

DON'T DIE

A RECIPE BOOK BY ZERO

[PROTOCOL.BRYANJOHNSON.COM](https://protocol.bryanjohnson.com)

VERSION 0.0



DON'T DIE

In the twentieth century, it was reasonable to live fast and die young. Radical health extension was sci-fi.

Not anymore. The speed of technological and scientific advancement makes it impossible to predict how long and how well we can live.

Blueprint is an exploration into this future of being human. My journey and protocol are openly shared so that you can adventure with me.

The future of intelligent existence, and our planet, begin by treating our bodies and minds with a simple mantra: don't die.

– Zero

DISCLAIMER

This document is provided for educational and informational purposes only and does not constitute providing medical advice or professional services. The information provided should not be used for diagnosing or treating a health problem or disease, and those seeking personal medical advice should consult with a licensed physician.

Product links are things I use, not endorsements; we may receive commissions from purchases.

3 YEARS ON

BLUEPRINT



30+

ORGAN AGES QUANTIFIED

50+

OPTIMAL CLINICAL OUTCOME BIOMARKERS

100+

MARKERS LOWER THAN CHRONOLOGICAL AGE

VO ₂ MAX: 58.7 ML/KG/MIN TOP 1.5% OF 18 YEAR OLDS	TOTAL BONE MINERAL DENSITY TOP 0.2% OF 30 YEAR OLDS*	PERFECT LIVER FAT (1.36%) TOP 10% IRON & STIFFNESS (MRI)
ACCUMULATING AGING DAMAGE SLOWER THAN 88% OF 18 YEAR OLDS	BENCH PRESS SINGLE REP MAX 240 LBS TOP 10% OF 18 YR OLDS*	BODY INFLAMMATION IS 85% BELOW THE AVERAGE 18 YR OLD

IDEAL LIVER MARKERS:

ALT+AST+GGT = 49

SLOWED PACE OF AGING BY EQUIVALENT 31 YEARS

FREE TESTOSTERONE INDEX (FTI) BIOLOGICAL AGE REDUCED 20 YEARS

12 YEAR AGE REVERSAL IN 500 DAY AVERAGE HRV

LEG PRESS SINGLE REP MAX:

EIGHT HUNDRED POUNDS

TOP 1-2% OF 18 YEAR OLDS*

99TH

PERCENTILE IN SLEEP PERFORMANCE AND RECOVERY (WHOO®)

*TEST AGE MIN.

*SINGLE REP MAX TO BODYWEIGHT RATIO

WHAT I EAT DAILY



379 CAL

1. SUPER VEGGIE

- + 45 G DRY & 150 G COOKED **BLACK LENTILS**
 - + 250 G BROCCOLI (HEAD & STALK)
 - + 150 G CAULIFLOWER
 - + 50 G SHIITAKE OR MAITAKE MUSHROOMS
 - + 1 CLOVE GARLIC
 - + 3 GINGER ROOTS
- + 1 LIME
 - + 1 TBSP CUMIN
 - + 1 TBSP APPLE CIDER VINEGAR
 - + 1 TBSP HEMP SEEDS
- AFTER PREP, 1 TBSP **EVOO** (+120 CAL)



360 CAL

5. EXTRA VIRGIN OLIVE OIL

PREMIUM EVOO CRITERIA (45 ML DAILY)

- + SUPPORTS HEALTHY WEIGHT MANAGEMENT*
 - + PROMOTES EMOTIONAL WELL-BEING*
 - + HELPS IMPROVE CIRCULATION*
 - + MAY HELP EASE ANXIOUSNESS*
 - + SUPPORTS HEALTH AND LONGEVITY*
 - + MAY HELP MAINTAIN A HEALTHY RESPONSE TO STRESS*
- + HELPS QUENCH FREE RADICALS*
 - + HELPS MAINTAIN HEALTHY BLOOD LIPID LEVELS*
 - + MAINTAINS HEALTHY BLOOD PRESSURE*
 - + BOOSTS YOUR BODY'S ANTIOXIDANT CAPACITY*
 - + PROMOTES COGNITIVE LONGEVITY*



