



BIOHACKING LONGEVITY RECIPE

#1. The Mitochondria Power Bowl

(Salmon • Polyphenols • Minerals • Healthy Fats • Low-Inflammation)

Why It Works:

This bowl hits every major longevity lever omega-3s for inflammation control, polyphenols for mitochondrial protection, minerals for stress resilience, and glucose-stabilizing fiber for all-day energy.

Macros (Per Serving)

Calories: 520

Protein: 38g

Carbs: 27g

Fat: 29g

Fiber: 9g

Glycemic Load: Low

Longevity Score: 10/10

Ingredients (1 Serving)

Protein + Healthy Fats

- 5 oz wild-caught salmon (baked or air-fried)
- 1 tbsp extra-virgin olive oil
- 1 tsp chia seeds

Carb Source (Longevity Friendly)

- ½ cup cooked quinoa
- ¼ cup blueberries (polyphenol bomb)

Vegetables (for micronutrient density)

- 1 cup mixed greens (kale + spinach)
- ½ avocado, sliced
- ¼ cup shredded red cabbage

Longevity Dressing

- 1 tbsp olive oil
 - 1 tsp lemon juice
 - 1 tsp apple cider vinegar
 - Pinch of sea salt
 - Pinch of turmeric + black pepper
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Instructions

1. **Cook the Salmon**
 - Season with salt, pepper, and lemon.
 - Bake at 400°F for 10–12 minutes or air-fry 8–9 minutes.
(We want it soft and flaky, not overcooked — omega-3s degrade with high heat.)
 2. **Prep the Quinoa**
 - Cook ½ cup in bone broth or water.
 - Let cool to slightly warm to keep glucose more stable.
 3. **Build the Base**
 - Add greens, cabbage, quinoa, and avocado to a bowl.
 - Top with blueberries for antioxidant support.
 4. **Add the Protein**
 - Place salmon directly on top.
 - Sprinkle chia seeds for fiber + omega-3 synergy.
 5. **Longevity Dressing**
 - Mix olive oil, apple cider vinegar, lemon, and seasonings.
 - Drizzle lightly.
 6. **Optional Upgrade (High-Performer Mode)**
 - Add ¼ cup sauerkraut for gut health
 - Or 1 tbsp pumpkin seeds for magnesium & zinc
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Why This Recipe Is a Biohacker's Dream

- ✓ **Omega-3s (Salmon)** → reduce inflammatory load + improve HRV
- ✓ **Polyphenols (Blueberries)** → boost mitochondrial signaling
- ✓ **Healthy Fats (Avocado + Olive Oil)** → stabilize glucose for 4–6 hours
- ✓ **Minerals (Chia, Greens)** → support stress response + energy metabolism
- ✓ **Low Glycemic Load** → avoids the “post-lunch crash”
- ✓ **High Protein** → supports muscle recovery + longevity

#2. The Golden Anti-Inflammatory Turmeric Chicken Bowl

(Turmeric • Ginger • Olive Oil • Greens • Lean Protein • Low-Inflammatory Fiber)

Why It Works:

This recipe slams inflammation from every angle curcumin, gingerol, polyphenols, omega-rich fats, and glucose-stabilizing greens. Your mitochondria will start singing show tunes.

Macros (Per Serving)

Calories: 510

Protein: 42g

Carbs: 25g

Fat: 28g

Fiber: 7g

Inflammation Index: Ultra-Low

Longevity Score: 9.8/10

Ingredients (1 Serving)

Protein Base

- 5 oz pasture-raised chicken breast
- 1 tbsp olive oil
- ½ tsp turmeric
- ¼ tsp black pepper (activates curcumin → 2000% absorption)
- ½ tsp garlic powder
- ½ tsp smoked paprika
- 1 tsp lemon juice
- Pinch of Himalayan salt

Vegetable + Fiber Matrix

- 1 cup mixed greens (spinach + arugula preferred)
- ½ cup roasted cauliflower
- ½ cup roasted zucchini
- ¼ cup shredded carrots

Golden Ginger Dressing

- 1 tbsp olive oil
- 1 tsp grated ginger
- 1 tsp apple cider vinegar
- ½ tsp Dijon mustard
- 1 tsp lemon juice
- Pinch of turmeric
- Pinch of sea salt

Optional Inflammation Smashers

- 1 tbsp pumpkin seeds (magnesium)
- 1 tbsp hemp seeds (omega-3)
- 2 tbsp sauerkraut (gut anti-inflammatory synergy)

Instructions

1. Prep Your Chicken (The Flavor Bomb Step)

Mix olive oil, turmeric, black pepper, garlic, paprika, lemon, and salt.

