

PLATINUMLOGIK™



OCULAR HEALTH  
— BLUEPRINT —

## PlatinumLogik™ 7■Day Ocular Health Jumpstart

Foods + daily methods to support comfort, clarity, and brighter-looking eyes

## The 3 Pillars (Do These Daily)

- Greens: 2 cups leafy greens daily.
- Healthy fat daily (olive oil/avocado/eggs/nuts) OR fatty fish 2–3x/week.
- Hydration + full blinking during screen time.

## 7■Day Menu (Simple)

**Day 1:** Breakfast—Golden Egg & Greens Skillet | Main—Salmon Sheet-Pan with Broccoli & Peppers | Snack—Citrus-Kiwi Sparkler

**Day 2:** Breakfast—Berry-Citrus Chia Bowl | Main—Mediterranean Lentil & Spinach Stew | Snack—Pistachio-Cacao Trail Mix

**Day 3:** Breakfast—Smoked Salmon Avocado Toast (Rye or Whole-Grain) | Main—Sweet Potato + Black Bean Bowl (Citrus Slaw) | Snack—Blueberry-Lemon Frozen Yogurt Bites

**Day 4:** Breakfast—Green Smoothie (Macula Blend) | Main—Tuna + White Bean + Parsley Salad | Snack—Carrot-Pepper Crunch Plate with Hummus

**Day 5:** Breakfast—Carrot-Ginger Oatmeal | Main—Mackerel & Tomato Olive Pasta (Whole-Grain) | Snack—Dark Chocolate + Orange 'Square & Slice'

**Day 6:** Breakfast—Greek Yogurt + Pistachio + Mango Cup | Main—Chickpea 'Sunshine' Curry (Turmeric + Spinach) | Snack—Mango-Chia 'Pudding' Cup

**Day 7:** Breakfast—Golden Egg & Greens Skillet | Main—Sardine & Lemon Herb Bowl | Snack—Citrus-Kiwi Sparkler