433 CAL

2. NUTTY PUDDING

- + 50-100 ML **MACADAMIA NUT MILK**
 - + 3 TBSP **GROUND MACADAMIA NUTS**
 - + 2 TSP GROUND WALNUTS
 - + 2 TBSP CHIA SEEDS
 - + 1 TSP GROUND FLAXSEED
 - + ¼ BRAZIL NUT
 - + 1 TSP COCOA POWDER
 - + 1 TSP **SUNFLOWER LECITHIN**
 - + ½ TSP **CEYLON CINNAMON**
- + ½ CUP BERRIES
 - + 3 CHERRIES
 - + 2 OZ POMEGRANATE JUICE
- OPTIONAL
- + 40 G PEA PROTEIN
 - + 20 G COLLAGEN PEPTIDES
 - + 1 TBSP **EVOO** (CONSUME SEPARATELY)



260 CAL

6. AVOCADO OR SIMILAR

OTHER OPTIONS

- + NUT BUTTER
- + HEALTHY BAR
- + MACADAMIAS, WALNUTS, PECANS, HAZELNUTS



500 CAL

3. THIRD MEAL (VARIES DAILY)

STUFFED SWEET POTATO

- + 300 G COOKED SWEET POTATO
 - + 45 G COOKED CHICKPEAS
 - + 12 GRAPE TOMATOES
 - + ½ AVOCADO
 - + 4 RADISHES
 - + ¼ CUP CILANTRO
- + 1 LEMON
 - + 1 TSP CHILI POWDER
 - + 1 LARGE JALAPEÑO PEPPER
 - + 2 LIMES
 - + TBSP **EVOO**

WHAT I EAT DAILY



7. PILLS

UPON WAKING

- + ACARBOSE 200 MG (RX)
- + [ASHWAGANDHA](#) 600 MG
- + [B COMPLEX](#) .25 PILL (MON & THUR)
- + [BROCCOMAX](#) 17.5 MG
- + [C](#) 500 MG
- + [CA-AKG](#) 1 G
- + [COCOA FLAVANOLS](#) 500 MG
- + [COQ10](#) 100 MG
- + [D-3](#) 2,000 IU
- + [DHEA](#) 25 MG
- + [E](#) 67 MG
- + [EPA](#) 500 MG
- + [GARLIC](#) 2.4 G EQUIVALENT
- + [GARLIC](#) 1.2 G (KYOLIC)
- + [GENISTEIN](#) 125 MG
- + [GINGER ROOT](#) 2.2 G
- + [GLUCOSAMINE SULPHATE](#) 2KCL
- + [POTASSIUM IODINE](#) 125 MCG
- + [K2-MK4](#) 5 MG
- + [K1](#) 1.5 MG
- + [K2 MK-7](#) 600 MCG
- + [LITHIUM](#) 1000 MCG
- + [LYCOPENE](#) 10 MG
- + [L-LYSINE](#) 1 G

- + METFORMIN ER 1,500 MG (RX)
- + [NR](#) 375 MG OR [NMN](#) 500 MG (6X/WK)
- + [N-ACETYL-L-CYSTEINE](#) (NAC) 1,800 MG
- + [PROFERRIN](#) 10 MG
- + [TURMERIC](#) 1 G
- + [TAURINE](#) 2 G
- + [ZEAXANTHIN](#) (20 MG LUTEIN, 4 MG ZEAXANTHIN, 3X/WK)
- + [ZINC](#) 15 MG
- + [ASTAXANTHIN](#) 12 MG
- + [FISETIN](#) 200 MG

DINNER AT 11 AM

- + ACARBOSE 200 MG (RX)
- + [BROCCOMAX](#) 17.5 MG
- + [CA-AKG](#) 1 G
- + [COCOA FLAVANOLS](#) 500 MG (CONTAINS CAFFEINE)
- + [E](#) 67 MG
- + [EPA](#) 500 MG
- + [GARLIC](#) 2.4 G EQUIVALENT
- + [GARLIC](#) 1.2 G (KYOLIC)
- + [GINGER ROOT](#) 2.2 G
- + [GLUCOSAMINE SULPHATE](#) 2KCL 1,500 MG
- + [HYALURONIC ACID](#) 300 MG

