

Autophagy-Boosted Weekly Meal Plan

Daily Routine (Every Day)

Morning Ritual (Fasting Period, 8 AM)

- Warm water with 1 tbsp olive oil + 100ml lemon juice (~50mg C, 14g fat)
- Hydration: 2L water throughout the day
- Salt: ¼ tsp iodized salt in water (~600mg sodium, ~20µg iodine)
- Magnesium: 1 tsp citrate (~300mg) in water at night (for bowels & nerves)

Eating Window: 12 PM - 8 PM

Store Notes: All core items reliable at Tesco/Morrisons except chicken livers (not reliably available at Tesco)

Sunday

Lunch (12 PM)

- 1 tin sardines (23g protein, 11g fat, 300mg calcium, D, B12)
- Full avocado (15g fat, 500mg potassium, folate)
- 2 tbsp olive oil (28g fat)
- Small steamed spinach (1g fiber, 150µg K, magnesium)
- 1 tbsp flaxseeds (3g fiber, 0.5mg manganese)

Dinner (6 PM)

- 2 eggs scrambled in 2 tbsp butter (12g protein, 32g fat, B12, D)
 - ½ cup frozen blueberries (4g fiber, 20mg C)
 - 1 prune (1g fiber, 150mg potassium)
 - 1 tbsp sauerkraut (probiotics)
-

Monday

Lunch (12 PM)

- 1 tin mackerel (20g protein, 15g fat, omega-3s)
- Full avocado (15g fat, 500mg potassium)
- 3 tbsp olive oil (42g fat—energy boost)

- Small steamed broccoli (1g fiber, 100µg K)

Dinner (6 PM)

- 1 tin sardines (23g protein, 11g fat)
 - ½ cup frozen pumpkin (2g fiber, 500µg A, 200mg potassium)
 - 1 tbsp sauerkraut (probiotics)
 - 30g sunflower seeds (1g fiber, 0.5mg B1, 2mg zinc)
-

Tuesday

Lunch (12 PM)

- 1 tin sardines (23g protein, 11g fat)
- Full avocado (15g fat, 500mg potassium)
- 2 tbsp olive oil (28g fat)
- Small steamed spinach (1g fiber, magnesium)

Dinner (6 PM)

- 2 eggs in 2 tbsp olive oil (12g protein, 38g fat)
 - ½ cup frozen blueberries (4g fiber, 20mg C)
 - 1 prune (1g fiber, 150mg potassium)
 - 1 tbsp sauerkraut
-

Wednesday

Lunch (12 PM)

- 1 tin mackerel (20g protein, 15g fat)
- Full avocado (15g fat, 500mg potassium)
- 3 tbsp olive oil (42g fat)
- 1 tbsp flaxseeds (3g fiber)

Dinner (6 PM)

- 1 tin sardines (23g protein, 11g fat)
- Small steamed broccoli (1g fiber)
- ½ cup frozen pumpkin (2g fiber)
- 1 tbsp sauerkraut

- NOTE: If you can source chicken livers elsewhere, you can substitute 100g chicken livers with onions (17g protein, 6g fat, 15mg B3, 5mg zinc) for the sardines
-

Thursday

Lunch (12 PM)

- 1 tin sardines (23g protein, 11g fat)
- Full avocado (15g fat, 500mg potassium)
- 2 tbsp olive oil (28g fat)
- Small steamed spinach (1g fiber)

Dinner (6 PM)

- 2 eggs in 2 tbsp butter (12g protein, 32g fat)
 - ½ cup frozen blueberries (4g fiber, 20mg C)
 - 1 banana (400mg potassium—optional if experiencing cramps)
 - 1 tbsp sauerkraut
-

Friday

Lunch (12 PM)

- 1 tin sardines (23g protein, 11g fat)
- Full avocado (15g fat, 500mg potassium)
- 3 tbsp olive oil (42g fat)
- 1 tbsp flaxseeds (3g fiber)

Dinner (6 PM)

- 1 tin sardines (23g protein, 11g fat)
 - Small steamed broccoli (1g fiber)
 - ½ cup frozen pumpkin (2g fiber)
 - 1 tbsp sauerkraut
 - 30g sunflower seeds (0.5mg B1)
-

