
DEAR™ FRAMEWORK · PERSONAL PLAN

Dear Thomas

Here is your personalised diet, energy, and recovery plan built on your own markers, for increased daily **productivity**, deep **mental clarity**, and long-term **cardiovascular resilience**.

Three goals. Tailored to you specifically, *not to the average person.*



GOAL 01

Stay energized

Eliminate the midday energy crash and remain active across 12-hour days.



GOAL 02

Improve mental clarity

Clear brain fog and elevate your executive decision-making speed.



GOAL 03

Optimize for longevity

Lower mental and physical stress to protect long-term heart health

Priorities. All issues are *fixable*.

PRIORITY 01



Fix Low Energy & Brain Fog

- 01 Very low Omega-3 levels and missing key amino acids are causing mid-day fatigue.
- 02 Your genetics make you extra vulnerable to brain fog during high-stress weeks.

PRIORITY 02



Lower Inflammation & Protect Your Heart

- 01 You have a genetic sensitivity to gluten and bad fats that triggers food slumps.
- 02 Genetic heart risk means salt and saturated fats need strict management.

THE FRAMEWORK

Four components, *one system*.

One systems that tells you: the issue, the goal, and your personalised advice.

D
DIET

Eat more fiber and fatty fish to prevent post-meal sugar crashes.

E
ENERGY

Use targeted morning nutrients and strict caffeine timing to stay energized.

A
ATTRIBUTES

Match your daily routine to your genetics and workout recovery needs.

R
REPAIR

Sleep better, lower body stress, and protect your heart and brain.

Diet

ISSUE

Low fiber and low fish intake cause sharp blood sugar spikes and energy crashes.

GOAL

Smooth out blood sugar, boost healthy fats, and reduce fatigue.

PERSONALISED ADVICE

- 01 Eat **sourdough** or **low-gluten** foods due to genetic sensitivity.
- 02 Eat **fatty fish** (salmon, sardines) 1 to 2 times a week.
- 03 Eat vegetables and protein before carbs to stop sugar spikes.
- 04 Drink 1 tablespoon of **vinegar** in water before heavy carb meals.
- 05 Cook with **extra-virgin olive oil** instead of seed oils.
- 06 Take your daily supplements: **Marine Omega-3, Beta-glucan, and Curcumin.**

E Energy

ISSUE

Lack of healthy brain fats (DHA) causes post-lunch fatigue and brain fog.

GOAL

Clear brain fog, fuel your cells, and keep energy steady.

PERSONALISED ADVICE

- 01 Stop all **caffeine** after 14:00.
- 02 Take **Creatine** in the morning daily for cellular energy.
- 03 Drink 3 to 4 liters of water daily, adding **electrolytes** on workout days.
- 04 Eat a **high-protein** diet (160g daily) to keep energy steady.
- 05 Switch off all screens 1 hour before bed to improve **sleep quality**.

A

Attributes

YOUR PROFILE

Age / Sex

42-year-old Male.

Body Composition

Body Mass Index (BMI) of 26.

Genetic Context

Great exercise potential, but higher stress risk and heart sensitivity.

Lifestyle

Active 3–4 times per week; high-stress founder schedule.

Health Needs

Protect muscle recovery so work stress does not slow you down.

PERSONALISED ADVICE

Supplements

Creatine, Taurine, L-Theanine, Magnesium Glycinate, Vitamin D3, CoQ10.

Food

Use **extra-virgin olive oil** for cooking and add curcumin to fight stress.

R Repair

ISSUE

Work stress and low key nutrients are slowing down your body's ability to recover.

GOAL

Lower body inflammation, fall asleep faster, and protect long-term health.

PERSONALISED ADVICE

- 01 Take a **warm shower** 60 minutes before bed and keep your bedroom cool to fall asleep fast.
- 02 Keep **blood pressure** steady using your customized daily nutrients.
- 03 Protect heart and brain by keeping **lipid** and **blood pressure** profiles highly stable (with stabilizing deficiencies shown in blood results).
- 04 Get **Vitamin E** from food (nuts, seeds, greens), not pill supplements.

Thank you, Thomas

This plan is a starting point, not a test. If anything is unclear, or if you want help fitting it into your week, reach out at any time. We are most happy to help you along the way.

Optional: Schedule Your Physician Review

Book a private 1-on-1 session with a physician at KLM Executive Health Management to walk through your biomarker results and finalize your protocol.