



AUDIOBOOK COMPANION

Mediterranean Diet for Longevity

Recipes, visual guides and printable planners to use while you listen

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Everything in this companion comes from the book: the twelve recipes, the three infographics, the small daily steps and the 30-Day Longevity Protocol, arranged on printable pages for your kitchen.

Educational information only, not a substitute for individual medical advice. Check recipes for food allergies and dietary restrictions, and talk with your healthcare provider before making significant dietary changes or if you take medicines. Food photos are illustrations; your dish may look different.

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How to use it. Listen to a chapter, then turn to the matching page here. Print the recipe you want to cook, tick off one small step a day, and bring the lab tracker to your next appointment.

Your targets at a glance

	Every day	Chapter
Extra virgin olive oil	2–4 tablespoons a day, replacing other fats rather than adding to them	1, 12
Fibre	At least 30 grams a day; increase gradually	1, 19
Vegetables and fruit	5 vegetable and 2 fruit servings a day, in as many colours as you can	2, 16
Protein balance	About 70–80% from plants and 20–30% from animal foods	1
Nuts	About 30 g (1 oz) a day; walnuts add plant omega-3s	14
Overnight break	About 12 hours between dinner and breakfast, e.g. 8 pm to 8 am	5

	Every week	Chapter
Legumes	3–4 servings a week: lentils, chickpeas, beans	4, 13
Fatty fish	Twice a week; sardines, mackerel, anchovies, salmon, herring (SMASH)	6, 15
Berries	At least twice a week	8
Plant variety	Work toward 30 different plant foods a week	4

	Habits that help	Chapter
After meals	A 10-minute walk after your largest meal	9, 11
At the table	Share a meal, phones away, and let dinner take at least 20 minutes	11
In the kitchen	Rest cut broccoli 5 minutes and minced garlic 10 minutes before cooking	7
Storage	Keep olive oil away from the stove and use within 60 days of opening; keep nuts in the fridge; replace dried spices every 6 months	12, 14, 17

These are general targets from the book. Your own needs depend on your health, medicines and preferences, so adjust them with your healthcare provider.

Small steps, one at a time

Each chapter ends with “What to do today.” Here they are as one list, with repeats combined. Tick one off each day; the chapter numbers show where each step is explained.

Set up your kitchen

☐ Stock olive oil, canned legumes, whole grains and nuts at eye level	19
☐ Use extra virgin olive oil as your main cooking fat	1, 2, 3
☐ Taste your olive oil from a teaspoon; if it has no peppery bite, consider replacing it	12
☐ Move your olive oil away from the stove and your nuts into the fridge	12, 14
☐ Replace one tired spice (oregano, rosemary or cumin) with a fresh jar	17
☐ Cook a batch of farro, lentils or chickpeas on Sunday	4, 19
☐ Make a sofrito base: onion, garlic, tomatoes and olive oil	16

Build your plate

☐ Swap one refined side dish for lentils, chickpeas or white beans	1, 13
☐ Add leafy greens or a side salad to two meals	1, 6, 8
☐ Add blueberries to breakfast	2, 8
☐ Stir a tablespoon of ground flaxseed into breakfast	14
☐ Include protein at breakfast: Greek yogurt, eggs or smoked salmon	10
☐ Snack on an ounce of walnuts or almonds	5, 14
☐ Add turmeric with a pinch of black pepper to one meal	3, 17
☐ Add one fermented food: plain yogurt, kefir, kimchi or sauerkraut	4
☐ Season with lemon and fresh herbs instead of salt	6, 17
☐ Swap white rice for farro, barley or bulgur	13
☐ Count the colours on your plate; add a vegetable if there are fewer than three	16

Plan your week

☐	Schedule two fatty-fish meals (canned sardines on whole grain crackers count)	3, 6, 15
☐	Write down three Mediterranean meals you will eat this week	19
☐	Buy one vegetable you have never cooked	16
☐	List the plant foods you ate this week, then add two new ones	4
☐	Rest cut broccoli 5 minutes and minced garlic 10 minutes before cooking	7

