

3-Day High-C15:0 Meal Plan


Boost Longevity with This Fatty Acid Powerhouse

Day 1


Breakfast

-  Golden Milk Oatmeal
- ½ cup oats cooked in **grass-fed whole milk**
 - 1 tsp ghee, ¼ tsp turmeric, cinnamon
 - 1 tbsp honey, 1 tbsp chopped walnuts


Lunch

-  Grass-Fed Cheese & Pear Salad
- 2 cups mixed greens, ½ sliced pear
 - 1 oz aged cheddar cheese
 - 1 tbsp olive oil + balsamic drizzle

Dinner


-  Butter-Herbed Salmon
- 6oz wild salmon cooked in 1 tbsp **grass-fed butter**
 - 1 cup roasted Brussels sprouts
 - ½ cup quinoa

Snack


-  1 cup full-fat **grass-fed yogurt** + ¼ cup berries
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Day 2


Breakfast

-  Kefir Smoothie
- 1 cup **grass-fed kefir**
 - 1 banana, handful spinach
 - 1 tbsp chia seeds

Lunch

-  Butter Chicken Wrap
- 4oz chicken sautéed in 1 tsp **grass-fed butter**
 - Whole-grain wrap, ¼ avocado
 - Spinach, cucumber slices

Dinner

-  Creamy Garlic Shrimp
- 6oz shrimp cooked in 2 tbsp **grass-fed heavy cream**
 - 2 cups zucchini noodles
 - 1 tsp garlic, parsley

Snack

 1 oz manchego cheese + 10 almonds

Day 3

Breakfast

 Scrambled Eggs in Ghee


- 2 eggs + 1 tsp **ghee**
- 2oz smoked salmon
- ½ sliced tomato

Lunch

 Herring & Beet Salad

- 3oz pickled herring
- ½ cup roasted beets
- 1 oz goat cheese
- 1 tbsp lemon-olive oil dressing

Dinner

 Ribeye with Herb Butter

- 6oz grass-fed ribeye
- 1 tbsp **compound butter** (butter + rosemary)
- 1 cup mashed cauliflower (with 1 tsp ghee)

Snack

 ½ cup **grass-fed cottage cheese** + 1 tbsp flaxseeds

Dairy-Free Notes

 **C15:0 is extremely low in plant foods.** Best alternatives:

- **Fatty fish 3x/week** (herring, salmon)
 - **Algae supplements** (emerging option)
 - **Blood testing** to monitor levels
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Why This Works

- ✓ Grass-fed dairy has 2-3x more C15:0 than conventional
- ✓ Odd-chain fats support metabolism
- ✓ Combats cellular aging

Print this plan → Stick on your fridge!
