

De Post Kitchen Reference

Byzantine fasting tradition · Genetic protocol · Kitchen structure

MEAL STRUCTURE: Ichiju-Sansai

"One soup, three dishes" — Japanese framework, Romanian soul

- **Ciorbă** (the soup) — always first, the anchor of every meal
- **Mămăligă** (the starch) — cornmeal base; test on CGM vs rice
- **Tocană** (the stew) — main dish, heavy on onion + paprika
- **Murățuri** (the pickles) — fermented vegetables, probiotic

De post = no meat, no dairy, no eggs. Fish on certain days.

GENETIC DIET PROTOCOL

Derived from 23andMe v4 genome, March 2026

- **Low sat fat** — olive oil + fish oil primary. No butter/coconut.
- **No liquid dairy** — LCT GG. Hard aged cheese borderline.
- **Big meal midday** — MTNR1B het. Evening carbs spike insulin.
- **Coffee AM only** — CYP1A2 slow. Max 2 cups. Half-life 5-8hrs.
- **No charred meat** — NAT2 slow + 8q24 GG. Avoid HCAs.
- **No/minimal alcohol** — AAT Pi*Z carrier + fast ADH1B.
- **Fatty fish 3-4x/wk** — salmon, sardines, mackerel (FADS1).
- **Cruciferous veg** — upregulates weak GSTP1 detox.
- **Fermented foods** — support FUT2 het microbiome.
- **OMAD/2MAD** — fasting is primary metabolic lever (PPARG).

THE FOUR DISHES

CIORBĂ (Sour Soup)

Base: onion, carrot, parsnip, celery, potato

Sour: borș (fermented wheat bran) OR lemon OR sauerkraut brine

Add: green beans, bell pepper, zucchini, tomatoes

Herbs: leuștean (lovage) is canonical. Backup: dill + parsley.

Method: Sauté aromatics → add root veg + water → simmer 20m → add soft veg → 10m → add sour → herbs off heat

TOCANĂ (Stew)

Key: 1:1 onion-to-main-ingredient ratio by weight. The onion IS the sauce.

Method: Dice tons of onion → cook low 15-20m until melted → kill heat → stir in boia (paprika)

→ add main ingredient → brown → add tomatoes + barely cover with water → simmer low & slow

Times: Meat: 1.5-2 hrs | Mushrooms: 45 min | Beans: 30 min. Sauce should be thick, not soupy.

De post: ciuperci (mushroom) or fasole (bean). Serve over mămăligă.

MĂMĂLIGĂ (Cornmeal Porridge)

Ratio: 1 cup coarse cornmeal : 3 cups water : 1 tsp salt. Whisk cornmeal into boiling salted water.

Method: Stir constantly over medium heat 20-30 min until pulls from sides. Invert onto board.

Note: Test on CGM — if corn spikes like rice, sub sweet potato or beans as starch base.

MURĂȚURI (Pickles/Ferments)

Traditional lacto-fermented vegetables: cabbage (varză murată), cucumbers (castraveți murați), peppers, green tomatoes, cauliflower. Brine = water + salt (no vinegar). Ferment 1-3 weeks.

Serve alongside every meal. The brine (zeamă de murături) can also sour ciorbă in a pinch.

BORȘ MAINTENANCE

Main supply: strain liquid → fridge. Keeps 2-3 weeks. Use for ciorbă.

Starter/mother: small jar with liquid + sediment → fridge.

New batch from starter: 1 cup wheat bran + 1 tbsp cornmeal + 4 cups warm water + starter liquid. Ferment 2-3 days.

Feed starter every few weeks with 2 tbsp bran + 1 cup warm water to keep culture alive.

If it turns vinegary (acetic), use for marinades and start a fresh batch from starter.

DAILY SUPPLEMENTS

Berberine (Thorne) | Fish oil 2-4g EPA+DHA | Vitamin D | Collagen + Vit C (pre-training)

Retinol (or liver weekly) | B-complex (pending bloodwork)