

WEEKLY MEAL PLAN & PROTOCOL TRACKER

Phoenix Longevity Research & Consulting

"Like the phoenix reborn from flame, our mission is to reignite vitality, restore beauty, and renew what time has diminished."

HOW TO USE THIS TEMPLATE

Build each meal using the Longevity Plate framework: 1/3 protein (grass-fed beef, chicken, salmon, eggs, dairy), 1/3 vegetables (colorful, fresh, minimally processed), and 1/3 healthy fats & strategic carbs (avocado, olive oil, nuts, sweet potato, berries). Target 1.2-1.6 g/kg body weight of protein daily, spread across 3-4 meals (30-40g per meal). Use the peptide tracking section to log your protocol alongside your nutrition.

THE LONGEVITY PLATE REFERENCE

PROTEIN SOURCES	VEGETABLES	HEALTHY FATS & CARBS
Grass-fed beef	Broccoli	Olive oil
Chicken breast	Asparagus	Avocado
Wild salmon	Bell peppers	Nuts & seeds
Pasture-raised eggs	Spinach & kale	Sweet potato
Full-fat Greek yogurt	Cauliflower	Berries
Cottage cheese	Brussels sprouts	Oats
Turkey	Avocado	Full-fat dairy
Bison	Mixed greens	Dark chocolate (85%+)

WEEKLY MEAL PLAN

Fill in your meals for each day. Aim for 30-40g protein per meal.

DAY	BREAKFAST	LUNCH	DINNER	SNACK
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

