



# THE LONGEVITY REBOOT 10 Day Meal Plan





## Do's and Don'ts

1. Your diet should be whole food, plant-based. Dr Longo recommends once or twice a week adding ocean caught low mercury fish. This is up to you, but on this program we have left this out, but you may feel you would like to add this in. Also advised by Dr Longo is as of age 65+ with muscle atrophy add in some organic goats milk. Again this is your choice but my recommendation is to consume organic soya which is already fortified.
2. This is a time restricted eating to a 11 hour window. Start with breakfast at 8am, and do not eat later than 6-7pm
3. Eat only two to three times a day so breakfast, lunch and dinner is optional. If you are trying to lose weight, you may want to replace the dinner meal with a simple soup or juice. If your BMI is in the normal range you can increase your meals to the three meals a day and you can add one nourishing snack. I have chosen dark chocolate for its many mood boosting properties and supports kidney health. You can make your own with melted 80% dark chocolate and then add in some activated nuts and dried fruits, chia and flax can also be added (activated nuts are pre-soaked over night, to release the enzyme inhibitors and then dried, see Nuts in the program on details on how to do this) then allow to harden again into chocolate and cut into small squares. Or you can buy a 150 calorie bar pre made.
4. In this program whole-grain bread is in the meal plan. However if you are bloated by bread leave this out or substitute with the bread for flax crackers or a gluten free bread. The same applies to the cinnamon bagel and focaccia.
5. Dr Longo also recommends coffee, if you have cut coffee out you can replace this with barley coffee, or any of the coffee alternatives in the program from Day 6. Or try a hibiscus tea, recipe for this is also in the program. High and rich in anti-oxidants and recommended by Dr Michael Gregor as being one of the most beneficial teas to consume. I recommend steeping in cold water over night, then add some pomegranate seeds and a squeeze of lime and even add in some sparkling water too. Yum!





## Do's and Don'ts

6. Think in terms of nourishing foods.
  1. Protein for essential fatty acids like omega 3 and 6 in ratio.
  2. Minerals
  3. Vitamins
  4. Supplement well
    1. Multivitamin and mineral supplementation
    2. Omega 3 (algal oil) supplementation
    3. Vitamin D
    4. Vitamin B12 which can be in the multivitamin
7. FATS: Diet should be low in bad fats, trans fats, hydrogenated fats, and high in good fats like almonds, walnuts, wild caught salmon (optional).

CARBOHYDRATES: Rich in complex carbohydrates like whole grain breads made with quality flour (not supermarket bread), vegetables. Limit pasta, rice and white bread, fruit juices and simple carbohydrate fruits.

PROTEIN: No animal protein. But high in vegetable proteins to maximize nourishing effects. You want to eat around 0.31g – 0.36g per pound of body weight.

E.g    100lbs = 31.0 – 36g of protein  
          150lbs = 46.5 – 54g of protein  
          200lbs = 60g of protein and no more
8. The macronutrient breakdown in this program is 30% Fat, 11% Protein and 59% complex carbohydrates.
9. Salt replacer we use savory spice blend – recipe is in the main program. You can also season with any spices that you like or herb mix, or even a salt substitute that you can find in your local health store. Always enjoy eating your food. Better to add a little salt and enjoy than no salt and not enjoy.

# Tips

1. If you have a sweet tooth then you can add some cherries or fruits at the end of your meal. Or dried fruits but these are higher in sugar.
2. Alternatively you can try some oil free pop corn, roasted makhana, roasted chickpeas – see recipes in the main program for how to make.
3. Remember to hydrate well with distilled water in between meals. You should be drinking around 2 – 3 liters per day depending on activity levels, temperature weather, how much you sweat and exercise levels. Make sure that your pee is clear. Then you know you are drinking enough water
4. You will notice that you will become regular. Bowel movements 1 – 3 times a day are a sign of great health. Keep track of when you go. 300-500g a day is what you should be aiming for. Waste elimination keeps the bowels clean, toxins coming out and you will feel good.
5. Add broccoli sprouts and turmeric, garlic, onions, brassica family vegetables, leafy greens, to as many dishes as you can for the high nutrient and healing power of these foods.

