

JOY BAUER'S 5-DAY LONGEVITY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK	SNACK
DAY 1	<u>Blueberry Muffin</u> <u>Overnight Oats</u>	<u>Chopped Greek</u> <u>Salad Flatbread</u> with grilled chicken	<u>Sheet Pan Harissa</u> <u>Salmon with Veggies</u> with baked potato	<u>Rice Cakes with</u> <u>Cottage Cheese</u>	¼ cup walnuts 1 apple
DAY 2	<u>3-Minute</u> <u>Mediterranean Mug</u> <u>Omelet</u> with 1 cup berries	<u>Tex-Mex Salad</u>	<u>Quinoa Salad with</u> <u>Parm & Pistachios</u> with protein of choice	<u>Chocolate Banana</u> <u>Protein Pudding</u>	2 kiwis
DAY 3	<u>Longevity Smoothie</u> with 1 slice whole grain toast with 1 tbsp. peanut butter or almond butter	<u>Mediterranean White</u> <u>Bean Salad</u>	<u>Roasted Garlic</u> <u>Hummus Chicken &</u> <u>Veggies</u> with smart starch of choice	<u>Turkey-Veggie</u> <u>Roll-Ups</u>	¼ cup nuts 1 piece fruit

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DAY 4	<u>PB & Berry</u> <u>Breakfast Bowl</u>	<u>Wild Salmon & Chickpea Salad</u> on 2 slices whole grain toast	<u>Greek Turkey</u> <u>Burger Bowl</u> with ¼ avocado	¼ cup <u>Lentil Hummus</u> with veggies	1 piece of fruit
DAY 5	<u>Cabbage & Egg</u> <u>Skillet</u>	<u>Creamy Tuna Salad</u> <u>with Grapes</u> on a whole grain English Muffin	<u>Chicken Spinach</u> <u>Parm</u> with smart starch of choice	1 apple with 1 tbsp. almond butter or peanut butter	¾ cup Greek yogurt with cinnamon and ½ cup berries

Hydrate! Move your body every day. Prioritize 7 to 9 hours of sleep. Find ways to manage stress that work for you. Make time for the people you love.