Live the Mediterranean way

☐	Take a 10-minute walk after your largest meal	9, 11
☐	Take a 20-minute walk	10
☐	Share one meal this week with the phones away	11
☐	Let dinner take 20 minutes	11
☐	Finish eating at least 3 hours before bed	5
☐	Drink a glass of water before your morning coffee	18
☐	Swap one coffee or alcoholic drink for herbal tea	18

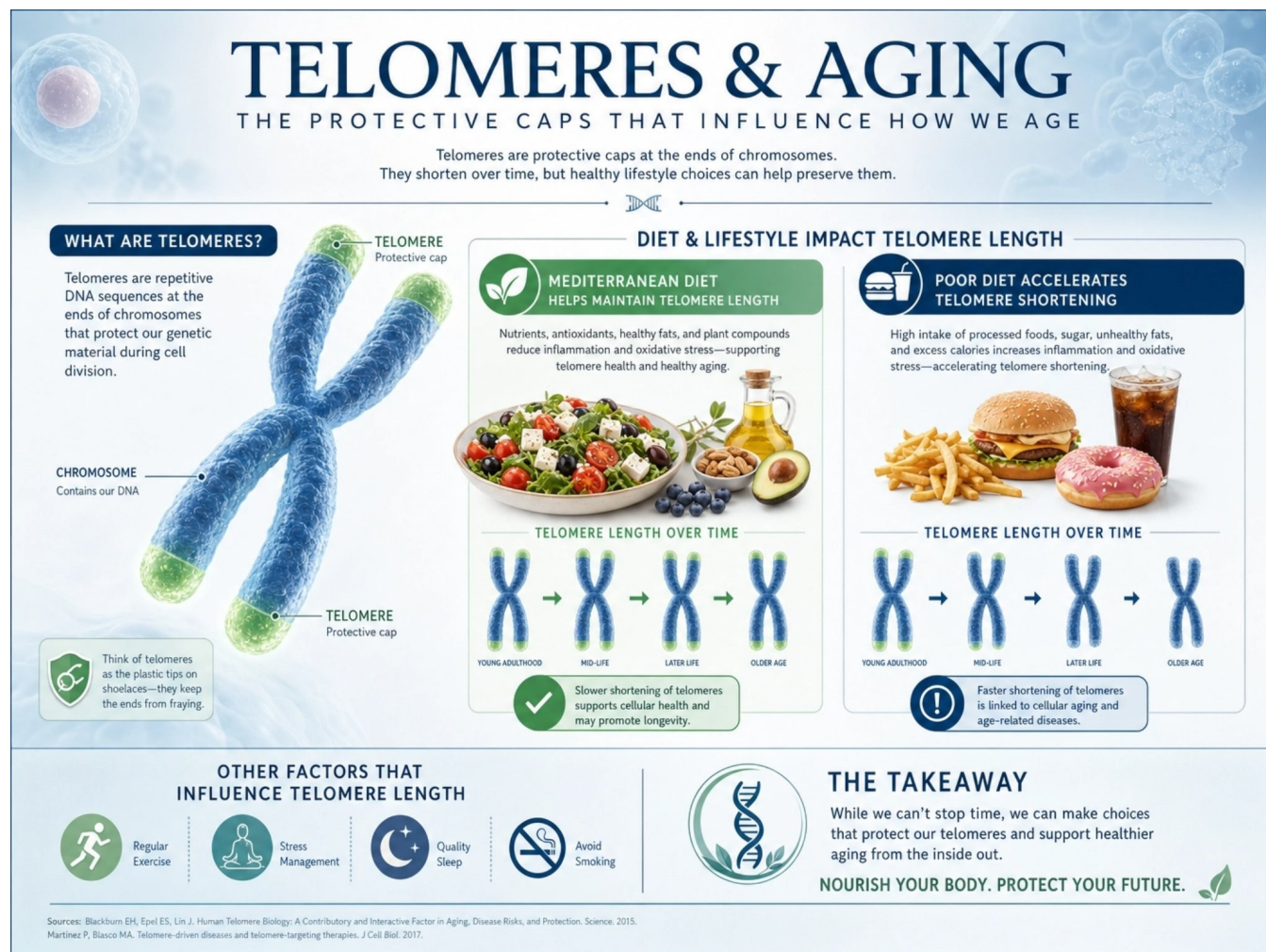
Talk with your clinician

☐	Ask whether a baseline high-sensitivity CRP test is right for you	3
☐	Ask about a fasting insulin test alongside your next glucose test	9

Do not change or stop medicines on your own; arrange clinical follow-up when appropriate.