# Exercise

1. Build up your exercise by trying to walk an hour per day
2. Take the stairs instead of the escalator
3. Get off the bus one stop early
4. Park the car furthest away that you can then walk more to your destination
5. Do moderate exercise of at least 2.5 hours a week spread out to every other day, mix between aerobic and non-aerobic exercise.
6. Strength exercises with weight bands
7. Weights, push ups, sit ups, horse stance (as shown by Wim Hoff)
8. Breathing exercises – Wim Hoff
9. Strengthen muscles – take your protein after your workout

# Mindset

Your mindset in any new practice is key. If you struggle with this and fall off the horse easily then head to the pre-program and Mindset course and have a look through these exercises to get you in the right frame of mind.

Wipe your slate clean in terms of things you have to do for everyone else. Give yourself time to do this and do it properly. To prepare your meals, to incorporate your self care, time for you and your exercises. Like breathing exercises, hot and cold showers, meditation, every other day strength training, yoga, and so on on you can find the ideas for this in the healing section in the Ultimate Health program.

# Week 1 Meal Plan

Day 1

## BREAKFAST

- Coffee &
- Your choice of Nut Milk 240ml
- Whole-Wheat focaccia 60g (if gluten free replace with flax crackers)
- Flax oil 1tbsp
- Fresh Blueberries ½ cup

## HOW TO MAKE

1. Add the flax oil to the toasted focaccia
2. Add the blueberries on top or replace with wild blueberries which have higher antioxidant power
3. Add ½ teaspoon ground flax to your blueberries for extra fiber. Squash these on the toast or flax crackers

## *Pine Nut Spinach*

### LUNCH

- Spinach 150g
- Pine Nuts 1tbsp
- Raisins 1 tbsp
- Flax oil 1 tbsp
- Savory spice blend to taste
- Spelt crackers 40g
- Sprouted broccoli seeds

## HOW TO MAKE

1. Steam the spinach
2. Mix drained spinach with pine nuts and raisins
3. Cook extra if you want to or toast the pine nuts and add
4. Add water to avoid drying out
5. Add oil after cooked and mix
6. Serve up with the crackers

## SNACK

- Coconut mylk 240ml
- Nut & whole-grain dark chocolate bar (150 calories, 5g sugar or less – no milk 80% dark chocolate)

## HOW TO MAKE

If you like hot chocolate you can add the cocoa straight to the mylk in the frother and ditch the chocolate bar

## *Black Bean + Grains*

### DINNER

- Black beans 150g cooked
- Broccoli, steamed 200g
- Whole grain of your choice 40g
- Garlic 1 clove sliced thinly
- Hot pepper (optional) or balsamic vinegar
- Savory spice blend
- Nutritional Yeast flakes

## HOW TO MAKE

1. Cook the grain of your choice with the beans and the broccoli..
2. Drain and coat with the flax oil, garlic and if you like a hot pepper sauce or balsamic vinegar.
3. Sprinkle over with the nutritional yeast
4. SIDE DISH: side salad of your choice or steamed greens 200g

## NIGHT TIME SNACK SUPPLEMENTS

Walnuts 25g and dried cranberries 20g  
TAKE YOUR SUPPLEMENT PROTOCOL

# Week 1 Meal Plan

Day 2

## BREAKFAST

- Tea, 1 green tea & 1 black tea
- Juice from 1 lemon
- Cereal 60g
- Almond mylk 240ml

## HOW TO MAKE

1. Steep the tea in hot (not boiling water or the antioxidants get killed off)
2. Squeeze the lemon and add to the tea
3. Choose a cereal like 100% whole grain oats, or Weetabix or All Bran add the mylk of your choice hot or cold (you can heat mylk in a frother but on non froth mode)

