

L-NUTRA

THE LONGEVITY LIFESTYLE

A look into science-backed steps to enhance your healthspan. Adopting these practices, even just one at a time, can help you embark on a journey to a well - and long - lived life.

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We all aspire to live longer lives, but longevity loses its value if we aren't healthy enough to enjoy it fully. The Longevity Lifestyle offers science-backed steps you can take to enhance your healthspan - adding not just more years to your life, but more life to your years. Integrating principles of the Longevity Diet (based on the eating habits and lifestyles of those in longevity sites where people live healthily into their 100s) with over 25 years of research and product development from L-Nutra, the Longevity Lifestyle outlines key components of dietary choices and lifestyle habits that can be incorporated into your daily, weekly, monthly, and yearly routines. By adopting these practices even just one at a time, our hope is you begin to embark on a journey to a well, and long, lived life.

LIVING THE LONGEVITY LIFESTYLE



YEARLY

The Longevity Lifestyle Cornerstone: Fasting Mimicking Diet (FMD)

Reduced calorie intake and fasting are common practices among those living in longevity sites. Recent studies of centenarian lifestyles further emphasize the longevity benefits associated with fasting; this is due to autophagy, the body's natural process of cellular repair and recycling. **Autophagy** is typically activated during prolonged fasting (over 72 hours) and has been linked to improved longevity, reduced risk of age-related diseases, and enhanced metabolic health. Recognized with the 2016 Nobel Prize in Medicine for its role in maintaining cellular health, autophagy is considered a key factor in slowing aging and supporting youthful cellular function through promoting cellular rejuvenation.

Prolon's 5-Day Fasting Mimicking Diet (FMD) is currently the only program with preliminary data showing the activation of autophagy during fasting. It is also the first and only patented nutrition program designed to support longevity through cellular rejuvenation.

Research shows that completing three cycles of FMD per year can potentially reduce biological age by up to

2.5 years, as well as support healthy cardiometabolic markers and promote targeted, sustained fat loss without the loss of lean muscle. Additionally, early promising clinical trials indicate that the FMD may play a role in reversing diabetes, supporting immune health, and decreasing the risk of diseases such as cancer. Prolon's Fasting Mimicking Diet (FMD) delivers the benefits of fasting while providing essential nutrients that are scientifically designed to avoid triggering the body's nutrient-sensing pathways. Backed by over 25 years of research, Prolon's innovative nutrition technology induces a fasting state, but with food, promoting cellular rejuvenation and longevity.

How to incorporate Prolon 5-Day into your Longevity Lifestyle:

- For those using Prolon for the first time, we recommend following the 5-Day Program for three consecutive months as an "onboarding" period: five days on, 25 days off, repeated three months consecutively.
- While even a single cycle of Prolon offers numerous benefits, each box compounds upon the next, making the initial three-cycle that much more effective. To sustain these longevity results, we recommend completing the 5-Day FMD three times a year thereafter - only 15 days out of 365!

Think of your prolonged fast with Prolon 5-Day as your rest, recovery, and reset throughout the year. A time for you to do something your future self (and cells) will thank you for, to let your body work its magic and rejuvenate from within.

“Research shows that completing three cycles of FMD per year can potentially reduce biological age by up to 2.5 years”



DAILY, WEEKLY, AND MONTHLY

What to do in-between Prolon 5-Day Cycles?

Prolonged periodic fasting is a critical piece of the longevity puzzle, but so is eating. What, and when, we choose to eat is a key component of our ability to achieve lasting health. Research has demonstrated that the 5-day Prolon program is even more effective when paired with these key longevity habits between fasting cycles.

Intermittent Fasting and Time-Restricted Eating

Prolonged fasts lasting longer than 72 hours are only recommended to be followed periodically throughout the year. **Intermittent fasting (IF)** - particularly Time Restricted Eating (TRE, the most common form of IF) - can be incorporated into your daily Longevity Lifestyle to maintain the benefits of your FMD, and refers to the hours of the day that you are eating, versus the hours of the day that you are not.

Condensing your eating times hosts a wide variety of benefits including improvements in energy levels, weight management, sleep, insulin sensitivity, and more; however, research shows that when you eat during this time does, in fact, matter, as you will read below.

Recommendations:

- The Longevity Lifestyle recommends following a TRE **Circadian Eating Pattern** known as a 12:12 if weight loss is not your goal. The 12:12 pattern limits your daily eating window from sunrise to sundown (ex: 7am - 7pm), aligning with your body's internal clock, known as circadian rhythms. These rhythms regulate various physiological processes, including digestion, sleep-wake cycles, hormone production, metabolism, and more.
- For those with the goal of weight loss, you can use smaller windows for eating, such as a 14:10 or a 16:8 - but we only recommend you do these for a short period of time, as chronically restricting calories can result in nutritional deficiencies and negative health outcomes.