Telomeres & Aging

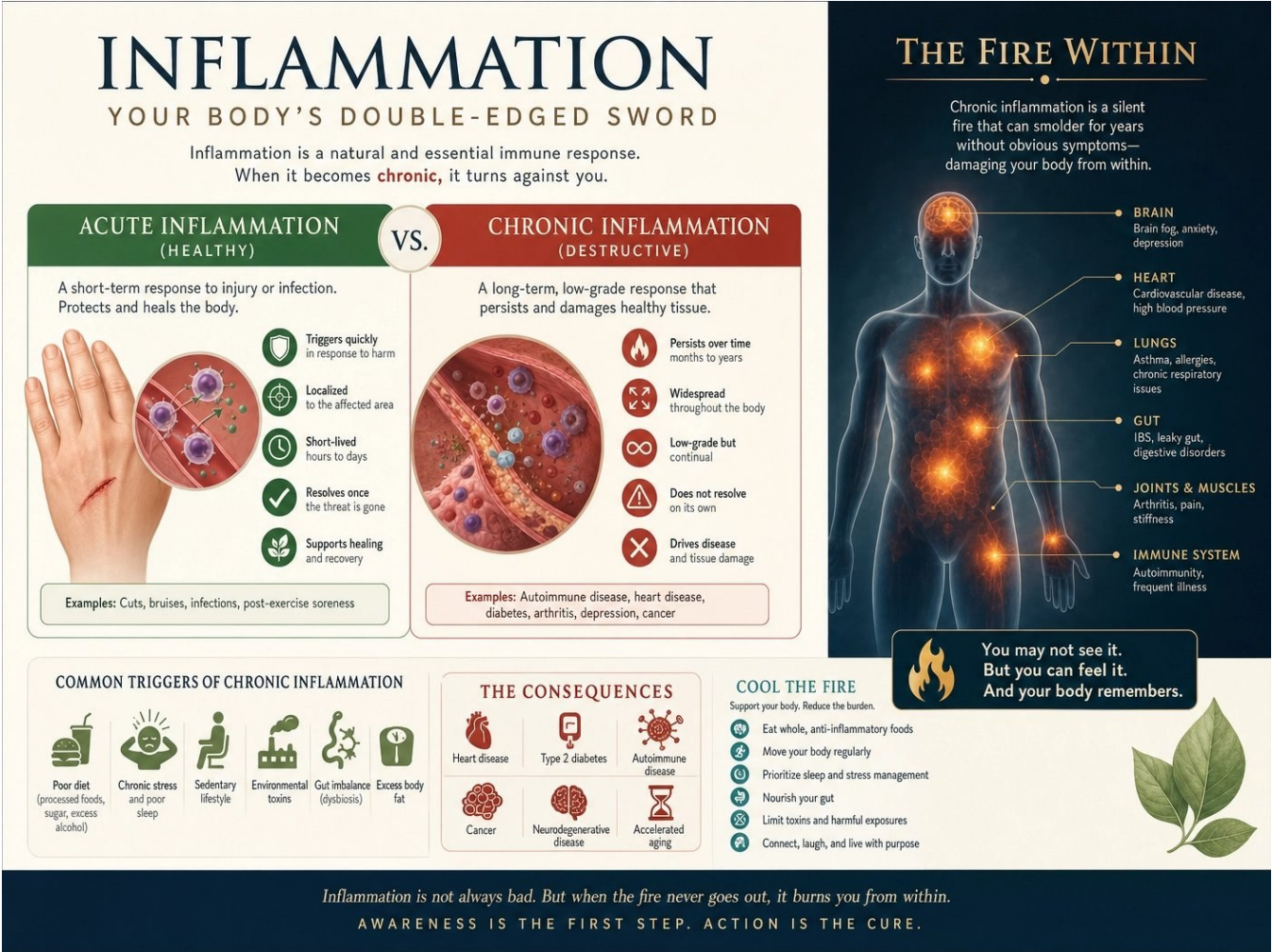
How diet and daily habits relate to the protective caps on your chromosomes.



