

PLATINUMLOGIK™



OCULAR HEALTH

— BLUEPRINT —

PLATINUMLOGIK™

OCULAR HEALTH COOKBOOK

Visual Edition · 25 Whole-Food Recipes for Eye Support

A Food-First System

for clearer-feeling, brighter-looking eyes

This Visual Edition highlights eight signature recipes from the full PlatinumLogik Ocular Health Cookbook with high-quality imagery so you can see — and taste — the system at a glance.

Every recipe is built around nutrients that support macular pigment (lutein & zeaxanthin), tear-film comfort (omega-3s), antioxidant defense, and the practical habits that keep eyes feeling clearer and looking brighter.

The three daily pillars remain non-negotiable:

1. 2 cups leafy greens
2. Healthy fat daily or fatty fish 2–3× per week
3. Early hydration + full blinking during screen time

Full ingredient lists, methods, and the complete 25-recipe collection live in the companion PDF & DOCX package.



Golden Egg & Greens Skillet

Egg yolk lutein/zeaxanthin + leafy greens for macular pigment support.

Servings: 2 · Prep: 8 min · Cook: 10 min

INGREDIENTS

- 2–3 eggs
- 2 cups spinach or kale
- 1 tbsp olive oil
- 1/4 tsp turmeric
- 1 clove garlic, minced
- Salt + black pepper
- Optional: 1/4 avocado, sliced

METHOD

1. Warm olive oil; sauté garlic 30 seconds.
2. Add greens; cook until wilted.
3. Crack eggs in, add turmeric, salt, pepper.
4. Cover until whites set; finish with avocado if using.

KEY NUTRIENTS

lutein, zeaxanthin, vitamin A precursors, vitamin E, healthy fats



Smoked Salmon Avocado Toast

Omega-3 + vitamin E + carotenoids to support surface comfort and visual function.

Servings: 2 · Prep: 8 min · Cook: 0 min

INGREDIENTS

- 2 slices whole-grain or rye bread
- 1/2 avocado
- 3–4 oz smoked salmon
- Lemon squeeze
- Dill or chives
- Black pepper

METHOD

1. Toast bread.
2. Mash avocado with lemon and pepper.
3. Top with salmon and herbs.

KEY NUTRIENTS

omega-3s, vitamin E, selenium, protein



Berry-Citrus Chia Bowl

Vitamin C + polyphenols + omega-3 precursors for oxidative balance and tear support.

Servings: 2 · Prep: 5 min (+ soak) · Cook: 0 min

INGREDIENTS

- 3 tbsp chia seeds
- 1 cup unsweetened milk of choice
- 1 cup mixed berries
- Zest + juice of 1/2 orange
- 1 tbsp crushed walnuts
- Optional: cinnamon

METHOD

1. Mix chia with milk; refrigerate 20–30 min (or overnight).
2. Top with berries, orange zest/juice, walnuts, cinnamon.

KEY NUTRIENTS vitamin C, anthocyanins, ALA omega-3, fiber



Green Smoothie (Macula Blend)

Lutein/zeaxanthin + vitamin C + hydration-friendly blend.

Servings: 2 · Prep: 6 min · Cook: 0 min

INGREDIENTS

- 2 cups spinach
- 1 frozen banana
- 1 kiwi
- 1/2 cup pineapple
- 1 tbsp ground flaxseed
- 1–1.5 cups water

METHOD

1. Blend until silky.
2. Serve immediately; add more water for a lighter texture.

KEY NUTRIENTS lutein, vitamin C, ALA omega-3



Salmon Sheet-Pan with Broccoli & Peppers

Omega-3 + vitamin C + carotenoids; easy weekly anchor meal.

Servings: 4 · Prep: 10 min · Cook: 15 min

INGREDIENTS

- 1.5 lb salmon
- 3 cups broccoli florets
- 2 bell peppers, sliced
- 2 tbsp olive oil
- Garlic powder, salt + pepper
- Lemon slices

METHOD

1. Heat oven to 425°F.
2. Toss broccoli/peppers with olive oil + seasoning.
3. Add salmon; top with lemon.
4. Bake 12–15 min until flaky.

KEY NUTRIENTS

omega-3s, vitamin C, lutein, zeaxanthin



Sardine & Lemon Herb Bowl

Omega-3 powerhouse with greens and citrus for eye surface + antioxidant support.

Servings: 2 · Prep: 10 min · Cook: 0 min

INGREDIENTS

- 2 tins sardines in olive oil
- 3 cups arugula or spinach
- 1/2 cucumber, sliced
- 1/2 cup cherry tomatoes
- Lemon juice
- Capers (optional)

METHOD

1. Assemble greens + veg.
2. Top with sardines.
3. Dress with lemon and a splash of sardine olive oil; add capers if using.

KEY NUTRIENTS omega-3s, vitamin D, selenium, vitamin C



Sweet Potato + Black Bean Bowl (Citrus Slaw)

Beta-carotene + fiber + vitamin C; steady eye-support fuel.

Servings: 3 · Prep: 15 min · Cook: 25 min

INGREDIENTS

- 2 sweet potatoes, cubed
- 1 can black beans
- 2 cups shredded cabbage
- Lime juice, olive oil, cumin
- Salt + pepper

METHOD

1. Roast sweet potato at 425°F ~25 min with olive oil, cumin, salt.
2. Mix cabbage with lime + olive oil.
3. Build bowls: sweet potato + beans + slaw.

KEY NUTRIENTS beta-carotene, vitamin C, fiber



Dark Chocolate + Orange ‘Square & Slice’

Cacao polyphenols + citrus; portioned treat.

Servings: 10 · Prep: 5 min · Cook: 5 min

INGREDIENTS

- 4 oz dark chocolate (70%+)
- Zest of 1 orange
- Pinch sea salt
- Optional: chopped pistachios

METHOD

1. Melt chocolate gently.
2. Stir in orange zest + salt.
3. Spread thin; add pistachios; chill and break.

KEY NUTRIENTS polyphenols, vitamin C

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Continue the System

This Visual Edition is a companion to the full package:

- Ocular Health Blueprint (Expanded Edition)
- Complete 25-Recipe Cookbook (text + methods)
- 7-Day Ocular Health Jumpstart Lead Magnet

All available as PDF and DOCX on the live showcase page.

Live page:

platinumhealth.ocular7.platinumlogik.com

Build the three pillars daily.

Use the recipes as your practical toolkit.

Protect the investment with simple screen habits.

Part of the PlatinumLogik proof portfolio of mastered concepts and creations.

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