Eat Breakfast

Research suggests that skipping breakfast may increase the risk of heart-related issues and that breaking your fast in the morning, even if following IF or TRE patterns, can enhance the body's ability to utilize nutrients effectively and support optimal function of critical organs. For those trying to lose weight, we recommend consuming two meals (prioritizing breakfast) and one snack daily for the most effective nutrient utilization.

Prolon's Fasting Support Products

Whatever feeding window you choose, we have created products to help you extend your fast while simultaneously providing nourishment. Our [Fasting Bars](#) and [Fasting Shakes](#) were formulated to avoid triggering the body's nutrient sensing pathways, keeping it in a fasting, fat-burning state. Use daily for breakfast, a meal or snack replacement during your fasting window, to extend an overnight fast, or as an after-dinner snack.

Utilize the 1-Day Reset

For a more comprehensive internal clean-up between 5-day cycles, use the [1-Day Reset](#). Rooted in the same nutritional technology as Prolon 5-Day, it is the only scientifically backed 1-day nutrition kit that effectively transitions the body into a fasting state and activates ketone pathways; the provided food and supplements stay below your body's nutrient-sensing pathways to allow for a deeper reset. Use monthly or one to three times weekly between Prolon 5-Day cycles as a safe and effective way to incorporate 24-hour periodic fasting, whether as a quick reset or part of a regular 6:1 or 5:2 intermittent fasting routine.

“Prolon 1-Day Reset is a safe and effective way to incorporate 24-hour periodic fasting”

prolon[®]
ReSet

1-DAY FASTING KIT
Scientifically designed to manage hunger and
cravings while keeping you in a fasted state
for a 24 hour physical and mental reset

EAT BASED ON LONGEVITY DIET PRINCIPLES

What we choose to eat during our feeding window plays a significant role in our ability to age healthily. The Longevity Diet draws on years of research to integrate eating habits of those in longevity sites around the world where many people live well into their 100's. This diet encourages an abundance of fresh foods coming from plant-based sources, emphasizing a variety of colors and phytonutrients, vegetables, and fiber. For your convenience, we have included a Longevity Diet Shopping List at the end of the e-book.

- Follow a daily food intake break down of 55-65% carbohydrates, 30-35% fats and 10-11% protein
- Consume all meals within a 12 hour window (Circadian TRE), prioritizing breakfast
- Have your last meal at least three to four hours before bedtime
- Partake in a mostly vegan diet, consuming fish sparingly 2-3 times per week (avoiding fish with high mercury content). *For those over 65 starting to lose muscle mass, strength, or weight, increase protein intake from animal-based foods like fish, eggs, cheese, and yogurt made from sheep's or goat's milk
- Limit alcohol and processed foods, focusing on those that provide substantial nourishment without added sugar and saturated, hydrogenated, or trans fats

All of our Prolon food products follow these principles, even our chocolatey L-Spread, which contains four grams of fiber and only three grams of sugar. The almonds, rich in unsaturated fatty acids, fiber, vitamins, minerals, and other antioxidants, are sourced from the Calabria region in Italy, a longevity site, and the **L-Spread** is vegan, non-GMO, and gluten-free. Plus, did we mention it can be enjoyed any time during your feeding window, and is delicious?

BALANCING PROTEIN TO INCREASE LIFESPAN

One of the key principles to slowing down your aging pathways is to reframe much of what you have heard about protein. There is no denying protein is a key macronutrient the body needs, but perhaps not as much as you have been told. Research has shown that certain animal-based proteins like meat, poultry, dairy, or whey, when consumed in excess, can trigger the growth factor **IGF-1** - potentially accelerating the aging process. Conversely, consuming inadequate protein can lead to low levels of IGF-1 which can impact muscle mass and also accelerate aging. As such, the Longevity Diet emphasizes adequate and balanced protein levels (not too much, not too little) that come from mostly plant based sources.

Protein Recommendations:

If you are under the age of 65 and at a healthy weight, consume approximately 0.31 to 0.36 grams of protein per pound of body weight per day, from plant-based sources like legumes

- Within one hour of working out, consume 20-30 grams of plant-based protein to maximize muscle synthesis
- After age 65-70, if you are losing weight and muscle, slightly raise protein intake

To help you meet your healthy aging and protein goals, we created **L-Protein**, the first protein patented for longevity. With a completely clean profile and 25g of plant-based protein, it is uniquely formulated to balance IGF-1 levels so as not to accelerate aging, while supporting muscle maintenance, repair, and protection. Use for post-workout recovery, as part of a nutritious breakfast, or as a snack within your feeding window.

WHAT ABOUT SUPPLEMENTS?

