**Disclaimer**: This list of meals with the chosen nutrients is entirely designed for my own consumption and tested against my own body. Do no blindly copy it and consider all potential drawbacks. What is safe for me might not be safe for you. No guarantees for effects and side effects are given. This is not medical advice.

# Breakfast

The breakfast is essentially a combination of two ***Blueprint*** (Bryan Johnson) meals[[1]](#footnote-1),[[2]](#footnote-2) minus some ingredients plus some other experimental and evolving ingredients. Like with the Blueprint meals, the focus is still on health, especially antioxidants and anti-inflammatory, but with more calories and protein and some other personalization.

**Personalization**: The content and serving size of this meal is put together for my personal needs which may differ from yours. See also column specific reasons. I use **Blueprint supplements**[[3]](#footnote-3) (about 7€ per day) and EPA/DHA omega 3 supplements (there is enough ALA in all the nuts). If you do not (yet), you might want to add specific supplements to the meal yourself.

If you sign up for blueprint, use my referral code to support my work and get 25$ off :)  
(as of December 2024) <https://blueprint.bryanjohnson.com/FELIXSCHWEIGKOFLER>

**Values per portion (v5) (carbs exclusive sugar and fiber)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| € | kcal | protein | fat | carbs | sugar | fiber |
| **€ 4,58** | **1306,8** | **58,9** | **97,5** | **15,0** | **21,7** | **29,0** |

**Prepping**: I usually prepare for 20 days in advance, which is an arbitrary number. Each day’s meal is stored in a separate glass jar. I prepare the ingredients in three steps that I think are the most efficient.

1. Weigh all ***Nuts***, blend, mix, and distribute them across the glass jars
2. Weigh all ingredients labelled as ***Dry***, mix them well, then distribute them across the jars
3. Weigh, mix, and distribute all the ***Extracts***.
4. Finally cutting dates into small pieces.

Blending nuts is not ideal for oxidation, but in airtight glass jars that should be fine. Benefit of blending is that no large nut parts remain as may be the case with insufficient chewing, which would reduce the energy uptake even more[[4]](#footnote-4).

**Storage** in glass jars works well; airtight, neatly stackable, reusable, easy to wash (not necessary after every use in my opinion, as all components are dry). Volume of 350 ml should do. The prepped meal is dry and can probably be stored dry for months, but it is possibly better for some ingredients not to keep them too long, especially the ground nuts.

**Daily preparation** with hot water; I use approximately 200 ml, but I go purely by how thick/liquid the mix is. Put mix into deep plate or bowl, add hot water, stir and wait for a couple of minutes, add berries, then add soy yogurt. If the berries are frozen, the meal may become quite cold in the end, depending on the amount of hot water.

**Warning**: Several ingredients should not be overdosed.

* **Fiber** can cause issues with the digestive system when it is not used to it. Max recommended intake for men is 70 g per day but much lower amounts can cause issues already if they are higher than the body is used to.
* **Cyanide** is deadly in high doses and causes digestive and other issues at low doses, but in very low doses is not damaging for the body. Present especially in flax and to a lesser degree chia seed. Make sure to start with lower amounts of flax if not used to it.
* **Selenium** is highly concentrated in Brazil nuts. Significantly higher doses than I use might lead to selenium poisoning.
* Raw oat flour apparently might contain **bacteria**, but the risk should be minimal and is apparently lower than with raw wheat flour.
* **Extracts** should be dosed carefully.

# Smoothie

The listed ingredients are just an idea, not yet tested.

# Tahini dressing

My dressing for the raw salad.

# Salad

My source of broccoli and cauliflower. With the dressing also my regular source of olive oil.

The third vegetable chances every couple days to have some change.

As the ingredients are quite dry, storage in the fridge for multiple days or maybe even one or two weeks is possible. I prepare for five days.

# Zuqqinoa

Self-developed meal. Precise amounts are subject do development.

1. <https://blueprint.bryanjohnson.com/products/longevity-protein> [↑](#footnote-ref-1)
2. <https://blueprint.bryanjohnson.com/products/nutty-pudding-fruit-and-nut-mix> [↑](#footnote-ref-2)
3. <https://blueprint.bryanjohnson.com/collections/supplements> [↑](#footnote-ref-3)
4. <https://doi.org/10.3945/ajcn.113.071456> [↑](#footnote-ref-4)