



Longevity Diet *Menu*

Lemony Quinoa Bowl Calories: 400 Fat: 15 g Carbs: 58 g Protein: 12 g L1	Pesto Pasta with Asparagus and Mushrooms Calories: 430 Fat: 17 g Carbs: 54 g Protein: 15 g V1	Red Pepper Pasta Veggie Bowl Calories: 450 Fat: 17 g Carbs: 61 g Protein: 15 g V2	Tomato Pesto Pasta Calories: 430 Fat: 16 g Carbs: 57 g Protein: 14 g V3
Veggie Taco Bowl Calories: 400 Fat: 11 g Carbs: 62 g Protein: 14 g V4	Greek-Style Shrimp Bowl Calories: 460 Fat: 15 g Carbs: 53 g Protein: 28 g P1	Rojo Shrimp Bowl Calories: 420 Fat: 14 g Carbs: 55 g Protein: 24 g P2	Teriyaki Salmon Calories: 440 Fat: 9 g Carbs: 61 g Protein: 27 g P3
Shrimp Korma Calories: 490 Fat: 15 g Carbs: 60 g Protein: 25 g P4	Sun-Dried Tomato Pesto Pasta with Shrimp Calories: 440 Fat: 14 g Carbs: 55 g Protein: 24 g P5	Salmon Taco Bowl Calories: 430 Fat: 9 g Carbs: 61 g Protein: 27 g P6	Creamy Lemon Salmon and Quinoa Bowl Calories: 460 Fat: 15 g Carbs: 57 g Protein: 27 g P7
Sweet and Sour Shrimp Calories: 410 Fat: 10 g Carbs: 58 g Protein: 22 g P8	Pasta Bolognese Calories: 410 Fat: 11 g Carbs: 56 g Protein: 20 g F1	Pesto Pasta with Chicken Calories: 490 Fat: 16 g Carbs: 53 g Protein: 34 g F2	Tomato Pesto Pasta with Chicken Calories: 450 Fat: 12 g Carbs: 55 g Protein: 33 g F3
Pesto Chicken with Wild Rice Calories: 510 Fat: 18 g Carbs: 55 g Protein: 37 g F4	Chicken with Rice, Vegetables, and Teriyaki Sauce Calories: 450 Fat: 9 g Carbs: 62 g Protein: 33 g F5	Sweet and Sour Chicken Calories: 460 Fat: 11 g Carbs: 60 g Protein: 32 g F6	Lemon Chicken with Vegetables and Grain Blend Calories: 470 Fat: 14 g Carbs: 59 g Protein: 30 g F8
Chicken Orzo Bowl with Pesto Calories: 510 Fat: 16 g Carbs: 56 g Protein: 37 g F9	Spicy Southwest-Style Chicken Bowl Calories: 450 Fat: 9 g Carbs: 61 g Protein: 33 g F10		