



# Anti-Aging Sample Menu Plan



## **Day 1**

### **Breakfast**

Oatmeal w/raisins and walnuts  
1 banana  
1 cup rice milk  
1 cup green tea

### **Lunch**

1 C. Split Pea Soup  
1/2 cup peach halves  
1 C mixed greens salad  
2 T Italian dressing  
Bottled water/16 oz

### **Dinner**

4 oz Grilled Salmon filet  
1/2 C. Brown Rice  
1 C Brussel sprouts  
2 C green salad, dressing of choice  
Bottled water/16 oz

### **Restaurant Tips:**

Order grilled or broiled meats,  
instead of fried  
Ask for salad dressings on the side  
Instead of baked potato – ask for  
double veggies, no sauces  
Add a salad to every meal, to  
increase raw foods and enzymes

### **Supplements:**

#### ***Omega 3 Essential Fatty Acids***

Take :( 2) 500 mg w each meal

#### ***Antioxidants:*** Vit C, E, B12

Take :( 2) each with every meal

#### ***Multiple Vitamin/Mineral Supplement***

Take :( 1-2) with every meal

#### ***Hormone Supplements (if req)***

## **Day 2**

### **Breakfast**

Herbal Tea  
Broccoli and onion omelet (2 eggs)  
1/2 cup strawberries

### **Lunch**

Bison Burger on whole wheat bun  
1 C. Steamed carrots and zucchini  
Bottled water/16 oz

### **Dinner**

4 oz Grilled Chicken breast  
1/2 cup green beans w/ toasted  
almonds  
Lettuce Wedge w/Bleu cheese  
dressing  
1/2 tomato diced over salad  
Fresh brewed iced tea

### **Healthy Snack Options**

Handful of nuts  
Apple slices w/almond butter  
Carrot sticks and hummus  
Fresh Fruit: banana/apple/ berries  
Fresh Raw Veggies: raw broccoli  
Jicama/ celery / snap peas

### **Lifestyle Compliments**

#### **Stay Physically Active:**

Get out and walk daily, enjoy the  
sunshine.

#### **Keep your brain active:**

Read, do crossword puzzles and  
card games with friends.