- + [N-ACETYL-L-CYSTEINE](#) (NAC) 1,800 MG
- + [NICOTINAMIDE RIBOSIDE](#) 375 MG (6X/WK)
- + [TAURINE](#) 1 G
- + [TURMERIC](#) 1 G
- + [L-LYSINE](#) 1 G
- + [L-TYROSINE](#) 500 MG
- + METFORMIN ER 500 MG (RX)

BEFORE BED

- + [MELATONIN](#) 300 MCG

OTHER

- + [PEA PROTEIN](#) 29 G DAILY
- + [B12 METHYLCOBALAMIN](#) 1X/WK

2250 DAILY CALORIES

- + GREEN GIANT 150
- + SUPER VEGGIE 379
- + NUTTY PUDDING 433
- + PEA PROTEIN 260
- + THIRD MEAL 500
- + [EVOO](#) 370 (3 TBSP/DAY)
- + AVOCADO 130
- + FERMENTED FOODS 20
- + [DARK CHOCOLATE](#) OR AVOCADO 130

WE MAY RECEIVE A COMMISSION IF YOU BUY A PRODUCT THROUGH THE LINK.

RECIPES

SUPER VEGGIE

INSTRUCTIONS

379 CAL



INGREDIENTS

+ 45 G DRY & 150 G COOKED
BLACK LENTILS
+ 250 G BROCCOLI (HEAD & STALK)
+ 150 G CAULIFLOWER
+ 50 G SHIITAKE OR MAITAKE
MUSHROOMS
+ 1 CLOVE GARLIC
+ 3 G GINGER ROOT
+ 1 LIME

+ 1 TBSP CUMIN
POWDER
+ 1 TBSP APPLE CIDER
VINEGAR
+ 1 TBSP HEMP SEEDS

AFTER PREP, 1 TBSP
EVOO (+120 CAL)

1. Weigh vegetables. Place broccoli, cauliflower, mushrooms (maitake or shiitake), ginger, and garlic in boiling water*. Boil until tender (7–9 min). Steaming is also acceptable.
2. Lentils: bring the water to boil in a medium saucepan. Add lentils. Reduce heat to low and cook uncovered for 18–20 minutes or until tender. Place in a colander to drain and rinse under cold water.
3. You can choose to blend or keep whole pieces.
4. If you choose to blend, place the following in a high-speed blender: 1 Tbsp of dried cumin, 1 Tbsp apple cider vinegar, 1 fresh lime, cooked black lentils, and strained cooked vegetables. Blend until it becomes thick soup. Can also serve as shown in the picture.
5. If needed, add some of the vegetable water (or steaming water) to thin out the texture.
6. Top with 1 Tbsp hemp seeds and 1 Tbsp EVOO.

*COOKED VIA LOW TEMPERATURE, HIGH HUMIDITY, HIGH ACIDITY, HIGH ANTIOXIDANT COOKING METHODS TO MINIMIZE FORMATION OF ADVANCED GLYCATION END-PRODUCTS (AGES) AND ADVANCED LIPID PEROXIDATION END-PRODUCTS (ALES).

NUTTY PUDDING

INSTRUCTIONS

433 CAL



INGREDIENTS

+ 50-100 ML NUT MILK
+ 3 TBSP
GROUND MACADAMIA NUTS
+ 2 TSP GROUND WALNUTS
+ 2 TBSP CHIA SEEDS
+ 1 TSP GROUND FLAXSEED
+ ¼ BRAZIL NUT
+ 1 TBSP COCOA POWDER

+ 1 TSP SUNFLOWER LECITHIN
+ ½ TSP CEYLON CINNAMON
+ ½ CUP BERRIES
+ 3 CHERRIES
+ 2 OZ POMEGRANATE JUICE
+ 1 TBSP EVOO (CONSUME
SEPARATELY)

1. Add 50–100 mL almond / macadamia milk based upon desired consistency.
2. Add walnuts, macadamia nuts, ground flax seeds, chia seeds (obtain the highest nutritional value by buying and grinding seeds).
3. Add cocoa powder, sunflower lecithin, and cinnamon.
4. Add 3 cherries, ½ cup of berries (save half for topping) and pomegranate juice.
5. Mix on high for 2 minutes.
6. Pour into a dish.
7. Add the rest of the berries.
8. Optional: Add 30–60 grams of pea protein.

