

The Microdosing Daily Plan

Your Step-by-Step Guide

Introduction

Our three specialized programs help you time your doses perfectly. Whether you are starting fresh, have some practice under your belt, or consider yourself a veteran, we offer a track that fits your comfort level. Utilize our Microdosing Daily methods to explore the benefits, enhance your sustained productivity, or push your overall performance to new heights.

Our programs provide a clear framework for your dosing and resting days. Following a cycle of one to two months, we highly recommend taking a complete break for at least two to four weeks. This rest period stops your body from building a tolerance, guaranteeing that you feel the full, restorative power of the practice each time you resume.

Beginner Track

Our beginner program is the perfect way to gently introduce yourself to the perks of microdosing. This follows a simple three-day rotation that you maintain for four to eight weeks. We suggest committing to this for at least one month to accurately gauge if it brings you the desired results.

- **Day 1: Initial Dose.** Take your starting dose around 10:00 AM. Since this is your first time, begin with the smallest amount (you can adjust this later as needed). It is highly recommended to do this on a free day without major responsibilities. Go for a relaxing walk outdoors, and avoid driving or operating machinery until you've found the dosage that works best for you.
- **Day 2: The Afterglow.** This is your first rest day, meaning no dose is taken. This step is crucial because the subtle effects from the previous day are still quietly active in your system. Take time to journal any shifts in your mood or perception. Sit back, reflect, and pay attention to how your mind feels.
- **Day 3: System Reset.** Today is a standard day completely free of dosing. Skipping the dose again ensures your body doesn't build a resistance to the substance. It also provides a clear

contrast so you can compare how you feel today versus your dosing day. Be sure to document your physical and mental state.

Start the cycle over.

Experienced Track

This track is for you if you are already familiar with the advantages of microdosing and want to maintain consistent bursts of creativity, energy, and focus. This utilizes a four-day rotation meant to be followed for four to eight weeks. Give it at least a month to evaluate its effectiveness.

- **Day 1: First Dose.** Consume your initial dose at 10:00 AM to kickstart a highly productive day. A standard amount is 1 gram of fresh truffles.
- **Day 2: Second Dose.** Take another 1 gram of fresh truffles today. Try to consume it at the exact same time as you did on Day 1 to keep your body's levels steady.
- **Day 3: The Afterglow.** No dose is taken today. Use this time to observe the lingering background effects of two consecutive dosing days. Log your thoughts and feelings in an app or notebook to easily track your personal evolution.
- **Day 4: System Reset.** This is a completely normal, non-dosing day. Taking this time off prevents tolerance buildup and stops your system from adapting to the substance. Continue to log your observations.

Start the cycle over.

Advanced Track

This track is designed strictly for those who are highly experienced with microdosing and deeply understand how their own body processes truffle doses. It's meant for achieving peak performance, maximizing daily output, and sustaining high energy levels.

- **Day 1: First Dose.** Take 1 gram of fresh truffles at 10:00 AM to power through your day, or take it in the evening right before bed if your goal is to enhance sleep quality.
- **Days 2 through 4: Active Dosing.** Consume 1 gram of truffles each day. Ensure you take it at the exact same time every day to maintain a consistent rhythm across all dosing days.

- **Days 5 through 7: System Reset.** These three consecutive days are entirely dose-free. This extended break is mandatory to prevent tolerance and keep your system highly responsive. Keep journaling your experiences throughout these resting days.

Start the cycle over.