



LET'S LIVE LONGER NOW! Weekly Seagan diet (70% organic - no meat, dairy and eggs)

Red super foods at least 5 times a week | Karl de Leeuw super cheap alternative diet in blue

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
During Day	One or two glasses of squeezed lemon mixed in ½ glass of lukewarm water (two teaspoons per glass during day)	One or two glasses of squeezed lemon mixed in ½ glass of lukewarm water (two teaspoons per glass during day)	One or two glasses of squeezed lemon mixed in ½ glass of lukewarm water (two teaspoons per glass during day)	One or two glasses of squeezed lemon mixed in ½ glass of lukewarm water (two teaspoons per glass during day)	One or two glasses of squeezed lemon mixed in ½ glass of lukewarm water (two teaspoons per glass during day)	One or two glasses of squeezed lemon mixed in ½ glass of lukewarm water (two teaspoons per glass during day)	One or two glasses of squeezed lemon mixed in ½ glass of lukewarm water (two teaspoons per glass during day)
Breakfast	<p>(pick from below)</p> <p>1 bowl of buckwheat flakes* 100ml of rice milk* 1 banana, sliced 2 heaped tsp flaxseed, ground (optional)</p> <p>1 grapefruit</p> <p>1 avocado with a pinch of sea salt & 1 tsp of rapeseed or olive oil in one half & other half Mrs Braggs apple cider vinegar</p> <p>½ glass of apple juice (no orange juice as baddy)</p> <p>During morning: Kiwi fruit</p>	<p>(pick from below)</p> <p>1 bowl of buckwheat flakes* 100ml of rice milk* 1 banana, sliced 2 heaped tsp flaxseed, ground (optional)</p> <p>1 grapefruit</p> <p>1 avocado with a pinch of sea salt & 1 tsp of rapeseed or olive oil in one half & other half Mrs Braggs apple cider vinegar</p> <p>½ glass of apple juice (no orange juice as baddy)</p> <p>During morning: Kiwi fruit</p>	<p>(pick from below)</p> <p>1 bowl of buckwheat flakes* 100ml of rice milk* 1 banana, sliced 2 heaped tsp flaxseed, ground (optional)</p> <p>1 grapefruit</p> <p>1 avocado with a pinch of sea salt & 1 tsp of rapeseed or olive oil in one half & other half Mrs Braggs apple cider vinegar</p> <p>½ glass of apple juice (no orange juice as baddy)</p> <p>During morning: Kiwi fruit</p>	<p>(pick from below)</p> <p>1 bowl of buckwheat flakes* 100ml of rice milk* 1 banana, sliced 2 heaped tsp flaxseed, ground (optional)</p> <p>1 grapefruit</p> <p>1 avocado with a pinch of sea salt & 1 tsp of rapeseed or olive oil in one half & other half Mrs Braggs apple cider vinegar</p> <p>½ glass of apple juice (no orange juice as baddy)</p> <p>During morning: Kiwi fruit</p>	<p>(pick from below)</p> <p>1 bowl of buckwheat flakes* 100ml of rice milk* 1 banana, sliced 2 heaped tsp flaxseed, ground (optional)</p> <p>1 grapefruit</p> <p>1 avocado with a pinch of sea salt & 1 tsp of rapeseed or olive oil in one half & other half Mrs Braggs apple cider vinegar</p> <p>½ glass of apple juice (no orange juice as baddy)</p> <p>During morning: Kiwi fruit</p>	<p>Grilled mushrooms & tomatoes with wilted spinach</p> <p>During morning: Kiwi fruit</p>	<p>Fruit Smoothie blend</p> <ul style="list-style-type: none"> • 1 large banana • 150g of fresh or frozen berries or strawberries • ½ apple • 400 ml of rice milk • 1 tbsp milled flaxseed(optional) <p>During morning: Kiwi fruit</p>
Snack	Organic prepared homemade soup (see snack recipes) or purchased (Prefer Amy Organic Italian or French) + sprinkle 2 tsp of Natural Sea Stock* (Seaweed cut up)	Organic prepared homemade soup (see snack recipes) or purchased (Prefer Amy Organic Italian or French) + sprinkle 2 tsp of Natural Sea Stock* (Seaweed cut up)	Organic prepared homemade soup (see snack recipes) or purchased (Prefer Amy Organic Italian or French) + sprinkle 2 tsp of Natural Sea Stock* (Seaweed cut up)	Organic prepared homemade soup (see snack recipes) or purchased (Prefer Amy Organic Italian or French) + sprinkle 2 tsp of Natural Sea Stock* (Seaweed cut up)	Organic prepared homemade soup (see snack recipes) or purchased (Prefer Amy Organic Italian or French) + sprinkle 2 tsp of Natural Sea Stock* (Seaweed cut up)	Organic prepared homemade soup (see snack recipes) or purchased (Prefer Amy Organic Italian or French) + sprinkle 2 tsp of Natural Sea Stock* (Seaweed cut up)	Organic prepared homemade soup (see snack recipes) or purchased (Prefer Amy Organic Italian or French) + sprinkle 2 tsp of Natural Sea Stock* (Seaweed cut up)
Midday Meal	Beetroot salad (see midday meal recipe) Table spoon of Mrs Braggs apple cider vinegar on salad or with small amount of water	Warm mackerel & beetroot salad (see midday meal recipe) Table spoon of Mrs Braggs apple cider vinegar on salad or with small amount of water	Mediterranean lentil salad (see midday meal recipe) Table spoon of Mrs Braggs apple cider vinegar on salad or with small amount of water	Asian soba noodle salad (see midday meal recipe) Table spoon of Mrs Braggs apple cider vinegar on salad or with small amount of water	Lentil & avocado salad (see midday meal recipe) Table spoon of Mrs Braggs apple cider vinegar on salad or with small amount of water	Mexican black bean burgers (see midday meal recipe) Table spoon of Mrs Braggs apple cider vinegar on salad or with small amount of water	Beetroot salad (see midday meal recipe) Table spoon of Mrs Braggs apple cider vinegar on salad or with small amount of water
Snack	Apricot/peach 1 or 2 kiwis Any sweet recipe item	Apricot/peach 1 kiwi 1 pear Any sweet recipe item	Apricot/peach 1 kiwi 1 pear Any sweet recipe item	Apricot/peach 1 kiwi 1 pear Any sweet recipe item	Apricot/peach 1 or 2 kiwi's Any sweet recipe item	Any sweet recipes item	Any sweet recipes item
Evening Meal	Butternut squash with quinoa; green vegetables and a salad (see evening meal recipe) NB: hand full of any seaweed such as wakame; kombu; nori etc cut up in strips (soaked in water over night)	Spinach, sweet potato & chickpea curry; green vegetables and a salad (see evening meal recipe) NB: Seaweed as Monday	Seafood Paella; green vegetables and a salad (see evening meal recipe) NB: Seaweed as Monday	Butternut squash and rice risotto; green vegetables and a salad (see evening meal recipe) NB: Seaweed as Monday	Bean tacos; green vegetables and a salad (see evening meal recipe) NB: Seaweed as Monday	Poached salmon * with carrot & onion puree (see evening meal recipe) Or Take Away*	Roasted squash stuffed with quinoa (see evening meal recipe) Or Take Away*
Drinks	2 cups of tea organic Clipper or Pukka (only tea where the bags are biodegradable)	2 cups of tea organic Clipper or Pukka	2 cups of tea organic Clipper or Pukka	2 cups of tea organic Clipper or Pukka	2 glass of organic red wine*	2 glass of organic red wine*	2 cups of tea organic Clipper or Pukka

