The Longevity Blueprint

4-week guided cohort program

You will walk away with a personalized, science-backed longevity plan tailored specifically to your life.

Welcome/Self Introductions

Please introduce yourself

One small reason you decided to join the Longevity Cohort?

How the four weeks will work

- We meet live every Wednesday
- Each week focuses on one key pillar
- You will leave every week with one small doable action step that builds your personal Longevity Blueprint
- After each meeting you will receive an email with a recording, 1 or 2 deeper dive video links and a simple worksheet to fill out.

Week One: Diet and the Mediterranean Myth – What this means for you

The other pillars are equally important


This is not the Mediterranean Diet

Verified Diet of The Longest Living Populations

- Beans - Fava and Chickpeas/Garbanzo
- Legumes – Lentils
- Bitter Greens – Chickory, Wild Chard, Broage
- Herbs, Nuts, Mushrooms
- EVOO on Everything
- Goat Cheeses Made at Home or Locally
- Very Little Meat/Used as a condiment

Ways to Improve the Standard American Diet (commonly known as the SAD Diet)

Swap out heavy meals and substitute beans and legumes/lentils

Cook more at home

Greatly reduce processed foods

Rethink your meals – consistency is the key





