

Module 3, Lesson 2 Tool:

Sample Meal Plan for Cognition Support

Eating a healthy diet is key for maximizing cognition. Our brains benefit tremendously from specific foods due to their nutrient content and research shows that an anti-inflammatory diet (specifically high in omega-3s and antioxidants) can help prevent cognitive decline. Consider the following sample meal plan that incorporates the elements of a brain protective diet.

Breakfast

- 1 slice sprouted grain bread, toasted
- 1/3 avocado, mashed
- 2 boiled eggs
- 1 cup blueberries
- 1 teaspoon ground flaxseeds & dash of cinnamon
- 1 cup coffee with organic milk of choice

Morning Snack

- 1 green apple
- 2 teaspoons almond butter
- Sprinkle of cocoa powder

LunchF:

- Chickpea and Spinach Salad
 - 1 cup baby spinach
 - 1/2 cup chopped cabbage
 - 1/4 yellow bell pepper, diced
 - 1/4 cucumber, diced
 - 1/2 cup cherry tomatoes, sliced
 - 1/2 cup chickpeas
 - 1 tablespoon pumpkin seeds
 - 1 jalapeño, sliced
 - 2 teaspoons olive oil & freshly squeezed lemon juice (sea salt & pepper)

Afternoon Snack

- Green tea

- 2 tablespoons mixed cashews and walnuts

Dinner

- 5 oz broiled Atlantic Mackerel (or other high omega-3/low mercury fish)
- Broccoli sautéed with garlic & 2 teaspoons olive oil
- 1 sweet potato (2 teaspoons of coconut oil)
- 4 oz Bordeaux wine (or any dry red wine of your choice)