THIRD MEAL OPTIONS

MY DIET IS VEGAN, BY CHOICE, NOT BY NECESSITY. FEEL FREE TO ADD MEAT TO ANY DISH. ALL RECIPES 500 CAL.

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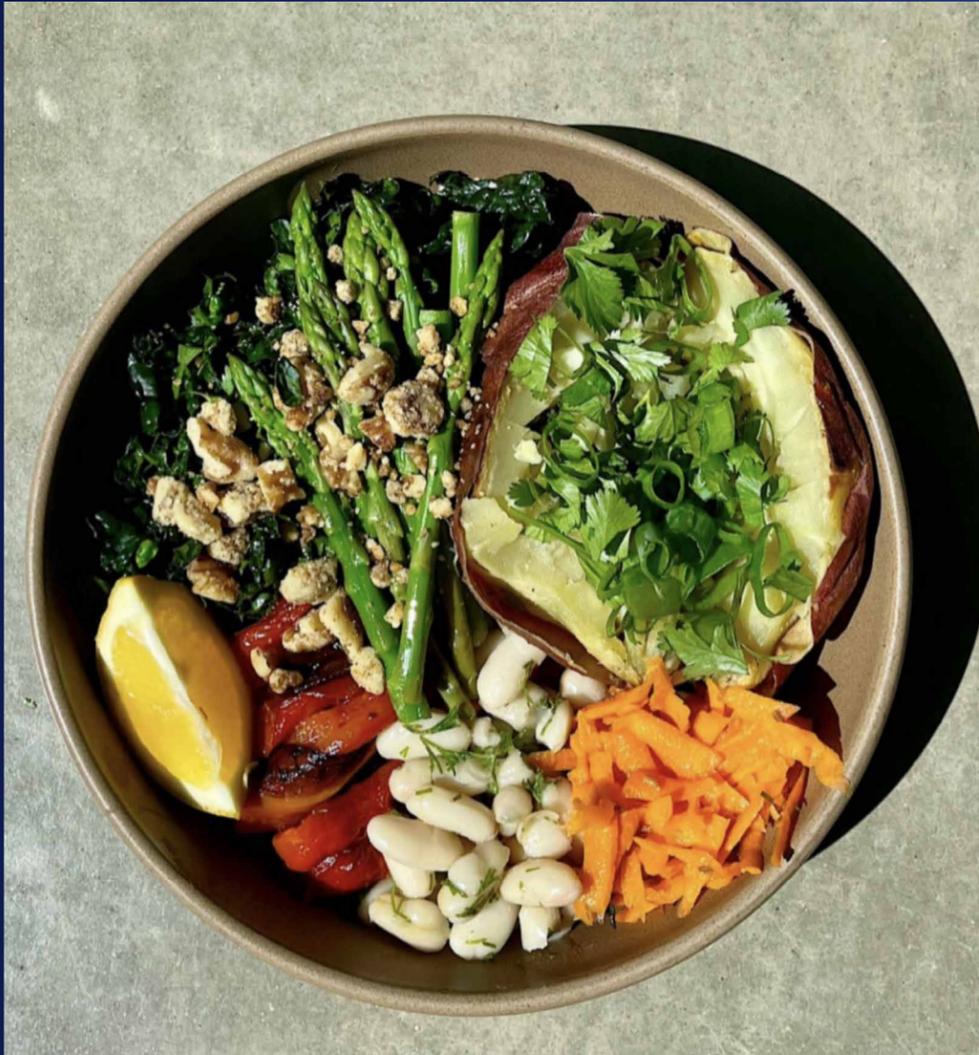
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JAPANESE SWEET POTATO
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BUDDHA BOWL

INSTRUCTIONS



INGREDIENTS

- + 1 JAPANESE SWEET POTATO
- + ½ HEAD OF ASPARAGUS
- + 5-6 LEAVES KALE
- + 1 RED PEPPER
- + 2 CARROTS
- + ¼ CUP WALNUTS
- + HANDFUL OF CILANTRO

