✦ A CHEF TONY BLUEPRINT ✦

Free trial copy · 2026 edition

POWER of ONE

The Blueprint Report

The system one chef used to build a second income between shifts — using nothing but a phone.

BY

CHEF TONY

FOUNDER · POWER OF ONE

A NOTE FROM CHEF TONY

Hey — glad you're here.

If you're reading this, you probably found me the same way most people do: on a phone, between shifts, wondering if there's a way out of the loop where every extra dollar comes from another extra hour.

I've been where you are. Line cook. 12-hour shifts. Coming home so wiped out that the idea of building something "on the side" felt like a joke. I didn't need another lecture about hustle. I needed a system I could actually run on my phone, on my breaks, without needing a finance degree.

This report is the short version of what I built. Not the full manual — just the frame. Enough for you to look at your own week and see whether the shape fits.

> *One trade. One system. One shot at rewriting how your week pays you. That's it. That's the whole thing.*
>
> — Chef Tony

Read this straight through. It's 15 minutes. Then decide if you want the rest.

THE CORE IDEA

One system. One screen. One trade at a time.

"Power of One" is the name I gave the whole approach the day I stopped juggling five apps, three chat groups, and two half-finished courses.

The old way: you're flipping between TradingView tabs, a signals group, a broker app, a spreadsheet, and YouTube tutorials. Every screen is fighting for your attention. You feel busy. You don't feel decisive.

The Power of One way: one dashboard, one set of rules, one signal at a time. Yes or no. Trade or wait. Move on with your day.

ONE SCREEN

The Multi-Chart Dashboard runs 8 charts, 21+ indicators, and 10 markets on one window.

ONE SYSTEM

Three rules. Same rules on every trade, every day. No new tricks each week.

ONE GOAL

Build a repeatable $50/day floor before you chase anything bigger.

That's it. That's the entire philosophy. The rest of this report is how it actually gets executed — the three rules that filter every trade, the ecosystem that runs the alerts, and the framework that keeps a small consistent number stacking without wrecking your week.

CHAPTER THREE

The 3 Core Rules

If a setup doesn't pass all three, it doesn't get taken. Period.

01

One Signal, Not Ten

Every trade has to come from the same signal template. Not a hunch. Not a Discord tip. Not "it looks like it wants to go up." The Multi-Chart Dashboard's BUY/SELL indicator is what decides — you're just the one who clicks. If you find yourself squinting at the chart, the answer is already no.

02

One Direction Per Session

Pick a side and stay there. If the day opens long-biased, you take longs. You don't get greedy and flip short because a wick teased you. Sessions where you flip both ways are where discipline dies and small losses become bad afternoons. One direction, one session.

03

One Reason to Exit

Before you enter, write the exit. Target hit, stop hit, or time-out. Those are your only three ways off the trade. "Feels toppy," "looks tired," "I've had a bad day" — none of those are exits. Pick a reason, honor it, close the app, go finish your shift.

That's the whole filter. Anytime someone asks me "what changed when you started making money?" — this is it. Not a fancier setup. Not more screens. Just refusing to take trades that don't clear all three rules.

CHAPTER FOUR

The 2026 Ecosystem

The four tools that quietly do 90% of the work.

Multi-Chart Dashboard

$49 · ONE-TIME

8 live charts on one window, 21+ pro indicators, drop-in BUY/SELL bots, 10 markets, works on Windows + macOS. No monthly fee, no login, no subscription. This replaces the $50-100/month you'd otherwise pay for TradingView Pro.

Telegram Signals Group

INCLUDED WITH TIER

Where I post the live setups I'm watching that day. Not a group chat — a signal feed. Zero noise, just "here's the level, here's the direction, here's the invalidation."

AI Chart Analyst

INCLUDED

Upload a chart, get a plain-English read on where the pressure is. Great for double-checking your own read before you click buy.

The Blueprint (full)

THE BOOK YOU'RE READING IS THE SHORT VERSION

The full write-up of every rule, every screenshot walkthrough, every mistake I made so you don't. What this report summarizes in 15 pages, the full Blueprint expands in 60+.

CHAPTER FIVE

The $50/Day Framework

Why small and consistent beats big and rare — every single time.

$50/day is the floor I ask new members to aim at first. Not $500. Not $5000. Fifty.

Sounds boring. That's the point. Boring is what compounds.

$50 / day	$250 / week	$1,000 / mo
× 5 trading days	× 4 weeks	× 12 months
= $250 / week	= $1,000 / month	= $12,000 / year

$12k/year isn't life-changing — but the person who can consistently make $50/day can make $500/day. The person who's chasing $500/day from day one usually ends up making zero.

Why the floor matters more than the ceiling

Skill compounds. $50/day for 90 straight days means you've built the discipline muscle to hit $200/day. You cannot skip this step. The floor is where the trust with yourself gets built.

CHAPTER SIX

Real wins. Real members.

A handful of quotes from the private Telegram group.

> *"First green week in six months. The rules did the heavy lifting — I just stopped overriding them."*
>
> **— MARCUS D., LINE COOK · AUSTIN**

> *"I finally deleted the other three apps. One dashboard, three rules, done in 40 minutes a day."*
>
> **— PRIYA S., NURSE · MANCHESTER**

> *"$63 today. Small. But I hit my floor 12 sessions in a row now. Compounding is a real feeling."*
>
> **— ARI K., PART-TIME DRIVER · TORONTO**

> *"Bought the Multi-Chart on the Monday. Made the $49 back on the Wednesday. Then it just kept going."*
>
> **— DANILO R., BARISTA · LISBON**

Names slightly changed for privacy · Individual results vary · Not a guarantee of any outcome.

CHAPTER SEVEN

Ready to run this for real?

You've got the frame. Three rules, one system, one dashboard, one honest floor to aim at.

The next step is getting inside the actual environment: the Multi-Chart Dashboard on your machine, the daily signals in Telegram, the full 60-page Blueprint on your screen. That's the Power of One system — the full version that this report is the summary of.

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THE SMALL PRINT

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That's the report.

Whichever direction you go — full system, dashboard-only, or just keep reading — thanks for making it this far. If it lands, tell someone. If it doesn't, tell me why. Either way, you're a step further along than you were 20 minutes ago.

— Chef Tony · Power of One