

# Weekly Longevity Meal Prep

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*Cooking For Peanuts*

EASY & AFFORDABLE VEGAN  
LONGEVITY RECIPES

Cooking For Peanuts

## All Days

539 Cal ● 73.2g Carbs (17.0g Fiber) ● 16.7g Fat ● 25.2g Protein

### Breakfast 223 Cal



[Soy Milk Yogurt](#)

1/2 serving • 59 Cal



[Health Powder](#)

1 serving • 163 Cal

### Snack 47 Cal



[Wakame Seaweed Salad](#)

1/2 serving • 47 Cal

### Lunch 135 Cal



[Longevity Spice Mix](#)

1/2 serving • 10 Cal



[How to Cook Kale](#)

1 serving • 125 Cal

### Dinner 135 Cal



[Longevity Spice Mix](#)

1/2 serving • 10 Cal



[How to Cook Kale](#)

1 serving • 125 Cal

## Health Powder [🔗](#)



Prep 7 servings for Breakfast on [Day 1](#)

Scaled to 1 serving

**1 tbsp, whole** Flaxseed (10 g)  
(meal)

**2/3 tbsp** Freeze-Dried  
Strawberry Powder (4 g)

**1 tbsp** Wheat germ (7.2 g)  
(optional)

**2 tsp** Barberries (12 g)

**2 tsp** Cocoa (3.6 g)  
(powder, optional)

**1/2 tsp** Cinnamon (1.3 g)

**1/2 tsp** Amla Powder (2.5 g)

**1/16 tsp** Cloves (0.1 g)  
(of)

Per 1 serving :

163 Cal ● 23.2g Carbs (8.7g Fiber) ● 5.6g Fat ● 4.4g Protein

Directions are for original recipe of 1 serving

**1** FOR PRIVATE USE ONLY. Do not curate.

**2** Source: <http://cookingforpeanuts.com/health-powder/>

## How to Cook Kale [🔗](#)



Prep 14 servings for Lunches and Dinners [Day 1](#)

Scaled to 1 serving

**4 oz** Kale (113 g)  
(1 to 2 bunches, curly or  
lacinato)

**1/4 cup** Water (59 g)

**1/2 tbsp** Hemp Hearts (5 g)

**3/4 tsp** Miso (4.3 g)  
(mellow white)

**1/4 tbsp** Nutritional Yeast  
(1.2 g)

**3/4 tsp** Lemon juice (3.8 g)  
(plus more to taste)

**1/4 tbsp** Apple Cider Vinegar  
(3.8 g)

**3/4 tsp** Whole Grain Mustard  
(3.8 g)

**1/4 tbsp, drained** Capers (2.2 g)  
(preferably reduced sodium, and  
rinsed)

**1/4 clove** Garlic (0.8 g)

**3/4 tsp** Date Syrup (5.2 g)

**3 tbsp** Water (44 g)  
(plus more as needed)

Per 1 serving :

125 Cal ● 17.4g Carbs (3.0g Fiber) ● 3.3g Fat ● 6.7g Protein

Directions are for original recipe of 4 serving

**1** For private use. Do NOT curate.

**2** Source: <http://cookingforpeanuts.com/how-to-cook-kale/>

## Longevity Spice Mix [🔗](#)



Prep 7 servings for Lunches and dinners on [Day 1](#)

Scaled to 1/2 serving

**1/8 tsp** Pepper (0.3 g)  
(long pepper, ground)

**1/8 tsp** Black Cumin Seed  
(0.6 g)

**1/4 tsp** Garlic powder (0.8 g)

**1/8 tsp** Organic Dried Ginger  
(0.2 g)

**1/8 tsp** Cayenne pepper (0.2 g)  
(optional)

**1/8 tsp** Mustard seed (0.2 g)

**1/8 tsp** Turmeric (0.3 g)  
(root)

**1/16 tsp** Pepper (0.1 g)

Per 1 serving :

19 Cal ● 2.9g Carbs (0.9g Fiber) ● 0.8g Fat ● 0.8g Protein

Directions are for original recipe of 1 serving

**1** For private use. Do NOT curate.

**2** Source: <http://cookingforpeanuts.com/longevity-spice-mix/>

## Soy Milk Yogurt [🔗](#)



Prep 4 servings for Breakfasts or snacks on [Day 1](#)

Scaled to 1/2 serving

**118 1/4 ml** Eden Foods  
Edensoy Organic Unsweetened  
Soy milk  
(unsweetened, 2 ingredients  
(water and organic soybeans))