- + ½ TSP EVOO
- + HANDFUL OF GREEN ONIONS
- + LEMON
- + HANDFUL OF CHOPPED DILL
- + ½ CUP WHITE BEANS
- + 1 TBSP APPLE CIDER VINEGAR
- + ½ TSP CUMIN SEEDS

1. Poke a few holes in the sweet potato and slightly cover with EVOO. Roast the Japanese sweet potato for 45 minutes to 1 hour at 400°F. Once roasted, pull out of the oven, cut in half, and top with green onions and cilantro.
2. Roast the red pepper in the oven for 25–30 mins at 400°F. Thinly slice the pepper after roasting.
3. Trim off the woody ends of the asparagus and boil in 1-inch water in a large skillet for 2–5 minutes.
4. Rinse and drain the white beans. Top beans with juice of 1 lemon and a handful of chopped dill.
5. Shred the carrots and massage with apple cider vinegar and cumin seeds.
6. Chop the kale, add a splash of EVOO, and massage kale with your hands until kale softens.
7. Assemble the bowl with the sweet potato, asparagus, red pepper, bean salad, kale, and shredded carrots. Top with toasted walnuts and a squeeze of lemon juice.

ROASTED VEGGIE LETTUCE WRAPS

INSTRUCTIONS



1. Chop the sweet potato, cauliflower, fennel, and white onion. Combine and place on a baking sheet. Drizzle the EVOO and squeeze the lemon juice on top of the veggies. In a small bowl, combine the smoked paprika, cumin powder, and pepper. Grate the ginger. Sprinkle the seasoning, ginger, and fresh herbs on top of the veggies. Give it a good toss.
2. Bake in the oven on 350° F for 45 minutes or until the veggies are tender.
3. While baking, finely chop the radishes and mint. Toss together in a small bowl with the pomegranate seeds for the pomegranate relish.
4. Wash the butter lettuce and lay out 6–8 leaves for wraps.
5. To assemble, add ½ cup of roasted veggies, a spoonful of the pomegranate relish, a few slices of jalapeño, and a sprinkle of toasted pumpkin seeds.
6. Thinly slice the jalapeño and chop the toasted pumpkin seeds.

INGREDIENTS

- + 1 WHITE SWEET POTATO
- + 1 SMALL HEAD OF CAULIFLOWER
- + 1 BULB FENNEL
- + 1 WHITE SWEET ONION
- + 1 LEMON
- + 1 TBSP EVOO
- + 1 SMALL CUBE GINGER

- + 1 TBSP SMOKED PAPRIKA
- + 1 TSP CUMIN POWDER
- + ½ TSP PEPPER
- + 3 TBSP FRESH HERBS (OREGANO, THYME, ROSEMARY, ETC.)
- 1 HEAD BUTTER LETTUCE

POMEGRANATE RELISH

- + 4 RADISHES
- + ¼ CUP POMEGRANATE SEEDS
- + 1 JALAPEÑO
- + 1 BIG HANDFUL MINT LEAVES
- + ¼ CUP TOASTED PUMPKIN SEEDS

BLOOD ORANGE + FENNEL SALAD

INSTRUCTIONS



1. Cut the stalks off the fennel. Peel off any outer layers and thinly slice or use a mandoline. Place in a large mixing bowl and set aside.
2. Peel the blood orange and the orange pith and any white membrane. Slice the orange in chunks. Add to the bowl.
3. Thinly slice the red onion and cut the mint. Add both to the bowl.
4. Top with EVOO, pomegranate seeds, toasted almonds, beans, and a handful of mint. Squeeze the juice of one lemon, and toss.