Infographic reproduced from the book so you can see it while you listen.

Inflammation

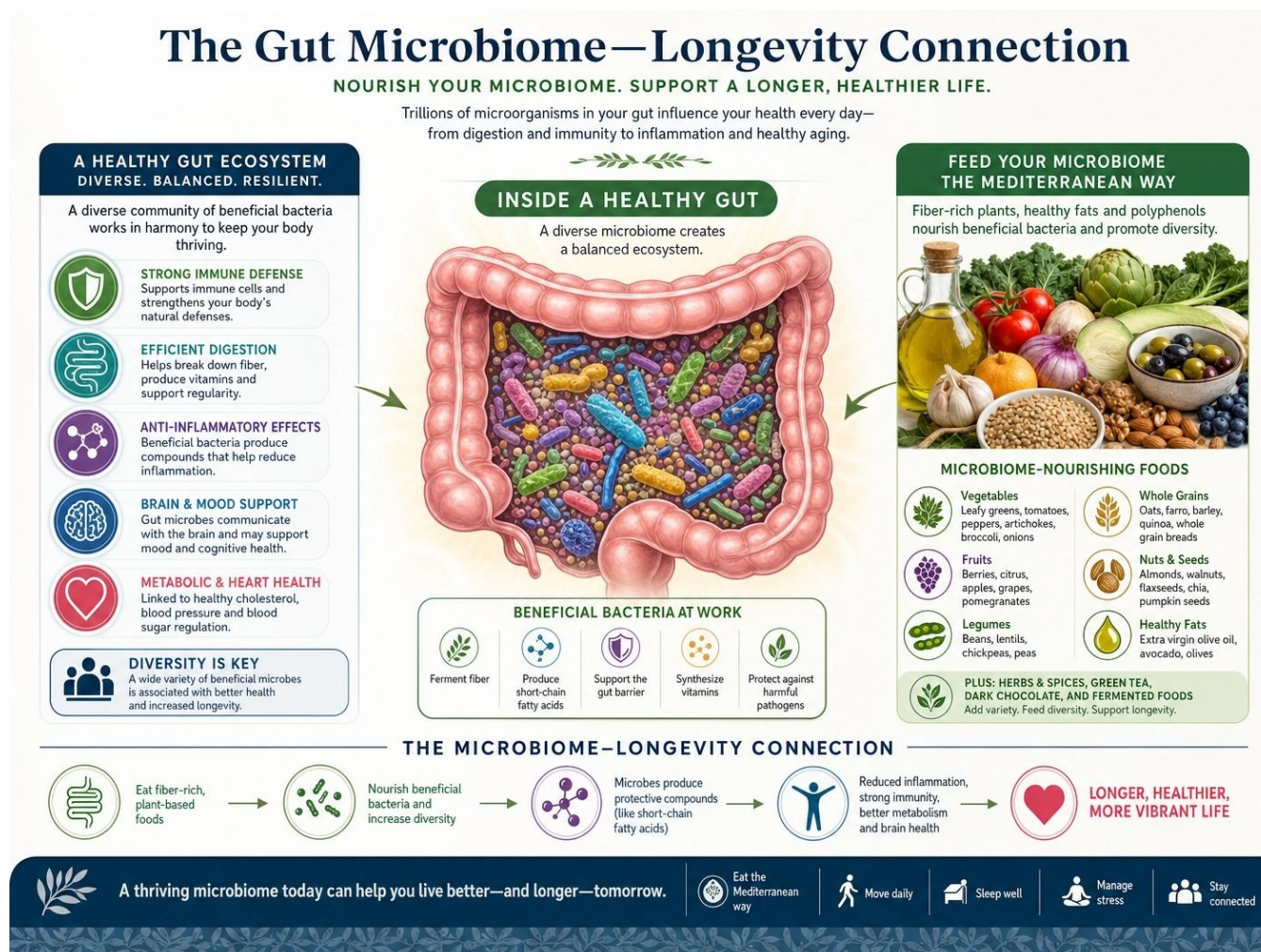
Acute versus chronic inflammation, common triggers, and everyday ways to cool the fire.



Infographic reproduced from the book so you can see it while you listen.

The Gut Microbiome

How a diverse, fibre-fed microbiome connects to digestion, immunity and healthy aging.