## Wild Rice + Beans

### LUNCH

- Wild rice 40g
- Green beans 150g
- Fresh tomato 150g
- Garlic 2 cloves
- Savory spice blend to taste
- Flax or hemp seed oil
- Fresh basil
- Pepper
- Side dish of greens or salad

## HOW TO MAKE

1. Cook the rice to the packet instructions
2. In a separate pan steam the beans, tomato, garlic and season
3. After cooking add the oil and chopped basil
4. Serve over the rice
5. Serve with a side dish of green veggies or side salad 200g. Season with lemon juice

## SNACK

- Hazelnut mylk 240ml
- Nut & whole-grain dark chocolate bar (150 calories, 5g sugar or less – no milk 80% dark chocolate)

## HOW TO MAKE

If you like hot chocolate you can add the cocoa straight to the mylk in the frother and ditch the chocolate bar

## Legume + Asparagus

### DINNER

- Beans/legumes of your choice 150g cooked
- ½ Red onion,
- 1 Garlic clove
- Ground flax seed 1 tbsp
- Asparagus 300g
- Flax or hemp oil 1 tbsp
- Juice of one lemon
- Savory spice blend
- Whole-wheat bread 60g

## HOW TO MAKE

1. Sweat the onion and garlic in a pan with some vegetable stock, add the ground flax.
2. Add the cooked beans or lentils.
3. Add the steamed asparagus
4. SIDE DISH: Serve with a side dish or mixed green salad, tomatoes, green peppers, sprouted broccoli and balsamic vinegar

## NIGHT TIME SNACK SUPPLEMENTS

Hazelnuts 25g or Dried cherries 30g  
TAKE YOUR SUPPLEMENT PROTOCOL

# Week 1 Meal Plan

Day 3

## BREAKFAST

- Coffee or tea
- Whole wheat bread toasted 60g
- Mixed berry jam or real berries 2 tsp

## HOW TO MAKE

1. Use the same tea or coffee from the day 1 or 2
2. Toast the bread and add real berries if you do not want to use the jam

## Spelt + Veggies

### UNCH

- Spelt 40g
- Zucchini/courgetti 300g
- Garlic 1 clove
- Cherry tomatoes 100g
- Olives 25g
- Parsley
- Flax or hemp seed oil 1 tbsp
- Savory spice blend to taste
- Side of steamed greens

## HOW TO MAKE

1. Cook the spelt
2. Drain and set aside
3. Boil the zucchini/courgetti
4. Add the chopped parsley
5. Add the spelt and drizzle with 1 tablespoon of flax or hemp seed oil
6. Add cherry tomatoes and olives
7. SIDE DISH: Green leafy vegetables like swiss chard or kale steamed with lemon juice 200g

## SNACK

- Garbanzo flour 240g
- Water 240ml
- Olive oil 2 tbsp
- Seasoning
- Chickpeas/garbanzo bean bread with raw vegetables like carrot & celery
- Fresh mixed berry smoothie 150g with hazelnut milk 125ml

## HOW TO MAKE

1. To make the bread place 240g of garbanzo bean flour in a bowl with 240ml water and 2 tablespoons of olive oil
2. Whisk until smooth
3. Pour into a baking paper lined metal round tin and bake for 15 minutes at 350F or 180C.
4. Sprinkle on top with savory spice blend (or salt) and pepper

## Minestrone Soup

### DINNER

- Minestrone vegetables 250g
- Garbanzo beans or cannellini beans 150g cooked weight
- Whole grain pasta (optional) 40g
- Seasoning
- Nutritional yeast flakes 2 tbsp

## HOW TO MAKE

1. Sweat the garlic and onion in some vegetable stock, then add the other veggies and beans.
2. Add the water and season. Add the pasta if you want.
3. Cook through
4. You can part blend the soup or have chunky or completely blend up to your liking.
5. SIDE DISH: Mixed green salad or steamed greens with balsamic vinegar

**Minestrone vegetables are - 1 clove of garlic, red onion, 2 carrots, 2 sticks of celery, 1 courgette, 1 small leek, 1 large potato**