Coat chicken thoroughly and let sit for at least 10 minutes (or overnight for deeper anti-inflammatory potency).

Air-fry 10–12 minutes at 375°F

OR

Bake 15–18 minutes at 400°F.

Slice into strips.

2. Roast Your Veggies

Toss cauliflower and zucchini with olive oil, salt, and pepper.

Roast at 400°F for 20–25 minutes until golden edges appear.

3. Build the Anti-Inflammation Base

Add greens, carrots, and roasted vegetables into a bowl.

4. Add Protein

Place turmeric chicken strips centered over the bowl.

5. Create the Golden Ginger Dressing

Whisk all ingredients until smooth.
Drizzle generously.

6. Upgrade for Maximum Longevity

Add pumpkin seeds, hemp seeds, or sauerkraut for an amplified cellular response.

Why This Recipe Crushes Inflammation

- ✓ **Turmeric + Black Pepper** → reduces inflammatory cytokines
 - ✓ **Ginger** → improves digestion + reduces oxidative stress
 - ✓ **Olive Oil Polyphenols** → protect mitochondrial membranes
 - ✓ **Leafy Greens** → alkaline, mineral-rich, supports detox pathways
 - ✓ **Roasted Veggies** → nutrient-dense, low-GI, gut-friendly
 - ✓ **Lean Protein** → supports repair and lowers systemic inflammation
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#3. The Hormone Harmony Bowl

(Protein • Healthy Fats • Selenium • Fiber • Phyto-Nutrients • Glucose Control)

This bowl is engineered to:

- ✓ stabilize cortisol
 - ✓ support estrogen detox pathways
 - ✓ nourish thyroid function (selenium & iodine)
 - ✓ boost testosterone naturally
 - ✓ flatten blood sugar for all-day clarity
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Macros (Per Serving)

Calories: 540

Protein: 40g

Carbs: 32g

Fat: 28g

Fiber: 8g

Hormone Balance Rating: 10/10

Ingredients (1 Serving)

Protein + Hormone Support

- 5 oz wild-caught salmon *or* 5 oz pasture-raised turkey (both boost hormone pathways)
- 1 tsp olive oil
- ¼ tsp sea salt
- ½ tsp garlic
- 1 tsp lemon juice

Hormone-Regulating Carbs (Slow-Digesting + Fiber-Rich)

- ½ cup cooked sweet potato cubes
- ¼ cup chickpeas (fiber for estrogen clearance)

Detox + Thyroid Support Veggies

- 1 cup steamed broccoli (sulforaphane = estrogen detox)
- ½ cup kale or spinach

- ¼ red onion (quercetin + insulin sensitivity)

Healthy Fats for Hormone Production

- ¼ avocado
- 1 tbsp pumpkin seeds (zinc for testosterone + thyroid)

Hormone-Balancing Dressing

- 1 tbsp olive oil
- 1 tsp lemon
- 1 tsp tahini
- Pinch of sea salt

Optional Longevity Add-Ons

- 1 tbsp ground flaxseed (estrogen balance)
- 1 tbsp sauerkraut (gut/hormone axis)
- 1 tsp hemp seeds

Instructions

1. Cook Your Protein

Season salmon or turkey with olive oil, lemon, garlic, and salt.
Bake at 375°F for 12 minutes
OR sauté turkey until lightly browned.

2. Prepare Hormone-Friendly Carbs

Roast sweet potato cubes in air fryer or oven with light olive oil.
Warm chickpeas or enjoy cold for fiber integrity.

3. Build the Base

Add steamed broccoli, spinach, and red onion to your bowl.

4. Add Protein + Carbs

Place salmon or turkey over the vegetables.
Add roasted sweet potatoes + chickpeas.

5. Add Healthy Fats

Top with avocado and pumpkin seeds.

6. Drizzle the Hormone-Balancing Dressing

Whisk olive oil, lemon, tahini, and sea salt.

Pour over the bowl.

7. Optional Add-Ons for Extra Hormone Support

Add flaxseed, sauerkraut, or hemp seeds for deeper hormone synergy.

