

Sunday Coles Shop

Wednesday, 06 May 2026 · Brisbane · Bryan-Johnson-influenced longevity protocol

WEEKLY FRESH

- Tomatoes (8–10)
- Red onions (2)
- Bananas (4)
- Lemons (2)
- Limes (4)
- Garlic (1 bulb)
- Ginger root (~50g)
- Kale (1 bunch)
- Swiss brown / shiitake mushrooms (250g)
- Sweet potato (~800g)
- Zucchini (3)
- Avocados (4–5)

REFRIGERATED

- Chobani 0% Plain Greek Yoghurt 1kg
- Free range eggs (12 pack)
- Suzie's Macadamia Milk Unsweetened 1L x 2
- Vitasoy Unsweetened Soy Milk 1L (for oats)

FISH / CHICKEN

- Salmon fillet skin-on (600g)
- Barramundi fillet (200g)
- Chicken thigh fillet (400g)

FROZEN

- Macro Frozen Blueberries 1kg
- Coles Frozen Broccoli Florets 1kg
- Coles Frozen Cauliflower 1kg

PANTRY (every 4–8 weeks)

- Macro Black Beluga Lentils 500g
- Macro Whole Rolled Oats 1.5kg
- SunRice Brown Rice 1kg
- San Remo Wholemeal Penne 500g
- Walnut halves 250g
- Macadamia nuts 250g
- Lucky Brazil Nuts 200g
- Macro Chia Seeds 500g
- Macro Hulled Hemp Seeds 250g
- Ground flaxseed / linseed meal 250g
- Cobram Estate Robust EVOO 750ml
- Bragg Apple Cider Vinegar 473ml
- Nature's Way Raw Organic Cacao Powder 125g
- Ceylon cinnamon (G Fresh)
- Ground cumin
- Macro Psyllium Husk 200g

Weekly target

~\$95

First pantry shop

+~\$140

Yearly saving vs old plan

~\$2,600

Eating window

10am – 7pm

Sunday Meal Prep

45 minutes · Yields 3x Super Veggie + 2x Nutty Pudding + leftover roast veg tray

0:00

START LENTILS (15 min hands-off)

- 200g black/beluga lentils + 600ml water
- Boil, reduce to simmer, cook 18 min uncovered
- Drain, rinse cold, set aside

0:00

PREHEAT OVEN to 200°C

- Run while lentils simmer — no separate time slot

0:05

PREP ROAST TRAY (5 min prep + 25 min oven)

- 1.5 head broccoli (florets + chopped stalk)
- 1 head cauliflower (florets)
- 200g mushrooms
- 4 cloves garlic (whole, peeled)
- Thumb of ginger (sliced)
- Drizzle EVOO + salt + pepper · roast 25 min at 200°C

0:10

MIX NUTTY PUDDING JARS (× 2)

- **Per jar** — ~790 kcal · 38g protein · 17g fibre
- 2 scoops (73g) Blueprint Metabolic Protein
- 30g ground macadamia (~3 Tbsp)
- 20g chia seeds (~2 Tbsp) · 10g ground walnut (~1 Tbsp)
- ¼ Brazil nut (grated) · 1 Tbsp raw cacao
- ½ tsp Ceylon cinnamon · ¼ tsp vanilla extract
- 250ml macadamia milk
- Stir well, lid on, fridge (chia thickens overnight)
- **When serving:** top with 75g fresh berries

0:30

ASSEMBLE SUPER VEGGIE (× 3)

- **Per serving:** ■ lentils + ■ roast veg
- Juice of 1 lime + 1 Tbsp ACV + 1 Tbsp ground cumin
- Blend chunky · portion into 3 containers
- **When serving:** top with hemp seeds + EVOO drizzle (do NOT add now — oxidises in fridge)

0:45

DONE

- **Fridge inventory:** 3x Super Veggie · 2x Nutty Pudding · leftover roast veg tray
- Sat & Sun lunches: free choice

This Week's Meals

Eating window 10am – 7pm · ~2,200 kcal · 130g protein · 45g fibre · ApoB target <0.85

10AM · SMOOTHIE (every day)

- 200g Chobani 0% Greek yoghurt
- 150g frozen blueberries
- 200ml macadamia milk
- 1 egg
- 5g psyllium husk (1 tsp)
- 20g Blueprint Collagen (1 scoop)
- 20g hemp seed protein powder (~2 Tbsp)
- 10g black chia seeds (1 Tbsp)
- 10g ground flaxseed meal (1 Tbsp)
- 30g walnuts (ground)
- 5g raw cacao (1 Tbsp)
- ¼ Brazil nut
- ½ tsp Ceylon cinnamon

Take with: *Blueprint Essentials · Omega-3 · B-complex · Creatine 2.5g*

Skip: *honey (HbA1c) · multivitamin (Essentials covers it)*

Tip: *drink ~1h pre-strength training to boost tendon collagen synthesis (Shaw, AJCN 2017)*

10AM · OAT BOWL (daily, separate)

- 40g rolled oats (~3g beta-glucan, ApoB dose)
- 200ml Vitasoy unsweetened soy milk (creamier + 7g protein)
- Simmer 5 min until thick
- **Top:** pinch Ceylon cinnamon + 1 tsp EVOO drizzle

10AM · AVOCADO SIDE (3–5x/week)

- ½ avocado (whole occasionally)
- Pinch Himalayan salt
- 1 tsp Cobram Robust EVOO
- Splash apple cider vinegar
- **Cap:** ~2 Tbsp EVOO daily — skip drizzle on oats today

1PM · LUNCH

Mon / Wed / Fri

Super Veggie
+ hemp seeds, EVOO drizzle

Tue / Thu

Nutty Pudding
+ 75g fresh berries

Sat / Sun

Free choice

6:30PM · DINNER (finish by 7pm)

Plate: ½ veg + ¼ protein + ¼ complex carb

Daily side: tomato + red onion + EVOO + ACV

MON

Salmon + brown rice + roast veg

TUE

Chicken thigh + sweet potato + kale

WED

Salmon + wholewheat penne + zucchini

THU

Barramundi + brown rice + broccoli

FRI

Salmon + sweet potato + cauliflower

SAT

Chicken thigh + brown rice + veg

SUN

Salmon + potato + kale

9PM · EVENING

- Herbal tea
- Magnesium glycinate 400mg
- Stop fluids by 4pm to minimise night wakings