

# 1800-Calorie Biohacking Meal Plan

## Breakfast Options

### ***Mitochondrial Omelet***

#### **Ingredients:**

- 2 whole eggs + 3 egg whites
- 1/4 cup spinach
- 1/4 cup mushrooms
- 1 oz goat cheese
- 1 tsp olive oil

#### **Instructions:**

Sauté vegetables in olive oil.

Add eggs and cook into omelet.

Top with goat cheese.

**Macros:** 420 cal | 38g P | 10g C | 26g F

### ***Blueberry Protein Bowl***

#### **Ingredients:**

- 1 cup Greek yogurt
- 1 scoop whey protein
- 1/2 cup blueberries
- 1 tbsp ground flaxseed

#### **Instructions:**

Mix yogurt and protein.

Top with blueberries and flaxseed.

**Macros:** 380 cal | 42g P | 26g C | 8g F

### ***Adaptogen Smoothie***

#### **Ingredients:**

- 1 scoop protein powder
- 1 cup almond milk
- 1/2 banana
- 1 tsp cacao powder
- 1 tsp collagen peptides

#### **Instructions:**

Blend all ingredients until smooth.

**Macros:** 400 cal | 35g P | 28g C | 10g F

## Lunch Options

### ***Salmon Longevity Bowl***

#### **Ingredients:**

- 5 oz wild-caught salmon
- 3/4 cup quinoa
- 1 cup roasted broccoli
- 1 tsp olive oil

#### **Instructions:**

Bake salmon.

Assemble bowl with quinoa and broccoli.

Drizzle with olive oil.

**Macros:** 480 cal | 42g P | 34g C | 20g F

### ***Grass-Fed Beef Power Plate***

#### **Ingredients:**

- 5 oz grass-fed beef
- 1 cup roasted sweet potato
- 1 cup mixed greens
- 1 tsp olive oil

#### **Instructions:**

Cook beef.

Serve with sweet potato and greens.

**Macros:** 460 cal | 40g P | 36g C | 16g F

### ***Anti-Inflammatory Chicken Salad***

#### **Ingredients:**

- 6 oz grilled chicken
- 2 cups mixed greens
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar

#### **Instructions:**

Chop chicken.

Toss with greens, oil, and vinegar.

**Macros:** 430 cal | 46g P | 8g C | 22g F

## Dinner Options

### ***Omega-3 Dinner Plate***

**Ingredients:**

- 6 oz salmon or sardines
- 1 cup asparagus
- 1/2 avocado

**Instructions:**

Cook fish.

Serve with asparagus and avocado.

**Macros:** 500 cal | 40g P | 10g C | 34g F

***Zinc & Iron Steak Dinner*****Ingredients:**

- 6 oz sirloin steak
- 1 cup sautéed spinach
- 1 tsp butter

**Instructions:**

Cook steak.

Sauté spinach in butter.

**Macros:** 480 cal | 44g P | 6g C | 30g F

***Turmeric Chicken Stir-Fry*****Ingredients:**

- 6 oz chicken breast
- 1 cup mixed vegetables
- 1 tsp olive oil
- 1/2 tsp turmeric

**Instructions:**

Cook chicken in olive oil.

Add vegetables and turmeric.

**Macros:** 450 cal | 48g P | 18g C | 14g F

## **Snack Options**

***Brain Fuel Snack*****Ingredients:**

- 2 hard-boiled eggs
- 1 oz walnuts

**Instructions:**

Eat together.

**Macros:** 280 cal | 18g P | 4g C | 22g F

## ***Protein + Polyphenols***

### **Ingredients:**

- 1 scoop protein powder
- 1 cup green tea

### **Instructions:**

Mix protein with water.

Drink green tea alongside.

**Macros:** 180 cal | 30g P | 2g C | 2g F

## ***Dark Chocolate Recovery***

### **Ingredients:**

- 1 oz 85% dark chocolate

### **Instructions:**

Enjoy slowly.

**Macros:** 170 cal | 4g P | 8g C | 14g F