Why This Recipe Balances Hormones

- ✓ **Omega-3s (Salmon)** → lowers cortisol + inflammation
- ✓ **Broccoli + Kale** → detox excess estrogen through liver pathways
- ✓ **Chickpeas + Flax** → fiber for hormone regulation
- ✓ **Pumpkin Seeds** → zinc for testosterone + thyroid
- ✓ **Sweet Potato** → stable energy + cortisol calming
- ✓ **Tahini + Olive Oil** → healthy fats for hormone production

#4. The Mitochondria Charge-Up Bowl

(CoQ10 • Creatine • Electrolytes • Antioxidants • Omega-3s • Clean Carbs)

This is your **high-performance energy bowl** engineered for all-day focus, clean power, and metabolic efficiency.

Macros (Per Serving)

Calories: 550

Protein: 42g

Carbs: 40g

Fat: 23g

Fiber: 6g

Mitochondrial Activation Rating: 10/10

Ingredients (1 Serving)

Protein + Mitochondrial Power

- 5 oz grilled chicken or wild-caught salmon
- ½ tsp olive oil
- 1 tsp lemon
- Pinch of sea salt

Mitochondria-Boosting Carbs

- ½ cup cooked quinoa (activates AMPK pathways)
- ¼ cup roasted beets (increase nitric oxide → oxygen delivery)

Antioxidant & Anti-Inflammatory Boost

- ½ cup blueberries (mitochondrial antioxidant)
- ½ cup steamed spinach (magnesium + iron)

Healthy Fats for Membrane Support

- ¼ avocado
- 1 tbsp chia seeds (omega-3 + fiber)

Electrolyte Longevity Dressing

- 1 tbsp olive oil
- 1 tsp lemon
- ¼ tsp sea salt (electrolyte support)
- ¼ tsp honey (micro-dose glucose for ATP production)
- Optional: tiny pinch of turmeric

Biohacker Add-Ons (Optional but Powerful)

- 2–3g creatine monohydrate (mix into dressing or water)
 - 30mg CoQ10 capsule taken with the meal
 - 1 tsp cacao nibs for polyphenols
 - 1 tbsp pumpkin seeds for magnesium
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Instructions

1. Prep Your Protein

Season chicken or salmon with lemon, salt, and a light drizzle of olive oil.
Cook via bake, grill, or air fry (your choice).
This keeps the fats stable for mitochondrial membrane health.

2. Prepare Your Carbs

Cook quinoa in water or unsalted bone broth.
Roast beets until fork-tender.
These combo carbs stabilize glucose + support mitochondrial pathways.

3. Build the Base

Add quinoa, spinach, roasted beets, and blueberries into a bowl.

4. Add Protein

Slice the chicken or salmon and place over the base.

5. Add Healthy Fats

Top with avocado and chia seeds.

6. Add the Electrolyte Dressing

Whisk olive oil, lemon, salt, honey, and turmeric.
Drizzle over the bowl for perfect glucose + electrolyte balance.

7. Biohacker Upgrade (Optional)

- Mix creatine into the dressing or take separately
- Add CoQ10 capsule with the meal
- Sprinkle cacao nibs for anti-aging compounds

Why This Recipe Supercharges Mitochondria

- ✓ **Quinoa + Beets** → cleaner ATP production + improved oxygen delivery
- ✓ **Salmon or Chicken** → provides amino acids for cellular repair
- ✓ **Blueberries** → reduce oxidative stress on mitochondria
- ✓ **Chia Seeds** → omega-3s support mitochondrial membranes
- ✓ **Electrolytes** → ensure proper cellular energy transfer
- ✓ **Creatine** → enhances ATP recycling (faster energy)
- ✓ **CoQ10** → boosts electron transport chain efficiency

This is the bowl that takes a tired executive from “surviving the day” to **dominating it**.

#5. The Gut-Healing Microbiome Bowl

(Probiotics • Prebiotics • Polyphenols • Fiber • Anti-Inflammatory Matrix)

This bowl supports:

- ✓ digestion
- ✓ microbiome diversity
- ✓ reduced bloating
- ✓ stronger immunity
- ✓ stable glucose
- ✓ improved mental clarity

Macros (Per Serving)

Calories: 495

Protein: 34g

Carbs: 38g

Fat: 21g

Fiber: 10g

Gut Health Rating: 10/10

Ingredients (1 Serving)

Protein + Anti-Inflammatory Base

- 4 oz grilled chicken breast *or* 4 oz tofu (plant-based option)
- 1 tsp olive oil
- ½ tsp garlic powder
- Pinch of sea salt