## NIGHT TIME SNACK SUPPLEMENTS

Cherries 100g or Dried cherries 20g and almonds 25g  
TAKE YOUR SUPPLEMENT PROTOCOL

# Week 1 Meal Plan

Day 4

## BREAKFAST

- Coffee or tea with lemon
  - Cinnamon raisin bagel
- Or
- 2 Pieces of whole-meal toast 80g
  - Fresh apricots 1 - 2

## HOW TO MAKE

1. Spread the apricot on the toasted cinnamon bagel or whole meal toast

## *Barley Salad*

### LUNCH

- Barley 40g
- Tomatoes 150g
- Mushrooms, raw 75g
- Peppers, raw 150g
- Organic corn 20g
- Picked vegetables, 150g
- Pecans 9g
- Olives 12g
- Flax or hempseed oil 1tbsp
- Seasoning
- Other herbs of your choice

## HOW TO MAKE

1. Boil the barley as per packet instructions.
2. Cut the tomatoes, peppers and organic corn into a salad bowl.
3. Dry cook the mushrooms in a lidded pan, until browned (not need to add water as they have lots in already,
4. Add the cooked mushrooms & pickled veggies, pecans and olives to the salad mix
5. Add the slightly cooked barley into the salad mix and toss well
6. Add the flax or hemp seed oil and mix again
7. Serve warm or cold if you have left overs

## SNACK

- Coconut mylk 240ml
- Nut & whole-grain dark chocolate bar (150 calories, 5g sugar or less – no milk 80% dark chocolate)

## HOW TO MAKE

If you like hot chocolate you can add the cocoa straight to the mylk in the frother and ditch the chocolate bar

## *Pasta + Lentil Soup*

### DINNER

- Lentils 150g
- Potato 1 medium
- Carrot 1 medium
- Tomato 1 medium
- Garlic 2 cloves cut in half
- Rosemary
- Whole wheat pasta or grain of choice 40g
- Flax or hempseed oil 2 tbsp

## HOW TO MAKE

1. Cook the pre-soaked lentils in some vegetable stock with the potato, carrot, tomato, garlic and rosemary.
2. When cooked add the pasta and serve up to the consistency you like
3. Add the flax or hemp seed oil

## NIGHT TIME SNACK

## SUPPLEMENTS

Pineapple 100g or  
Dried blueberries 20g and walnuts 25g  
TAKE YOUR SUPPLEMENT PROTOCOL



# Week 1 Meal Plan

Day 5

## BREAKFAST

- Coffee or tea with lemon
- Steel cut oats 90g
- Almond mylk 240ml
- Honey 2 tsp
- Fresh fruit – 1 kiwi & 1 banana

## HOW TO MAKE

1. Cook the oats in water for 20-30 minutes (soaking over night helps to cook quicker)
2. Add some of the almond mylk to make extra creamy add the fruit and honey if desired. A substitute for honey would be date paste that has more minerals in. (soak 2 dates in warm water for 15 mins and blend)

## *Escarole + Greens*

### LUNCH

- Escarole greens (part of chicory family)
- Pine nuts 1 tbsp
- Flax or hemp seed oil 1 tbsp
- Sun-dried tomatoes 150g
- Basil 5 leaves
- Brown bread 40g toasted

## HOW TO MAKE

1. Steam the escarole
2. Add the toasted pine nuts , sun-dried tomato, basil and coat with the oil
3. Serve up with a side or raw carrots 150g and red/orange or yellow pepper slices 50g (season with lemon juices if you like)

## SNACK

- Coconut mylk 240ml
- Nut & whole-grain dark chocolate bar (150 calories, 5g sugar or less – no milk 80% dark chocolate)

## HOW TO MAKE

If you like hot chocolate you can add the cocoa straight to the mylk in the frother and ditch the chocolate bar

## *Tempeh + Potato Salad*

### DINNER

- Fermented Tempeh 100g
- Potato 1 medium
- Cherry tomatoes
- Cilantro/coriander 4 tbsp
- Flax or hemp seed oil
- Parsley
- Lemon
- Seasoning