Infographic reproduced from the book so you can see it while you listen.



BREAKFAST

Berry & Spinach Smoothie

Serves 1 • 5 minutes • From Chapters 1 and 2

Ingredients

- 1 cup frozen wild blueberries
- 1 cup fresh baby spinach
- ½ cup frozen strawberries
- 1 tbsp ground flaxseed
- 1 tbsp almond butter
- 1 cup cooled green tea (unsweetened)
- ½ banana

Method

- 1 Brew green tea the night before and refrigerate.
- 2 Place all ingredients in blender, liquid first.
- 3 Blend on high for 60 seconds until completely smooth.
- 4 Drink immediately.



SAUCES & DIPS

Lemon-Garlic EVOO Dressing

Serves 4 • 5 minutes • From Chapters 8 and 12

Ingredients

- 6 tbsp high-quality extra virgin olive oil
- 3 tbsp fresh lemon juice
- 2 garlic cloves, finely minced
- 1 tsp Dijon mustard
- ½ tsp dried oregano
- Salt and freshly cracked pepper

Method

- 1 Combine lemon juice, garlic, mustard, and oregano. Let sit 5 min.
- 2 Whisk in EVOO in a slow, steady stream to create a stable emulsion.
- 3 Season with salt and pepper. Taste on a leaf of romaine to calibrate.
- 4 Store in refrigerator, keeps 3 days. Shake before each use.



SAUCES & DIPS

Walnut & Herb Pesto

Serves 6 • 10 minutes • From Chapter 14

Ingredients

- 1 cup raw walnuts, lightly toasted
- 2 cups fresh basil leaves, packed
- ½ cup flat-leaf parsley
- 2 garlic cloves
- ½ cup good-quality EVOO
- 2 tbsp fresh lemon juice
- ¼ cup finely grated Parmesan
- ½ tsp salt + pepper

Method

- 1** Toast walnuts in a dry skillet over medium heat, 4 min. Cool 5 min.
- 2** Combine cooled walnuts, garlic, salt, pepper in food processor. Pulse 8–10 times.
- 3** Add basil and parsley. Pulse 5 more times.
- 4** With processor running, drizzle in EVOO slowly until desired consistency.
- 5** Add lemon juice and Parmesan; pulse twice. Taste and adjust.
- 6** Pour a thin layer of olive oil over the surface before sealing — prevents oxidation.



SAUCES & DIPS

Greek Yogurt Dip with Smashed Cucumber & Dill

Serves 4 • 10 minutes • From Chapters 6 and 10

Ingredients

- 2 cups full-fat plain Greek yogurt
- 2 medium cucumbers
- 2 garlic cloves, grated
- 3 tbsp fresh dill, roughly chopped
- 1 tbsp fresh lemon juice
- 1 tbsp EVOO for finishing
- Salt and black pepper
- 2 tbsp crumbled feta (optional)

Method

- 1 Smash cucumbers with the flat side of a knife until they crack. Chop roughly.
- 2 Salt cucumber; rest in a colander 5 min to draw out water. Pat dry.
- 3 Combine yogurt, garlic, dill, and lemon juice. Season with salt and pepper.
- 4 Fold in cucumber pieces, leaving the texture slightly chunky.
- 5 Transfer to bowl. Drizzle with olive oil, scatter feta if using.



SALADS

Traditional Mediterranean Chickpea & Farro Salad

Serves 4 • 15 minutes • From Chapters 9 and 13

Ingredients

- 2 cups cooked farro
- 1½ cups cooked chickpeas (or 1 can, rinsed)
- 1 cup cherry tomatoes, halved
- 1 English cucumber, diced
- ½ red onion, finely diced (soaked in cold water 10 min)
- ½ cup Kalamata olives, chopped
- ¼ cup flat-leaf parsley, chopped
- 2 oz crumbled feta
- 4 tbsp EVOO + 3 tbsp red wine vinegar + 1 tsp dried oregano

Method

- 1 Whisk EVOO, vinegar, oregano, salt, and pepper in a large bowl.
- 2 Add warm farro directly to dressing — warm grains absorb better than cold.
- 3 Add chickpeas, tomatoes, cucumber, drained onion, and olives. Toss.
- 4 Fold in parsley and feta last. Taste and adjust seasoning.
- 5 Rest at least 15 minutes. Best at room temperature, not cold.
- 6 Stores in the refrigerator for 3 days. Add fresh parsley just before serving.



