Longevity Diet Plan

Name	Date
Josephine deWit	August 18, 2023
Age	**Gender**
53	F
Weight	**Height**
140lbs	5'0"

Purpose

Optimize health, longevity, and maintain an ideal weight.

Medical history

No major medical conditions. No known allergies.

General guidelines

- Consume whole, nutrient-dense foods.
- Prioritize plant-based sources of protein.
- Limit processed foods, sugars, and refined carbs.
- Hydrate adequately with water and herbal teas.
- Practice mindful eating and portion control.

Baseline diet

- High intake of vegetables, fruits, legumes, nuts, and seeds.
- Moderate consumption of whole grains, lean proteins (such as fish and poultry), and dairy alternatives (like almond or oat milk).

Sample meal plan

Breakfast:
- Overnight oats with almond milk, chia seeds, berries, and a sprinkle of nuts.
- Green tea or black coffee.

Lunch:
- Quinoa salad with mixed greens, roasted vegetables, chickpeas, and a vinaigrette dressing.
- Side of steamed broccoli.

Snack:
- Apple slices with almond butter or a handful of mixed nuts.

Dinner:
- Baked salmon with a side of roasted sweet potatoes and a kale salad.
- Herbal tea or infused water.

Lifestyle considerations

• Engage in regular physical activity: 30 minutes to 1 hour of exercise most days, incorporating both cardio and strength training.
• Practice stress management techniques like meditation, yoga, or deep breathing exercises.
• Ensure adequate sleep of 7-9 hours per night for rejuvenation.

Recommendations

• Consider intermittent fasting for additional health benefits, such as a 16/8 fasting window (fasting for 16 hours and eating within an 8-hour window).
• Explore including fermented foods like kimchi or sauerkraut to promote gut health.
• Consult with a healthcare professional before making significant dietary changes.

Progress tracking

Date	Remarks
August 20, 2023	started the plan

Additional notes