



Hi,

Welcome to your Brain Health meal plan!

A program designed to support and improve brain health.

My Brain Health Support Program was developed using the MIND diet framework, which is a combination of the Mediterranean and DASH eating patterns. The MIND diet has been attributed to improved cognitive thinking and slowing the progression of neurodegenerative disorders like Alzheimer's and Parkinson's Disease.

This program emphasises foods shown to support a healthy brain. Each day includes at least three servings of whole grains, green leafy vegetables and one other vegetable. Nuts and beans are included every other day, poultry and berries at least twice a week, fish at least once a week, and olive oil is the primary oil used.

## Contents

- Evidence-based meal plan
- Premium recipes
- Complete prep guide
- Smart grocery list

This program was created with the following key considerations:

## Healthy Fats

Good quality fats are associated with a lower risk of developing dementia. This plan is rich in monounsaturated fat and polyunsaturated fat from olive oil, avocado, salmon, nuts, and seeds. It is lower in saturated fat, meats, and dairy products. Olive oil is the main source of fat and contains tocopherols, polyphenols, and a balanced linoleic/alpha-linolenic acid profile, which is beneficial for the immune system and inflammatory responses.

## Antioxidants

The antioxidants in berries are thought to benefit brain function by protecting the brain from oxidative stress. Berries reduce inflammation that would otherwise damage the body's neurons, they are high in fibre which boosts digestive health, and a higher intake of flavonoids appears to reduce rates of cognitive decline in older adults. Vitamin E is found in nuts, plant oils, seeds, and leafy greens, and is a very potent antioxidant associated strongly with brain health. The plan also includes vitamin C which has been found to help neurons cope with aging.

## Fibre

This plan provides at least three servings of whole grains daily, green leafy vegetables, nuts, berries, and beans providing up to 45 grams of fibre per day. Increased whole-grain intake is linked to a reduced risk of cardiovascular disease, cancer, respiratory disease, diabetes, and infectious disease.

## Low Sodium

The DASH diet recommends restricting sodium to less than 2,000 milligrams per day to prevent or treat hypertension and reduce the risk of stroke and cardiovascular disease. The Mediterranean diet is linked to improvements in blood pressure, reduced risk of heart disease, and better insulin sensitivity. This program meets the sodium limit and provides less than 1,100 milligrams of sodium daily.

Recipes included in this plan:

- Blueberry Chia Pancakes
- Orange Turmeric Overnight Oats
- Spinach & Sweet Potato Frittata
- Applesauce & Almonds
- Banana Orange Green Smoothie
- Eggplant, Rice & Beans
- Kiwi Yogurt Parfait
- Applesauce & Yogurt
- Almonds
- Apples & Almonds

DAIRY FREE

SOYFREE

SUGARFREE

## Meal Planning Prep

On the next pages, you will find the plan I have created, along with an itemised grocery list, prep guide to follow so you don't have to think about what to do next and delicious recipes.

## Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## Shopping Tips

The grocery list is organised into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organised order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

I hope you enjoy your Brain Health meal plan!

Need help getting started with living a nutritionally balanced life? You can always find me at [Nutritional Balanced Collaroy](#). Let's work together to figure out a way to maintain a healthy lifestyle that works for you.

## Balancing lifestyle with nutrition for a happier, healthier life!












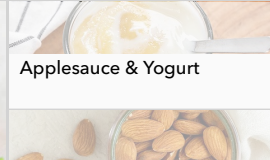



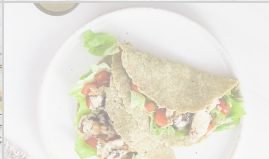



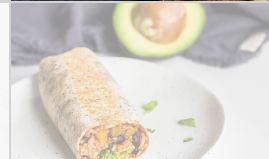








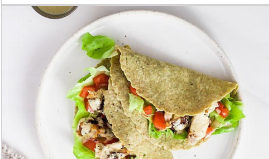



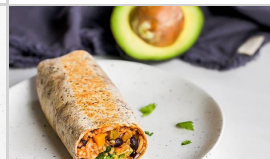

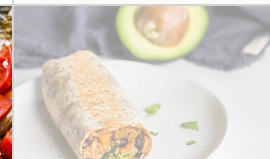
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### *Disclaimer:*

