

BASELINE HEALTH LAB

The Baseline Protocol

The complete 12-week metabolic & nutrition system.

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WELCOME

How to use this guide

Our flagship system. Twelve weeks, three phases, one goal: rebuild how you eat so your energy, digestion and body composition stop fighting you. Every meal, grocery list and habit is laid out week by week — you never have to guess what comes next.

It also includes every other guide in the Lab (a $351 value), plus the trackers and Notion templates we use to keep the plan running after week twelve.

You'll get

- 12-week phased plan: Reset → Rebuild → Sustain
- 140 whole-food recipes with macros per serving
- Weekly grocery lists and 90-minute batch-prep sessions
- How to read your blood panel: 18 markers explained
- All 4 other Lab guides included ($351 value)
- Printable trackers + Notion dashboard

CHAPTER 01

Start here: setting your baseline



Your baseline is simply where you are today: how you sleep, how you eat, how your energy moves through the day. Before changing anything, we measure. For seven days you will eat as you normally do and log three things after each meal — hunger, energy and digestion — on a 1–5 scale.

That week of data becomes the map for the next twelve. Phase 1 removes the biggest sources of friction; Phase 2 adds protein, fiber and variety; Phase 3 makes it automatic.

RECIPE

Baseline Power Bowl

Serves 2 · 20 min · 38 g protein · 12 g fiber



Ingredients

- 1 cup cooked quinoa
- 200 g roasted chicken or tofu
- 1 avocado, sliced
- 2 cups mixed greens
- 1 cup roasted sweet potato
- 2 tbsp tahini + juice of 1 lemon

Method

1. Divide quinoa and greens between two bowls.
2. Top with protein, sweet potato and avocado.
3. Whisk tahini, lemon and 2 tbsp water; drizzle and serve.

THANK YOU

Welcome to the Lab.

Questions or feedback: hello@baselinehealthlab.com

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