**5/8 capsule** Probiotic  
Supplement, Daily Probiotic  
(use Country Life (12 Billion  
CFUs per 32-ounce carton))

Per 1 serving :

118 Cal ● 4.9g Carbs (1.0g Fiber) ● 5.9g Fat ● 11.8g Protein

Directions are for original recipe of 4 serving

**1** For private use. Do NOT curate.

**2** Source: <http://cookingforpeanuts.com/soy-milk-yogurt-recipe/>

## Wakame Seaweed Salad [🔗](#)



Prep 4 servings for Snacks on [Day 1](#)

Scaled to 1/2 serving

**1/16 cup** Dried Seaweed (1.2 g)

**1/8 cup** Mung Bean Noodles,  
Premium Quality. (8 g)

**3/8 tbsp** Lime juice (5.6 g)  
(fresh)

**1/8 dash** Pepper (0 g)  
(red minced)

**1/8 tbsp** Rice Vinegar (12 g)

**3/8 tsp** Date Syrup (2.6 g)

**3/8 tsp** Miso (2.1 g)  
(mellow white dissolved in 1  
1/2 tablespoons)

**1/8 cloves, minced** Garlic  
(0.4 g)  
(pressed or grated)

**3/8 tsp** Sesame seeds, dried  
(1.1 g)

Per 1 serving :

94 Cal ● 19.8g Carbs (1.9g Fiber) ● 1.5g Fat ● 1.5g Protein

Directions are for original recipe of 4 serving

**1** For PRIVATE use. Do not curate.

**2** Source: <http://cookingforpeanuts.com/wakame-seaweed-salad/>


# Grocery List

## Vegetables


 **Garlic**  
2 clove (6 g), Raw

## Fruits and Fruit Juices

 **Lemon juice**  
1 tbsp (15 g), Raw


 **Lime juice**  
1/4 cup (60 g), Raw


## Beverages

 **Water**  
1 3/4 cup (414 g), Plain, clean water


## Spices and Herbs


 **Cinnamon**  
1/4 tbsp (1.95 g), Spices, ground

 **Cloves**  
1/4 tbsp (1.65 g), Spices, ground

 **Pepper**  
1/4 tbsp (1.6 g), Spices, black

 **Garlic powder**  
1/4 tbsp (2.42 g), Spices

 **Cayenne pepper**  
1/4 tbsp (1.32 g), Spices, red or cayenne

 **Mustard seed**  
1/4 tbsp (1.57 g), Spices, ground

 **Turmeric**  
1/4 tbsp (1.7 g), Spices, ground


 **Apple Cider Vinegar**  
1 tbsp (15 g), Great Value - Great Value


 **Capers**  
1 tbsp, drained (9 g), Canned

## Soy & Legumes


 **Miso**  
2 tbsp (34 g),

## Nut and Seed Products


 **Flaxseed**  
1/4 cup, whole (42 g), Seeds

 **Sesame seeds**  
1 tbsp (9 g), Seeds, whole, dried

## Grains and Pasta

 **Wheat germ**  
1/4 cup (29 g), Crude

## Sweets


 **Cocoa**  
1/4 cup (22 g), Dry powder, unsweetened


## Uncategorized


 **Eden Foods Edensoy Organic Unsweetened Soymilk**  
960 ml , Eden Organic

 **Probiotic Supplement, Daily Probiotic**  
5 capsule , Culturelle

 **Freeze-Dried Strawberry Powder**  
2/3 tbsp (4 g), Nature Restore


 **Barberries**  
2 tsp (12 g), usimply season


 **Amla Powder**  
1/2 tsp (2.5 g), Terrasoul Superfoods

 **Black Cumin Seed**  
1/4 tsp (1.25 g), Amazing Herbs

 **Organic Dried Ginger**  
1/4 tsp (0.5 g), Simply Organic

 **Kale**  
4 2/3 serving raw (467 g), Raw - Whole Foods Market

 **Hemp Hearts**  
2 tbsp (20 g), Manitoba Harvest

 **Nutritional Yeast**  
1 tbsp (5 g), Bragg

 **Whole Grain Mustard**  
3 tsp (15 g), Specially Selected

**Date Syrup**

6 tsp (42 g), Just

**Dried Seaweed**

1/3 cup (10 g), Wakame

**Mung Bean Noodles, Premium Quality.**

3/4 cup (64 g), Premium Quality., Golden Star

**Rice Vinegar**

1 tbsp (100 g), Marukan