

# Longevity Diet Plan

Name Josephine deWitt	Date August 18, 2023
Age 53	Gender F
Weight 140lbs	Height 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.

# Longevity Supplements Meal Plan Texas

**Ying-Ying Zheng**

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