

How Not to Die

by Michael Greger, Gene Stone

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Build one Daily Dozen breakfast**

Combine three book priorities before noon: oats or intact grains, berries, and ground flaxseed. Make the protective choice automatic early.

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⁰² **Add beans to the main meal**

Choose lentils, chickpeas, black beans, or split peas as the anchor of one meal. Treat legumes as the default protein, not a side note.

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⁰³ **Create a cruciferous trigger**

Tie broccoli, cabbage, kale, arugula, or cauliflower to a meal you already eat. The win is repetition, not a giant serving once a week.

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⁰⁴ **Run a salt displacement experiment**

For seven days, season one meal with herbs, garlic, onion, vinegar, citrus, or spice before reaching for salt-heavy sauces.

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⁰⁵ **Audit one risky default**

Pick one ultra-processed snack, drink, or convenience meal and replace it with a plant-based fallback you can prepare in under five minutes.