

The Mac Way Coffee Blueprint

A 7-day coffee, weight & sleep review

Enjoy your coffee with intention. Track what happens, look for patterns, and work with Doc Mac before making caffeine changes.

Two coffee rules

RULE 1	RULE 2
When weight stalls after a clean Meso Menu day, discuss whether a morning coffee adjustment is appropriate. Caffeine can temporarily raise energy expenditure, but it is not a guaranteed fat-loss solution. Do not automatically double your intake after one unchanged weigh-in.	Finish coffee within the first two hours after waking. This is our HOPE coaching routine, not a scientifically established cutoff. Caffeine can affect sleep even when consumed earlier, depending on the person.

Coffee through the four HOPE strands

H - Hormone Optimization: Notice whether coffee affects your sense of stress, jitters, or sleep.

O - Optimal Body Composition: Keep the Meso Menu and weight trends at the center; caffeine effects are modest and variable.

P - Peak Health: Coffee contains plant compounds, including chlorogenic acids (CGAs). Filtered brewing can reduce cholesterol-raising coffee oils.

E - Empowered Mindset: Make coffee part of a deliberate morning routine, rather than an automatic refill.

Doc's two coffee picks

1. [Purity Protect Coffee](#): Selected for its emphasis on coffee quality and CGAs. Actual CGA content varies.
2. [Chemex Classic Coffeemaker](#): Paper-filtered pour-over brewing and a slower morning ritual.

Your morning sequence

Wake → bathroom → weigh → drink water → brew coffee → finish within your agreed morning window → text Doc your numbers.

Coffee counts toward fluid intake, but water first is Doc's preferred morning habit.

7-day coffee & sleep review

Use this worksheet once a day. Continue sending Doc your weight, hours slept, and Wednesday goal weight.

Day	Morning weight	Hours slept	Coffee amount*	Last cup time	Notes / how I felt
1	_____	_____	_____	_____	_____
2	_____	_____	_____	_____	_____
3	_____	_____	_____	_____	_____
4	_____	_____	_____	_____	_____
5	_____	_____	_____	_____	_____
6	_____	_____	_____	_____	_____
7	_____	_____	_____	_____	_____

*Record cups or approximate ounces, and note any decaf. If you know the caffeine amount, add it to your notes.

Your weekly review

1. What happened to my seven-day weight trend? _____

2. Did coffee timing or amount seem related to my sleep? _____

3. What will I discuss with Doc before changing my coffee? _____

My Wednesday goal weight: _____ My next action: _____

Important: Do not double caffeine without individual guidance. More caffeine may worsen anxiety, palpitations, reflux, blood pressure, or sleep and may interact with medications. A commonly cited upper limit for most healthy adults is 400 mg caffeine per day, but some people need much less. Pregnancy and certain medical conditions require different limits. This worksheet is educational and is not individualized medical advice.