*The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of Nutritional Balance's services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.*

|           | Mon  | Tue   | Wed   | Thu   | Fri   | Sat   | Sun  |
|-----------|--|---|---|---|---|---|--|
| Breakfast | <br>Blueberry Chia Pancakes     | <br>Blueberry Chia Pancakes    | <br>Blueberry Chia Pancakes              | <br>Orange Turmeric Overnight Oats            | <br>Orange Turmeric Overnight Oats           | <br>Spinach & Sweet Potato Frittata      | <br>Spinach & Sweet Potato Frittata       |
| Snack 1   | <br>Applesauce & Almonds        | <br>Kiwi Yogurt Parfait        | <br>Applesauce & Almonds                 | <br>Banana Orange Green Smoothie              | <br>Applesauce & Yogurt                      | <br>Apples & Almonds                     | <br>Strawberry & Blueberry Parfait        |
| Lunch     | <br>Eggplant, Rice & Beans      | <br>Chicken Caesar Salad Wraps | <br>Eggplant, Rice & Beans               | <br>Baked Salmon with Broccoli & Quinoa       | <br>Meal Prep Chicken & Cilantro Lime Quinoa | <br>Pressure Cooker Rice & Bean Burritos | <br>One Pot White Fish & Rice             |
| Snack 2   | <br>Kiwi Yogurt Parfait         | <br>Applesauce & Almonds       | <br>Banana Orange Green Smoothie         | <br>Applesauce & Yogurt                       | <br>Apples & Almonds                         | <br>Strawberry & Blueberry Parfait       | <br>Apples & Almonds                      |
| Dinner    | <br>Chicken Caesar Salad Wraps | <br>Eggplant, Rice & Beans    | <br>Baked Salmon with Broccoli & Quinoa | <br>Meal Prep Chicken & Cilantro Lime Quinoa | <br>Pressure Cooker Rice & Bean Burritos    | <br>One Pot White Fish & Rice           | <br>Pressure Cooker Rice & Bean Burritos |

| Mon   | Tue   | Wed   | Thu  | Fri   | Sat   | Sun   |
|---|---|---|--|---|---|---|
| Fat  38%     | Fat  38%     | Fat  31%     | Fat  29%     | Fat  33%     | Fat  31%     | Fat  31%     |
| Carbs  46%   | Carbs  46%   | Carbs  52%   | Carbs  47%   | Carbs  50%   | Carbs  53%   | Carbs  53%   |
| Protein  16% | Protein  16% | Protein  17% | Protein  24% | Protein  17% | Protein  16% | Protein  16% |
| Calories 1842   | Calories 1842   | Calories 1704   | Calories 1701  | Calories 1874   | Calories 1863   | Calories 1863   |
| Fat 79g   | Fat 79g   | Fat 61g   | Fat 58g  | Fat 71g   | Fat 66g   | Fat 66g   |
| Saturated 13g   | Saturated 13g   | Saturated 8g  | Saturated 12g  | Saturated 12g   | Saturated 13g   | Saturated 13g   |
| Trans 0g  | Trans 0g  | Trans 0g  | Trans 0g   | Trans 0g  | Trans 0g  | Trans 0g  |
| Polyunsaturated 17g   | Polyunsaturated 17g   | Polyunsaturated 13g   | Polyunsaturated 12g  | Polyunsaturated 14g   | Polyunsaturated 13g   | Polyunsaturated 13g   |
| Monounsaturated 41g   | Monounsaturated 41g   | Monounsaturated 34g   | Monounsaturated 22g  | Monounsaturated 32g   | Monounsaturated 32g   | Monounsaturated 32g   |
| Carbs 217g  | Carbs 217g  | Carbs 234g  | Carbs 209g   | Carbs 243g  | Carbs 250g  | Carbs 250g  |
| Fiber 41g   | Fiber 41g   | Fiber 45g   | Fiber 40g  | Fiber 49g   | Fiber 39g   | Fiber 39g   |
| Sugar 58g   | Sugar 58g   | Sugar 74g   | Sugar 62g  | Sugar 53g   | Sugar 51g   | Sugar 51g   |
| Protein 77g   | Protein 77g   | Protein 75g   | Protein 108g   | Protein 84g   | Protein 75g   | Protein 75g   |

