



## IBMF (Sample) Daily Protocol - My Daily Routine

0330 Wake up, princess!

0335 Begin morning routine: scratch itches, drain tanks

0340 Morning routine:

-Consume supplements consisting of methylated multivitamin, methylated b complex, just thrive probiotic, vit d3, 2000 mg fish/krill oil capsules, milk thistle, etc. consume with essential aminos in 16oz water.

-Cold plunge in ice pod or cold shower for min 3-5 min at 50-58° F max temp

-Brush teeth

-Brush and style beard

-Make 20oz Folgers coffee with 3oz half & half, 1 scoop everyday dose mushroom coffee, 5g creatine monohydrate, 2 Tsp collagen protein place in truck for post workout.

-Preworkout consisting 1 full scoop nutricost pre x, 1 tsp glycerine, 5g creatine monohydrate, 1 tsp beet root powder, 1/2 tsp kratom, 2 scoops of eaa's in 12oz hydrogen water

-Outdoor (no matter the weather conditions) grounding and breath work 8 min

0420 Leave to the gym!

0430 Arrive at gym

0440 Lift one major and one minor body part intensely, abs while drinking more hydrogen water, eat gummy bears or worms between body parts

0530 Shoot and edit daily video for YouTube/instagram and go to work

0600 Work and meal one shake with oatmeal, whole egg, 3 scoops whey, 16 oz hydrogen water and one uncrustable 75g protein total

Supps: Nicotine lozenges and semax or noopept 4 sprays for cognitive clarity

0900 2 rtd protein drinks 60g protein total

1200 2 1/2# 85% lean ground beef patties and vegetable generally asparagus, green beans or corn water/folgers 60g protein total with vitamin supplements similar to am doses

1530 Cottage cheese with fruit or Greek yogurt and rtd protein shake 60g protein total

1800 16 oz hydrogen water with fiber, eaa, greens mix, 16oz blue or black Berrys and pickle spears as desired

1630 Red light therapy 20 min x 2 sides

1930 100 reps of side lateral raises with 10# db, night time supps (same as morning) with eaa

1945 Recovery centered bed time

Random wake ups consume essential aminos as desired for positive nitrogen balance.

\*During the work day or at a time appropriate attainment no less than 10000 daily steps for means of mobility and cardiovascular needs