SALADS

Everything-in-the-Pantry Bean Salad

Serves 4 • 8 minutes • From Chapter 19

Ingredients

- 1 can chickpeas, rinsed (15 oz)
- 1 can cannellini beans, rinsed (15 oz)
- 1 can kidney beans, rinsed (15 oz)
- ½ red onion, finely diced
- 2 tbsp capers or pitted olives
- 3 tbsp EVOO
- 2 tbsp red wine vinegar or lemon juice
- 1 tsp dried oregano
- Handful of fresh parsley if available (or 1 tsp dried)
- Salt, pepper, optional pinch of red pepper flakes

Method

- 1 Rinse all canned beans thoroughly under cold running water for 30 seconds.
- 2 Combine beans, red onion, and capers or olives in a large bowl.
- 3 Whisk olive oil, vinegar, oregano, salt, and pepper in a small bowl.
- 4 Pour dressing over beans; toss to combine.
- 5 Add parsley. Taste and adjust — more acid, oil, or herbs as needed.
- 6 Rest 5 minutes before serving. Better the next day.



MAINS

Lentil & Vegetable Stew

Serves 4 • 40 minutes • From Chapters 3 and 4

Ingredients

- 1½ cups green lentils, rinsed
- 1 large onion, diced
- 4 garlic cloves, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 can diced tomatoes (14 oz)
- 4 cups low-sodium vegetable broth
- 2 cups chopped kale or chard
- 3 tbsp extra virgin olive oil
- 1 tsp turmeric, 1 tsp cumin, ½ tsp smoked paprika
- Juice of half a lemon

Method

- 1 Heat oil in a large pot over medium heat. Cook onion 5 min until soft.
- 2 Add garlic, carrots, celery. Cook 4 min, stirring occasionally.
- 3 Stir in spices. Cook 1 min to bloom them in the oil.
- 4 Add lentils, tomatoes, broth. Simmer uncovered 25–30 min.
- 5 Stir in kale. Cook 3 min until wilted.
- 6 Finish with lemon juice, salt, and pepper. Adjust seasoning.



MAINS

Summer Ratatouille with Fresh Herbs

Serves 4 • 50 minutes • From Chapters 11 and 16

Ingredients

- 2 medium zucchini, sliced
- 1 medium eggplant, cubed
- 2 large ripe tomatoes, chopped (or 1 can whole tomatoes)
- 1 red + 1 yellow bell pepper, cut 1-inch pieces
- 1 large onion, roughly chopped
- 5 garlic cloves, minced
- 5 tbsp EVOO, divided
- 1 can crushed tomatoes (14 oz)
- 1 tsp dried herbes de Provence
- Fresh basil and flat-leaf parsley
- Salt, pepper, pinch of red pepper flakes

Method

- 1 Heat 3 tbsp oil over medium-high. Sauté each vegetable separately until lightly golden (3–5 min each). Set aside.
- 2 Heat remaining 2 tbsp oil. Sauté onion 8 min until soft. Add garlic; cook 2 min.
- 3 Add the chopped fresh tomatoes, crushed tomatoes, herbs, salt, pepper and pepper flakes. Cook 5 min.
- 4 Return all sautéed vegetables to the pot. Stir gently. Reduce heat.
- 5 Simmer, partially covered, 20–25 min until tender but not falling apart.
- 6 Stir in fresh basil and parsley just before serving.



MAINS

Mediterranean Baked Salmon with Herbs & Lemon

Serves 2 • 20 minutes • From Chapter 15

Ingredients

- 2 wild-caught salmon fillets (6 oz each)
- 1 lemon: half sliced thin, half for juice
- 4 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 3 tbsp olive oil
- 4 garlic cloves, thinly sliced
- ¼ cup pitted Kalamata olives, halved
- ¼ tsp red pepper flakes
- Salt and black pepper
- 2 large sheets of parchment

Method

- 1 Preheat oven to 400°F.
- 2 Place each fillet in the centre of a parchment sheet. Season both sides.
- 3 Arrange lemon rounds over each fillet; lay herb sprigs on top.
- 4 Scatter garlic and olives around the fish. Drizzle with oil and lemon squeeze.
- 5 Fold parchment over fish; crimp edges tightly — no steam should escape.
- 6 Bake 14 min. Rest 2 min before opening. Pour cooking liquid over fish.



