

JOY BAUER'S 5-DAY

LONGEVITY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2
DAY 1	<u>Blueberry Muffin</u> <u>Overnight Oats</u>	<u>Chopped Greek Salad</u> <u>Flatbread</u> with grilled chicken	<u>Sheet Pan Harissa Salmon & Veggies</u> with baked potato	<u>Rice Cakes with Cottage Cheese</u>	¼ cup walnuts + 1 apple
DAY 2	<u>3-Minute Mediterranean Mug Omelet</u> with 1 cup berries	<u>Quinoa Salad with Parm & Pistachios</u> with protein of choice	<u>Lentil & Mushroom Bolognese</u> with 1 cup cooked whole grain pasta	<u>Chocolate Banana Protein Pudding</u>	2 kiwis
DAY 3	<u>Longevity Smoothie</u> with 1 slice whole-grain toast + 1 Tbsp nut butter	<u>Mediterranean White Bean Salad</u>	<u>Roasted Garlic Hummus Chicken & Veggies</u> with smart starch of choice	<u>Turkey & Veggie Roll-Ups</u>	¼ cup nuts + 1 piece fruit
DAY 4	<u>PB & Berry Breakfast Bowl</u>	<u>Wild Salmon & Chickpea Salad</u> on 2 slices whole grain toast	<u>Greek Turkey Burger Bowl</u> with tzatziki + avocado	¼ cup <u>Lentil Hummus</u> + veggies	1 piece of fruit
DAY 5	<u>Cabbage & Egg Skillet</u>	<u>Creamy Tuna Salad with Grapes</u> on a whole grain English Muffin	<u>Longevity Soup</u> + <u>Chicken Spinach Parm</u>	1 apple + 1 Tbsp nut butter	¾ cup Greek yogurt + 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. ❤️