Note: tbsp = tablespoon | tsp = teaspoon

* denotes alternatives. See next page.

Alternatives (Marked as * on the Weekly Menu)

*Buckwheat Flakes could be replaced with:

Gluten-Free Oat Muesli
Gluten-Free Luxurious Porridge
Porridge made from gluten-free oats, millet and/or quinoa flakes

*Rice milk could be replaced with:

Quinoa milk
Coconut milk

Cheap alternative diet to above

(Karl de Leeuw's diet in London, UK from Lidl unless other shop mentioned)

Breakfast: 4 red super fruits of banana, grapefruit, avocado & kiwi (non organic) (Holland & Barrett apple cider vinegar that look like Mrs Braggs but far cheaper)(apple cider with avo's)

Lunch: Mackerel or sardines or tuna or wild salmon or anchovies, etc (all tinned as organic and cheap) with normal pilau rice: plus any organic fruit & veg with above such as carrot, broccoli, etc ; normal humus & beans (yes it will have table salt but small part of diet) (also mixed frozen seafood from Iceland)

Dinner: Vegan soup (not organic) and yes it will have table salt but small part of diet. Holland and Barrett's vegan gluten free vacuum packed Seedful bread with organic tomato on top (or bread with soup)

Sea salt: As much as you can handle on food that take your fancy

* **Take Away or sit in:** Vegetarian or seafood such as Indian; Maki Sushi or Chinese options on plain rice or vermicelli. Ensure no soya; sugar; or dairy in sauces (as far as possible). Fish and chips but make sure they use vegetable oil (not animal oil). Greggs vegan sausage role and vegan steak bake. Nando's beany rap with corn on the cob. Falafel from food stalls

Treats: Potato crisps with sea salt (Iceland); organic apples.

Tea: organic Clipper or Pukka (Holland and Barrett's) (only tea where the bags are biodegradable)

Juices: Any non organic juice but not orange (natural and not from concentrate) (Iceland)

* Choose organic red wine. Or organic cider with no preservatives (yes not cheap but worth it as no pesticides & sulphates that give you headaches) (Karl de Leeuw does not consume alcohol but all the longevity nations do)

NB: For personal care: Dr Organic coconut deodorant & coconut shampoo with Jason's coconut toothpaste (Holland and Barrett). Philips sonicare mains electric toothbrush via amazon.co.uk

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