Gut-Healing Carbohydrate Base

- ½ cup cooked quinoa (prebiotic fiber)
- ¼ cup roasted sweet potato cubes
- ¼ cup cooked lentils (feeds beneficial gut bacteria)

Probiotic & Prebiotic Veggies

- ½ cup sauerkraut OR kimchi (probiotic powerhouse)
- 1 cup spinach or mixed greens

- ¼ cup shredded carrots (prebiotic fiber)
- ¼ cup sliced cucumbers

Healthy Fats for Gut-Lining Support

- ¼ avocado
- 1 tbsp pumpkin seeds
- 1 tsp chia seeds

Gut-Healing Dressing

- 1 tbsp olive oil
- 1 tsp apple cider vinegar (ACV = gut-friendly acid)
- ½ tsp lemon juice
- Pinch of ginger powder
- Tiny pinch of turmeric
- Pinch of sea salt

Instructions

1. Prep Your Protein

Season chicken or tofu with garlic, salt, and olive oil.
Bake, grill, or air fry until lightly browned.

2. Build Your Gut-Friendly Base

Add quinoa, roasted sweet potatoes, and lentils to a bowl.
This combination feeds good bacteria *and* stabilizes glucose.

3. Add Your Probiotic Boost

Place sauerkraut or kimchi beside the base.
(This is your anti-bloat + digestion magic.)

4. Add Greens + Crunch Veggies

Add spinach, shredded carrots, and cucumbers for fiber + hydration.

5. Add Healthy Fats

Top with avocado, pumpkin seeds, and chia seeds.

6. Add Gut-Healing Dressing

Whisk olive oil, ACV, lemon, ginger, turmeric, and salt.
Drizzle over the bowl and enjoy.

Why This Recipe Heals the Gut

- ✓ **Sauerkraut/Kimchi** → live probiotics that rebuild the microbiome
- ✓ **Quinoa + Lentils + Carrots** → prebiotic fiber that feeds healthy bacteria
- ✓ **ACV + Lemon** → strengthens digestion + stomach acidity
- ✓ **Olive Oil + Avocado** → protects gut lining + reduces inflammation
- ✓ **Sweet Potato** → glucose stability without spiking insulin
- ✓ **Seeds** → minerals + healthy fats for gut–brain connection
- ✓ **Tofu/Chicken** → easy-to-digest protein that supports metabolic repair

#6. The Cortisol-Calming Zen Bowl

(Magnesium • Adaptogens • Omega-3s • Slow Carbs • Nervous System Support)

This bowl works like edible breathwork.

Built to *lower stress hormones*, stabilize the nervous system, and restore calm energy without making you sluggish.

Macros (Per Serving)

Calories: 525

Protein: 38g

Carbs: 36g

Fat: 26g

Fiber: 7g

Cortisol Balance Rating: 10/10

Ingredients (1 Serving)

Protein for Stress Resilience

- 5 oz wild-caught salmon
(*Omega-3s = nervous system smoother + cortisol reducer*)
- OR**
- 5 oz turkey
(*high in tryptophan → supports serotonin*)

Cortisol-Friendly Carb Base

- ½ cup cooked jasmine rice *or* ½ cup roasted sweet potatoes
- ¼ cup edamame (magnesium + plant protein)

Nervous System Veggies

- 1 cup sautéed spinach (magnesium powerhouse)
- ½ cup sautéed mushrooms (vitamin D precursor)
- ¼ cup red cabbage (polyphenols + gut support)

Stress-Lowering Fat Sources

- ¼ avocado

- 1 tbsp hemp seeds (*GABA support + omega-3*)

Adaptogenic Zen Dressing

- 1 tbsp olive oil
- 1 tsp lemon
- 1 tsp coconut aminos
- ¼ tsp ashwagandha powder (*optional but powerful*)
- ¼ tsp ground ginger
- Pinch sea salt

Optional Zen Add-On

- 1 tbsp pumpkin seeds (*zinc for stress + hormones*)
- 1 tsp sesame seeds (*nervous system minerals*)

Instructions

1. Cook Your Protein

Season salmon or turkey with salt, lemon, and a tiny bit of oil.
Cook until lightly browned (don't overcook — you want soft, gentle textures).

2. Build the Calm-Carb Base

Rice or sweet potato → choose based on how much glucose stability you need.
Add edamame for a mineral boost.

3. Add Your Magnesium-Rich Veggies

Lightly sauté spinach and mushrooms.
Add them to your bowl along with raw or lightly steamed cabbage.