We follow the less is more approach when it comes to supplements. Our recommendation is to integrate a multivitamin every three days to address potential nutritional gaps, and incorporate L-Biome and L-Pill, daily supplements that were formulated specifically to complement the Longevity Lifestyle and support you between fasts.

L-Biome

A daily probiotic supplement, designed to enhance gut health and sustain the gut composition cultivated from the 5-Day FMD. It contains two crucial bacteria strains (Bifidobacterium breve and Lactobacillus Rhamnus), prebiotics present in the FMD, algal oil, and DHA in one capsule, utilizing advanced dual-cap technology for optimal probiotic absorption. We suggest taking two capsules daily with meals during your feeding windows.

L-Pill

Incorporates four key longevity nutrients deficient in Western diets. Algal oil, green tea extract, wasabi, and polyphenols have been shown to be essential for antioxidant pathways, promoting sustained energy, brain, cardiovascular, and immune health, while also providing cellular protection and supporting aging gracefully. We recommend taking two capsules daily with any meal during your feeding window.

“One of the key principles to slowing down your aging pathways is to reframe much of what you have heard about protein.”



LONGEVITY ENHANCING EXERCISE AND PHYSICAL ACTIVITY

Movement is an important part of a healthy lifestyle, both physically and mentally, and a component of the Longevity Lifestyle, playing a key role in healthy aging by supporting cardiovascular health and reducing the risk of various metabolic conditions.

Recommendations:

- Walk! Aim to walk fast for an hour every day and whenever possible, even to distant places - but avoid polluted areas as much as you can
- Do moderate exercise for 2.5 to 5 hours a week, occasionally incorporating a vigorous pace
- Strengthen muscles by using weight training or weight-free exercises
- To maximize muscle growth, consume at least 25 grams of protein in a single low-carb meal 1-2 hours after relatively intense weight-training sessions (take a look at our recipe guide for delicious options for post-workout snack and/or breakfast, and utilize our specially formulated L-Protein)

No time to work out? No problem! With only 2.5 hours total activity recommended per week, you can incorporate physical activity into your daily life. Daily tasks such as taking the stairs instead of escalators or elevators, walking your dog, gardening, or parking your car further away to get in more steps count! Consistent small changes over an extended period can make a difference.

A WEEK OF EATING IN THE LONGEVITY LIFESTYLE

Following is a week's worth of recipe options for meals and snacks that embrace the Longevity Diet. These meals are crafted for the 12:12 eating pattern, so if you're following a tighter IF pattern, consider reducing to two meals daily including breakfast, and use the [Fasting Bars](#) or [Fasting Shakes](#) in the evening to help extend your fast.

For those looking for more ease and convenience, [Nutrition for Longevity](#) is a meal delivery service that follows the Longevity Diet principles and provides organic meals that are pre-prepared and emphasize plant-based eating and a variety of colors, phytonutrients, vegetables, and fiber.



L-NUTRA

Overnight Protein Oats

Ingredients:

- 1/2 cup rolled oats (40 g)

- 1 sachet of L-Protein (48 g)

- 1 cup almond milk (or any plant-based milk) ~ (240 g)

- 1 tablespoon chia seeds (15 g)

- Handful of fresh berries such as strawberries, blueberries, or raspberries (100 g)

- Sprinkle of nuts such as almonds, walnuts, or pecans (25 g)

Instructions:

In a mason jar or airtight container, combine the rolled oats, L-Protein powder, almond milk, and chia seeds.

Stir the mixture until well combined.

Seal the jar or container and refrigerate overnight, or for at least 4 hours, to allow the oats and chia seeds to soak and soften.

In the morning, give the oats a good stir.

Top with fresh berries and a sprinkle of nuts.



Green Smoothie

Ingredients:

- 1 cup spinach leaves (30 g)
- 1 ripe banana (120 g)
- 1/2 cup frozen berries such as strawberries, blueberries, or raspberries (70 g)
- 1 cup unsweetened plant-based milk (240 g)
- 1 tbsp almond butter (16 g)
- 1 tbsp ground flaxseed (14 g)

Instructions:

Wash the spinach leaves thoroughly.

Use frozen peeled banana for the smoothest consistency or peel a fresh banana and slice it into chunks

Add the spinach, banana chunks, frozen berries, almond milk, almond butter, and flaxseed to a blender.

Blend on high speed until smooth and creamy, scraping down the sides of the blender if necessary to ensure everything is well incorporated.

Taste the smoothie and adjust the sweetness or thickness by adding more fruit or almond milk if desired.

Once the desired consistency is reached, pour the smoothie into glasses and serve immediately.



