

MY NUTRITION ACTION PLAN

Motivational Checklist for Better Health and Longevity

Inspired by Dr. Matthew Nagra's insights on plant-based nutrition and health

Daily Nutrition Checklist

1. Prioritize Whole Plant Foods

- Include at least **5 servings of vegetables**
- Eat **2–3 servings of fruit**
- Add **whole grains** (e.g., oats, quinoa, brown rice)
- Include **legumes** (beans, lentils, chickpeas)
- Snack on **nuts or seeds** (1–2 tablespoons)

2. Optimize Protein Intake

- Choose **plant-based proteins** like tofu, tempeh, lentils, or seitan
- Aim for **1.2–1.6g protein/kg body weight** if active
- Use **plant-based protein powder** if needed

3. Cook Smart with Healthy Fats

- Use **canola, sunflower, or soybean oil** in moderation
- Avoid reusing cooking oils
- Limit saturated fats (e.g., butter, coconut oil)

4. Support Heart Health

- Reduce intake of **red and processed meats**
- Increase **fiber** (25–35g/day)
- Ask your doctor to test **LDL, non-HDL, and APO-B cholesterol**

5. Gut Health Goals

- Eat **fermented foods** (e.g., tempeh, sauerkraut)
- Include **prebiotic-rich foods** (e.g., garlic, onions, oats)
- Drink **plenty of water** with fiber-rich meals

6. Smart Supplementation

- Take **Vitamin B12** (daily or weekly)
- Consider **Vitamin D, Omega-3 (EPA/DHA), Iodine,** and **Iron** if needed
- Get **annual blood work** to assess nutrient levels

7. Limit Ultra-Processed Foods

- Avoid sugary drinks, packaged snacks, and fast food
- Choose minimally processed options with **short ingredient lists**
- Cook at home when possible

8. Stay Informed

- Follow **evidence-based nutrition experts**
- Be cautious of **extreme diet claims**
- Look for **peer-reviewed research**, not just anecdotes

Weekly Goals

Goal	Completed?
Try 2 new plant-based recipes	☐
Replace 1 meat-based meal with a plant-based one	☐
Prep healthy snacks (nuts, fruit, hummus)	☐
Read 1 article or podcast from a credible nutrition expert	☐
Review your supplement routine	☐

Quick Reminders

- **Small changes = big results** over time.
- **Fiber is your friend**—don't fear carbs from whole foods.
- **Soy is safe** and beneficial—aim for 1–2 servings/day.
- **Balance, not extremes**, is the key to long-term health