INGREDIENTS

- + 1 BLOOD ORANGE
- + 1 LEMON
- + 1 BULB FENNEL
- + ½ RED ONION
- + HANDFUL OF MINT
- + ¼ CUP POMEGRANATE SEEDS

- + 1 CUP YOUR CHOICE OF GREENS (KALE, SPINACH, MIXED GREENS, ROMAINE)
- + ¼ CUP TOASTED SLIVERED ALMONDS
- + ½ CUP WHITE BEANS (OR A BEAN OF YOUR CHOICE)
- + 1 TSP EVOO

ROASTED BEETS + GREEN LENTILS + WILTED CHARD

INSTRUCTIONS



INGREDIENTS

+ ½ CUP GREEN LENTILS
+ 4 CUPS RAINBOW OR
SWISS CHARD
+ 3 LARGE BEETS
+ 3 TBSP WALNUTS
+ 1 TBSP EVOO

+ HANDFUL OF FRESH
HERBS-BASIL, DILL, MINT
+ ¼ PEPPER
+ ¼ CHIPOTLE POWDER
+ 1 TBSP ITALIAN SEASONING
+ 1 CLOVE OF GARLIC
+ 1 LARGE SHALLOT

1. Peel the whole beets with a vegetable peeler and cut into chunks. Place on baking sheet, cover with 1 Tbsp EVOO, and roast in the oven at 400°F–425°F in the oven for 35–40 minutes or until golden brown.
2. Add 4 cups of water and 1 cup of lentils to a pot. Bring to a boil, reduce to a low simmer, and cook 18 minutes. Drain and rinse. Sprinkle with Italian seasoning.
3. In a pan, sauté shallot and garlic with a dash of EVOO, and add a mound of chard (about four cups packed). Gently wilt for 1–4 minutes.
4. Toast the walnuts on low heat until browned, about 3–4 minutes.
5. In a bowl, combine the wilted chard, lentils, roasted beets, and toasted walnuts.
6. Toss in a handful of chopped basil or dill. Season with pepper and a dash of chipotle powder.

ROASTED CABBAGE STEAKS + SWEET POTATO MASH

INSTRUCTIONS



SWEET POTATO MASH

1. Peel the sweet potato and cut it into 1-inch cubes. Boil the sweet potatoes for about 10–15 minutes or until fork-tender.
2. Drain the sweet potatoes, place in bowl, and mash with fork. You can mash them super smooth or leave them chunkier. Slowly add in the almond milk in small amounts at a time until desired consistency.
3. Add in the cinnamon and nutmeg and stir until smooth.
4. Toast the walnuts or pecans in a pan at low heat for 3–4 minutes and crumble on top.

ROASTED CABBAGE

1. Remove and discard the outer leaves. Firmly press down on cabbage with one hand and cut an inch-thick "steak." Place on a baking sheet.
2. Drizzle with EVOO. Generously sprinkle the chipotle powder, paprika, and onion powder on the steaks.
3. Roast in the oven at 400°F for 20–30 minutes or until tender/golden brown.

On a plate, scoop a few spoonfuls of the sweet potato mash and smooth flat. Lay the cabbage steaks on top of the mash. Chop and sprinkle some parsley or any other fresh herb. Finish with a squeeze of lemon juice.

INGREDIENTS

+ ¼ HEAD PURPLE CABBAGE
+ 1 ORANGE SWEET POTATO
+ ½ CUP UNSWEETENED ALMOND MILK
+ HANDFUL OF PARSLEY
+ PUMPKIN SEEDS

+ ½ TSP CINNAMON
+ ½ TSP NUTMEG
+ ½ TSP PUMPKIN SEEDS
+ ¼ CUP TOASTED WALNUTS OR PECANS
+ 1 LEMON
+ 1 TSP EVOO
+ ½ CHIPOTLE POWDER
+ ½ PAPRIKA
+ ½ ONION POWDER

SWEET POTATO + MUSHROOM TOAST

INSTRUCTIONS



SWEET POTATO TOAST

1. Wash and scrub the sweet potato. Slice the sweet potato lengthwise in ½-inch slices.
2. Drizzle with EVOO and roast at 400°F for 30–45 minutes.

MUSHROOM TOPPER

1. Shred the oyster mushrooms with a fork (they will look stringy), and chop up additional mushrooms. Squeeze juice of 1 lime. Sprinkle with smoked paprika (coconut aminos optional).
2. Chop up 1 clove garlic. Heat up EVOO on medium. Add chopped garlic to the pan for 1–3 minutes.
3. Add in mushrooms and cook on low heat for 6–8 minutes or until mushrooms are tender.