Chickpea avocado mash on toast

Ingredients:

- ½ cup chickpeas, drained and rinsed (83 g)
- 1 small avocado (150 g)
- 2 tbsp fresh lemon juice
- 1 tbsp extra virgin olive oil
- Salt and pepper to taste
- 2 slices of whole grain bread
- 1 medium tomato, thinly sliced
- Fresh herbs (such as cilantro, parsley, or basil), chopped, for garnish

Instructions:

Combine all the ingredients in a bowl, and use your fork to mash contents into a chunky but spreadable texture. If using a blender/food processor: pulse the mixture until it reaches your desired consistency.

Toast the slices of whole grain bread until they are golden brown and crispy.

Once the toast is ready, spread a generous amount of the chickpea avocado mash onto each slice.

Top the chickpea avocado mash with thinly sliced tomatoes, arranging them evenly over the toast.

Sprinkle the chopped fresh herbs over the tomato slices as a garnish.



Cinnamon apple chia pudding

Ingredients:

- 1/4 cup chia seeds (40 g)
- 1 cup unsweetened soy milk (240 mL)
- 1/2 teaspoon vanilla extract (optional)
- 1 small apple, diced (150 g)
- 1/3 cup almonds, sliced (25 g)
- Ground cinnamon, for sprinkling

Instructions:

In a mixing bowl or jar, combine the chia seeds, unsweetened soy milk, and vanilla extract (if using). Stir well to ensure the chia seeds are evenly distributed and not clumping together.

Cover the bowl or jar and refrigerate the mixture for at least 4 hours or overnight. This allows the chia seeds to absorb the liquid and thicken into a pudding-like consistency.

Once the chia seed pudding has thickened, give it a good stir to break up any clumps and evenly distribute the seeds.

To serve top with diced apple and sliced almonds.

Sprinkle ground cinnamon over the top of each serving for added flavor.

Serve immediately, or store it in the refrigerator for up to 2 days.



Tofu veggie scramble and whole-grain toast

Ingredients:

- 6 oz firm tofu, drained and pressed (170 g)
- 1 cup fresh spinach leaves, chopped (30 g)
- 1 medium tomato, diced (150 g)
- 1/2 cup onion, diced (75 g)
- 2 cloves garlic, minced
- 2 tablespoons nutritional yeast (about 15 grams)
- 1 tablespoon olive oil
- 1 teaspoon ground turmeric
- Salt and pepper to taste
- 1 slice of whole grain bread

Instructions:

Heat olive oil in a large skillet over medium heat.

Add diced onion to skillet and sauté for 3-4 minutes. Add minced garlic and cook for 2 minutes.

Crumble tofu into skillet and cook for 5-6 minutes. Sprinkle ground turmeric over the tofu and stir to coat evenly.

Add chopped spinach and diced tomatoes to skillet and cook for another 2-3 minutes.

Sprinkle nutritional yeast over the mixture and season tofu with salt, pepper, and optional red pepper flakes.

Serve alongside whole grain toast.



L-NUTRA

L-Protein acai smoothie bowl (Post-workout)

Ingredients:

- 1 frozen unsweetened acai packet (100 grams)
- 1/2 cup frozen mixed berries, such as strawberries, raspberries, and blueberries (75 grams)
- 1/2 cup unsweetened almond milk or any plant-based milk (120 mL)
- 1 sachet of L-Protein (48 g)
- 1 ripe banana, sliced (100 g)
- 1/4 cup fresh blueberries (40 g)
- 2 tablespoons chopped walnuts (25 grams)

Instructions:

In a blender, combine the frozen acai packet, frozen mixed berries, unsweetened almond milk, and L-Protein.

Blend on high speed until smooth and creamy, adding more plant milk if needed to reach your desired consistency.

Once the smoothie bowl base is smooth and creamy, pour it into a serving bowl.

Arrange the sliced banana, fresh blueberries, and chopped walnuts on top of the smoothie bowl.



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Barley salad with olives and nuts

Ingredients:

- Barley (40 g)
- Tomatoes (150 g)
- Mushrooms, raw (75 g)
- Peppers, raw (150 g)
- Corn (20 g)
- Pickled vegetables: artichokes, cucumber, and spring onions (150 g)
- Pecans (9 g)
- Olives (12 g, 1 tbsp)
- Olive oil (12 mL, 1 tbsp)
- Salt and pepper to taste
- Other herbs (optional)

Instructions:

Boil the barley in salted water following the package instructions.

Cut the tomatoes, mushrooms, peppers, and corn into a salad bowl.

Add the pickled vegetables, pecans, and olives.

Season in water with salt and pepper, and/or other herbs.

When the barley is ready, let it cool briefly before adding it to the prepared mix.

Add the olive oil.

Serve it warm or store it in the refrigerator to enjoy as a fresh summer dish.



