheat, quinoa, rice) — avoid oats and wheat.

— Shopping guide & tips

- **Where to shop:** frozen berries (cheap and practical), colourful seasonal vegetables, good-quality spices, oily fish.
- **How to choose:** as many colours as possible, whole spices to grind yourself, good-quality green tea.
- **Budget & organisation:** frozen berries, vegetables roasted on one big tray, good-quality tinned fish.
- **Hydration:** water, green tea in the morning, herbal teas; go easy on fizzy drinks and juices.



Keep in mind — This booklet is a source of inspiration, not a medical diet: adapt the dishes to your tastes, your appetite and any allergies or intolerances. If you have a health condition or are on medication, ask a healthcare professional for advice.

PART 2 · CURE VITA — EATING WELL WITHOUT COOKING

The express option

for the days when you have neither the time nor the inclination to cook



Some people will enjoy cooking — for them, the menu booklets are enough. For everyone else (snowed under, at work, no prep done the night before), here is the express option. The principle is simple: you don't need to cook, just to assemble. Keep your booklets for the “cooking” days, keep this guide for all the others — and above all, never feel guilty: the best meal is the one you can actually stick to.

— 1. The back-up pantry (and fridge)

With these basics always in stock, a decent meal is five minutes away — and you are never “forced” into junk food.

- **Tinned fish:** sardines, mackerel, herring (in spring water or in olive oil); salmon and white fish (sea bream, sole) fresh or frozen — avoid tuna, too heavily loaded with heavy metals.
- **Pulses in jars:** chickpeas, lentils, beans (already cooked, ready to use).
- **Fresh:** eggs (1 fresh egg a day), avocados, pre-washed salads, hummus, cherry tomatoes, carrots, plant cheese (or sheep's/goat's as an option).
- **Pantry:** buckwheat pancakes, pouches of pre-cooked quinoa/brown rice, nuts (blanched almonds), almond butter, olive oil (for raw dressings), goose or duck fat (for high-heat cooking), olives, dark chocolate $\geq 70\%$.
- **Freezer:** plain vegetables, berries, plain fish fillets, herbs.
- **Bread back-up:** einkorn sourdough bread, sliced and frozen, ready for the toaster.

— 2. The express repertoire — 5 minutes, no cooking

Assembly meals, no pan required:

- Sardine or mackerel bowl + chickpeas + tomatoes + olive oil + lemon
- Pre-washed salad + 1 hard-boiled egg + seeds + avocado
- Buckwheat wrap + hummus + raw veg + smoked salmon
- Rotisserie chicken (shop-bought) + raw veg + hummus
- Pre-cooked quinoa bowl + pulses + vegetables + olive oil
- Buckwheat pancake or sourdough toast + smashed avocado + hard-boiled egg + seeds
- Mackerel + cooked beetroot (vacuum-packed) + rocket + walnuts
- Lentil bowl (from the jar) + plant cheese + tomatoes + parsley
- **“Nibbles-for-dinner” plate:** raw veg + hummus + 1 hard-boiled egg + nuts
- Soup (a good-quality carton, no added sugar) + hard-boiled egg + seeds

— 3. The lunchbox that travels (at the office, no microwave)

Cold means no reheating — and it travels better. Three bases that hold up all morning:

- **Bento 1:** quinoa + chickpeas + crunchy vegetables + plant cheese + dressing on the side.
- **Bento 2:** brown rice salad + mackerel + raw veg + olives.
- **Bento 3:** buckwheat wraps + chicken + raw veg + hummus.

Tips: keep the dressing on the side (nothing goes soggy), add a piece of fruit and a handful of nuts for your snack, and simply double last night's dinner to take with you the next day.



— 4. Sunday prep in one hour

Not expert batch cooking — a mini-ritual that covers the week:

- **Step 1:** a big pan of quinoa or brown rice.
- **Step 2:** a tray of roasted vegetables in the oven (while the rest cooks).
- **Step 3:** hard-boiled eggs (1 a day, so around 6 for the week).
- **Step 4:** 2 homemade dressings or sauces.

The result: 3 to 4 “assemble-and-go” lunches ready for the week. Round them out with a quick protein (tinned fish, rotisserie chicken). One hour invested on Sunday = five lunchtimes saved.



— 5. The slip-up survival guide — when you eat out

Let's stop pretending nobody ever eats out. The principle: no guilt, you make the least bad choice, and you stay on the programme.

At the bakery

- A wrap (buckwheat pancake or tortilla) filled with protein + raw veg, rather than a white-bread sandwich, a pastry or a pizza.
- Go easy on shop-bought sauces; a piece of fruit alongside if you can.

At the supermarket (your best ally)

- **In 2 minutes:** a ready-made salad + a tin of sardines or mackerel + a piece of fruit + some nuts.
- **Or:** 1 hard-boiled egg + raw veg + hummus. Decent, quick, no cooking.

At the deli counter / quick-service restaurant

- A bowl or poke without a sweet sauce, a salad with protein, dishes built on vegetables and protein.
- Avoid fried food and sweet sauces; water rather than a fizzy drink.

At the fast-food counter (Dagobert, pizza, chips, McDo, Quick...) — the least bad choices

- **The rule:** cut back on sugar, fried food and fizzy drinks, add vegetables and protein, drink water.
- **Wrap or sandwich:** go for the wrap; if it's a sandwich (a Dagobert, say), protein + raw veg, the least white bread you can find, easy on the sauce.
- **Burger:** a plain burger without a sweet sauce rather than an XL meal; skip the chips-and-fizzy-drink duo.
- **Pizza:** thin crust, tomato base + vegetables; one slice with a salad rather than the whole pizza.
- **Always:** go for a salad with protein if there is one, and water instead of a fizzy drink.

The golden rule: an occasional slip-up doesn't undo the programme. You don't stop — you simply put things right at the next meal.

— 6. Back-up snacks (to head off the cravings)

The 4pm craving is dealt with in the morning. Always keep something on you to see you through:

- A handful of nuts (blanched almonds, walnuts, hazelnuts).
- A piece of seasonal fruit (apple, pear, citrus...).
- One or two squares of dark chocolate $\geq 70\%$.
- A MiaM chocolate bar — an excellent healthy alternative to keep on you.

With that in your bag, the vending machine and the bakery on the corner stop being an option.

Worth keeping in mind — This guide is an option for the busy days. Every choice here follows the rules of the programme: no banana or kiwi, no cow's milk (plant milks preferred), no gluten or oats, dark chocolate $\geq 70\%$, cinnamon or xylitol to sweeten. This is not a medical diet: adapt it to your tastes and your constraints, and if you have a health condition or are on medication, ask a professional for advice.
