3^3 (3 Cubed)

ANIMAL PROTEIN

Fatty: Ribeye steak, Atlantic salmon, Eggs, 85/15 ground beef

Lean: Chicken breast, Sockeye salmon, 93/7 ground beef

Combo: Mixture of fatty and lean cuts

Choose One

+

FIBER

Gut Health: Onions, Asparagus, Black beans, Mushrooms, Chicory root

Gut Motility: Leafy greens, Cauliflower, Cucumber, Kidney beans

Combo: Ground flaxseeds, Chia seeds, Artichokes, Kale, White beans, Zucchini

Choose One

+

GLUCOSE SOURCE

Starch: Sweet potatoes, Gluten free oats, Wild/white rice, Sprouted grain

Low Fructose Fruits: Grapefruits, Oranges, Peaches, Berries, Bananas

Combo: Mixture of starch and fruits

Choose One

3^3 (3 Cubed)

Most nutrition frameworks oversimplify the complexity of human metabolism. They force individuals into rigid categories—keto, paleo, vegan, carnivore—without considering the deeper variables that shape dietary success. 3^3 (Three Cubed) is a new approach, recognizing that nutrition is not about fitting into a single label but about systematically identifying the dietary patterns that optimize health, performance, and longevity.

The 3^3 framework organizes dietary strategies into 27 distinct profiles, built from three core dimensions of nutrition:

Animal Protein – The primary source of essential amino acids and fats:

- Fatty Cuts (high in both protein and fat, such as ribeye and salmon)
- Lean Cuts (high protein, low fat, such as chicken breast and cod)
- Combination (a mix of fatty and lean sources)

Fiber – Its role in gut function and digestive efficiency:

- Gut Health (fermentable fibers that promote microbiome diversity, such as resistant starch and prebiotics)
- Gut Motility (low-fermentable fibers that aid transit, such as insoluble fiber from leafy greens)
- Combination (balanced intake of both)

Glucose Source – How carbohydrates enter metabolism:

- Starch (complex carbohydrates like potatoes, rice, and legumes)
- Low Fructose Fruits (oranges, grapefruits, berries)
- Combination (a blend of both)

By systematically organizing these three dimensions, 3^3 identifies 27 unique dietary profiles, each tailored to different metabolic needs, energy demands, and digestive patterns. This framework moves beyond diet trends, offering precision nutrition that optimizes resilience, performance, and long-term health.

Here a few profile examples:

Fat-Protein | Gut Motility | Sugar-Glucose

- *Who This Suits:* Individuals with high energy demands who thrive on a fat-dominant diet but require efficient digestion and fast-access fuel from simple sugars.
- *Example Foods:* Ribeye steak, butter, leafy greens (insoluble fiber), honey, and ripe fruit.
- *Best For:* Those prioritizing steady energy without large insulin spikes. Individuals with fast digestion needs and lower gut fermentation tolerance. Athletes or professionals needing quick glucose availability but favoring fat metabolism.

Lean-Protein | Gut Health | Starch-Glucose

- *Who This Suits:* Those focusing on lean muscle mass, gut microbiome support, and slow-digesting carbs for sustained energy.
- *Example Foods:* Chicken breast, cod, fermented vegetables (kimchi, sauerkraut), oats, lentils.
- *Best For:* Individuals managing insulin sensitivity while supporting gut diversity. Those preferring a leaner protein intake for body recomposition or endurance training. People who do well with slow-burning carbs and microbial-supportive fibers.

Combo-Protein | Gut Health | Combo-Glucose

- *Who This Suits:* A balanced metabolic profile, integrating varied protein sources, gut-supportive fibers, and both starches and sugars for flexibility.
- *Example Foods:* Ground beef (85/15 mix), eggs, fermented dairy (kefir, yogurt), sweet potatoes, berries, and honey.
- *Best For:* Those wanting dietary versatility without extremes. People who switch between energy systems based on activity levels. Individuals needing gut-supportive fiber while maintaining carbohydrate flexibility.

Each of these 3^3 Profiles aligns food choices with functional goals—whether it's high-fat fueling, gut optimization, or balanced metabolic flexibility. Remember, this is individualized. You will have to experiment to see which profile works best for your current needs and produces the best results.