Bulgur salad with a lemon-tahini dressing

Ingredients:

- ½ cup or other whole grains like farro, quinoa, or barley (100 g)

- 1 cup Mixed greens such as spinach, arugula, or kale (50 g)

- ½ cup Chickpeas (100 g)

- 1 cup Cherry tomatoes, halved (100 g)

- ½ cup Cucumber, diced (100 g)

- 1 small Avocado, diced (about 150 grams)

Lemon-Tahini Dressing:

- 2 tbsp Tahini (30 g)

- Juice of 1 lemon (30 grams)

- 1 clove garlic, minced

- 1 tbsp extra virgin olive oil (14 grams)

- Salt and pepper to taste

- Water, as needed to thin the dressing

Instructions:

Cook the bulgur wheat according to package instructions. Once cooked, let it cool to room temperature.

In a large bowl, combine the cooked bulgur wheat, mixed greens, cooked chickpeas, cherry tomatoes, cucumber, and diced avocado.

In a small bowl, whisk together the tahini, lemon juice, minced garlic, olive oil, salt, and pepper to make the dressing. If the dressing is too thick, you can add water gradually until it reaches your desired consistency.

Pour the lemon-tahini dressing over the salad and toss gently until everything is evenly coated.

Serve immediately or refrigerate for later.



Lentil soup with a slice of whole grain bread

Ingredients:

- 1 cup dried lentils (200 g)
- 2 medium carrots, diced (150 g)
- 2 stalks celery, diced (100 g)
- 1 small onion, diced (100 g)
- 2 cups fresh spinach leaves (60 g)
- 4 cups vegetable broth (960 g)
- 2 cups water (about 480 grams)
- Salt and pepper to taste
- Slice of a dark whole grain bread like a whole wheat loaf.

Instructions:

Rinse the lentils under cold water and drain them.

In a large pot, heat a tablespoon of olive oil over medium heat.

Add the diced onion, carrots, and celery. Cook, stirring occasionally, until the vegetables are softened, about 5 minutes.

Add the rinsed lentils, vegetable broth, and water to the pot.

Bring the mixture to a boil, then reduce the heat to low and let it simmer, covered, for about 20-25 minutes, or until the lentils are tender.

While the soup is simmering, wash the spinach leaves thoroughly and roughly chop them.

Once the lentils are tender, stir in the chopped spinach and let it wilt in the soup for a couple of minutes.

Season the soup with salt and pepper to taste.

If desired, toast the slice of whole-grain bread.

Ladle the hot lentil soup into bowls and serve with a slice of whole grain bread on the side.



Veggie sushi bowl

Ingredients:

- ½ cup fridge chilled or warm brown rice (100 g)
- 1 cup chopped cucumber (150 g)
- 1 carrot grated or julienned (120 g)
- ½ cup shelled edamame (75 g)
- 2 tbsp coconut aminos, low sodium tamari or soy sauce (43 g)
- 2 tbsp rice vinegar (43 g)

Optional:

- Nori Sheets cut into strips
- Chopped pickled or fermented vegetables like kimchi or ginger to taste
- A sprinkle of sesame seeds
- Wasabi

Instructions:

Rinse the brown rice until water runs clear, and drain well.

If you do not have a rice cooker, in a medium saucepan, combine the rinsed brown rice and water. Bring to a boil, then reduce the heat to low, cover, and simmer for 40-45 minutes, or until the rice is tender and the water is absorbed.

Once the brown rice is cooked, transfer it to a large mixing bowl.

Gently fold in the rice vinegar and aminos/tamari/soy sauce until well combined. Allow the rice to cool in the refrigerator if consumed chilled.

If consuming chilled, allow for the rice to cool and then assemble.

Assemble the sushi bowl, place the brown rice at the base of a bowl and arrange the cucumber, grated carrot, and cooked edamame on top.

Garnish the bowls with chopped kimchi/ginger, sesame seeds, nori strips, and wasabi if desired.



Veggie wrap with a side of fresh fruit

Ingredients:

- 1 large whole wheat tortilla (about 10 inches in diameter) or 2 collard green leaves to wrap.
- 2 tablespoons hummus
- 1/4 cup shredded carrots (30 g)
- 1/4 cup sliced cucumber (about 40 g)
- 1/2 cup fresh spinach leaves (about 20 g)
- 2 tablespoons roasted red peppers, thinly sliced (30 g)
- 1 cup mixed fresh fruit (such as berries, grapes, or melon) (150 g)

Instructions:

Lay the whole wheat tortilla or collard greens on a flat and clean surface.

Spread the hummus evenly over the surface of the tortilla, leaving a small border around the edges.

Arrange the shredded carrots, sliced cucumber, fresh spinach leaves, and roasted red peppers in a line down the center of the tortilla or collard green.

Fold the sides of the tortilla or leaves over the filling, then roll it up tightly from the bottom to form a wrap.

Cut the veggie wrap in half diagonally, if desired, for easier handling.

Serve the veggie wrap with fruit and consume immediately, or wrap it in parchment paper for later enjoyment.



