

FREE GUIDE · VARIETY

The 4-Week Cuisine Rotation

Same targets, a different part of the world every week — because a plan you're bored of by week three is a plan you quit.

THE IDEA

How the rotation works

1

Your numbers stay the same

Calories and protein are set for you; the food changes around them.

2

A new region every week

Four weeks, four food cultures, so week three never looks like week one.

3

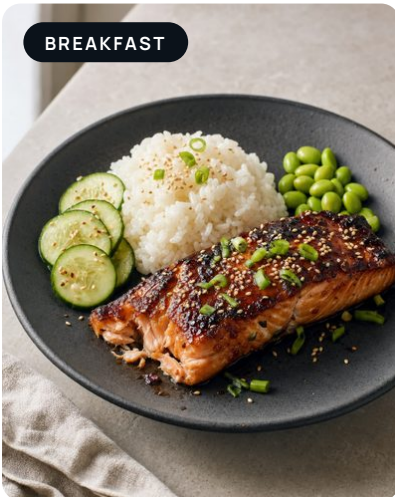
Built to batch

Dinners are designed to cook once and eat twice.

WEEK 1

East Asia Japan, Korea, Vietnam, China

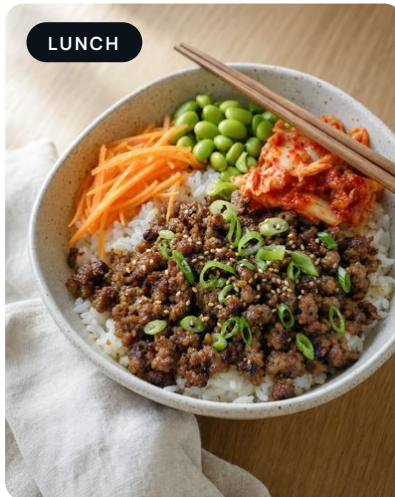
BREAKFAST



Miso-Glazed Salmon with Sticky Rice

693 kcal · 46 g protein

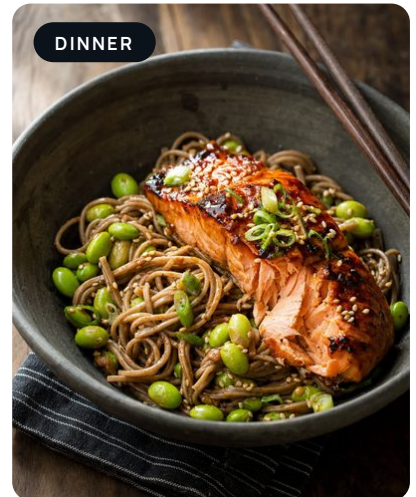
LUNCH



Korean Beef Bulgogi Rice Bowl

648 kcal · 48 g protein

DINNER



Japanese Teriyaki Salmon, Soba Noodles & Edamame

868 kcal · 60 g protein

WEEK 2

Middle East & India

North Africa, the Levant, India

BREAKFAST



Shakshuka with Feta & Pitta

596 kcal · 34 g protein

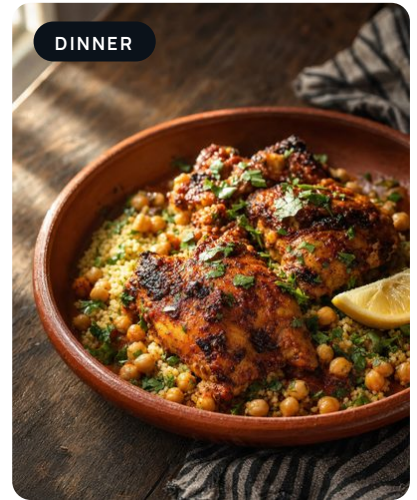
LUNCH



Chickpea & Chicken Protein Bowl with Tahini

617 kcal · 52 g protein

DINNER



Moroccan Harissa Chicken, Chickpeas & Couscous

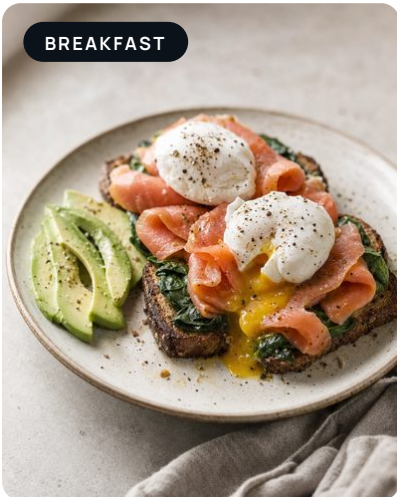
611 kcal · 45 g protein

WEEK 3

Europe

France, Italy, Spain

BREAKFAST



Smoked Salmon, Poached Eggs & Spinach on Rye

548 kcal · 40 g protein

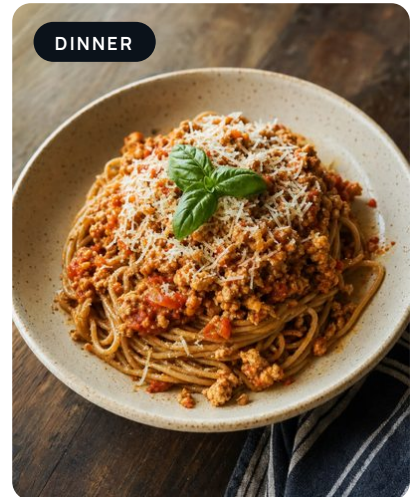
LUNCH