MAINS

Mediterranean Herb-Crusted Roasted Chicken

Serves 4 • 1 hour 30 minutes • From Chapter 17

Ingredients

- 1 whole chicken (approx. 4 lbs), patted very dry
- 3 tbsp fresh rosemary, finely chopped
- 3 tbsp fresh thyme leaves
- 2 tbsp fresh oregano, chopped (or 2 tsp dried)
- 4 garlic cloves, minced
- 3 tbsp olive oil
- Zest of 1 lemon + juice of half
- 1 tsp sea salt
- Black pepper + ½ tsp smoked paprika
- 1 whole head of garlic, halved crosswise

Method

- 1 Preheat oven to 425°F.
- 2 Combine all herbs, minced garlic, oil, lemon zest, salt, pepper, paprika into a thick paste.
- 3 Loosen the skin over the breast; rub half the paste directly onto the meat under the skin.
- 4 Rub remaining paste over the entire exterior of the bird.
- 5 Place halved garlic head and lemon half inside the cavity. Truss the legs loosely.
- 6 Roast 60–75 min until thigh juices run clear and skin is deeply golden. Rest 10 min before carving.

Kitchen note. Food-safety tip: the chicken is done when a thermometer in the thickest part of the thigh reads 165°F (74°C).



SIDES

Roasted Broccoli with Garlic & Pine Nuts

Serves 4 • 35 minutes • From Chapters 5 and 7

Ingredients

- 2 large heads broccoli (rest 5 min after cutting)
- 5 garlic cloves, minced (rest 10 min)
- 3 tbsp good-quality EVOO
- ¼ cup pine nuts
- Zest and juice of 1 lemon
- ¼ tsp red pepper flakes
- Sea salt and black pepper
- Fresh parsley, chopped

Method

- 1 Preheat oven to 425°F. Line baking sheet with parchment.
- 2 Toss broccoli with 2 tbsp oil, pepper flakes, salt. Spread in a single layer.
- 3 Roast 15 min. Toast pine nuts in a dry skillet 3–4 min until golden.
- 4 Scatter rested garlic over broccoli. Drizzle remaining oil. Return to oven 8–10 min.
- 5 Remove. Immediately squeeze lemon over; add zest, pine nuts, parsley.



DESSERT

Red Wine Poached Pears with Star Anise

Serves 4 • 45 min + resting • From Chapter 18

Ingredients

- 4 firm pears, peeled and cored from base (stems intact)
- 1 bottle dry red wine
- 2 tbsp honey or maple syrup
- 4 whole star anise
- 2 cinnamon sticks
- 4 whole cloves
- 1 orange, peel stripped in wide ribbons
- 1 vanilla pod, split

Method

- 1 Combine wine, honey, star anise, cinnamon, cloves, orange peel, vanilla. Heat over medium until honey dissolves.
- 2 Lower pears into liquid. Place a small plate on top to keep them submerged.
- 3 Bring to a gentle simmer; reduce heat. Poach 25–35 min, turning occasionally.
- 4 Remove pears carefully. Set aside.
- 5 Increase heat; reduce liquid by two-thirds until a glossy syrup forms.
- 6 Serve pears at room temperature with syrup spooned over. Greek yogurt alongside completes the dish.

Kitchen note. Cooking does not remove all of the alcohol: after about 30 minutes of simmering, roughly a third can remain. For an alcohol-free version, poach the pears in unsweetened red grape or pomegranate juice.

The 30-Day Longevity Protocol

A practice period for habits, not a test. Work through one stage a week and keep what fits your life.