Mediterranean grain bowl with olive oil and balsamic vinegar

Ingredients:

- 1 cup cooked farro (175 g)
- 1 medium zucchini, diced (150 g)
- 1 small eggplant, diced (200 g)
- 1 small red onion, thinly sliced (100 g)
- 1/2 cup chickpeas, drained and rinsed (100 g)
- 2 tablespoons olive oil
- 2 tbsps balsamic vinegar
- Salt and pepper to taste

Optional:

- 1 teaspoon dried oregano or thyme for extra flavor

Instructions:

Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or aluminum foil for easy cleanup.

In a large mixing bowl, toss the diced zucchini, eggplant, and thinly sliced red onion with olive oil until evenly coated. Season with salt, pepper, and optional dried oregano or thyme, if desired.

Spread the seasoned vegetables out in a single layer on the prepared baking sheet. Roast in the preheated oven for 20-25 minutes, or until the vegetables are tender and slightly caramelized, stirring halfway through the cooking time.

Once the vegetables are done roasting, remove them from the oven and set aside to cool slightly.

In a separate mixing bowl, combine the cooked farro and drained chickpeas.

Top with the roasted vegetables, balsamic vinegar, olive oil, salt and pepper, and any additional spices.

Pumpkin or squash soup topped with fresh chopped parsley and pumpkin seeds

Ingredients:

- Pumpkin or squash, peeled, seeded, and chopped (300 g)
- Olive oil (12 mL, 1 tbsp)
- Chili flakes (optional)
- Onion (optional)
- Parsley
- Salt and pepper to taste
- Pumpkin seeds (9 g, 1 tsp)

Instructions:

Boil the pumpkin or squash in salted water.

When cooked, drain the water.

Add the oil, chili flakes, onion, parsley, and salt and pepper to taste.

Stir well. When soup reaches the desired consistency, puree it with a blender.

Serve in a bowl garnished with the pumpkin seeds.



Pasta and lentil soup

Ingredients:

- Lentils (150 g drained)
- Potato (1 medium)
- Carrot (1 medium)
- Tomato (1 medium)
- Garlic (2 cloves, cut in half)
- Rosemary (as desired)
- Whole Grain Pasta (40 g)
- Olive oil (25 mL, 2 tbsp)

Instructions:

Boil the soaked lentils in a large pot of salted water with the potato, carrot, tomato, garlic, and rosemary.

When the lentils are tender, add the pasta.

When pasta is cooked, stir, and let the water evaporate until the soup reaches the desired consistency.

Turn the fire off and add olive oil.



Baked salmon with steamed broccoli and roasted sweet potatoes

Ingredients:

- Salmon filet, wild-caught (150g)
- 2 cups broccoli florets (200g)
- 1 medium sweet potato (200g)
- 1 tbsp extra virgin olive oil (14 g)
- Salt and pepper to taste

Optional:

- Seasonings for salmon (such as garlic powder, lemon pepper, or herbs)

Instructions:

Preheat your oven to 400°F (200°C).

Wash and scrub the sweet potatoes. Cut them into cubes or wedges, depending on your preference.

Place the sweet potato pieces on a baking sheet lined with parchment paper. Drizzle with olive oil, then season with salt and pepper. Toss to coat evenly.

Spread the sweet potatoes out in a single layer on the baking sheet. Roast in the preheated oven for about 25-30 minutes, or until they are tender and lightly browned, flipping halfway through.

While the sweet potatoes are roasting, prepare the salmon. Place the salmon fillets on another baking sheet lined with parchment paper. Drizzle with olive oil and season with salt, pepper, and any optional seasonings of your choice.

Once the sweet potatoes have been roasting for about 15 minutes, place the salmon in the oven alongside them. Bake for about 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork.

While the salmon is baking, steam the broccoli. Place the broccoli florets in a steamer basket set over a pot of boiling water. Cover and steam for about 5-7 minutes, or until the broccoli is tender but still bright green.

Once everything is cooked, divide the baked salmon, steamed broccoli, and roasted sweet potatoes onto plates. Serve immediately.



Tofu veggie stir fry on a bed of brown rice

Ingredients:

- Tofu, drained and pressed (150 g)
- 1 cup bell peppers, sliced (150g)
- 1 cup snap peas (100g)
- 1 cup mushrooms, sliced (100g)
- 3/4 cups cooked brown rice (142 g)
- 2 tbsp coconut aminos, low sodium tamari or soy sauce
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp ginger, minced
- Salt and pepper to taste

Optional:

- Garnish: sliced green onions, sesame seeds

Instructions:

Preheat your oven to 400°F (200°C).

Cut the tofu into cubes or slices.

In a mixing bowl, combine tofu cubes with olive oil, minced garlic, soy sauce, salt, and pepper. Toss until tofu is evenly coated.