## Fruits

- 4 Apple
- 3/4 Avocado
- 3 Banana
- 1/2 cup Blueberries
- 2 Kiwi
- 1/4 Lemon
- 1 1/4 tbsps Lemon Juice
- 2 tsps Lime Juice
- 1 Navel Orange
- 1/2 cup Strawberries

## Breakfast

- 2 cups Granola

## Seeds, Nuts & Spices

- 2 cups Almonds
- 2 1/2 tbsps Chia Seeds
- 1/4 tsp Cinnamon
- 3/4 tsp Cumin
- 1/3 tsp Dried Thyme
- 1/3 tsp Oregano
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Smoked Paprika
- 3/4 tsp Turmeric

## Frozen

- 5 Brown Rice Tortilla
- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower

## Vegetables

- 4 cups Arugula
- 3 1/2 cups Baby Spinach
- 1/2 cup Basil Leaves
- 1/2 head Boston Lettuce
- 4 cups Broccoli
- 2 Carrot
- 1 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 1 1/2 Eggplant
- 1 1/2 Garlic
- 1 stalk Green Onion
- 3/4 Red Bell Pepper
- 1/2 Sweet Potato
- 1/2 Tomato
- 1 1/8 Yellow Onion

## Boxed & Canned

- 2 1/4 cups Basmati Rice
- 1 1/3 cups Black Beans
- 1 1/3 cups Cannellini Beans
- 1 cup Quinoa
- 1/2 cup Salsa

## Baking

- 1 tsp Baking Powder
- 1 tsp Nutritional Yeast
- 2 cups Oats
- 2 cups Unsweetened Applesauce

## Bread, Fish, Meat & Cheese

- 454 grams Chicken Breast, Cooked
- 1 Cod Fillet
- 283 grams Salmon Fillet

## Condiments & Oils

- 1/4 cup Assorted Olives
- 1/2 tsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Tahini
- 1 1/2 tsps White Wine Vinegar

## Cold

- 5 Egg
- 1 3/4 cups Oat Milk
- 1 cup Orange Juice
- 4 cups Unsweetened Coconut Yogurt

## Other

- 4 cups Water



## Blueberry Chia Pancakes

3 servings

20 minutes

### Ingredients

- 1 cup Oats
- 1/2 cup Oat Milk (unsweetened, plain)
- 1 Banana (medium)
- 1 Egg (large)
- 1 tsp Baking Powder
- 1 cup Frozen Blueberries
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Extra Virgin Olive Oil

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 276 |
| Fat                | 11g |
| Saturated          | 2g  |
| Trans              | 0g  |
| Polyunsaturated    | 3g  |
| Monounsaturated    | 5g  |
| Carbs              | 39g |
| Fiber              | 7g  |
| Sugar              | 11g |
| Protein            | 8g  |

### Directions

- 1 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
- 2 Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 3 Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days, or freeze for up to two months.

**Serving Size:** One serving equals two to three 4-inch pancakes.

**More Flavor:** Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

**Additional Toppings:** Top with maple syrup, honey, cottage cheese, nut or seed butter.

**No Banana:** Use applesauce instead.

**No Oat Milk:** Use dairy or any alternative milk.

**Batter Consistency:** Add more milk if the batter is too thick, and more oats if the batter is too thin.





## Orange Turmeric Overnight Oats

2 servings

2 hours

### Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Oat Milk (unsweetened)
- 3/4 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 tbsp Chia Seeds
- 1 Navel Orange (divided)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 295 |
| Fat                | 8g  |
| Saturated          | 1g  |
| Trans              | 0g  |
| Polyunsaturated    | 2g  |
| Monounsaturated    | 1g  |
| Carbs              | 50g |
| Fiber              | 9g  |
| Sugar              | 11g |
| Protein            | 9g  |

### Directions

- 1 Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
- 2 Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**More Flavor:** Add maple syrup, honey or a pinch of sea salt.