## HOW TO MAKE

1. Bring a small pan of water to the boil and cook the potato which has been chopped into small cubes
2. Cube the tempeh and add to stainless steel skewers Cook the tempeh in a hot griddle pan with the cherry tomatoes in between (onion can be added too).
3. Chop the coriander and parsley and add to the potatoes in a serving bowl.
4. Squeeze the lemon juice over the potato and greens.
5. Serve up with the skewered Tempeh.
6. SIDE DISH: Serve with steamed leafy greens or side salad

## NIGHT TIME SNACK

## SUPPLEMENTS

Cranberries 50g or  
Dried cranberries 20g and almonds 25g  
TAKE YOUR SUPPLEMENT PROTOCOL

# Week 1 Meal Plan

Day 6

## BREAKFAST

- Coffee & tea with squeezed lemon
- Whole-Wheat focaccia 60g
- Flax oil 1 tsp
- Fresh fruit – 1 apple and strawberries

## HOW TO MAKE

## Grilled Aubergine

### LUNCH

- Aubergine/eggplant 250g
- Leek 1
- Garlic
- Whole-grain mustard
- Flax or hemp seed oil 1 tbsp
- Cherry tomatoes 150g
- Basil
- Seasoning
- Rye crackers 40g

## HOW TO MAKE

1. Slice the aubergine and place under the grill
2. Cook until tender and browned.
3. In a pan cook the leek and chopped garlic, then add the whole-grain mustard
4. Add this topping onto the aubergine.
5. Mix the cherry tomatoes, basil and any other herbs with fresh lemon juice. Serve with the rye crackers

## SNACK

- Coconut mylk 240ml
- Nut & whole-grain dark chocolate bar (150 calories, 5g sugar or less – no milk 80% dark chocolate)

## HOW TO MAKE

If you like hot chocolate you can add the cocoa straight to the mylk in the frother and ditch the chocolate bar

## Navy Bean + Veggies

### DINNER

- Navy beans 150g cooked
- Green beans 150g
- Carrots 2 medium sliced
- Potato 1 medium cubed
- Courgette/zucchini 1 large
- Tomato 1 large
- Garlic 2 cloves
- Basil 5 leaves
- Wholegrain pasta 40g
- Flax or hemp seed oil 2tbsp
- Seasoning
- Nutritional yeast 2 tbsp

## HOW TO MAKE

1. Soak the navy beans over night
2. Bring a pan of water to the boil, add the pre-soaked navy beans (or tin of precooked navy beans if you do not have the time) and potato
3. Add the green beans, carrots, courgetti and cook until tender. Add the pasta . Also add the whole tomato and remove the skin once cooked through.
4. Once all cooked add the garlic, basil, and cooked beans and veggies.
5. Smash the tomatoes that have been de-skinned to the bean and veggie mix.
6. Season with lemon and hemp or flax oil.

## NIGHT TIME SNACK

## SUPPLEMENTS

Cranberries 50g or  
Dried cranberries 20g and almonds 25g  
TAKE YOUR SUPPLEMENT PROTOCOL

# Week 1 Meal Plan

Day 7

## BREAKFAST

- Coffee, espresso, American or barley coffee substitute
- Almond mylk 240ml
- Fruit and nut cereal 60g
- Fresh fruit 1 medium

## HOW TO MAKE

Enjoy your breakfast

## Brussels + Pine Nuts

### LUNCH

- Brussels sprouts 250g
- Garlic 2 cloves sliced
- Pine nuts 1 tsp
- Hot pepper (optional)
- Flax or hemp seed oil 1 tbsp
- Nutritional yeast 2 tbsp
- Seasoning
- Dark whole-grain bread 40g

## HOW TO MAKE

1. Steam the brussels to your liking of tenderness
2. Use the steam sprout water to sauté the garlic, pine nuts and pepper. Drain and add this to the brussels. Sprinkle with nutritional yeast.
3. SIDE DISH: Mixed green salad with red peppers, tomatoes carrots and pan cooked mushrooms 200g total.
4. Season with balsamic vinegar