DAYS 1-7

Start where you are

- Note what you usually eat
- Choose two breakfasts and two dinners you enjoy, and shop for them
- Stock oats, beans, frozen vegetables and olive oil
- Make one manageable swap each day

DAYS 8-14

Make meals easier

- Prepare a grain, cook or rinse beans, and wash vegetables ahead
- Build lunches from those components
- Vary the seasoning to avoid monotony
- Increase fibre gradually and drink regularly

DAYS 15-21

Beyond the plate

- Add manageable movement to your week
- Plan a shared meal and give sleep a consistent place
- Practise ordering a satisfying restaurant meal
- Keep one backup supper for busy evenings

DAYS 22-30

Keep what works

- Review consistency, digestive comfort, energy and cost
- Arrange clinical follow-up when appropriate; do not adjust medicines on your own
- Choose three routines to carry into next month
- Revise anything that keeps failing to fit

The three routines I will keep

1.

2.

3.

My 30-day tracker

Each day, write the one change you made. Tick the box when it is done.

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐
Day 6 ☐	Day 7 ☐	Day 8 ☐	Day 9 ☐	Day 10 ☐
Day 11 ☐	Day 12 ☐	Day 13 ☐	Day 14 ☐	Day 15 ☐
Day 16 ☐	Day 17 ☐	Day 18 ☐	Day 19 ☐	Day 20 ☐
Day 21 ☐	Day 22 ☐	Day 23 ☐	Day 24 ☐	Day 25 ☐
Day 26 ☐	Day 27 ☐	Day 28 ☐	Day 29 ☐	Day 30 ☐

Days 1–7 start where you are • Days 8–14 make meals easier • Days 15–21 beyond the plate • Days 22–30 keep what works

Weekly meal planner

Week of: _____ · Recipe ideas: smoothie, farro salad, bean salad, lentil stew, ratatouille, baked salmon, roasted chicken, roasted broccoli, poached pears.

Day	Breakfast	Lunch	Dinner	Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Tip from Chapter 19: plan three meals in advance and cook one batch of grains or legumes on Sunday.

Mediterranean pantry & shopping list

Staples mentioned in the book. Tick what you need and add your own.

Oils & vinegars

- ☐ Extra virgin olive oil
- ☐ Red wine vinegar
- ☐ Lemons
- ☐ _____

Legumes

- ☐ Green lentils
- ☐ Chickpeas
- ☐ Cannellini / white beans
- ☐ Kidney beans
- ☐ _____

Whole grains

- ☐ Farro
- ☐ Rolled oats
- ☐ Barley or bulgur
- ☐ Whole-grain crackers
- ☐ _____

Nuts & seeds

- ☐ Walnuts
- ☐ Almonds
- ☐ Pumpkin seeds
- ☐ Ground flaxseed
- ☐ Pine nuts
- ☐ _____

Fish

- ☐ Canned sardines
- ☐ Mackerel
- ☐ Salmon
- ☐ Anchovies or herring
- ☐ _____

Vegetables

- ☐ Spinach and kale
- ☐ Broccoli
- ☐ Tomatoes (fresh and canned)
- ☐ Onions and garlic
- ☐ Zucchini, eggplant, peppers
- ☐ _____

Fruit

- ☐ Blueberries (frozen are fine)
- ☐ Strawberries
- ☐ Pears
- ☐ Bananas
- ☐ _____

Dairy & fermented

- ☐ Plain Greek yogurt
- ☐ Kefir
- ☐ Feta
- ☐ Sauerkraut or kimchi
- ☐ _____

Herbs & spices

- ☐ Oregano
- ☐ Rosemary and thyme
- ☐ Turmeric and black pepper
- ☐ Cumin, smoked paprika
- ☐ Fresh basil, parsley, dill
- ☐ _____

Drinks

- ☐ Green tea
- ☐ Herbal teas (chamomile, sage)
- ☐ _____

Lab & health tracker

The book mentions these tests and measurements. Record your results to see changes over time and to bring questions to your clinician. Reference ranges differ between laboratories, so copy the range printed on your report.

Test	Your lab's range	Date / result	Date / result	Date / result
Total cholesterol				
LDL cholesterol				
HDL cholesterol				
Triglycerides				
Fasting glucose				
Hemoglobin A1C				
Fasting insulin				
High-sensitivity CRP				
Vitamin D (25-OH)				
Vitamin B12				
Blood pressure				

Questions for my clinician

Educational use only. Review results with your healthcare provider and do not change medicines on your own.

YOUR SPACE

Notes

Listen to the audiobook, read the book, and find more free guides at asksonya.ai.