ASSEMBLE TOAST

1. Mash ½ whole avocado in a bowl.
2. On a plate add the arugula and lay out the sweet potato toasts. Top each toast with a spoonful of avocado and mushrooms. Sprinkle with toasted sesame seeds. Crush some nori on top, and add orange zest.

INGREDIENTS

+ 1 ORANGE SWEET POTATO
+ 1-2 OYSTER MUSHROOMS
+ HANDFUL OF ANOTHER
TYPE OF MUSHROOM
(SHITAKE, CREMINI, ETC.)
+ ½ AVOCADO
+ ½ TBSP COCONUT AMINOS

+ ZEST OF 1 ORANGE
+ 1 LIME
+ 1 CLOVE GARLIC
+ 1 TBSP EVOO
+ 1 TSP SMOKED PAPRIKA
+ ½ TOASTED SESAME
SEEDS
+ 2 CUPS ARUGULA
+ SPRINKLE DRIED NORI

CHICKPEA CURRY OVER GREENS

INSTRUCTIONS



INGREDIENTS

- + 1 TBSP GRATED FRESH GINGER
- + 1 CLOVE GARLIC (CHOPPED)
- + 1 MEDIUM SCALLION (CHOPPED)
- + 1 RED PEPPER
- + 1 WHITE SWEET POTATO
- + ½ CAN CHICKPEAS
- + 1 TBSP EVOO

- + ½ TSP COCONUT AMINO (OPTIONAL)
- + 1 TBSP (OR MORE) CURRY POWDER
- + ½ TSP CINNAMON
- + 1 CUP MACADAMIA NUT MILK
- + HANDFUL CILANTRO
- + 1-2 CUPS BABY ROMAINE
- + 1 JALAPEÑO (SLICED)

1. Sauté the grated ginger, chopped garlic, and chopped scallion in EVOO for 5 minutes or until soft.
2. Peel and chop the white sweet potato into small chunks and thinly slice the red pepper.
3. Rinse and drain the chickpeas.
4. Add in the curry powder, cinnamon, and squeeze of lime into a pot. Stir and sauté for 1–2 minutes.
5. Add in the pepper, sweet potato, chickpeas, and 1 cup of macadamia nut milk. Bring to a boil, then cover and reduce heat to low. Let cook. Lower temperature and cook for 20–25 minutes or until sweet potatoes are soft.
- 6.
7. If desired, add more macadamia nut milk to achieve desired consistency.
8. Let sit 10–15 minutes before serving.

Scoop the curry mixture over the greens and top with cilantro and sliced jalapeño.

BEET POKE

INSTRUCTIONS



INGREDIENTS

- + 4-5 BEETS
- + 1-2 PURPLE OR WATERMELON RADISHES
- + ½ AVOCADO
- + ¼ MANGO
- + 1-2 CUPS OF MIXED GREENS
- + 2 LIMES

- + SPRINKLE OF TOASTED SESAME SEEDS
- + HANDFUL GREEN ONIONS
- + HANDFUL CILANTRO
- + HANDFUL MICROGREENS (RADISH, PEA SHOOTS, SPROUTS)
- + 1 TSP EVOO
- + ½ TBSP COCONUT AMINOS

1. Wash & peel the beets. Cut into 1-inch cubes. Boil in water for 20–25 minutes until tender. Drain and rinse.
2. Chop the green onions and cilantro.
3. In a bowl, combine the cooked chopped beets, handful of green onions, chopped cilantro, spoonful of sesame seeds, coconut aminos, juice of 2 limes, and EVOO.
4. Refrigerate and let sit for 10–15 minutes.
5. Slice the mango, avocado, and radish.
6. Assemble on a plate with 1–2 cups of greens, mango, avocado, beet poke, sliced radish, and your favorite microgreens.