## SNACK

- Coconut mylk 240ml
- Nut & whole-grain dark chocolate bar (150 calories, 5g sugar or less – no milk 80% dark chocolate)

## HOW TO MAKE

If you like hot chocolate you can add the cocoa straight to the mylk in the frother and ditch the chocolate bar

## Cream of Garbanzo

### DINNER

- Broccoli 150g
- Garbanzo/chickpea beans 150g
- Rosemary 1 sprig
- Garlic 1 clove cut in ½
- Flax or hemp seed oil 2 tbsp
- Garbanzo bean bread or whole wheat focaccia with hemp or flax seed oil

## HOW TO MAKE

1. Cook the chickpea/garbanzo beans with garlic and the rosemary
2. Once good drain and puree with a hand blender
3. Add the oil and season and let rest. The consistency should be soup like
4. Steam the broccoli and season with lemon
5. Serve up the 2 dishes with the slice of bread

## NIGHT TIME SNACK

Dried apricots 20g and almonds 25g

## SUPPLEMENTS

TAKE YOUR SUPPLEMENT PROTOCOL

# Week 1 Meal Plan

Day 8

## BREAKFAST

- Coffee & tea with squeezed lemon
- Oats with almond mylk berries and chia seeds

## HOW TO MAKE

1. Cook the oats with water and some of the almond mylk to make it extra creamy. Add the chia seeds and add more water/mylk depending on how you like the consistency.
2. Add the berries on top or mix into the oats.

## Pumpkin Soup

### LUNCH

- Pumpkin or squash peeled, seeded and chopped 300g
- Flax or hemp seed oil 1 tbsp
- Chili flakes (optional)
- Onion (optional)
- Parsley
- Season to taste
- Croutons 40g
- Pumpkin seeds 1 tsp

## HOW TO MAKE

1. Cook the pumpkin or squash in water, drain, leaving a little water.
2. Add the chili flakes, onion, parsley and season.
3. Blend up to a puree
4. Add with pumpkin seeds on top
5. SIDE DISH: Mixed green salad with flax oil and lemon juice – add cucumbers, carrots, tomatoes and serve with a slice of whole-meal bread if you like 40g

## SNACK

- Coconut mylk 240ml
- Nut & whole-grain dark chocolate bar (150 calories, 5g sugar or less – no milk 80% dark chocolate)

## HOW TO MAKE

If you like hot chocolate you can add the cocoa straight to the mylk in the frother and ditch the chocolate bar

## Jackfruit Pasta

### DINNER

- Pasta or grain of your choice 40g
- Jackfruit 60g
- Olives (optional)
- Tomatoes 150g cut into cubes
- Garlic cut in half
- Flax or hemp seed oil
- Parsley
- Seasoning
- Artichokes 150g
- Slice of brown bread 40g optional

## HOW TO MAKE

1. Cook the grains
2. In a separate pan cook the jackfruit, tomatoes, garlic in some vegetable stock
3. Add this to the grains
4. Stir in the oil and parsley, season to taste
5. SIDE DISH: Artichokes with lemon juice and brown whole-meal bread

## NIGHT TIME SNACK

Hazelnuts 25g & Grapes 100g or raisins 20g

## SUPPLEMENTS

TAKE YOUR SUPPLEMENT PROTOCOL



# Week 1 Meal Plan

Day 9

## BREAKFAST

- Coffee or tea with lemon
- Cinnamon & raisin bagel or 2 pieces of whole-meal toast
- Plums or plum jam no added sugar 20g or 2 plums

## HOW TO MAKE

Add the plumb or fruit of choice to the whole-grain bread

## *Rice & Minted Peas*

### LUNCH

Rice 40g  
Courgette/zucchini 250g  
Peas 100g  
Mint 1 handful  
Onion 1 medium chopped  
Flax or hemsps seed oil 1 tbsp  
Parsley or coriander  
Nutritional yeast 2 tbsp

## HOW TO MAKE

1. Cook the rice and set aside
2. In a separate pan, cook the peas and onion in some vegetable stock.
3. Drain and stir in the parsley and season to taste.
4. Add the rice and the oil and stir though
5. Add the nutritional yeast or even some pesto if you have any.

