**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 many more ingredients (that may or may not be relevant). Like with the Blueprint meals, the focus is still on health, especially antioxidants and anti-inflammatory, but with more calories and protein.

**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 **porridge** (v8) (carbs are exclusive sugar and fiber)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  €  | kcal | protein | fat | carbs | sugar | fiber |
|  **€ 4,03**  | **1134,2** | **34,8** | **89,0** | **20,9** | **15,7** | **31,2** |

Values per portion **smoothie** (v8) (carbs are exclusive sugar and fiber)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| €  | kcal | protein | fat | carbs | sugar | fiber |
|  **€ 4,55**  | **1086,4** | **48,8** | **85,4** | **8,9** | **15,4** | **18,7** |

**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.

1. Weigh all “*Dry”* ingredients, put in a big bowl, mix well.
2. Weigh all “*Extract”* ingredients separately, mix well
3. Add Extracts to Dry, mix well.
4. Weigh all *“Nuts”*, blend[[4]](#footnote-4), add to rest, mix well.
5. Distribute across the glass jars for easy and air-tight storage.

**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.

**Final preparation porridge:** add approximately 200 ml hot water to the porridge-mix, then add berries and soy yogurt.

**Final preparation smoothie**: put approximately 300 ml hot water, frozen berries, yoghurt, and the smoothie-mix into the blender; blend well.

**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. In low doses it is not harmful to the body. Present especially in flax and to a lesser degree chia seed. Make sure to start with lower amounts of flax if you are not used to it.
* **Selenium** is highly concentrated in Brazil nuts. Significantly higher doses than I use might lead to selenium poisoning.

# Salad

My source of broccoli and cauliflower and olive oil. The dressing is added during the final preparation to prevent sogginess.

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

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

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. Blending nuts is theoretically not ideal for oxidation, but in airtight glass jars that should be fine. Nut pieces are very hard to break down for the digestive system, therefore this is likely a net benefit (<https://doi.org/10.3945/ajcn.113.071456>). [↑](#footnote-ref-4)