**Additional Toppings:** Crushed nuts, hemp seeds, coconut flakes, or nut butter.



## Spinach & Sweet Potato Frittata

2 servings

25 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 Sweet Potato (medium, peeled and cut into small cubes)
- 1 1/2 cups Baby Spinach (chopped)
- 4 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 206 |
| Fat                | 13g |
| Saturated          | 4g  |
| Trans              | 0g  |
| Polyunsaturated    | 2g  |
| Monounsaturated    | 6g  |
| Carbs              | 8g  |
| Fiber              | 1g  |
| Sugar              | 2g  |
| Protein            | 14g |

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 3 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 4 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

**Additional Toppings:** Salsa, hot sauce, or ketchup.

**No Spinach:** Use kale or swiss chard instead.



## Applesauce & Almonds

3 servings

5 minutes

### Ingredients

1 1/2 cups Unsweetened Applesauce  
3/4 cup Almonds (raw or roasted)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 258 |
| Fat                | 18g |
| Saturated          | 1g  |
| Trans              | 0g  |
| Polyunsaturated    | 4g  |
| Monounsaturated    | 11g |
| Carbs              | 21g |
| Fiber              | 6g  |
| Sugar              | 13g |
| Protein            | 8g  |

### Directions

- 1 Serve the applesauce with the almonds. Enjoy!

### Notes

**Leftovers:** Refrigerate the applesauce in an airtight container for up to four days.

**More Flavor:** Add cinnamon.

**Nut-Free:** Use pumpkin seeds or sunflower seeds instead of almonds.

**Additional Toppings:** Add chopped fruit, hemp seeds, or yogurt.



## Banana Orange Green Smoothie

1 serving

5 minutes

### Ingredients

- 1 Banana (medium, frozen)
- 1/2 Apple (medium, peeled and chopped)
- 1 cup Baby Spinach
- 1/2 cup Frozen Cauliflower
- 1/2 cup Orange Juice (freshly squeezed)
- 1/2 cup Water

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 232 |
| Fat                | 1g  |
| Saturated          | 0g  |
| Trans              | 0g  |
| Polyunsaturated    | 0g  |
| Monounsaturated    | 0g  |
| Carbs              | 57g |
| Fiber              | 9g  |
| Sugar              | 35g |
| Protein            | 5g  |

### Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Spinach:** Use kale instead.

**No Frozen Cauliflower:** Omit or use zucchini or more apple instead.

**Orange Juice:** Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.



## Eggplant, Rice & Beans

3 servings

35 minutes

### Ingredients

- 1 1/2 Eggplant (cut in half lengthwise)
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 3/4 cup Basmati Rice
- 1/3 Yellow Onion (chopped fine)
- 1 1/2 Garlic (cloves, smashed)
- 1 1/3 cups Cannellini Beans (drained, rinsed, and pat dry with paper towel)
- 1/3 tsp Oregano
- 1/3 tsp Dried Thyme
- 3/4 tsp Lemon Juice

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 473 |
| Fat                | 14g |
| Saturated          | 2g  |
| Trans              | 0g  |
| Polyunsaturated    | 2g  |
| Monounsaturated    | 10g |
| Carbs              | 77g |
| Fiber              | 15g |
| Sugar              | 12g |
| Protein            | 11g |

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Using a sharp knife, score the cut sides of the eggplant in a crosshatch pattern about one inch deep, being careful not to cut into the skin. Drizzle with half the oil and season with salt and pepper. Place on the baking sheet and bake for 25 minutes, until charred and cooked through.
- 3 Meanwhile, cook the rice according to package directions.
- 4 In a large skillet, heat the remaining oil over medium heat. Once hot, add the onion and cook for three minutes and then add the garlic, beans, oregano, and thyme. Cook until the beans are somewhat browned and getting crispy, about five minutes and then remove from the heat.
- 5 Divide the rice onto plates and top with the eggplant and beans. Squeeze the lemon juice over top. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container in the fridge for up to three days.

**Serving Size:** One serving is half an eggplant, half a cup of rice, and half a cup of beans.

**Additional Toppings:** Top with shaved parmesan, chili flakes, or toasted walnuts or pumpkin seeds.



## Kiwi Yogurt Parfait

2 servings

5 minutes

### Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1 cup Granola
- 2 Kiwi (peeled, diced)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 396 |
| Fat                | 19g |
| Saturated          | 5g  |
| Trans              | 0g  |
| Polyunsaturated    | 5g  |
| Monounsaturated    | 7g  |
| Carbs              | 49g |
| Fiber              | 9g  |
| Sugar              | 19g |
| Protein            | 10g |

### Directions

- 1 Layer the yogurt, granola, and kiwi in a jar. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Nuts, shredded coconut, hemp seeds, or chia seeds.



## Applesauce & Yogurt

2 servings

5 minutes

### Ingredients

2 cups Unsweetened Coconut Yogurt  
1/2 cup Unsweetened Applesauce

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 136 |
| Fat                | 7g  |
| Saturated          | 6g  |
| Trans              | 0g  |
| Polyunsaturated    | 0g  |
| Monounsaturated    | 0g  |
| Carbs              | 19g |
| Fiber              | 4g  |
| Sugar              | 7g  |
| Protein            | 1g  |

### Directions

- 1 Scoop the yogurt into a bowl and top with applesauce. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**More Flavor:** Add cinnamon.

**Additional Toppings:** Add chopped fruit, crushed nuts, hemp seeds, granola, or chia seeds.

**No Yogurt:** Use oatmeal instead.



## Almonds

2 servings

2 minutes

### Ingredients

1/2 cup Almonds (raw)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 207 |
| Fat                | 18g |
| Saturated          | 1g  |
| Trans              | 0g  |
| Polyunsaturated    | 4g  |
| Monounsaturated    | 11g |
| Carbs              | 8g  |
| Fiber              | 4g  |
| Sugar              | 2g  |
| Protein            | 8g  |

### Directions

- 1 Place in a bowl and enjoy!

### Notes

**Leftovers:** Store in an airtight container in the pantry.

**More Flavor:** Roast, toast and/or season with salt.





## Apples & Almonds

3 servings

5 minutes

### Ingredients

3 Apple (sliced)  
3/4 cup Almonds

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 302 |
| Fat                | 18g |
| Saturated          | 1g  |
| Trans              | 0g  |
| Polyunsaturated    | 4g  |
| Monounsaturated    | 11g |
| Carbs              | 33g |
| Fiber              | 9g  |
| Sugar              | 20g |
| Protein            | 8g  |

### Directions

- 1 Core apple and cut it into slices. Serve with almonds.



## Strawberry & Blueberry Parfait

2 servings

5 minutes

### Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1 cup Granola
- 1/2 cup Strawberries
- 1/2 cup Blueberries

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 386 |
| Fat                | 19g |
| Saturated          | 5g  |
| Trans              | 0g  |
| Polyunsaturated    | 5g  |
| Monounsaturated    | 7g  |
| Carbs              | 47g |
| Fiber              | 9g  |
| Sugar              | 18g |
| Protein            | 9g  |

### Directions

- 1 Layer the yogurt, granola, strawberries, and blueberries in a jar. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Additional Toppings:** Nuts, nut butter, seed butter, chia seeds, hemp seeds, or shredded coconut.



## Chicken Caesar Salad Wraps

2 servings

15 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 tbsp Tahini
- 1 tbsp Lemon Juice
- 1/2 tsp Dijon Mustard
- 1 tsp Nutritional Yeast
- 1/8 tsp Sea Salt (divided)
- 1 tbsp Water
- 1/2 head Boston Lettuce
- 2 Brown Rice Tortilla
- 1/2 Tomato (chopped, seeds removed)
- 227 grams Chicken Breast, Cooked (chopped into cubes or slices)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 439 |
| Fat                | 17g |
| Saturated          | 3g  |
| Trans              | 0g  |
| Polyunsaturated    | 3g  |
| Monounsaturated    | 8g  |
| Carbs              | 31g |
| Fiber              | 4g  |
| Sugar              | 3g  |
| Protein            | 40g |

### Directions

- 1 Add the olive oil, tahini, lemon juice, mustard, nutritional yeast, sea salt and water to a jar. Shake vigorously to combine until smooth and creamy.
- 2 Place a few leaves of lettuce in a tortilla, and add the tomato. Place the chicken on top and drizzle with the tahini caesar dressing. Wrap and repeat until all the wraps are made. Enjoy!

### Notes

**Leftovers:** All ingredients are best stored separately, and away from the dressing.

Refrigerate the dressing for up to one week.

**Serving Size:** One serving is equal to one wrap.

**Additional Toppings:** Add sliced or cubed avocado.

**More Flavor:** Season the chicken with herbs and spices like oregano, thyme, garlic powder and onion flakes.



## Baked Salmon with Broccoli & Quinoa

2 servings

20 minutes

### Ingredients

- 283 grams Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups Broccoli (sliced into small florets)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water
- 1/4 Lemon (sliced into wedges)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 465 |
| Fat                | 17g |
| Saturated          | 3g  |
| Trans              | 0g  |
| Polyunsaturated    | 4g  |
| Monounsaturated    | 8g  |
| Carbs              | 40g |
| Fiber              | 8g  |
| Sugar              | 3g  |
| Protein            | 43g |

### Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

### Notes

**Leftovers:** Store covered in the fridge up to 2 days.

**Speed it Up:** Cook the quinoa ahead of time.

**Vegan:** Use tofu steaks instead of salmon fillets.



## Meal Prep Chicken & Cilantro Lime Quinoa

2 servings

15 minutes

### Ingredients

- 1/2 cup Quinoa (uncooked)
- 1/4 cup Cilantro (chopped)
- 2 tsps Lime Juice (to taste)
- 1/8 tsp Sea Salt (to taste)
- 4 cups Arugula (packed)
- 2 Carrot (small, chopped)
- 227 grams Chicken Breast, Cooked (sliced)
- 1 stalk Green Onion (sliced)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 366 |
| Fat                | 7g  |
| Saturated          | 1g  |
| Trans              | 0g  |
| Polyunsaturated    | 2g  |
| Monounsaturated    | 2g  |
| Carbs              | 35g |
| Fiber              | 6g  |
| Sugar              | 4g  |
| Protein            | 42g |

### Directions

- 1 Cook the quinoa according to the package directions and let cool.
- 2 Toss the quinoa with cilantro, lime juice, and salt.
- 3 Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Use balsamic vinegar or your dressing of choice.

**Additional Toppings:** Cherry tomatoes, avocado, crushed almonds, hemp seeds, or pumpkin seeds.



## Pressure Cooker Rice & Bean Burritos

3 servings

30 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 3/4 Yellow Onion (chopped)
- 3/4 Red Bell Pepper (chopped)
- 1 1/2 tps Smoked Paprika
- 3/4 tsp Cumin
- 1/8 tsp Sea Salt
- 1 1/3 cups Black Beans (cooked, rinsed)
- 3/4 cup Basmati Rice
- 1/2 cup Salsa
- 1 1/8 cups Water
- 3 Brown Rice Tortilla
- 3/4 Avocado (mashed, optional)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 568 |
| Fat                | 13g |
| Saturated          | 2g  |
| Trans              | 0g  |
| Polyunsaturated    | 2g  |
| Monounsaturated    | 7g  |
| Carbs              | 98g |
| Fiber              | 17g |
| Sugar              | 9g  |
| Protein            | 16g |

### Directions

- 1 Turn your pressure cooker to sauté mode and add the oil. Add the onion and bell pepper and cook, stirring often for one to two minutes. Then add the smoked paprika, cumin, and salt and continue cooking until softened, about two to three more minutes. Deglaze the pot with a splash of water if needed. Turn the sauté mode off.
- 2 Add the beans, rice, salsa, and water and stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for five minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
- 3 Layer the bean and rice mixture onto your tortilla and top with mashed avocado, if using. Fold in the sides and roll into a burrito.
- 4 Heat a non-stick pan over medium heat and add your burrito seam side down and cook for two to three minutes, then flip and cook the other side for one to two minutes, until slightly browned. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is equal to one burrito.

**More Flavor:** Add minced garlic and/or chili powder when cooking the onions and peppers Add cilantro to the mashed avocado.



## One Pot White Fish & Rice

2 servings  
20 minutes

### Ingredients

- 3/4 cup Basmati Rice (rinsed)
- 1 cup Water
- 1 cup Cherry Tomatoes (chopped)
- 1 1/2 tsps White Wine Vinegar
- 1/2 cup Basil Leaves (torn, divided)
- 1/4 cup Assorted Olives
- Sea Salt & Black Pepper (to taste)
- 1 Cod Fillet (cut into pieces)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 401 |
| Fat                | 3g  |
| Saturated          | 1g  |
| Trans              | 0g  |
| Polyunsaturated    | 0g  |
| Monounsaturated    | 1g  |
| Carbs              | 64g |
| Fiber              | 3g  |
| Sugar              | 2g  |
| Protein            | 28g |

### Directions

- 1 In a large pan over high heat, add the rice and water. Cover with a lid and bring to a boil, then lower to a simmer.
- 2 Meanwhile, combine the tomatoes, white wine vinegar, half the basil, olives, salt, and pepper in a bowl.
- 3 Open the lid, and arrange the pieces of cod in the pan, pushing them into the rice. Scatter the tomato-basil mixture ovetop and cover with the lid again. Simmer for 10 to 15 minutes, or until the rice and fish are both cooked through. Add more water if needed to cook the rice.
- 4 Garnish with the remaining basil, divide evenly between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 to 2 cups.

**More Flavor:** Use olive tapenade or pesto instead of assorted olives.




**Additional Toppings:** Red pepper flakes and/or a drizzle of olive oil.

**No Cod:** Use haddock, tilapia, salmon, or shrimp.

**No White Wine Vinegar:** Use red cooking wine, lemon juice, apple cider vinegar, or balsamic vinegar instead.






**Fillet Size:** One fillet is equal to 231 grams or 8 ounces.

**PREP GUIDE: Brain Health Meal Plan**





| Day      |   | Task                                  | Notes  |
|----------|---|---------------------------------------|--|
| 0<br>Sun |    | Grocery shop.                         | Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have. |
|          |    | Freeze the salmon and cod fillets.    | This guide will remind you to thaw them later in the week.   |
|          |   | Make Blueberry Chia Pancakes.         | Divide between containers and store in the fridge for breakfasts.  |
|          |   | Portion out Applesauce & Almonds.     | Divide between containers and store in the fridge for snacks.  |
|          |   | Make Eggplant, Rice & Beans.          | Divide between containers and store in the fridge for meals.   |
|          |   | Make Kiwi Yogurt Parfait.             | Divide between containers and store in the fridge for snacks.  |
| 1        |  | Pack your meals if you are on-the-go. | Blueberry Chia Pancakes, Applesauce & Almonds, Eggplant, Rice & Beans, and Kiwi Yogurt Parfait.                  |







**PREP GUIDE: Brain Health Meal Plan**

|  |   |   |   |
|--|---|---|---|
| <p><b>Mon</b></p>  |    | <p>Make Chicken Caesar Salad Wraps for dinner.</p>              | <p>Enjoy and store leftovers in the fridge for lunch tomorrow.</p>  |
| <p><b>2<br/>Tue</b></p>                                  |    | <p>Pack your meals if you are on-the-go.</p>                    | <p>Blueberry Chia Pancakes, Kiwi Yogurt Parfait, Chicken Caesar Salad Wraps, and Applesauce &amp; Almonds.</p>          |
|  |    | <p>Enjoy leftover Eggplant, Rice &amp; Beans for dinner.</p>    | <p>Reheat in the microwave or oven.</p>   |
|  |   | <p>Take salmon fillets out of the freezer.</p>                  | <p>Thaw on a plate in the fridge for dinner tomorrow.</p>   |
| <p><b>3<br/>Wed</b></p>                                  |    | <p>Make Banana Orange Green Smoothie.</p>                       | <p>Pour into a portable cup for a snack.</p>  |
|  |   | <p>Pack your meals if you are on-the-go.</p>                    | <p>Blueberry Chia Pancakes, Applesauce &amp; Almonds, Eggplant, Rice &amp; Beans, and Banana Orange Green Smoothie.</p> |
|  |  | <p>Make Baked Salmon with Broccoli &amp; Quinoa for dinner.</p> | <p>Enjoy and store leftovers in the fridge for lunch tomorrow.</p>  |
| <p>Make Orange Turmeric Overnight Oats.</p>              | <p>Divide between containers and store in the fridge for breakfasts.</p>            |   |   |
| <p>Portion out Applesauce &amp; Yogurt with Almonds.</p> | <p>Divide between containers and store in the fridge for snacks.</p>                |   |   |

**PREP GUIDE: Brain Health Meal Plan**

|          |   |   |  |
|----------|---|---|--|
| 4<br>Thu |    | Make Banana Orange Green Smoothie.                        | Pour into a portable cup for a snack.  |
|          |   | Pack your meals if you are on-the-go.                     | Orange Turmeric Overnight Oats, Banana Orange Green Smoothie, Baked Salmon with Broccoli & Quinoa, Applesauce & Yogurt with Almonds. |
|          |    | Make Meal Prep Chicken & Cilantro Lime Quinoa for dinner. | Enjoy and store leftovers in the fridge for lunch tomorrow.  |
|          |   | Portion out Apples & Almonds.                             | Divide between containers and store in the fridge for snacks.  |
| 5<br>Fri |    | Pack your meals if you are on-the-go.                     | Orange Turmeric Overnight Oats, Applesauce & Yogurt and Almonds, Meal Prep Chicken & Cilantro Lime Quinoa, and Apples & Almonds.     |
|          |  | Make Pressure Cooker Rice & Bean Burritos for dinner.     | Enjoy and store leftovers in the fridge.   |
|          |   | Make Strawberry & Blueberry Parfait.                      | Divide between containers and store in the fridge for snacks.  |
|          |   | Take cod fillets out of the freezer.                      | Thaw on a plate in the fridge for dinner tomorrow.   |

**PREP GUIDE: Brain Health Meal Plan**

|          |  |   |  |
|----------|--|---|--|
| 6<br>Sat |   | Make Spinach & Sweet Potato Frittata.                           | Enjoy immediately or pack if you're on-the-go and store leftovers for breakfast tomorrow.                                    |
|          |  | Pack your meals if you are on-the-go.                           | Spinach & Sweet Potato Frittata, Apples & Almonds, Pressure Cooker Rice & Bean Burritos, and Strawberry & Blueberry Parfait. |
|          |   | Make One Pot White Fish & Rice for dinner.                      | Store leftovers in the fridge for lunch tomorrow.  |
| 7<br>Sun |   | Pack your meals if you are on-the-go.                           | Spinach & Sweet Potato Frittata, Strawberry & Blueberry Parfait, One Pot White Fish & Rice, and Apples & Almonds.            |
|          |  | Shop and prep for next week.                                    |  |
|          |  | Enjoy leftover Pressure Cooker Rice & Bean Burritos for dinner. | Reheat in the microwave or in a pan.   |