## SNACK

- Coconut mylk 240ml
- Nut & whole-grain dark chocolate bar (150 calories, 5g sugar or less – no milk 80% dark chocolate)

## HOW TO MAKE

If you like hot chocolate you can add the cocoa straight to the mylk in the frother and ditch the chocolate bar

## *White Bean Salad*

### DINNER

- Chicory or other leafy green 180g
- Garlic 1 clove cut in half
- Cherry tomato 50g
- Chili flakes to taste
- Onion 1 medium
- White cannellini beans 150g
- Flax or hemp seed oil 1 tbsp
- Rosemary sprig
- Seasoning
- Dried whole wheat focaccia 40g with hempseed oil

## HOW TO MAKE

1. Boil the chicory and drain
2. Add with garlic, cherry tomatoes, onion and chilli flakes add some vegetable stock and cook for 5 minutes
3. In a separate bowl add the cooked cannellini beans and stir in the oil after cooking. Season with the chopped rosemary and combine with the chicory
4. SIDE DISH: Serve with side salad

## NIGHT TIME SNACK

Almonds 25g and cherries 80g or dried cherries 20g

## SUPPLEMENTS

TAKE YOUR SUPPLEMENT PROTOCOL

# Week 1 Meal Plan

Day 10

## BREAKFAST

- Coffee & tea with squeezed lemon
- Oats with berries
- Organic soya mylk 240ml

## HOW TO MAKE

Cook the oats with water and soya mylk. Top with berries

## *Fennel salad*

### LUNCH

- Fennel bulb 150g
- Cherry tomatoes 150g
- Carrots 1 medium
- Onion 1 medium
- Olives 20g
- Flax or hemp seed oil 1 tbsp
- Parsley or coriander
- Seasoning & focaccia

## HOW TO MAKE

1. Chop all into a salad and serve with the focaccia bread
2. SIDE DISH: Chicory 200g cooked and seasoned with lemon
3. SIDE DISH: Mixed green salad with cucumbers, carrots & tomatoes

## SNACK

- Coconut mylk 240ml
- Nut & whole-grain dark chocolate bar (150 calories, 5g sugar or less – no milk 80% dark chocolate)

## HOW TO MAKE

If you like hot chocolate you can add the cocoa straight to the mylk in the frother and ditch the chocolate bar

## *Ligurian Minestrone*

### DINNER

- Cannellini beans 150g
- Potato 1 medium
- Eggplant/aubergine 1 medium
- Courgette/zucchini 1 medium
- Cabbage 1 medium
- Peas 1 handful
- Green beans 150g
- Seasoning
- Pasta 40g
- Flax or hemp seed oil 1tbsp
- Pesto 1tbsp

## HOW TO MAKE

1. Cook the beans
2. Chop the veggies into bit sized pieces and add to the beans
3. Cook for 45 minutes, blend a little or to the consistency you like
4. Then add the pasta
5. Add the pesto and stir through
6. SIDE DISH: Mixed green salad with a slice of whole-wheat bread

