

THE FIELD MANUAL CARD

Sheet 4 — The Field Manual Card

The eight standing orders from Chapter 6, on one page, formatted to be torn out or taped inside a cabinet door.

1. The clock feeds you now — three scheduled feedings at fixed times.
2. Every feeding opens with protein — first five bites.
3. Build the small plate on purpose.
4. One liquid feeding daily, minimum.
5. Keep a five-protein bench.
6. Run the bad-day playbook, not improvisation.
7. Water rides the schedule.
8. Audit weekly, adjust monthly.