Spread the tofu cubes in a single layer on a baking sheet lined with parchment paper.

Bake in the preheated oven for about 25-30 minutes, flipping halfway through, until tofu is crispy.

While the tofu is baking, prepare the mixed vegetables. Wash and slice the bell peppers, snap peas, and mushrooms.

In a skillet, heat a bit of olive oil over medium-high heat. Add minced garlic and sauté for about 1 minute until fragrant.

Add sliced bell peppers, snap peas, and mushrooms to the skillet. Sauté for about 5-7 minutes until vegetables are tender-crisp.

Once the tofu is done baking, remove it from the oven and add it to the skillet with the mixed vegetables. Toss everything together until well combined.

Serve the baked tofu and mixed vegetables over cooked brown rice.

Garnish with sliced green onions and sesame seeds, if desired.



Salmon fillet with asparagus

Ingredients:

- Salmon fillet (150 g)
- Asparagus (300 g)
- Olive oil (12 mL, 1 tbsp)
- Lemon juice to taste
- Salt and pepper to taste

Instructions:

Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or aluminum foil for easy cleanup.

Place the trimmed asparagus spears on the prepared baking sheet. Drizzle with olive oil and season with salt and pepper to taste. Toss the asparagus to coat evenly in the oil and seasoning.

Place the baking sheet with the asparagus in the preheated oven. Roast for 12-15 minutes, or until the asparagus is tender yet still crisp.

While the asparagus is roasting, prepare the salmon fillet. Pat the salmon dry with paper towels and place it on a separate baking sheet lined with parchment paper or aluminum foil.

Squeeze lemon juice on the salmon. Season with salt and pepper. Optionally, you can add minced garlic for extra flavor.

Once the asparagus is done roasting, remove it from the oven and set it aside. Place the salmon fillet in the oven and bake for 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork.

Once the salmon is cooked, remove it from the oven. Serve the lemon garlic salmon fillet alongside the roasted asparagus.

Optionally, you can squeeze additional lemon juice over the salmon before serving for extra freshness.



Whole grain pasta with kidney beans, olives, capers, kale, and tomato

Ingredients:

- 8 ounces whole grain pasta (225 g)
- ½ cup kidney beans, drained and rinsed (100 g)
- 1 cup kale (100 g)
- 1/2 cup pitted black olives, sliced (75 g)
- 2 tbsp capers, drained (30 g)
- 1 cup cherry tomatoes, halved (150 g)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Optional: Red pepper flakes for added heat

Instructions:

Cook the whole grain pasta according to the package instructions until al dente.

Drain and set aside.

In a large skillet, heat olive oil over medium heat. Add minced garlic and cook for 1-2 minutes, until fragrant.

Add the kidney beans, kale, sliced black olives, capers, cherry tomatoes, and dried oregano to the skillet. Cook for 3-4 minutes, stirring occasionally, until the tomatoes start to soften and release their juices.

Add the cooked whole-grain pasta to the skillet with the bean and tomato mixture.

Toss everything together until well combined. If the mixture seems dry, you can add a splash of pasta cooking water or additional olive oil.

Season the pasta dish with salt, pepper, and optional red pepper flakes to taste.



Quinoa stuffed bell peppers

Ingredients:

- 1 large bell pepper
- 1/4 cup cooked quinoa (45 g)
- 1/4 cup black beans, drained and rinsed (60 g)
- 1/4 cup corn kernels, fresh or frozen (40 g)
- 1/4 cup diced tomatoes, drained (40 g)
- 2 tablespoons diced red onion (30 g)
- 1 clove garlic, minced
- 1/4 teaspoon ground cumin
- 1/8 teaspoon smoked paprika
- Salt and pepper to taste

Optional:

- Pinch of chili powder for extra heat
- 1/2 ripe avocado, sliced
- 2 tablespoons salsa of your choice
- Chopped fresh cilantro, for garnish

Instructions:

Preheat your oven to 375°F (190°C). Line a small baking dish with parchment paper or aluminum foil for easy cleanup.

Slice the top off the bell pepper and remove the seeds and membranes from inside. Place the hollowed-out bell pepper in the prepared baking dish.

In a small mixing bowl, combine the cooked quinoa, black beans, corn kernels, diced tomatoes, diced red onion, minced garlic, ground cumin, smoked paprika, salt, pepper, and optional chili powder. Stir until well combined.

Spoon the quinoa and bean mixture into the hollowed-out bell pepper, pressing down gently to pack the filling.

Cover the baking dish with aluminum foil and bake in the preheated oven for 20-25 minutes, or until the bell pepper is tender.

Once the stuffed bell pepper is cooked, remove it from the oven and let it cool slightly.

To serve, top the stuffed bell pepper with slices of ripe avocado and a dollop of salsa. Garnish with chopped fresh cilantro, if desired.