## NIGHT TIME SNACK

Grapes 150g

## SUPPLEMENTS

TAKE YOUR SUPPLEMENT PROTOCOL

# Shopping List

## VEGETABLES

- ☐ All Leafy Greens (kale, chicory)
- ☐ Asparagus
- ☐ Artichoke
- ☐ Aubergine/Eggplant
- ☐ Basil
- ☐ Broccoli
- ☐ Brussels Sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Celery
- ☐ Cherry Tomatoes
- ☐ Chicory
- ☐ Coriander
- ☐ Courgette/Zucchini
- ☐ Escarole greens
- ☐ Fennel Bulb
- ☐ Fresh Basil
- ☐ Garlic
- ☐ Green Peppers
- ☐ Green Beans
- ☐ Herbs of your choice
- ☐ Hot Pepper
- ☐ Leek
- ☐ Mint
- ☐ Mushrooms
- ☐ Olives
- ☐ Onion
- ☐ Parsley
- ☐ Peas
- ☐ Peppers any colour
- ☐ Potato
- ☐ Pickled Vegetables
- ☐ Pumpkin or squash
- ☐ Rosemary Sprig
- ☐ Spinach
- ☐ Salad Greens
- ☐ Sun-Dried Tomatoes
- ☐ Tomato

## SUPPLEMENTS

- ☐ Multivitamin &
- ☐ B complex with B12
- ☐ Omega 3 – Vegan (algal oil)
- ☐ Vitamin D
- ☐ Chlorella vulgaris

## GRAINS

- ☐ Barley - grain
- ☐ Cereal – Weetabix, Shredded Wheat, 100% whole-grain oats
- ☐ Cannellini beans
- ☐ Cinnamon raisin bagel
- ☐ Farro - grain
- ☐ Gnocchi
- ☐ Garbanzo flour
- ☐ Garbanzo beans/Chickpeas
- ☐ Lentils
- ☐ Oats (steel cut or whole-grain)
- ☐ Polenta - grain
- ☐ Rice - grain
- ☐ Rye Crackers
- ☐ Semolina – grain
- ☐ Spelt – grain
- ☐ Whole-wheat pasta – grain
- ☐ Wild Rice – grain
- ☐ Whole-wheat bread

## PROTEINS / FATS

- ☐ Almonds
- ☐ Black Beans
- ☐ Cannellini Beans
- ☐ Hazelnuts
- ☐ Navy Beans
- ☐ Pecans
- ☐ Pine Nuts
- ☐ Pumpkin Seeds
- ☐ Fermented Tempeh
- ☐ Walnuts
- ☐ Wild Caught Salmon optional

## SNACKS

- ☐ Nut & whole grain dark chocolate bar
- ☐ Pickled vegetables
- ☐ 80% chocolate (melt and add mixed pre-soaked nuts and seeds, and dried fruit)

## FRUITS

- ☐ Apple
- ☐ Berries (frozen)
- ☐ Dried Cranberries
- ☐ Blueberries or Wild Blueberries (frozen)
- ☐ Cranberries or Dried Cranberries
- ☐ Lemon
- ☐ Cherries or (cherry jam no sugar)
- ☐ Grapes
- ☐ Jackfruit
- ☐ Pineapple
- ☐ Raisins

## EXTRAS

- ☐ Flax Oil or Hemp Oil
- ☐ Honey
- ☐ Pepper
- ☐ Raisins
- ☐ Pesto
- ☐ Savory Spice Blend
- ☐ Spelt Crackers
- ☐ Raisins
- ☐ Nutritional Yeast Flakes
- ☐ Balsamic Vinegar
- ☐ Jam – no sugar
- ☐ Turmeric (fresh and ground)
- ☐ Chili Flakes
- ☐ Hot pepper sauce
- ☐ Whole Grain Mustard

## BEVERAGES

- ☐ Coffee – Espresso, American, Barley Coffee Alternative
- ☐ Green Tea
- ☐ Black Tea
- ☐ Hibiscus Tea
- ☐ Almond, Hazelnut, Organic Soya or Coconut Mylk

# Ideas for Brands



80% Dark Chocolate & nuts



Broccoli Sprouts



Nutritional Yeast Flakes



Mixed Pickle Vegetables



Garbanzo bean flour



Balsamic vinegar



Escarole



Pesto



Fennel Bulb



Cannellini Beans



Focaccia



Fennel Bulb





# References

## References and Resources

Book - The Longevity Diet by Dr Walter Longo

## RECIPE FOR FOCACCIA

<https://anitalianinmykitchen.com/easy-focaccia/>