Saturday

Lunch (12 PM)

- 1 tin sardines (23g protein, 11g fat)

- Full avocado (15g fat, 500mg potassium)
- 2 tbsp olive oil (28g fat)
- Small steamed spinach (1g fiber)

Dinner (6 PM)

- 2 eggs in 2 tbsp olive oil (12g protein, 38g fat)
 - 1 banana (400mg potassium—optional)
 - 1 prune (1g fiber, 150mg potassium)
 - 1 tbsp sauerkraut
 - NOTE: If you can source chicken livers elsewhere, you could substitute 100g chicken livers with onions (17g protein, 6g fat, B12, iron) for the eggs as an occasional nutritional boost
-

Nutritional Snapshot (Daily Average)

Macronutrients

- Energy: ~1600-1800 kcal (can adjust with more oil if needed)
- Protein: ~50-55g
- Fat: ~155-165g (~85% of calories)
- Carbs: ~20-25g (from blueberries, vegetables, banana)
- Fiber: ~8-12g (from flaxseeds, vegetables, prunes)

Vitamins

- A: ~1000-1500µg (liver, pumpkin)
- C: ~50mg (lemon, blueberries)
- D: ~15µg (sardines, eggs)
- E: ~14-16mg (oil, avocado)
- K: ~80-100µg (spinach, broccoli)
- B1: ~0.9-1.2mg (seeds, fish)
- B2: ~1.5-2mg (eggs, liver)
- B3: ~12-18mg (fish, liver)
- B5: ~3-5mg (eggs, avocado)
- B6: ~2-3mg (fish, avocado)
- Folate: ~200-300µg (avocado, spinach)
- B12: ~5-10µg (fish, eggs, liver)

Minerals

- Calcium: ~600-700mg (sardines)
 - Magnesium: ~300-400mg (supplement, spinach)
 - Iron: ~7-10mg (liver)
 - Potassium: ~3000-3500mg (avocado, banana, prune)
 - Zinc: ~7-10mg (fish, liver)
 - Phosphorus: ~600-800mg (fish, eggs)
 - Sodium: ~2000-2500mg (fish, salt)
 - Selenium: ~60-80µg (fish, eggs)
 - Iodine: ~140-160µg (iodized salt, fish)
 - Copper: ~1-2mg (liver, avocado)
 - Manganese: ~1.5-2mg (flax, blueberries)
-

Shopping List

Staples

- Olive oil (1L)
- Eggs (15-pack)
- Butter (250g)
- Flaxseeds (200g)
- Sauerkraut (360g)
- Iodized salt (750g)

Tins

- Sardines (6 tins)
- Mackerel (2 tins)

Frozen

- Spinach (900g)
- Broccoli (900g)
- Pumpkin (500g)
- Blueberries (350g)

Fresh

- Avocados (6-pack)

- Lemons (5-6)
- Prunes (200g)
- Bananas (5-pack)
- Sunflower seeds (200g)

Alternative Options (Not from Tesco)

- Chicken livers (380g—if you can source from another store or butcher)

Approximate Total: £45-47/week (£6.50/day)

Practical Tips

Preparation

- Portion spinach/broccoli/pumpkin into ~50g bags for grab-and-go steaming
- Freeze extra chicken livers
- Keep all fish oil for omega-3s (don't drain tins)

Constipation Relief

- Increase olive oil to 2 tbsp AM and 2 tbsp PM
- Sip 100ml warm water with 1 soaked prune
- Skip vegetables for 1 day if needed

Benefits for Health Conditions

- **Autophagy Support:** 16:8 fasting + low carbs keep autophagy active
- **Nerve Health:** High fat, B12, D, omega-3s (especially beneficial for MS)
- **Bloating Prevention:** Avoids high-FODMAP foods and raw vegetables
- **Energy Management:** Consistent protein and fats with minimal carbs

Testing Your Response

- Track energy levels, neuropathy symptoms, and digestive comfort
 - Banana is optional; use only if you need additional potassium
 - Consider journal tracking for first 2 weeks of adaptation
-

Disclaimer: This document is for informational purposes only and is not intended as medical advice. Always consult with qualified healthcare professionals regarding your specific health needs.