L-Spread Energy Bites

Ingredients:

- 1 1/2 cups rolled oats
- 2/3 cup L-Spread
- 1/2 cup shredded coconut
- 1/3 cup honey
- 1/2 cup chopped nuts (hazelnuts, almonds or walnuts)
- 2 Tbsp. ground flax seeds
- 1 Tbsp. chia seeds
- 1 tsp. vanilla extract
- 1/2 tsp. salt

Instructions:

In a blender or food processor, combine all ingredients and pulse until thoroughly mixed.

Scoop the mixture into bite-sized balls, approximately 1 tablespoon each, and place them on a sheet of parchment paper.

Roll the mixture into compact balls using your hands and refrigerate to set.

Accompany with a herbal tea, or unsweetened soy or almond milk.



Apple slices with L-Protein yogurt dip

Ingredients:

- 1 sachet of L-Protein (48 g)
- ½ cup unsweetened dairy-free yogurt with probiotics (240 g)
- 2 tsp cinnamon
- Pinch of salt
- 1 medium apple (182 g)

Optional:

- Garnish: sliced green onions, sesame seeds

Instructions:

In a small mixing bowl, combine the L-Protein powder, unsweetened dairy-free yogurt, cinnamon, and a pinch of salt. Stir until well combined.

Wash the apple thoroughly and slice it into thin wedges or rounds, removing the core and seeds.

Serve the L-Protein yogurt dip alongside the apple slices for dipping.



L-Spread Banana Pop

Ingredients:

- 1 whole unpeeled banana
- 2 Wooden sticks
- 2 tbsp L-Spread
- 3/4 tbsp Coconut oil

Optional:

- Toppings: chopped nuts, shredded coconuts

Instructions:

Halve whole banana

Insert wooden stick into the flat side of the banana.

Arrange banana on a plate or tray lined with wax paper.

Place banana in the freezer and allow them to freeze completely, typically taking 4-6 hours.

Once frozen, combine L-spread and coconut oil, melting them together in the microwave. This only takes seconds, try increments of 10-20 seconds

Dip the frozen banana into the chocolate shell mixture, allowing any excess to drip off before rolling the banana in your chosen toppings. You'll want to work quickly if adding topping because the shell will toughen quickly

Enjoy immediately or store it in the freezer for up to 1 week

LONGEVITY DIET SHOPPING LIST: WHAT TO STOCK UP ON

This shopping list encompasses staples of the Longevity Diet - an abundance of whole, fresh foods coming from plant-based sources, with a variety of colors and phytonutrients, vegetables, and fiber all studied to support long-term health and longevity.

Vegetables and Herbs

Green Beans, Zucchini, Cucumber, Carrot, Tomato, Pumpkin, Squash, Eggplant, Potato, Corn, Mushroom, Asparagus, Broccoli, Brussel Sprouts, Spinach, Chicory, Kale, Lettuce, Swiss Chard, Cabbage, Celery, Fennel, Artichokes, Basil, Parsley, Oregano, Thyme, Rosemary, Hot Peppers, Onion, Garlic

Carbohydrates (40 g serving size each of)

Whole Grain Bread, Whole-Wheat Pasta, Barley, Farro, Semolina, Spelt, Polenta, Gnocchi, Wild Rice, Spelt Crackers, Rye Crackers, Steel-Cut Oatmeal, Whole Grain Cereal (unsweetened varieties)

Fruits

Lemon, Berries, Cherries, Grapes, Pineapple, Banana, Kiwi

Dried Fruits

Raisins, Dates, Cherries, Cranberries, Apricots (only unsweetened varieties)

Fasting Support

Fasting Bars, Fasting Shake.

Fats

Olives, Extra Virgin Olive Oil, Almonds, Walnuts, Pumpkin Seeds, Pine Nuts, Hazelnuts, Pecans, Pistachios, Parmesan Cheese, Feta Cheese, Goat's Milk Yogurt

Proteins

Black Beans, Garbanzo Beans, Canelli Beans, Navy Beans, Kidney Beans, Lentils, Peas, Salmon, Octopus, Clams, Mussels, Tuna, Shrimp, Anchovies, Sardines

Other

L-Spread, Fruit Jam (no sugar added), 70% minimum Dark Chocolate (free of milk/dairy, less than 8g of sugar, and 150 cal or less per serving), Balsamic Vinegar, Pesto, Garbanzo Bean/Chickpea Flour, Croutons, White Cooking Wine, Honey, Chili Flakes, Salt, Pepper, Saffron, Pickled/Fermented Vegetables, Sun Dried Tomatoes

Beverages

Almond, Hazelnut, or Coconut Milk (unsweetened and supplemented with calcium and vitamins B12, B2, and D), Teas (Herbal, Green, and Black), Coffee, Espresso



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