Tuna Niçoise-Style Salad

665 kcal · 47 g protein

DINNER



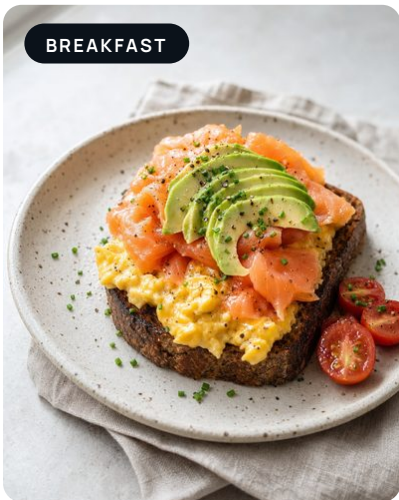
Turkey Bolognese, Wholewheat Pasta & Parmesan

847 kcal · 78 g protein

WEEK 4

World tour Mexico, Thailand, Greece, Ethiopia

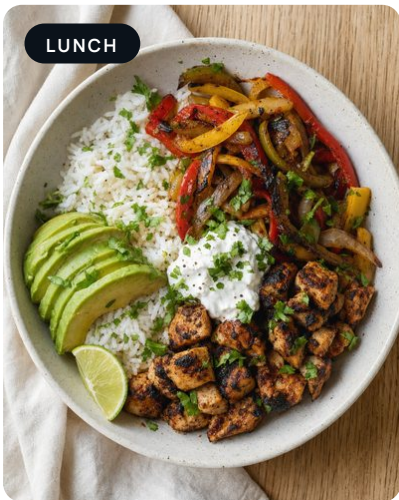
BREAKFAST



Smoked Salmon, Scrambled Eggs & Avocado

465 kcal · 34 g protein

LUNCH



Chicken Fajita Rice Bowl

581 kcal · 49 g protein

DINNER



Thai Green Curry Chicken, Rice

948 kcal · 45 g protein

Also in the rotation: Ethiopian doro wat, Greek beef & aubergine bake, Korean bibimbap, Spanish paella-style rice and more.

AT A GLANCE

Your four weeks

Week	Region	Breakfast	Lunch	Dinner
1	East Asia	Miso-Glazed Salmon with Sticky Rice	Korean Beef Bulgogi Rice Bowl	Japanese Teriyaki Salmon, Soba Noodles & Edamame
2	Middle East & India	Shakshuka with Feta & Pitta	Chickpea & Chicken Protein Bowl with Tahini	Moroccan Harissa Chicken, Chickpeas & Couscous
3	Europe	Smoked Salmon, Poached Eggs & Spinach on Rye	Tuna Niçoise-Style Salad	Turkey Bolognese, Wholewheat Pasta & Parmesan
4	World tour	Smoked Salmon, Scrambled Eggs & Avocado	Chicken Fajita Rice Bowl	Thai Green Curry Chicken, Rice

Per-portion reference values from the Nutrient Warrior recipe library (standard ingredient data). In a real plan, portions are scaled to your own targets.

See how flexible it really is

Pick the cuisines you love and we build four weeks around your numbers.

Comment "FLEXIBLE"