4. Add Fats for Nervous System Stability

Place avocado slices on top.
Sprinkle hemp seeds.

5. Make the Adaptogenic Zen Dressing

Whisk olive oil, coconut aminos, lemon, ginger, sea salt, and ashwagandha (optional)
Drizzle over everything.

6. Optional Stress-Hacker Add-On

Add pumpkin or sesame seeds for deeper hormone + mood support.

Why This Recipe Reduces Stress Instantly

- ✓ **Salmon/Turkey** → supports serotonin + reduces inflammation
- ✓ **Spinach/Mushrooms** → high magnesium = deep nervous system calm
- ✓ **Sweet Potato/Rice** → stable slow carbs reduce cortisol spikes
- ✓ **Hemp Seeds** → omega-3 + GABA support
- ✓ **Ashwagandha** → cortisol-lowering adaptogen
- ✓ **Coconut Aminos** → savory + calming umami flavor
- ✓ **Cabbage + Edamame** → gut-brain axis support

#7. The Muscle Repair Recovery Bowl

(Protein • Electrolytes • Anti-Inflammatory Nutrients • Glycogen Support • Omega-3s)

This is the perfect **post-workout** or **post-stress** meal to accelerate:

- ✓ muscle repair
 - ✓ recovery time
 - ✓ soreness reduction
 - ✓ energy restoration
 - ✓ lean mass retention
 - ✓ hormonal balance
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Macros (Per Serving)

Calories: 560

Protein: 45g

Carbs: 48g

Fat: 20g

Fiber: 5g

Recovery Efficiency Rating: 10/10

Ingredients (1 Serving)

Protein for Muscle Repair

- 5 oz grilled chicken breast **or** 5 oz wild-caught salmon
- 1 tsp olive oil
- Pinch sea salt
- ½ tsp garlic powder

Glycogen Replenishment Carbs (Essential for Recovery)

- ½ cup cooked jasmine rice *or* ½ cup roasted sweet potato
- ¼ cup cooked peas
- ¼ cup pineapple chunks (*enzymes → faster digestion & soreness reduction*)

Anti-Inflammatory Veggies

- 1 cup steamed broccoli
- ½ cup sautéed zucchini

- ¼ cup shredded carrots

Recovery-Boosting Healthy Fats

- 1 tbsp pumpkin seeds (*magnesium for muscle contraction + recovery*)
- ¼ avocado (*hormone + joint support*)

Recovery Electrolyte Dressing

- 1 tbsp olive oil
- 1 tsp lemon
- 1 tsp coconut aminos
- Pinch sea salt
- Pinch ginger
- Optional: 1 tsp honey (if post-workout heavy training day)

Biohacker Recovery Add-Ons

- 3–5g creatine monohydrate (separate or mixed in dressing)
- 30–50mg CoQ10
- Pinch of pink salt for sodium replenishment
- 1 tsp chia seeds for omega-3

Instructions

1. Prep the Protein

Season chicken or salmon lightly.

Grill, bake, or air fry.

This keeps protein structure intact for faster muscle synthesis.

2. Build Your Recovery Carb Base

Add jasmine rice or sweet potato for glycogen enhancement.

Top with peas and pineapple chunks for digestive enzymes.

3. Add Anti-Inflammatory Veggies

Add broccoli, zucchini, and carrots.

These reduce post-workout oxidative stress.

4. Add Recovery Fats

Top with avocado and pumpkin seeds.

5. Add Electrolyte Dressing

Whisk olive oil, lemon, coconut aminos, ginger, and salt.
Pour over bowl.

6. Add Biohacker Upgrades

- Creatine → boosts ATP & muscle repair
 - CoQ10 → improves energy recovery
 - Pink salt → replenishes training sodium losses
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Why This Bowl Enhances Post-Workout Recovery

- ✓ **Protein (Chicken/Salmon)** → amino acids for muscle rebuilding
- ✓ **Glycogen Carbs (Rice/Sweet Potato)** → faster recovery + improved next-day performance
- ✓ **Pineapple** → bromelain helps reduce soreness
- ✓ **Broccoli + Zucchini** → antioxidants reduce inflammation
- ✓ **Pumpkin Seeds** → magnesium for muscle contraction & relaxation
- ✓ **Avocado** → healthy fats for hormone balance
- ✓ **Salt + Coconut Aminos** → electrolyte restoration
- ✓ **Creatine + CoQ10** → mitochondrial repair + strength recovery