COLLARD GREEN WRAPS + RED PEPPER DIP

INSTRUCTIONS



INGREDIENTS

+ 1 BUNCH COLLARD GREENS
+ A BOWL OF YOUR FAVORITE
MIXED VEGGIES, LIKE:
SHREDDED PURPLE CABBAGE,
CARROTS, CUCUMBER,
CILANTRO MICROGREENS
+ ½ AVOCADO

RED PEPPER DIP:

+ 1 RED PEPPERS
+ ½ CUP MACADAMIA NUTS
(SOAKED FOR 1-2 HRS)

1. Cut the stems off the collard green leaves and then shave the stem down using a small knife so that it's flat. This helps prevent the leaf from breaking at the end and making it easier to roll up.
2. Drop your collard greens in a pot of boiling water for 1–2 minutes to soften them.
3. Thinly slice your chosen raw vegetables.
4. Add the sliced vegetable filling to the middle-bottom of a collard green leaf "wrap."
5. Carefully roll the collard green wrap just like you would with a burrito, tucking in the ends as you go so that the filling stays inside. Let these chill in the fridge while you make the red pepper dip.
6. Cut the red pepper in half vertically and remove its core and seeds. Place the halves face down on a baking sheet and roast at 400°F for 20–30 minutes or until the pepper is soft.
7. In a blender, blend roasted pepper, ½ cup of macadamia nuts, and a little water. Add 1 Tbsp at a time until you reach the desired consistency.
8. Pull the wraps out of the refrigerator and dip in the red pepper sauce.

ROASTED BOK CHOY + JAPANESE SWEET POTATO

INSTRUCTIONS



1. Rinse and chop the Japanese sweet potato in half and then in thirds. Coat with EVOO, place face down on a baking sheet, and bake at 400°F for 45–60 minutes or until soft. 30 minutes in, turn the sweet potatoes over.
2. Rinse and slice the bok choy in half. Coat with the juice of ½ orange. Roast at 400°F for 20–25 minutes or until golden brown on the edges.
3. Toast the walnuts and chipotle powder for 5–10 minutes over medium low heat or until the walnuts are browned.
4. Mix 1 Tbsp of tahini with the juice of 1–2 lemons. Add 1 Tbsp of water at a time until you reach your desired consistency.
5. Place the bok choy on a plate and top with chopped walnuts, cilantro, and tahini sauce. Sprinkle with smoked paprika and serve with baked Japanese sweet potatoes.

INGREDIENTS

- + 3–4 BABY BOK CHOY
- + ½ TBSP CHOPPED WALNUTS
- + HANDFUL OF CHOPPED GREEN ONIONS
- + HANDFUL OF CILANTRO OR PARSLEY

- + SMOKED PAPRIKA
- + ½ JUICE OF ORANGE
- + 1 TSP TAHINI
- + 1–2 LEMONS
- + CHIPOTLE POWDER
- + 1 JAPANESE SWEET POTATO
- + ½ TBSP EVOO

A FEW STARTER ITEMS

(STUFF I USE, NOT ENDORSEMENTS)

- + WITHINGS SCALE
- + MEASURE NIGHTTIME ERECTIONS
- + GREY HAIR REVERSAL (7% DISCOUNT WITH CODE "BLUEPRINT")
- + PACE OF AGING TEST (12% DISCOUNT WITH CODE "BRYANJOHNSON")
- + NAD TEST (5% DISCOUNT WITH CODE "BLUEPRINT")
- + WHOOP TRACK FITNESS & SLEEP (FIRST MONTH FREE)
- + GRIP STRENGTH TRAINER
- + FLEX BEAM - RED LIGHT THERAPY
- + EIGHTSLEEP MATTRESS (10% DISCOUNT WITH CODE "BLUEPRINT")
- + PILLOW
- + GROUNDING BED SHEETS
- + (HRV) SENSATE (10% DISCOUNT WITH CODE "BLUEPRINT")
- + (HRV) NUROSYM (10% DISCOUNT WITH CODE "BLUEPRINT")
- + (HRV) PULSETTO (10% DISCOUNT WITH CODE "BLUEPRINT")
- + FOOD INTOLERANCE TESTING (15% DISCOUNT)
- + PILL TINS
- + BLOOD GLUCOSE MEASUREMENT
- + BEDROOM BLACKOUT FILM
- + LIGHT THERAPY (I USE FIRST THING IN THE AM)

SHARE YOUR CREATIONS # BLUEPRINT

PROTOCOL.BRYANJOHNSON.COM

JOURNEY WITH BRYAN JOHNSON:

