

Blueprint for smart eating in your golden years



Intergenerational Learning Program



The Intergenerational Learning Program is presented in partnership with the YMCA and Hope for Dementia and is generously funded by iA Financial Group.



Blueprint for smart eating in your golden years

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Table of Contents

- 6 About this book
- 8 Dementia risk factors
- 9 Positive effects of nutrition on brain health
- 10 Top brain-healthy foods
- 13 Foods to limit
- 14 Substitutions
- 16 Some additional guidelines to support you
- 18 Brain-healthy items for each season

Spring Recipes

- 22 Berry Banana Cauliflower Smoothie
- 24 Quick boosting chia pudding
- 26 Lemon ginger brain-boosting salad
- 28 Spring strawberry and goat cheese salad
- 30 Spiced chickpea casserole (Fatteh)
- 32 Salmon and quinoa salad
- 34 Apple and cinnamon baked oatmeal

Summer Recipes

- 36 Spinach and avocado smoothie
- 38 Tofu scramble
- 40 Strawberry and arugula salad
- 42 Greek chickpea salad
- 44 Kale and sweet potato coconut stew
- 46 Chickpea chimichurri dish
- 48 Blueberry almond crisp

	Fall Recipes
50	Almond and banana pancakes
52	Pumpkin pie overnight oats
54	Power Kale Salad
58	Beet and sweet potato soup
60	Tofu & cashew coconut curry
64	Ginger & turmeric chicken soup
68	Apple crumble parfait
	Winter Recipes
70	Protein-based banana bread
72	Baked Oats & Blueberries Cheese Cake
74	Brussels sprout salad
76	Brain boosting carrot & ginger soup
78	Chickpea Tajine
82	Turkey and kale bowls
84	Baked pears
	Special occasions recipes
86	Tofu frittata
88	Kale and swiss chard sauté
90	Vegan burgers
92	Golden milk
94	Pumpkin bread
96	Holiday Stuffing
98	Hoppin' John good luck meal
100	Conclusion

About this book

This book is brought to you by Hope for Dementia, which aspires to be a leading advocate and catalyst for the prevention and reversal of dementia.

Our mission is to safeguard healthy brains. To do this, we focus on building public awareness, offering proactive prevention programs and investing in promising research on the deceleration and reversal of symptoms that provide “Hope for Dementia”.

Our aim in this book is to simplify nutrition so that you can take an active step when it comes to your health because what you eat plays a big role in your physical and mental health. If you’re worried about dementia or want to support a loved one who is, paying attention to what foods are consumed is crucial.

This book will clarify the benefits of adding certain foods into your day to day lifestyle that benefit your brain, and as well some amazing recipes to simplify your weekly meal planning.

Also, many of the brain-healthy foods that will be mentioned throughout this book are also healthy for certain health conditions, such as diabetes, high blood pressure, heart disease, and obesity. However, we do advise that you discuss with your health care provider before making any big changes when it comes to your nutrition and lifestyle habits.

Dementia risk factors

There are 12 risk factors associated with dementia. However, there are 6 modifiable risk factors around nutrition, lifestyle and social interactions:

- Obesity
- Hypertension
- Diabetes
- Excessive alcohol consumption
- Physical inactivity
- Infrequent social contact

By bringing the focus on the foods you eat and day-to-day habits, you can take a positive step around your brain health and overall health as well.

Now, let's dive into better understanding the foods that will be your ally on this health journey.

Positive effects of nutrition on brain health

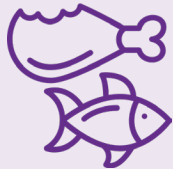
Nourishing Your Brain

The foods you eat have a HUGE impact on how your body works, every single day. However, it can be quite confusing to know which foods to incorporate in your lifestyle.

To start, we want to highlight the main foods that have been shown to cause a positive impact on brain health. Each food has its own benefits, and the main focus is adding a variety of foods into your day.

Top brain-healthy foods

1



Proteins

From being rich in omega-3 fatty acids and proteins, they help overall brain health and support neurotransmitter synthesis.

- Fatty fish (salmon, mackerel, trout, and sardines)
- Lean protein (Poultry, lean beef, tofu, and tempeh)
- Beans (Chickpeas, lentils, black beans)
- Eggs
- Low-fat yogurt and kefir (also contain probiotics that may benefit gut health, which is linked to brain health)

2



Grains and starchy vegetables

All examples below provide energy and essential nutrients for optimal brain functioning

- Oats
- Barley
- Quinoa
- Brown rice
- Sweet potato

3



Vegetables

They are packed with vitamins, mineral and antioxidants, which may help improve cognitive function and improve blood flow to the brain.

- Leafy greens (spinach, kale, collard greens, and Swiss chard)
- Cruciferous vegetables (broccoli, cabbage, Brussel sprouts)
- Beets
- Carrots

4



Fruits

High in antioxidants and phytochemicals, which may help improve cognitive function. Also, some, such as avocados, are rich in monounsaturated fats and vitamin E, which may support brain health.

- Berries (blueberries, strawberries, raspberries, and blackberries)
- Avocado
- Citrus fruits
- Banana
- Apple

5



Nuts & seeds

Good source of healthy fats (omega 3), protein, vitamins, minerals and antioxidants. Also, many have anti-inflammatory properties, neuroprotective effects and help in blood sugar regulation.

- Walnuts
- Pumpkin seeds
- Chia seeds
- Sunflower seeds
- Almonds

5



Herbs and spices

- Cinnamon: Anti-inflammatory, antioxidant, blood sugar regulation and neuroprotective effects.
- Ginger: Contains gingerol, a compound with antioxidant and anti-inflammatory properties.
- Turmeric: Contains curcumin, a compound with anti-inflammatory and antioxidant properties.
- Sage: Antioxidant, anti-inflammatory, Acetylcholinesterase inhibition, memory enhancement and neuroprotective effects.

6



Other

- Dark Chocolate: Rich in flavonoids, which may improve cognitive function.
- Olive Oil: Contains monounsaturated fats and antioxidants, which may benefit brain health.
- Green Tea: Contains catechins, which have been linked to improved brain function.
- Coconut Oil: Contains medium-chain triglycerides (MCTs), which may provide a source of energy for the brain.
- Water: Staying well hydrated is important for overall health and cognitive function.

Foods to limit

As much as we want to focus on what foods to add into your diet, it is as important to be aware of the foods to limit for optimal brain health.

- Foods high in saturated fat and cholesterol: Linked to increased risk of cognitive decline and heart disease
 - Deli meats and cold cuts
 - Hot dogs, pizza, sausages and bacon
 - Burgers, fries and fried chicken
 - TV dinners, frozen pizza and chips
 - Packaged cookies, baked goods, pastries and donuts

- Excess salt: can raise blood pressure and contribute to cognitive impairment
 - Deli meats and cold cuts
 - Canned soups
 - TV dinners, frozen pizza, French fries and chips

- Refined sugars: associated with inflammation, impaired cognitive function over time and may cause other health issues down the line
 - Fruit juices
 - Sodas (Pepsi, Coke, 7Up, Sprite...)
 - Packaged cookies, baked goods, pastries and donuts
 - Ice cream

Substitutions

With the many choices available at the grocery store, there are healthier alternatives to ensure you can adjust your grocery shopping list all while nourishing your brain.

Below is a table showing some substitutions that can support your quest to improving the foods you have in your day-to-day.

Instead of	Here are some healthier options
Cold cuts and deli meats	Use freshly cooked and sliced chicken, turkey, or roast beef. Homemade hummus or bean spreads can also serve as protein-rich sandwich fillers.
Hot dogs, sausages and bacon	Opt for lean meats such as grilled chicken or turkey breast. Plant-based sausages made from beans or vegetables can also be good alternatives.
Burgers, fries and fried chicken	Make homemade versions using lean meats, whole grain buns, and baked or air-fried potatoes. Grilled chicken sandwiches with plenty of vegetables are also a healthier option.
Pizza	Make homemade pizza using whole grain crust, plenty of vegetables, lean protein toppings, and moderate amounts of cheese. You can even use pita bread as a healthier dough substitution.

Canned soups	For quick options, choose low sodium canned products. You can also make large batches of homemade soup using fresh ingredients and freeze portions for convenience.
TV dinners and frozen pizza	For quick options, choose frozen meals that are low in sodium and made from natural ingredients. You can also prepare and freeze your own meals using whole foods and healthy ingredients.
Popcorn	Air-made popcorn sprinkled with your favorite low-sodium seasoning.
Chips	Baked vegetable chips, or whole grain crackers. You can also cut up pita into small squares and season with your favorite low-sodium spices before baking for 10–15 min.
Sweetened fruit juices	Choose 100% fruit juice in moderation or make smoothies using whole fruits and vegetables.
Sodas	Drink sparkling water with a splash of fresh lemon or lime juice, herbal teas, or infused water with fruits and herbs.
Packaged cookies and cakes	Try homemade baked goods using whole grain flours and natural sweeteners like honey or dates. Fresh fruit or yogurt with nuts and berries can also satisfy sweet cravings.
Pastries, donuts and muffins	Enjoy whole grain muffins made with less sugar and added fruits or vegetables. Overnight oats or Greek yogurt with fresh fruit can also be a satisfying alternative.
Ice cream	Enjoy low-fat and low sugar alternatives.

By making these substitutions, you can significantly improve your diet and support better overall health.

Some additional guidelines to support you

Ensuring you are incorporating healthy foods into your lifestyle, there are also key habits that can support your journey to nourishing your brain at an optimal level.

1. Eat every 3–4 hours. This helps stabilize your blood sugar and ensures your brain is nourished regularly throughout the day.
 - Set an alarm as needed to help you eat regularly
2. Always combine a carbohydrate and a protein source in each meal and snack as this ensures optimal blood sugar stability
 - Carbohydrate sources : grains, fruits and starchy vegetables
 - Protein sources : dairy products, fish, eggs, nuts and seeds, tofu
3. Stay hydrated throughout the day
 - Start your day with 1 to 2 glasses of water
 - Keep a water bottle close by to stay hydrated
 - Have 1 glass of water with each meal and snack
4. Keep alcohol and the foods to limit for special occasions
 - Alternate your alcohol beverage with a glass of sparkling water
 - Use the substitution table shared previously to find healthier alternative for the ‘foods to limit’
5. Incorporate regular physical activity into your day to day
 - Incorporate walks into your routine
 - Join a community fitness class
 - Enjoy stretching classes online (YouTube) or in a group

6. Ensure you have adequate sleep

- Limit caffeine (coffee, tea, chocolate) up to 9 hours before bedtime if you struggle with your sleep
- Enjoy a light dinner for easier digestion
- Dim the lights at home 1 hour before bedtime so that your sleep hormone (melatonin) starts working in your favor.

7. Keep your mind active with cognitive stimulation activities

- Sudoku
- Solitaire
- Online chess
- Painting
- Play an instrument
- Luminosity online program
- Trivia games

8. Focus on social connections as a way to stimulate your brain

- Play scrabble
- Card games
- Chess
- Join a gardening club
- Cook as a community
- Join fitness community classes (Tai Chi, Yoga, Stretching, Walking clubs)

Making small changes to your diet can make a big difference in your brain health. By choosing nourishing foods and following these guidelines, you're taking proactive steps to support your well-being. Remember, every bite counts towards a healthier you!

And, if you have any specific health conditions and concerns, make sure to consult with a health care professional before making any significant changes to your diet and lifestyle.

Brain-healthy items for each season

These items include a mix of fresh and dry items, to always keep on hand :

Spring

1. Asparagus – Rich in folate, which is important for cognitive function.
2. Spinach – Packed with antioxidants like vitamin E and vitamin K.
3. Salmon – High in omega-3 fatty acids, crucial for brain health.
4. Strawberries – Contain flavonoids that may improve memory.
5. Avocado – Good source of healthy fats for brain function.
6. Walnuts – High in omega-3 and antioxidants.
7. Pumpkin seeds – Rich in zinc and magnesium, which support cognitive function.
8. Chia seeds – Packed with omega-3 fatty acids and fiber.
9. Green tea – Contains caffeine and L-theanine to improve brain function.
10. Quinoa – A complete protein with essential amino acids for brain health.

Summer

1. Blueberries – Known for their high levels of antioxidants.
2. Tomatoes – Rich in lycopene, which is good for brain health.
3. Broccoli – High in antioxidants and vitamin K.
4. Watermelon – Hydrating and contains lycopene.
5. Bell peppers – High in vitamin C and antioxidants.
6. Almonds – Good source of healthy fats and vitamin E.
7. Sunflower seeds – Rich in vitamin E and selenium.
8. Flaxseeds – Packed with omega-3 fatty acids and fiber.
9. Chamomile tea – Known for its calming effects.
10. Brown rice – Provides steady energy for the brain.

Fall

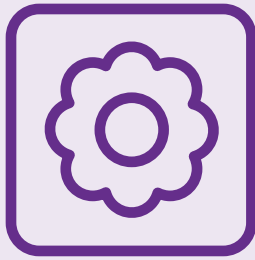
1. Pumpkin – High in antioxidants and vitamins A and C.
2. Beets – Contain nitrates that improve blood flow to the brain.
3. Brussels sprouts – Rich in antioxidants and vitamin K.
4. Apples – High in quercetin, which is beneficial for brain health.
5. Pomegranates – Packed with antioxidants.
6. Pecans – Rich in healthy fats and antioxidants.
7. Cranberries – Contain flavonoids that support brain health.
8. Lentils – High in protein and fiber, which support brain function.
9. Ginger tea – Known for its anti-inflammatory properties.
10. Oats/oatmeal – Provides steady energy and supports brain health.

Winter

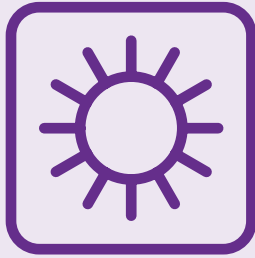
1. Kale – High in antioxidants and vitamins.
2. Sweet potatoes – Rich in antioxidants and beta-carotene.
3. Cauliflower – High in choline, which supports brain health.
4. Oranges – High in vitamin C, which is good for brain health.
5. Pears – Contain antioxidants and fiber.
6. Hazelnuts – Rich in healthy fats and vitamin E.
7. Dates – High in natural sugars and fiber.
8. Quinoa – Provides protein and essential amino acids.
9. Peppermint tea – Can improve alertness and cognitive function.
10. Whole grain pasta – Provides steady energy for brain function.

These items provide a range of nutrients that support cognitive health, including antioxidants, healthy fats, vitamins, and minerals, ensuring brain nourishment throughout the year.

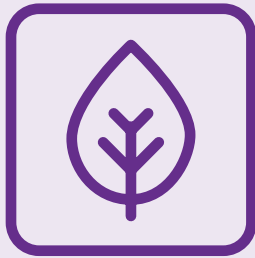
Recipes



**Spring
recipes**



**Summer
recipes**



**Fall
recipes**



**Winter
recipes**



**Special occasion
recipes**

Berry Banana Cauliflower Smoothie

Portions : 4

Preparation time : 10 minutes

Ingredients

- 2 cups raw cauliflower, minced
 - 2 cups berries (frozen or fresh)
 - 2 bananas (frozen or fresh)
 - 4 cups milk
 - 4 tsp. maple syrup or honey
-

Instructions

1. Place all ingredients in a blender.
 2. Blend until smooth (add more milk or water until you reach desired consistency).
 3. Serve chilled in 4 glasses.
-

Benefits of this recipe

- **Cauliflower**: supports brain health through its antioxidants, choline, and vitamin K content, promoting cognitive function and potentially reducing the risk of neurodegenerative diseases.
 - **Berries**: boost brain health by delivering antioxidants, vitamins, and anti-inflammatory compounds that enhance cognitive function and protect against neurodegenerative diseases.
-

Spring



Leftovers

Best consumed fresh. Can keep in the fridge for 1 day.

Quick boosting chia pudding

Portions: 4

Preparation time: 10 minutes (keep overnight in the fridge for better consistency)

Ingredients

Base pudding

- 8 Tbsp. chia seeds
- 2 cups milk
- 1 cup water
- 4 tsp. honey or maple syrup

Topping of choice (per individual pudding)

- ½ cup berries + 2 Tbsp. crushed almonds
 - ½ cup mangoes + 2 Tbsp. shredded coconut
 - ½ sliced apple + 2 Tbsp. crushed walnuts
-

Instructions

1. Pour all BASE ingredients in a small bowl or blender and mix for 2–3 minutes.
 2. Pour mixture into 4 smaller mason jars of 8 oz (half way so as to leave space for the topping).
 3. Cover jars and place in fridge overnight.
 4. When ready, add toppings of your choice.
 5. Enjoy!
-

Spring



Benefits of this recipe

- **Berries** : boost brain health by delivering antioxidants, vitamins, and anti-inflammatory compounds that enhance cognitive function and protect against neurodegenerative diseases.
- **Chia seeds** : contribute to brain health with their omega-3 fatty acids, antioxidants, and fiber, supporting cognitive function and reducing inflammation in the brain.
- **Almonds** : bolster brain health with their abundance of vitamin E, healthy fats, and antioxidants, supporting cognitive function and protecting against neurodegenerative diseases.
- **Walnuts** : boost brain health with their omega-3 fatty acids, antioxidants, and neuroprotective compounds, improving cognitive function and reducing the risk of neurodegenerative diseases.

Leftovers

Can be kept in the fridge for 4 days.

Lemon ginger brain-boosting salad

Portions : 4

Preparation time : 30 minutes

Ingredients

Salad ingredients

- 4 cups broccoli, finely diced
- 4 cups red or white cabbage, shredded
- 2 cups carrots, shredded
- 1 cup fresh cilantro, chopped
- 1 cup fresh parsley, chopped
- 4 green onions, chopped
- 1 cup almonds, sliced (optional)

Dressing ingredients

- 6 Tbsp. olive oil
 - 6 Tbsp. lemon juice
 - 2 Tbsp. Dijon mustard
 - 2 garlic cloves, minced
 - 2-inch fresh ginger, minced
 - 2 Tbsp. honey
 - ¼ tsp. salt and pepper
-

Spring



Instructions

1. In a small bowl, whisk together all dressing ingredients.
2. In a larger bowl, mix together all salad ingredients.
3. Pour dressing into salad bowl, and toss the salad until evenly coated with the dressing.
4. Let marinate for 10–15 min. for better flavor.
5. Stir well just before serving, then top with the sliced almonds for added crunch.
6. Serve and enjoy!

Benefits of this recipe

- **Broccoli:** promotes brain health through its rich content of antioxidants, vitamins, and minerals, supporting cognitive function and reducing the risk of neurodegenerative diseases.
- **Almonds:** bolster brain health with their abundance of vitamin E, healthy fats, and antioxidants, supporting cognitive function and protecting against neurodegenerative diseases.
- **Ginger:** supports brain health by its anti-inflammatory and antioxidant properties, which may help protect against neurodegenerative diseases and improve cognitive function.
- **Carrots:** promote brain health through their rich content of antioxidants like beta-carotene and other vital nutrients, supporting cognitive function and reducing the risk of cognitive decline.

Leftovers

Can be kept in the fridge for 3 days.

Spring strawberry and goat cheese salad

Portions : 4

Preparation time : 30 minutes

Ingredients

Salad ingredients

- ½ cup almonds (slivered) or walnuts (chopped)
- 4 cups mixed spring greens
- 1 cup fresh strawberries or berries, sliced
- 2 oz goat cheese or feta cheese, crumbled

Dressing ingredients

- ¼ cup olive oil
 - 2–3 Tbsp. lemon juice
 - 1 Tbsp. honey or maple syrup
 - ⅛ tsp salt (for taste)
 - Ground black pepper (to taste)
-

Instructions

1. In a small bowl, whisk together all dressing ingredients
 2. In a larger bowl, mix together all salad ingredients
 3. Pour dressing into salad bowl, and toss the salad until evenly coated with the dressing.
 4. Serve and enjoy!
-

Spring



Benefits of this recipe

- **Almonds** : bolster brain health with their abundance of vitamin E, healthy fats, and antioxidants, supporting cognitive function and protecting against neurodegenerative diseases.
- **Walnuts** : boost brain health with their omega-3 fatty acids, antioxidants, and neuroprotective compounds, improving cognitive function and reducing the risk of neurodegenerative diseases.
- **Berries** : boost brain health by delivering antioxidants, vitamins, and anti-inflammatory compounds that enhance cognitive function and protect against neurodegenerative diseases.

Leftovers

Can be kept in the fridge for 3 days.
However, it is recommended to only mix the portion of salad you want to consume immediately.

Spiced chickpea casserole (Fatteh)

Portions: 4

Preparation time: 20 minutes

Ingredients

For the yogurt sauce

- 1 cup plain yogurt, whole
- 3 Tbsp. tahini (sesame butter)
- 1–2 garlic cloves, finely minced
- 2–4 Tbsp. lemon juice
- Salt (for flavor)

For the chickpeas

- 30 oz canned chickpeas
- 1 tsp. ground cumin
- 1 garlic clove, minced
- $\frac{1}{3}$ cup pine nuts (optional)
- Salt (to taste)
- Pepper (to taste)

For the pita

- 4 small pita breads, cut into squares
 - Olive oil and salt for cooking
-

Spring



Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. In a pan, place cut-up pita evenly, and drizzle with olive oil and salt. Bake for 10 to 15 min. when oven is ready.
3. In a small bowl, mix all yogurt ingredients together. Add salt and pepper to taste. If too thick, add 1 Tbsp. of water at a time.
4. In a medium sauce pan, place canned chickpeas with the liquid, and all the chickpea-ingredients. Add water until they are all covered and cook until the water is absorbed (15 min.).
5. In your serving platter, place pita chips at the bottom. Then, spread the chickpea mixture evenly on top. Then, spread the yogurt mixture evenly over the chickpeas.
6. For garnish, heat a small pan with olive oil and toast the pine nuts (2–3 min.), and then top the dish with the cooked pine nuts.
7. Serve and enjoy!

Benefits of this recipe

- Chickpeas: bolster brain health by supplying essential nutrients like folate, manganese, and protein, supporting cognitive function and reducing the risk of neurodegenerative disorders.

Leftovers

Best to enjoy the same day. However, can be kept in the fridge for 3 days, but the pita chips would get soggy.

Salmon and quinoa salad

Portions : 4

Preparation time : 30 minutes

Ingredients

Main meal ingredients

- 400 gr canned salmon (or cooked fresh salmon)
- 3 cups spinach, chopped
- 1 cup quinoa, dry (2 cups cooked and cooled)
- 1 medium cucumber, chopped
- 1 cup cherry tomatoes, halved
- 1 small red onion, chopped

Dressing ingredients

- 4 Tbsp. olive oil
 - 3 Tbsp. white or red wine vinegar
 - 1 Tbsp. lemon juice
 - 2 garlic cloves, minced
 - Salt (to taste)
 - Black pepper (to taste)
-

Spring



Instructions

1. In a small bowl, whisk all dressing ingredients together.
2. In a large bowl, mix all main meal ingredients.
3. Add dressing mixture to the large bowl.
4. Mix well.
5. Serve and enjoy!

Benefits of this recipe

- **Salmon:** boosts brain health with its omega-3 fatty acids, protein, and vitamin D content, supporting cognitive function and reducing the risk of neurodegenerative diseases.
- **Quinoa:** supports brain health with its balanced amino acid profile, high fiber content, and rich array of vitamins and minerals, promoting cognitive function and overall brain health.
- **Spinach:** fortifies brain health by offering a wealth of antioxidants, vitamins, and minerals, bolstering cognitive function and reducing the risk of cognitive decline.

Leftovers

Can be kept in the fridge for 3 days.

Apple and cinnamon baked oatmeal

Portions : 4

Preparation time : 30 minutes

Ingredients

- 1.5 cups oatmeal/oats
 - 1 tsp. chia seeds or ground flax seed
 - ½ tsp. ground cinnamon
 - ½ tsp. baking powder
 - ⅛ tsp. salt
 - 2 tsp. honey or maple syrup
 - 1 egg
 - ½ cup milk
 - 1 Tbsp. butter
 - ½ tsp. vanilla extract
 - ½ cup apple, shredded or finely sliced
 - ¼ cup walnuts
-

Instructions

1. Preheat oven to 375 degrees Fahrenheit.
 2. Using cupcake pan, line 4 with cupcake parchment paper.
 3. In a bowl, combine all dry ingredients.
 4. Add remaining wet ingredients into the dry ingredients, and blend well with a spoon.
 5. Transfer batter into the 4 lined cups in the cupcake pan.
 6. Bake for 15–20 min. or until center is set using a fork or toothpick.
 7. Let sit 10 min. before serving.
 8. Enjoy with yogurt or a glass of milk
-

Spring



Benefits of this recipe

- **Oatmeal/Oats**: benefit brain health by providing sustained energy, fiber, antioxidants, and essential nutrients, which support cognitive function and reduce the risk of cognitive decline.
- **Chia seeds**: contribute to brain health with their omega-3 fatty acids, antioxidants, and fiber, supporting cognitive function and reducing inflammation in the brain.
- **Cinnamon**: promotes brain health through its antioxidant and anti-inflammatory properties, potentially enhancing cognitive function and protecting against neurodegenerative diseases.
- **Walnuts**: boost brain health with their omega-3 fatty acids, antioxidants, and neuroprotective compounds, improving cognitive function and reducing the risk of neurodegenerative diseases..

Leftovers

Can be kept in the fridge for 4 days, or in the freezer for 30 days

Spinach and avocado smoothie

Portions : 4

Preparation time : 5 minutes

Ingredients

- 2 cups plain yogurt or Greek yogurt
 - 2 cups spinach
 - 2 bananas (frozen or fresh)
 - 2 avocados
 - 1 cup milk or water
 - 4 tsp. honey or maple syrup
 - 1 tsp cinnamon (optional)
-

Instructions

1. Combine all ingredients in a blender, and purée until smooth.
 2. Add milk or water, or honey/maple syrup to adjust the texture and flavor to your liking.
 3. Serve chilled in 4 glasses and enjoy!
-

Benefits of this recipe

- **Spinach** : fortifies brain health by offering a wealth of antioxidants, vitamins, and minerals, bolstering cognitive function and reducing the risk of cognitive decline.
 - **Avocado** : enhances brain health with its healthy fats, antioxidants, and vitamins, supporting cognitive function and protecting against neurodegenerative diseases.
 - **Cinnamon** : promotes brain health through its antioxidant and anti-inflammatory properties, potentially enhancing cognitive function and protecting against neurodegenerative diseases.
-

Summer



Leftovers

Best consumed fresh, but can keep in the fridge for 2 days.

Tofu scramble

Portions : 4

Preparation time : 20 minutes

Ingredients

- 4 Tbsp. olive oil
 - 1 small white onion, chopped
 - 4 medium potatoes, cubed
 - 32 mushrooms, halved
 - 800 gr tofu, semi-firm, cubed
 - 8 cups spinach, chopped
 - 4 Tbsp. nutritional yeast
 - 1 tsp. turmeric
 - 1 tsp. salt
 - ½ tsp. black pepper
-

Instructions

1. Heat frying pan with 1 Tbsp. olive oil over medium heat.
 2. Cook onions for 2–3 minutes.
 3. Add potatoes and cook for 5–7 minutes (until soft and turning brown).
 4. Add mushrooms and cook for 3–4 minutes.
 5. Add tofu and spices. Cook for 3–4 minutes.
 6. Add spinach and cook until wilted.
 7. Serve and enjoy!
-

Summer



Benefits of this recipe

- **Tofu**: supports brain health with its high-quality protein, isoflavones, and essential nutrients, promoting cognitive function and potentially reducing the risk of neurodegenerative diseases.
- **Spinach**: fortifies brain health by offering a wealth of antioxidants, vitamins, and minerals, bolstering cognitive function and reducing the risk of cognitive decline.
- **Turmeric**: enhances brain health through its potent anti-inflammatory and antioxidant properties, potentially reducing the risk of neurodegenerative diseases and supporting cognitive function.

Leftovers

Can be kept in the fridge for 3 days.

Substitutions

Can replace 800gr of tofu with 6 to 8 eggs.

Strawberry and arugula salad

Portions : 4

Preparation time : 15 minutes

Ingredients

Salad ingredients

- 2 cups arugula
- 2 cups spinach
- ½ cup basil, chopped
- 400gr strawberries, thinly sliced (or other fresh berries)
- 1 small red onion, finely chopped
- ½ cup goat cheese or feta cheese, crumbled
- 1 avocado, diced
- ½ cup crushed walnuts
- ½ cup radish, thinly sliced

Dressing ingredients

- ¼ cup olive oil
 - 2 Tbsp. balsamic vinegar
 - 1 Tbsp. Dijon mustard
 - ½ Tbsp. honey or maple syrup
 - 1 garlic clove, pressed or minced
 - Salt (to taste)
 - Ground black pepper (to taste)
-

Summer



Instructions

1. In a small bowl, combine all dressing ingredients and whisk until fully blended.
2. Taste and add salt or pepper as needed.
3. In a large serving platter, layer the salad ingredients in the order they are listed above.
4. Drizzle the dressing on the salad platter.
5. Serve and enjoy!

Benefits of this recipe

- **Spinach**: fortifies brain health by offering a wealth of antioxidants, vitamins, and minerals, bolstering cognitive function and reducing the risk of cognitive decline.
- **Berries**: boost brain health by delivering antioxidants, vitamins, and anti-inflammatory compounds that enhance cognitive function and protect against neurodegenerative diseases.
- **Avocado**: enhances brain health with its healthy fats, antioxidants, and vitamins, supporting cognitive function and protecting against neurodegenerative diseases.
- **Walnuts**: boost brain health with their omega-3 fatty acids, antioxidants, and neuroprotective compounds, improving cognitive function and reducing the risk of neurodegenerative diseases.

Leftovers

Can be kept in the fridge for 3 days. However, it is recommended to only mix the portion of salad you want to consume immediately.

Greek chickpea salad

Portions : 4

Preparation time : 15 minutes

Ingredients

Salad ingredients

- 15 oz canned chickpeas, drained and rinsed
- 1 medium cucumber, chopped
- 1 cup cherry tomatoes, halved
- ¼ cup Kalamata olives, pitted and chopped
- ¼ red onion, minced
- ¼ cup feta cheese, crumbled
- 1 Tbsp. fresh dill, chopped
- Salt to taste

Dressing ingredients

- ¼ cup olive oil
 - ¼ cup lemon juice
 - ½ tsp dried oregano
 - ½ tsp. honey
 - 1 garlic clove, pressed or minced
 - Salt and pepper to taste
-

Summer



Instructions

1. In a small bowl, combine all dressing ingredients and whisk until fully blended.
2. Taste and add salt or pepper as needed.
3. In a large salad bowl, combine all salad ingredients.
4. Drizzle the dressing on the salad and mix well.
5. Serve and enjoy!

Benefits of this recipe

- Chickpeas: bolster brain health by supplying essential nutrients like folate, manganese, and protein, supporting cognitive function and reducing the risk of neurodegenerative disorders.

Leftovers

Can be kept in the fridge for 3 days.

Substitutions

Can replace chickpeas with mixed beans.

Kale and sweet potato coconut stew

Portions : 4

Preparation time : 30 minutes

Ingredients

- 3 Tbsp. olive oil
 - 1 onion, chopped
 - 2lb sweet potato (2 medium sized), peeled and sliced into ½-inch cubes
 - 2 garlic cloves, pressed or minced
 - 1 tsp. fresh ginger, grated, or ¼ tsp. ground ginger
 - 1 tsp. curry powder
 - 1 head of kale, stems removed and leaves chopped
 - 1 cup vegetable broth
 - 14 oz (400ml) can of coconut milk (or replace with regular milk)
 - 30–40 oz (800–1000 ml) white kidney beans, rinsed and drained
 - Salt, to taste
 - Ground black pepper, to taste
 - Red pepper flakes, to taste (optional)
-

Summer



Instructions

1. In a stove pot over medium heat, add 2 Tbsp. olive oil.
2. Add onion and cook for 5 min. until softened.
3. Add sweet potato and broth, stirring occasionally until bright orange (5 min.).
4. Add garlic, ginger and curry powder. Stir for 1 min.
5. Add kale and stir until it starts to wilt.
6. Add coconut milk, beans, salt and black pepper.
7. Cover and cook over medium heat for 10 min., stirring occasionally.
8. Remove from heat, add red pepper flakes if desired.
9. Serve with rice and enjoy!

Benefits of this recipe

- **Sweet potatoes**: support brain health by providing a rich source of antioxidants, vitamins, and minerals, aiding in cognitive function and reducing the risk of cognitive decline.
- **Ginger**: supports brain health by its anti-inflammatory and antioxidant properties, which may help protect against neurodegenerative diseases and improve cognitive function.
- **Kale**: fortifies brain health by offering a wealth of antioxidants, vitamins, and minerals, bolstering cognitive function and reducing the risk of cognitive decline.
- **Beans**: nutrient rich, and have antioxidant properties and anti-inflammatory properties for brain health.

Leftovers

Can be kept in the fridge for 3 days.

Chickpea chimichurri dish

Portions : 4

Preparation time : 25 minutes

Ingredients

Main ingredients

- 30 oz canned chickpeas, rinsed and drained
- 1 cup chimichurri sauce
- $\frac{3}{4}$ cup feta cheese, crumbled

Chimichurri sauce ingredients

- 1 cup (packed) flat-leaf parsley leaves (remove stems)
- 4 garlic cloves, peeled
- $\frac{1}{2}$ cup olive oil
- $\frac{1}{2}$ cup red wine vinegar
- $\frac{1}{2}$ tsp. salt, to taste
- $\frac{1}{2}$ tsp. red pepper flakes, to taste
- $\frac{1}{2}$ cup red onion, finely chopped

Instructions

1. In a blender, add sauce ingredients (except red onion), and blend until smooth.
 2. Pour mixture into a small bowl and whisk in the red onions.
 3. In a separate bowl, place drained chickpeas. Pour in 1 cup of the chimichurri sauce and the feta cheese, and stir to combine.
 4. Serve and enjoy!
-

Summer



Benefits of this recipe

- Chickpeas: bolster brain health by supplying essential nutrients like folate, manganese, and protein, supporting cognitive function and reducing the risk of neurodegenerative disorders.

Leftovers

Can be kept in the fridge for 3 days.

Blueberry almond crisp

Portions : 8

Preparation time : 55 minutes

Ingredients

Filling ingredients

- 2lb (5 cups) blueberries or berries, frozen or fresh
- ¼ cup honey or maple syrup
- 3 Tbsp. cornstarch
- 1 lemon, zest
- 2 Tbsp. lemon juice
- ¼ tsp. cinnamon

Topping ingredients

- 1 cup oatmeal/oats
- ½ cup almond flour (or regular flour)
- ½ cup walnuts
- ¼ cup sugar
- ¼ tsp. salt
- 4 Tbsp. butter, melted
- 3 Tbsp. plain yogurt (or replace with additional butter)

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
 2. In a 9-inch square baking dish, mix all filling ingredients.
 3. In a medium mixing bowl, stir together the topping ingredients.
-

Summer



-
4. Dollop spoonfuls of the oat mixture over the filling. Use your fingers to break up the mixture until it is spread evenly.
 5. Bake 40 to 50 minutes until the filling is bubbling and the edges of the topping is lightly golden.
 6. Let the crisp rest 10 min. before serving.
 7. Serve and enjoy with vanilla ice cream!
-

Benefits of this recipe

- **Berries**: boost brain health by delivering antioxidants, vitamins, and anti-inflammatory compounds that enhance cognitive function and protect against neurodegenerative diseases.
 - **Cinnamon**: promotes brain health through its antioxidant and anti-inflammatory properties, potentially enhancing cognitive function and protecting against neurodegenerative diseases.
 - **Oatmeal/Oats**: benefit brain health by providing sustained energy, fiber, antioxidants, and essential nutrients, which support cognitive function and reduce the risk of cognitive decline.
 - **Almond flour**: supports brain health with its high levels of vitamin E, healthy fats, and essential nutrients, aiding cognitive function and protecting against neurodegenerative diseases.
 - **Walnuts**: boost brain health with their omega-3 fatty acids, antioxidants, and neuroprotective compounds, improving cognitive function and reducing the risk of neurodegenerative diseases.
-

Leftovers

Can be kept in the fridge for 3 days, or in the freezer for 30 days.

Almond and banana pancakes

Portions: 4

Preparation time: 7 minutes

Ingredients

- 1.5 cups almond flour
 - 2 large ripe bananas, mashed
 - 4 eggs, separated
 - 1 tsp. baking power
-

Instructions

1. In a large mixing bowl, add almond flour, bananas, egg yolks and baking powder. Mix well until combined.
 2. In a separate bowl, beat egg whites until stiff peak forms.
 3. Fold egg whites into the pancake batter until combined.
 4. Let the batter sit for 5 min. to thicken.
 5. Using a non-stick pan, use cooking spray or oil to warm up over medium heat.
 6. When pan is ready, pour $\frac{1}{4}$ cup of batter at a time onto the pan. Cook for 2–3 minutes before flipping the pancake. Cook 2–3 min on other side.
 7. Repeat until all batter is used.
 8. Serve and enjoy with your favorite toppings!
-

Fall



Benefits of this recipe

- **Almond flour:** supports brain health with its high levels of vitamin E, healthy fats, and essential nutrients, aiding cognitive function and protecting against neurodegenerative diseases.

Leftovers

Can be kept in the fridge for 4 days, or in Ziploc bags in the freezer for 3 months.

Pumpkin pie overnight oats

Portions: 4

Preparation time: 5 minutes (and overnight until consumption)

Ingredients

- 1 cup plain regular yogurt or Greek yogurt
- 2 cups milk
- 1 cup pumpkin puree
- 4 tsp. honey or maple syrup (more for flavor)
- 2 tsp. vanilla extract
- 2 cups oatmeal/oats
- 8 tsp. chia seeds or ground flax seeds
- 2 tsp. pumpkin pie spice or 2 tsp. cinnamon + ½ tsp. nutmeg + ½ tsp. ginger

Instructions

1. In a medium bowl, mix together ingredients.
 2. Taste and add more honey/maple syrup if needed.
 3. Pour mixture into 4 containers and place in the fridge overnight (can also be ready in 4 hours).
 4. Enjoy the next morning!
-

Fall



Benefits of this recipe

- **Pumpkin purée**: supports brain health with its rich content of antioxidants, vitamins, and minerals, enhancing cognitive function and protecting against neurodegenerative diseases.
- **Oatmeal/Oats**: benefit brain health by providing sustained energy, fiber, antioxidants, and essential nutrients, which support cognitive function and reduce the risk of cognitive decline.
- **Cinnamon**: promotes brain health through its antioxidant and anti-inflammatory properties, potentially enhancing cognitive function and protecting against neurodegenerative diseases.
- **Chia seeds**: contribute to brain health with their omega-3 fatty acids, antioxidants, and fiber, supporting cognitive function and reducing inflammation in the brain.
- **Ginger**: supports brain health by its anti-inflammatory and antioxidant properties, which may help protect against neurodegenerative diseases and improve cognitive function.

Leftovers

Best consumed the next day, but can be kept in the fridge for 3 days.

Power Kale Salad (1/2)

Portions : 4

Preparation time : 55 minutes

Ingredients

Main salad ingredients

- 1 cup quinoa, dry (2 cups cooked, and cooled)
- 2 medium sweet potatoes, peeled and sliced into small cubes
- 2 Tbsp. olive oil
- 2 tsp. ground cumin
- 1 tsp. paprika
- ½ tsp. salt
- 1 head of kale, stems removed and leaves chopped, or 4 cups spinach, chopped
- 14 oz canned black beans or mixed beans, rinsed and drained
- ⅓ cup feta, crumbled
- ¼ cup pumpkin seeds

Avocado sauce

- 2 avocados
 - ¼ cup lime juice (2 limes) or lemon juice
 - ½ cup fresh cilantro
 - ½ tsp dried coriander
 - ¼ tsp salt to taste
-

Fall



Instructions

1. Cook quinoa as instructed on the package. Once cooked, let cool.
2. In a large pan, warm 2 Tbsp. olive oil over medium heat.
3. Add sweet potatoes, cumin, paprika and salt, and stir.
4. Add $\frac{1}{4}$ cup water and cover pan and reduce heat.
5. Occasionally stir and cook (7–10 minutes) (until sweet potato can be pierced with a fork)
6. Uncover pan, raise heat back, add kale and cook until excess moisture has evaporated (3–7 minutes) and kale has softened. Set aside to cool.
7. For the avocado sauce, combine all ingredients in a food processor or blender. Blend well and taste to adjust seasoning as needed.
8. Once all ingredients are ready, set 4 bowls.
9. Divide the quinoa mixture into each bowl, followed by the sweet potato/kale mixture, the beans, the feta, and then the avocado sauce. Sprinkle with pumpkin seeds.
10. Serve and enjoy!

Benefits of this recipe

- **Quinoa:** supports brain health with its balanced amino acid profile, high fiber content, and rich array of vitamins and minerals, promoting cognitive function and overall brain health.
 - **Sweet potatoes:** support brain health by providing a rich source of antioxidants, vitamins, and minerals, aiding in cognitive function and reducing the risk of cognitive decline.
 - **Spinach:** fortifies brain health by offering a wealth of antioxidants, vitamins, and minerals, bolstering cognitive function and reducing the risk of cognitive decline.
-

Power Kale Salad (2/2)

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- **Beans:** nutrient rich, and have antioxidant and anti-inflammatory properties for brain health.
 - **Pumpkin seeds:** rich in antioxidants, which helps reduce the risk of neurodegenerative diseases. Also contains various minerals which are essential for brain function.
 - **Avocado:** enhances brain health with its healthy fats, antioxidants, and vitamins, supporting cognitive function and protecting against neurodegenerative diseases.
-

Leftovers

Can be stored in the fridge for 3 days, deconstructed.

Fall



Beet and sweet potato soup

Portions: 4

Preparation time: 55 minutes

Ingredients

- 1 Tbsp. olive oil
 - 2 medium onions, chopped
 - 2 garlic cloves, crushed
 - 1 tsp. ground cumin
 - ½ tsp. paprika powder
 - 3 medium sweet potatoes, peeled and cut into 1-inch cubes
 - 2 medium raw beets, peeled and cut into 1-inch cubes
 - 1 vegetable bouillon cube or 3 cups vegetable broth
 - 2.5 cups water (omit if using vegetable broth)
 - 1.5 to 2 cups coconut milk (depending on size of can purchased) or regular milk
-

Fall



Instructions

1. In a large pot over high medium heat, add oil until warm.
2. Add onions and cook for 5–7 minutes. Add splash of water as needed.
3. Add garlic and stir until golden (2 min.).
4. Add spices, veggies, bouillon/water or broth, and bring to a boil.
5. Reduce to a simmer, partially covered, and cook for 25–30 min.
6. Once potatoes and beets are soft, add coconut milk (or regular milk).
7. Purée using blender.
8. Serve and enjoy!

Benefits of this recipe

- **Sweet potatoes:** support brain health by providing a rich source of antioxidants, vitamins, and minerals, aiding in cognitive function and reducing the risk of cognitive decline.
- **Beets:** boost brain health by increasing blood flow, providing antioxidants, and delivering essential nutrients that enhance cognitive function and protect against neurodegenerative diseases.

Leftovers

Can be kept in the fridge for 3 days or frozen in individual containers for 30 days.

Tofu & cashew coconut curry (1/2)

Portions: 4

Preparation time: 45 minutes

Ingredients

- 1 Tbsp. coconut oil or olive oil
 - 3 garlic cloves, minced
 - 1 Tbsp. freshly grate ginger or 1/8 tsp. ground ginger
 - 1 medium sweet potato, peeled and diced into 1-inch cubes
 - 1/2 head cauliflower, cut into small florets
 - 1 yellow or orange bell pepper, diced
 - 2 medium carrots, diced or chopped
 - 2 Tbsp. curry powder
 - 1/2 tsp. turmeric
 - 1/2 tsp. cumin
 - 1/8 tsp. ground cinnamon
 - 1/2 tsp. salt
 - 15 oz coconut milk or regular milk
 - 1/2 cup tomato sauce or 1 medium fresh tomato, diced
 - 1/2 cup vegetable broth
 - 800 gr firm or extra firm tofu, cubed, or 30 oz canned lentils, rinsed and drained
 - 1 jalapeno, diced (optional)
 - 1/4 cup cashews, ground (optional)
-

Fall



Instructions

1. To a large pot over medium heat, add oil, garlic, ginger, jalapeno, sweet potato, cauliflower, bell pepper and carrots.
 2. Sauté for 10 min, stirring frequently, until carrots start to soften.
 3. Add curry powder, turmeric, cumin, cinnamon and salt.
 4. Add milk, tomato sauce/tomato, broth and ground cashews.
 5. Stir until smooth.
 6. Add tofu or lentils and stir. Let simmer on low heat for 20 minutes, or until sweet potatoes and carrots are tender.
 7. Serve and enjoy!
-

Benefits of this recipe

- **Cauliflower**: supports brain health through its antioxidants, choline, and vitamin K content, promoting cognitive function and potentially reducing the risk of neurodegenerative diseases.
 - **Sweet potatoes**: support brain health by providing a rich source of antioxidants, vitamins, and minerals, aiding in cognitive function and reducing the risk of cognitive decline.
 - **Cinnamon**: promotes brain health through its antioxidant and anti-inflammatory properties, potentially enhancing cognitive function and protecting against neurodegenerative diseases.
 - **Tofu**: supports brain health with its high-quality protein, isoflavones, and essential nutrients, promoting cognitive function and potentially reducing the risk of neurodegenerative diseases.
 - **Ginger**: supports brain health by its anti-inflammatory and antioxidant properties, which may help protect against neurodegenerative diseases and improve cognitive function.
-

Tofu & cashew coconut curry (2/2)

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- **Turmeric:** enhances brain health through its potent anti-inflammatory and antioxidant properties, potentially reducing the risk of neurodegenerative diseases and supporting cognitive function.
 - **Carrots:** promote brain health through their rich content of antioxidants like beta-carotene and other vital nutrients, supporting cognitive function and reducing the risk of cognitive decline.
-

Leftovers

Can be kept in the fridge for 3 days, or in the freezer for 3 months.

Fall



Ginger & turmeric chicken soup (1/2)

Portions: 4

Preparation time: 50 minutes

Ingredients

- 2 Tbsp. olive oil
 - 1 small onion, diced
 - 2 celery stalks, diced
 - 2 garlic cloves, minced
 - 1 Tbsp. fresh grated ginger or ½ tsp. ground ginger
 - 2 medium sweet potatoes, peeled and cut into 1-inch cubes
 - 600 gr boneless skinless chicken breast
 - 4 cups chicken broth or vegetable broth
 - 1 tsp. fresh thyme, chopped
 - ¼ tsp. salt
 - ¼ tsp. black pepper
 - 1 bay leaf
 - 2 tsp. ground turmeric
 - 1 cup coconut milk or regular milk
 - 1 head of kale, stems removed and leaves chopped, or 4 cups of spinach, chopped
 - 2 Tbsp. lemon juice (about 1 lemon)
-

Fall



Instructions

1. In a pot, warm oil over medium heat.
2. Add chicken and cook each side 3–5 min. until lightly brown. Remove from pot and set aside.
3. Add onion and celery to the pot, and cook for 5–7 min. (until onion is translucent).
4. Add garlic and ginger, and sauté for 1 min.
5. Add chicken and sweet potatoes to the pot, and stir in the chicken broth, thyme, salt, pepper, bay leaf and turmeric.
6. Cover and simmer over medium-low heat for 30–40 min. (until chicken can be easily pulled apart with a fork).
7. Remove the chicken from the pot and shred with 2 forks. Add chicken back to the pot, stir in the coconut milk/regular and the kale. Cook for 2–3 min. (until kale is fully wilted).
8. Add lemon juice.
9. Taste for seasoning, add salt and pepper if needed.
10. Serve and enjoy!

Benefits of this recipe

- **Turmeric**: enhances brain health through its potent anti-inflammatory and antioxidant properties, potentially reducing the risk of neurodegenerative diseases and supporting cognitive function.
- **Chicken**: supports brain health by providing high-quality protein, B vitamins, and amino acids like tryptophan, essential for neurotransmitter production and cognitive function.
- **Sweet potatoes**: support brain health by providing a rich source of antioxidants, vitamins, and minerals, aiding in cognitive function and reducing the risk of cognitive decline.

Ginger & turmeric chicken soup (2/2)

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- **Kale:** fortifies brain health by offering a wealth of antioxidants, vitamins, and minerals, bolstering cognitive function and reducing the risk of cognitive decline.
 - **Ginger:** supports brain health by its anti-inflammatory and antioxidant properties, which may help protect against neurodegenerative diseases and improve cognitive function.
-

Leftovers

Can be kept in the fridge for 3 days or in freezer for 1 month.

Fall



Apple crumble parfait

Portions : 4

Preparation time : 5 minutes

Ingredients

- 1 cup oatmeal/oats
 - 4 Tbsp. almond flour or regular flour
 - 4 Tbsp. walnuts, chopped
 - 4 tsp. coconut oil or butter
 - 4 tsp. cinnamon
 - 4 tsp. regular milk
 - 4 tsp. honey or maple syrup (divided)
 - 2 cups vanilla yogurt or Greek yogurt
 - 2 medium apples, cubed
-

Instructions

1. In a microwave-safe bowl, mix oats, almond flour, walnuts, coconut oil/butter, cinnamon, milk and 1 tsp. maple syrup
 2. Microwave for 1 min. (stirring every 15 sec.)
 3. Layer 4 cups or bowls with the yogurt, the oatmeal 'crumble' and then the cubed apples.
 4. Drizzle each cup with the remaining syrup and enjoy!
-

Fall



Benefits of this recipe

- **Oatmeal/Oats**: benefit brain health by providing sustained energy, fiber, antioxidants, and essential nutrients, which support cognitive function and reduce the risk of cognitive decline.
- **Almond flour**: supports brain health with its high levels of vitamin E, healthy fats, and essential nutrients, aiding cognitive function and protecting against neurodegenerative diseases.
- **Walnuts**: boost brain health with their omega-3 fatty acids, antioxidants, and neuroprotective compounds, improving cognitive function and reducing the risk of neurodegenerative diseases.
- **Cinnamon**: promotes brain health through its antioxidant and anti-inflammatory properties, potentially enhancing cognitive function and protecting against neurodegenerative diseases.
- **Coconut oil**: benefits brain health with its medium-chain triglycerides (MCTs), which provide an efficient energy source for brain cells and may support cognitive function.

Leftovers

Best consumed fresh. Can be kept in the fridge for 2 days.

Protein-based banana bread

Portions: 1 loaf

Preparation time: 75 minutes

Ingredients

- ¼ cup melted coconut oil or butter
 - ½ cup honey or maple syrup
 - 4 eggs
 - 1 cup mashed ripe bananas (2 large bananas)
 - 1 tsp. baking powder
 - 1 tsp. vanilla extract
 - ½ tsp. baking soda
 - ½ tsp. ground cinnamon
 - ½ tsp. salt
 - 2.5 cups almond flour
-

Instructions

1. Preheat oven to 325 degrees Fahrenheit.
 2. Grease your loaf pan and sides with oil or butter, and generously flour it with almond flour.
 3. In a mixing bowl, combine coconut oil and honey/maple syrup, and whisk until blended.
 4. Add eggs and whisk until combined.
 5. Add mashed bananas, baking powder, vanilla, baking soda, cinnamon and salt. Whisk to combine.
 6. Add the almond flour and stir with a large spoon until flour is fully incorporated into the batter.
 7. Pour batter into prepared loaf pan.
-

Winter



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8. Bake 55–65 min. until the center of the loaf is springy and a toothpick comes out clean
 9. Remove from oven and let cool for at least 30 min.
 10. Loosen the edges of the bread from pan with a knife, and then carefully tip it over your serving plate.
 11. Slice and serve!
-

Benefits of this recipe

- **Cinnamon**: promotes brain health through its antioxidant and anti-inflammatory properties, potentially enhancing cognitive function and protecting against neurodegenerative diseases.
 - **Almond flour**: supports brain health with its high levels of vitamin E, healthy fats, and essential nutrients, aiding cognitive function and protecting against neurodegenerative diseases.
 - **Coconut oil**: benefits brain health with its medium-chain triglycerides (MCTs), which provide an efficient energy source for brain cells and may support cognitive function.
-

Leftovers

Can be kept in the fridge for 4 days

Baked Oats & Blueberries Cheese Cake

Portions : 4

Preparation time : 25 minutes

Ingredients

- 2 cups blueberries or mixed berries, fresh or frozen
 - 1 cup oatmeal/oats
 - 2 tsp. vanilla extract
 - 1 tsp. baking powder
 - 8 Tbsp. cottage cheese
 - 4 eggs
 - ½ cup walnuts, crushed
 - Honey (for drizzling)
-

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
 2. In a blender or food processor, add oats, vanilla extract, baking powder, cottage cheese and eggs. Blend until smooth.
 3. Using 4 ramekins, rub butter or oil around the inside.
 4. Place ½ cup of blueberries into each ramekin.
 5. Divide batter between the 4 bowls.
 6. Bake for 20 min.
 7. Serve with a drizzle of honey and walnuts.
-

Winter



Benefits of this recipe

- **Oatmeal/Oats**: benefit brain health by providing sustained energy, fiber, antioxidants, and essential nutrients, which support cognitive function and reduce the risk of cognitive decline.
- **Walnuts**: boost brain health with their omega-3 fatty acids, antioxidants, and neuroprotective compounds, improving cognitive function and reducing the risk of neurodegenerative diseases.
- **Berries**: boost brain health by delivering antioxidants, vitamins, and anti-inflammatory compounds that enhance cognitive function and protect against neurodegenerative diseases.

Leftovers

Can be kept in the fridge for 3 days.

Brussels sprout salad

Portions : 4

Preparation time : 15 minutes

Ingredients

Salad ingredients

- 0.5 lb Brussels sprouts, trimmed ends and thinly sliced
- 1 large Honeycrisp or another type of apple, chopped
- ¼ cup dried cranberries
- ¼ cup sunflower seeds
- ¼ cup Parmesan cheese, shredded or shaved
- Salt and pepper to taste

Dressing ingredients

- ¼ cup olive oil
 - 1 Tbsp. lemon juice
 - 1 Tbsp. apple cider vinegar or red wine vinegar
 - 2 tsp. honey maple syrup
 - 1 tsp. Dijon mustard
 - 1 garlic clove, minced
 - Salt and pepper to taste
-

Winter



Instructions

1. In small bowl, whisk together all dressing ingredients until well combined.
2. In a large bowl, mix all salad ingredients together.
3. Drizzle with dressing and toss well.
4. Serve and enjoy!

Benefits of this recipe

- **Brussel sprouts**: support brain health by providing essential nutrients like antioxidants, vitamin K, folate, and omega-3s, which protect against oxidative stress, support cognitive function, and reduce the risk of neurodegenerative diseases.
- **Sunflower seeds**: enhance brain health by offering a rich mix of antioxidants, healthy fats, vitamins, and minerals that support cognitive function, protect against neurodegeneration, and improve mood.
- **Berries**: boost brain health by delivering antioxidants, vitamins, and anti-inflammatory compounds that enhance cognitive function and protect against neurodegenerative diseases.

Leftovers

Can be kept in the fridge for 3 days.

Brain boosting carrot & ginger soup

Portions : 4

Preparation time : 15 minutes

Ingredients

- 2 Tbsp. olive oil
 - 5 cups chopped carrots (3–4 medium carrots)
 - 1 medium onion, chopped
 - 1 garlic clove, minced
 - 2 tsp. fresh ginger, grated, or ½ tsp ground ginger
 - 2 Tbsp. orange juice
 - 1 tsp. ground turmeric
 - 3 cups vegetable broth
 - ½ tsp salt (more or less to taste)
 - ½ tsp. ground pepper
-

Instructions

1. Heat olive oil in a medium pot over medium heat.
 2. Add onions and carrots, and cook until soft (10 min.) while stirring often.
 3. Stir in garlic for 1 min. and remove pot from the stove.
 4. In a blender, add carrots mixture, ginger, orange juice, turmeric, broth, salt and pepper, and blend until smooth. (make sure to let carrots cool a bit so as to not have any issues)
 5. Pour blended items back into the pot and cook for 10 min. on medium heat.
 6. Once the soup is your desired temperature, serve and enjoy!
-

Winter



Benefits of this recipe

- **Carrots:** promote brain health through their rich content of antioxidants like beta-carotene and other vital nutrients, supporting cognitive function and reducing the risk of cognitive decline.
- **Ginger:** supports brain health by its anti-inflammatory and antioxidant properties, which may help protect against neurodegenerative diseases and improve cognitive function.
- **Turmeric:** enhances brain health through its potent anti-inflammatory and antioxidant properties, potentially reducing the risk of neurodegenerative diseases and supporting cognitive function.

Leftovers

Can be kept in the fridge for 3 days, or in the freezer for 30 days.

Chickpea Tajine (1/2)

Portions : 4

Preparation time : 1 hour 30 minutes

Ingredients

Main ingredients

- 2 Tbsp. olive oil
- 1 medium onion, diced
- 1 red or orange bell pepper, chopped
- 4 garlic cloves, finely chopped or minced
- 1.5 cups vegetable broth
- 2 cups butternut squash or sweet potato, peeled and finely diced
- 30 oz canned chickpeas, drained and rinsed
- 1 bay leaf
- ½ tsp salt (more to taste)
- 14 oz canned crushed tomatoes
- 4 large Medjool dates, chopped
- 1 Tbsp. lemon juice

Spice mix

- 1 tsp. ground coriander
 - 1 tsp. ground cinnamon
 - ½ tsp. ground cumin
 - ¼ tsp. ground ginger
-

Winter



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- ¼ tsp. ground turmeric
 - ¼ tsp. cayenne pepper
 - Pinch of ground cloves
 - Ground black pepper, to taste

Yogurt sauce

- ½ cup plain yogurt
 - 2 tsp. lemon juice
 - ½ tsp. ground coriander
 - Salt, to taste
-

Instructions

1. In a small bowl, stir together the ‘spice mix’.
 2. In a large pot over medium heat, warm 2 Tbsp. olive oil.
 3. Add onions with a pinch of salt, and cook until golden brown (5 min.).
 4. Add red pepper, garlic and a splash of water. Cook for 3 min. while stirring frequently.
 5. Pour broth and spice mix. Mix well.
 6. Add squash/sweet potato, chickpeas, bay leaf, salt, tomatoes and dates. Stir and bring to a boil.
 7. Cover pot and let simmer for 40 minutes (or until squash/sweet potato is tender and mixture is thick).
 8. Meanwhile, make the yogurt sauce by whisking together all ingredients. Refrigerate until ready to use.
 9. Once meal is ready, let cool for 15 min. and add lemon juice.
 10. Serve in bowls topped with the yogurt sauce.
-

Chickpea Tajine (2/2)

Benefits of this recipe

- **Sweet potatoes** : support brain health by providing a rich source of antioxidants, vitamins, and minerals, aiding in cognitive function and reducing the risk of cognitive decline.
- **Chickpeas** : bolster brain health by supplying essential nutrients like folate, manganese, and protein, supporting cognitive function and reducing the risk of neurodegenerative disorders.
- **Cinnamon** : promotes brain health through its antioxidant and anti-inflammatory properties, potentially enhancing cognitive function and protecting against neurodegenerative diseases.
- **Ginger** : supports brain health by its anti-inflammatory and antioxidant properties, which may help protect against neurodegenerative diseases and improve cognitive function.
- **Turmeric** : enhances brain health through its potent anti-inflammatory and antioxidant properties, potentially reducing the risk of neurodegenerative diseases and supporting cognitive function.

Leftovers

Can be kept in the fridge for 3 days.

Winter



Turkey and kale bowls

Portions: 4

Preparation time: 20 minutes

Ingredients

- ½ medium onion, diced
 - 2 garlic cloves, minced
 - 2 Tbsp. olive oil
 - 4 cups mushrooms, sliced
 - 1 lb ground turkey (or chicken)
 - 1 head of kale, stems removed and leaves chopped, or 4 cups spinach, chopped
 - 3 Tbsp. low-sodium soya sauce or tamari sauce
 - 3 Tbsp. tahini (sesame butter)
 - Salt and pepper to taste
 - ½ cup green onions, chopped (optional as a topping)
 - 3 Tbsp. pine nuts, toasted (optional as a topping)
-

Winter



Instructions

1. In a large pan, warm olive oil over medium heat.
2. Add onion and garlic until translucent (3 min.).
3. Add mushrooms, and cook for several minutes (5 min.).
4. Add turkey and cook until brown.
5. Add soya/tamari sauce, kale/spinach and seasonings.
6. Stir until kale/spinach is wilted.
7. Remove from heat and add in tahini. Combine well.
8. Serve in bowls and top with green onions and pine nuts.
9. Enjoy!

Benefits of this recipe

- **Turkey:** supports brain health by providing high-quality protein, vitamins like B6 and B12, and amino acids such as tryptophan, aiding in neurotransmitter production and cognitive function.
- **Kale and spinach:** fortify brain health by offering a wealth of antioxidants, vitamins, and minerals, bolstering cognitive function and reducing the risk of cognitive decline.

Leftovers

Can be kept in the fridge for 3 days.

Baked pears

Portions : 4

Preparation time : 30 minutes

Ingredients

- 4 pears (bosc), cut length-wise and core removed
 - 4 Medjool dates, pitted
 - 2 Tbsp. almond butter
 - 2 Tbsp. water
 - ¼ cup walnuts, chopped
 - Coconut oil or unsalted butter (for rubbing)
-

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
 2. Rub inside of pear with coconut oil/butter, and place cut-side down onto a baking sheet.
 3. Bake for 15–25 min. until soft (some juices should be oozing out).
 4. In a food processor, add dates, almond butter and water. Purée until smooth.
 5. Once pears are baked, place them on a serving dish.
 6. Drizzle with 'date' mixture and sprinkle with walnuts.
 7. Serve and enjoy when warm!
-

Winter



Benefits of this recipe

- **Almond butter:** enhances brain health with its rich concentration of healthy fats, antioxidants, and essential nutrients, supporting cognitive function and neuroprotection.
- **Walnuts:** boost brain health with their omega-3 fatty acids, antioxidants, and neuroprotective compounds, improving cognitive function and reducing the risk of neurodegenerative diseases.

Leftovers

Best consumed fresh.

Tofu frittata

Time to mix up the egg-based frittata to a healthier brain version by using tofu as the main protein source! Perfect for Mother's Day and Easter gatherings.

Portions: 4

Preparation time: 60 minutes

Ingredients

- 1 Tbsp. oil
- 1 medium potato, with or without skin, diced
- 1 small onion, diced
- 2 cups spinach, chopped, or kale, stems removed and leaves chopped
- 1 red or orange bell pepper, diced
- 2 garlic cloves, minced
- ½ cup cherry tomatoes, halved
- 800gr semi-firm tofu, drained and cubed
- ¼ cup regular milk
- 2 Tbsp. nutritional yeast
- ½ tsp. turmeric
- ¼ tsp. ground pepper
- Pinch of red pepper flakes
- Salt to taste

Instructions

1. Preheat oven to 375 degrees Fahrenheit.
 2. In a pan over medium heat, warm olive oil.
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Special occasions recipes



3. Add onions and garlic, and stir for 5 min.
4. Add potatoes, spinach/kale, red pepper and cherry tomatoes, and stir until potatoes are soft. (add water if needed)
5. Once potatoes are soft, add tofu, milk, nutritional yeast, turmeric, ground pepper, red pepper flakes, and salt.
6. Mix well.
7. Place mixture in a greased over pan, and place in the middle rack of the oven.
8. Bake for 35–45 min. (until firm to the touch).
9. Once cooked, remove from oven and let cool for 10 min.
10. Serve and enjoy!

Benefits of this recipe

- Spinach and kale: fortify brain health by offering a wealth of antioxidants, vitamins, and minerals, bolstering cognitive function and reducing the risk of cognitive decline.
- Tofu: supports brain health with its high-quality protein, isoflavones, and essential nutrients, promoting cognitive function and potentially reducing the risk of neurodegenerative diseases.
- Turmeric: enhances brain health through its potent anti-inflammatory and antioxidant properties, potentially reducing the risk of neurodegenerative diseases and supporting cognitive function.

Leftovers

Best consumed the same day. Can be kept in the fridge for 3 days.

Kale and swiss chard sauté

This is the perfect side dish to compliment any meal to optimize brain health and to have a healthier holiday meal with loved ones.

Portions : 4

Preparation time : 35 minutes

Ingredients

- 1 Tbsp. coconut oil or olive oil
 - 3 green onions, thinly sliced
 - 3 garlic cloves, minced
 - 1 bunch Swiss chard, stems removed and leaves thinly sliced
 - 1 head of kale, stems removed and leaves thinly sliced
 - 2 Tbsp. sesame oil or olive oil
 - 3 Tbsp. pumpkin seeds or sunflower seeds
-

Instructions

1. In a large pan over medium heat, add oil, onions and garlic, and sauté until golden (5 min.)
 2. Add Swiss chard and kale, and stir until greens wilt (5 min.)
 3. Add sesame oil or olive oil, and stir to coat.
 4. Add seeds and continue to sauté for 10 min.
 5. Serve and enjoy!
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Special occasions recipes



Benefits of this recipe

- **Swiss chard and Kale:** fortify brain health by offering a wealth of antioxidants, vitamins, and minerals, bolstering cognitive function and reducing the risk of cognitive decline.
- **Pumpkin seeds:** rich in antioxidants, which helps reduce the risk of neurodegenerative diseases. Also contains various minerals which are essential for brain function.

Leftovers

Can be kept in the fridge for 3 days.

Vegan burgers

Vegan burgers are great for BBQ season because they are packed with brain-boosting nutrients like omega-3 fatty acids from plant sources and antioxidants from vegetables, promoting cognitive health.

Portions: 4

Preparation time: 30 minutes

Ingredients

- 1 cup cooked rice (brown if possible)
 - 1 cup walnuts
 - ½ Tbsp. olive oil
 - ½ medium onion, finely diced
 - 1 Tbsp. chili powder
 - 1 Tbsp. cumin powder
 - 1 Tbsp. paprika
 - ½ tsp. salt
 - ½ tsp. black pepper
 - 1 Tbsp. honey
 - 1.5 cups canned black beans, rinsed, drained and patted dry
 - ⅓ cup panko bread crumbs
 - 3 Tbsp. BBQ sauce
-

Instructions

1. Cook rice as described on the package, and set aside when ready.
 2. Heat pan over medium heat.
 3. Once hot, add walnuts and toast 5–7 min. until golden brown. Remove from pan and let cool.
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Special occasions recipes



4. Using the same pan, warm oil and add onion. Cook for 3–4 min. until soft and translucent. Remove from heat and set aside.
5. Once the walnuts are cooled, add to blender with chili powder, cumin, paprika, salt, pepper and sugar. Blend until it is a fine meal. Set aside.
6. To a large mixing bowl, add black beans and mash well with a fork.
7. To beans, add cooked rice, spice-walnuts mixture, sautéed onions, panko bread crumbs, BBQ sauce.
8. Mix thoroughly with a spoon for 2 minutes until it is a doughy texture. (if too dry, add 1 Tbsp. BBQ sauce. If too wet, add panko.).
9. Taste and adjust as needed.
10. Divide into 4 patties.
11. Heat pan with oil over medium heat and add burgers. Close lid.
12. Cook 3–4 minutes or until browned. Flip gently to cook other side.
13. Remove burgers from heat.
14. Serve as is on a toasted bun with desired toppings, and enjoy!

Benefits of this recipe

- **Walnuts:** boost brain health with their omega-3 fatty acids, antioxidants, and neuroprotective compounds, improving cognitive function and reducing the risk of neurodegenerative diseases.
- **Beans:** promote brain health by offering a rich source of protein, fiber, antioxidants, and essential nutrients that support cognitive function and reduce the risk of neurodegenerative diseases.

Leftovers

Best consumed fresh. Can be kept in the fridge for 3 days.

Golden milk

This exotic beverage is a great addition to any family gathering and adds some brain-boosting ingredients that can be enjoyed on a cold day as well.

Portions : 4

Preparation time : 5 minutes

Ingredients

- 4 cups regular milk
 - 3 tsp. ground turmeric
 - ½ tsp. ground ginger
 - ½ tsp ground cinnamon
 - 1 pinch ground black pepper
 - 4 tsp. honey or maple syrup
 - 2 Tbsp. coconut oil (optional)
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Instructions

1. In a small sauce pan over medium heat, add all ingredients.
 2. Whisk to combine and heat until warm (and not boiling), around 4 min.
 3. Turn off heat and adjust flavor as needed.
 4. Serve in 4 mugs and enjoy!
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Special occasions recipes



Benefits of this recipe

- **Turmeric**: enhances brain health through its potent anti-inflammatory and antioxidant properties, potentially reducing the risk of neurodegenerative diseases and supporting cognitive function.
- **Ginger**: supports brain health by its anti-inflammatory and antioxidant properties, which may help protect against neurodegenerative diseases and improve cognitive function.
- **Cinnamon**: promotes brain health through its antioxidant and anti-inflammatory properties, potentially enhancing cognitive function and protecting against neurodegenerative diseases.
- **Coconut oil**: benefits brain health with its medium-chain triglycerides (MCTs), which provide an efficient energy source for brain cells and may support cognitive function.

Leftovers

Best consumed fresh.

Pumpkin bread

Pumpkin bread is a great holiday dessert because its rich, spiced flavor embodies the festive season, and it's packed with nutrients like vitamin A and fiber, making it both delicious and nutritious.

Portions: 10

Preparation time: 1 hour 25 minutes

Ingredients

- 3 eggs
 - 1 cup canned pumpkin purée
 - ¼ cup sugar
 - 1 Tbsp. vanilla extract
 - 1 Tbsp. ground cinnamon
 - 2 cups almond flour
 - ¼ tsp. salt
 - 1 tsp. baking soda or 1 Tbsp. baking powder
-

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
 2. Line a small loaf pan with parchment paper with an overhang, and lightly spray with oil.
 3. In a medium bowl, whisk eggs, pumpkin purée, sugar, vanilla and cinnamon until well combined.
 4. Gradually add almond flour using rubber spatula as the batter thickens.
 5. Add in salt and baking soda, and mix well.
 6. Transfer the batter to the prepared pan, and smooth out the top.
 7. Bake the bread until browned and set (inserted toothpick should come out clean) for around 40 min.
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Special occasions recipes



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8. Remove pan from the oven and, using the excess parchment paper as hands, remove carefully the bread from the pan and transfer to a dish.
 9. Let cool for 30 min. before slicing the bread.
 10. Slice into 10 pieces and enjoy!
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Benefits of this recipe

- Pumpkin purée: rich in antioxidants as to reduce inflammation, vitamin A for neuroplasticity, and essential minerals that support cognitive function.
 - Cinnamon: promotes brain health through its antioxidant and anti-inflammatory properties, potentially enhancing cognitive function and protecting against neurodegenerative diseases.
 - Almond flour: supports brain health with its high levels of vitamin E, healthy fats, and essential nutrients, aiding cognitive function and protecting against neurodegenerative diseases.
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Leftovers

Can be kept in the fridge for 3 days.

Holiday Stuffing

Stuffing doesn't have to be a heavy dish! This stuffing dish is packed with brain-healthy cauliflower to help you balance any holiday meal.

Portions : 4

Preparation time : 50 minutes

Ingredients

- ½ head of cauliflower, cut into small bite size pieces
 - ½ medium onion, chopped
 - ½ cup celery, thinly sliced
 - 2 cups mushrooms, sliced
 - 1 garlic clove, minced
 - 2 Tbsp. unsalted butter, melted
 - ½ tsp. salt
 - ¼ tsp. dried thyme
 - ¼ tsp. dried sage
 - Black pepper (as desired)
-

Instructions

1. Preheat oven to 450 degrees Fahrenheit.
 2. Line a rimmed baking sheet with non-stick foil.
 3. In a large bowl, stir together cauliflower, onion, celery and garlic. Toss with olive oil, salt, black pepper, thyme and sage.
 4. Spread the cauliflower mixture on the baking sheet and roast for 15 min., and remove from oven.
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Special occasions recipes



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5. In an oven-safe serving platter, place roasted cauliflower mixture, add mushrooms, and return to oven and roast until stuffing is lightly brown (10–15 min.).
 6. Serve and enjoy!
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Benefits of this recipe

- **Cauliflower:** supports brain health through its antioxidants, choline, and vitamin K content, promoting cognitive function and potentially reducing the risk of neurodegenerative diseases.
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Leftovers

Best consumed fresh. Can be kept in the fridge for 3 days.

Hoppin' John good luck meal

Hoppin' John is a traditional Southern dish often enjoyed on New Year's Day to bring good luck for the coming year. The peas symbolize coins, while the greens served alongside represent paper money.

Portions: 4

Preparation time: 40 minutes

Ingredients

- 2 Tbsp. olive oil
 - 2 bell peppers (red or green or orange), diced
 - 1 celery stalk, diced
 - 2 medium carrots, peeled and diced
 - 2 garlic cloves, minced
 - 1 tsp. paprika
 - 1 tsp. chili powder
 - ½ tsp salt
 - ¼ tsp. cayenne pepper
 - 1 head of kale, stems removed and leaves chopped, or 4 cups spinach, chopped
 - 15 oz canned black-eyed peas, drained and rinsed
 - 1 medium tomato, diced
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Special occasions recipes



Instructions

1. In a medium sized pan over medium heat, warm oil.
2. Add bell peppers, celery, carrots and garlic, and cook while stirring (8 min.)
3. Add paprika, chili powder, salt and cayenne. Stir until incorporated.
4. Stir in kale/spinach in batches until it wilts.
5. Add black-eyes peas and tomatoes, and stir until heated (3–4 minutes).
6. Season with more salt and spices as desired.
7. Serve with rice or bread, and enjoy!

Benefits of this recipe

- **Carrots:** promote brain health through their rich content of antioxidants like beta-carotene and other vital nutrients, supporting cognitive function and reducing the risk of cognitive decline.
- **Spinach and kale:** fortify brain health by offering a wealth of antioxidants, vitamins, and minerals, bolstering cognitive function and reducing the risk of cognitive decline.
- **Black-eyed peas:** support brain health by providing essential nutrients like folate, manganese, and iron, which aid in cognitive function and reduce the risk of neurodegenerative diseases.

Leftovers

Can be kept in the fridge for 3 days, or the freezer for 30 days.

Conclusion

Now that you had time to go over the book, we want to emphasize the profound impact that your dietary choices can have on your brain health and overall well-being. As we've explored throughout this book, adopting a brain-healthy diet isn't just about what you eat; it's about nourishing your brain with the nutrients it needs to thrive. As you integrate the recommendations shared here into your daily life, keep the following principles in mind:

1. **Consistency is key:** Consistent, small changes to your diet can yield significant long-term benefits. Instead of focusing on perfection, aim for progress. Remember that every positive dietary choice you make contributes to your overall health.
2. **Embrace variety:** Your brain thrives on diversity, so make sure your diet includes a wide range of nutrient-dense foods. Incorporate an array of colorful fruits and vegetables, whole grains, lean proteins, and healthy fats into your meals. Experiment with new ingredients and recipes to keep your meals exciting and satisfying.
3. **Prioritize whole foods:** When it comes to nourishing your brain, whole foods are your best bet. These foods are rich in vitamins, minerals, antioxidants, and other nutrients that support cognitive function and protect against age-related decline. Minimize processed foods, sugary snacks, and refined carbohydrates, which can have detrimental effects on brain health.
4. **Mindful eating:** Cultivate mindfulness around your eating habits. Pay attention to your body's hunger and fullness cues, and eat slowly and attentively. Engage all your senses while eating, savoring the flavors, textures, and aromas of your food. Mindful eating can help you develop a healthier relationship with food and prevent mindless overeating.

5. **Stay hydrated :** Proper hydration is essential for optimal brain function. Aim to drink plenty of water throughout the day, and limit caffeinated and sugary beverages, which can dehydrate you and impair cognitive function. Keep a water bottle handy and sip regularly to stay hydrated.
6. **Customize your approach :** Remember that there's no one-size-fits-all approach to nutrition. Consider your individual needs, preferences, and lifestyle factors when designing your diet plan. If you have specific health concerns or dietary restrictions, consult with a registered dietitian for personalized guidance and support.
7. **Lifestyle factors :** While diet plays a crucial role in brain health, it's just one piece of the puzzle. Incorporate other lifestyle factors that support cognitive function, such as regular physical activity, adequate sleep, stress management, and social engagement. These factors work synergistically to promote overall brain health and resilience.
8. **Be patient and persistent :** Realize that significant changes won't happen overnight. Be patient with yourself and stay committed to your goals, even in the face of setbacks. Remember that building healthy habits takes time and effort, but the payoff in terms of improved brain health and quality of life is well worth it.
9. **Continual learning :** Stay curious and informed about the latest research and recommendations in nutrition and brain health. The field of nutritional science is constantly evolving, and there's always something new to learn. Keep an open mind and be willing to adapt your approach as new information emerges.
10. **Community support :** Surround yourself with a supportive community of friends, family, and health professionals who share your commitment to brain health. Having a strong support network can provide encouragement, accountability, and motivation on your journey toward better health.

As you close this book, we encourage you to reflect on the insights and recommendations shared here and consider how you can apply them to your own life. Your brain health is a precious asset, and the choices you make today can have a profound impact on your cognitive vitality and quality of life in the years to come.

Congratulations embarking on this health journey. Here's to a lifetime of vibrant brain health and well-being!

Warm regards,

Hope for dementia

<https://hopefordementia.org/>

For additional information : <https://hopefordementia.org/resource-center/>

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