

**THE  
ANTI-INFLAMMATORY  
BRAIN-BOOSTING DIET  
COOKBOOK  
FOR ADULTS OVER 50**

**90-Day Gluten-Free Recipes to Support Memory,  
Focus, Clarity & Healthy Aging**



*Leonora Key*

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## **Note to the Reader**

While this book offers guidance for adults over 50 seeking to support memory, focus, energy, and overall wellness, it is not a substitute for medical advice. Please consult your doctor or registered dietitian before making significant changes to your diet or lifestyle – especially if you have underlying health conditions or take medications.

Your path to healthy aging is personal.  
Let this book be your companion, not your prescription.

## *Description*

**You deserve to feel clear, energized, and confident — at every stage of life.**

If you're over 50 and looking for a gentle, natural way to nourish your brain, reduce inflammation, and feel more focused and vibrant each day, this book was made with you in mind.

**The Anti-Inflammatory Brain-Boosting Diet Cookbook for Adults Over 50** offers a simple yet powerful 90-day plan filled with easy, gluten-free meals designed to help you:

- Support memory and concentration
- Restore mental clarity and sharpness
- Reduce inflammation that affects energy, mood, and **heart health**
- Promote healthy aging and long-term vitality

Whether you're feeling foggy, forgetful, or just ready to take better care of your body and mind, this cookbook is your compassionate companion. No diets, no pressure — just real food, real results, and recipes that help you feel like yourself again.

**Inside, you'll find:**

- 90 days of nourishing, anti-inflammatory meal plans
- Brain-boosting ingredients made simple
- Gluten-free, heart-healthy recipes that are easy to follow and full of flavor
- Encouragement and gentle guidance every step of the way

**Feel sharper. Think clearer. Age with confidence.**

Your brain and body are worth the care.

Let this book help you bring them both back into balance — one delicious meal at a time.

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## *Introduction*

If you've found yourself forgetting names more often, struggling to stay focused, or waking up feeling less energized than you used to — you are not alone. These experiences are common after 50, but they are not a sign that your best years are behind you.

In fact, they can be a gentle signal from your body and brain that it's time for a shift — not a drastic overhaul, but a thoughtful, nourishing reset.

This book is here to help you make that shift, one simple, supportive step at a time.

**The Anti-Inflammatory Brain-Boosting Diet Cookbook for Adults Over 50** was created for people like you — people who want to protect their mental clarity, restore daily energy, support heart health, and age with strength and joy.

You won't find harsh restrictions or one-size-fits-all rules here. What you will find is a warm, 90-day plan based on foods that calm inflammation, nourish your brain, and fit easily into real life.

Alongside easy, flavorful recipes, you'll find encouragement, guidance, and insight — all rooted in research, experience, and care.

Because healthy aging isn't about doing more. It's about doing what works — gently, consistently, and with love.

*Welcome. Let's begin this journey together.*

### *Why Brain Health Matters After 50*

Turning 50 is not the beginning of the end — it's the beginning of a new kind of awareness. For many, it's the first time we begin to truly notice changes in memory, clarity, or how long it takes to “bounce back” after a mentally exhausting day.

These shifts are natural. But they don't mean decline is inevitable. They mean your brain — like your body — is asking for support.

As we age, the brain undergoes changes in blood flow, hormone levels, and cell repair processes. Some of these shifts may lead to slower recall, reduced multitasking

ability, or more mental fatigue at the end of the day. These aren't failures — they're signals.

The good news is, the brain remains incredibly adaptable.

This flexibility is called neuroplasticity — the brain's ability to form new connections and improve itself in response to learning, environment, and yes... nutrition.

That's where this book comes in.

Nourishing your brain after 50 isn't about chasing youth — it's about supporting what your brain does best: thinking, remembering, adapting, solving, and staying engaged with life.

When you eat well, sleep better, move more, and reduce silent inflammation, your brain responds.

It clears. It sharpens. It lifts the fog.

This chapter — and this book — is here to remind you:

*It's never too late to support your brain.*

*And the way forward can be simple, delicious, and doable.*

## ***Inflammation and Mental Fatigue — What's the Connection?***

You've probably heard the term "*inflammation*" in news stories, wellness blogs, or doctor's visits. It's often called the "*silent killer*" — and for good reason. But what does it really mean, and what does it have to do with your brain?

Let's start simple.

Inflammation is your body's natural way of protecting itself. When you get a cut, your immune system sends out messengers to start healing. That's ***acute inflammation*** — it's short-term and helpful.

But ***chronic inflammation*** is different.

It's like a low, invisible fire that never quite goes out. Instead of healing, it

keeps simmering in the background — and over time, it starts to wear you down. Not just physically, but mentally.

Chronic inflammation has been linked to fatigue, low mood, poor concentration, memory lapses, and even depression. For adults over 50, it can feel like a fog — not dramatic, but constant. You're not "sick," but you're not quite yourself either.

If that sounds familiar, you're not imagining it.

Your brain and body are speaking up — they're asking for support.

### *The good news?*

You don't need a prescription to begin responding.

One of the most powerful ways to quiet inflammation is also one of the most joyful: *real food*.

What you eat can help calm the immune system, reduce brain fog, and bring your energy back online — gently, naturally, and without overwhelm.

And that's exactly what this book is here to show you.

## *Brain-Boosting Nutrition Made Simple*

As you move into this new season of life, the way you nourish your body — and your brain — can make all the difference.

Food is more than fuel; it's information for your brain.

After 50, it's not just about fueling your body — it's about feeding your mind in ways that protect memory, focus, and vitality.

The brain, while only **2%** of your body weight, uses more than **20%** of your daily energy.

When your thinking feels cloudy, your focus fades fast, or your mood dips without warning, your brain may be asking for steady, high-quality nourishment: nutrients that protect, repair, and support mental clarity, resilience, and heart health.

And here's more encouraging news: - Supporting your brain doesn't require a complicated diet — just simple, consistent shifts.

You don't need to overhaul your kitchen overnight.

Just start with a few simple ingredients that do big things for your brain.

These everyday foods are rich in the nutrients your mind craves — like omega-3s, antioxidants, B vitamins, healthy fats, and natural fiber.

### *Eat More Often: Brain-Friendly Foods*

**Here's what your brain loves most:**

- **Fatty fish** (salmon, sardines, tuna) — rich in omega-3s for memory and focus
- **Leafy greens** (spinach, kale, arugula) — packed with folate and fiber for mental sharpness
- **Colorful vegetables** (peppers, broccoli, carrots) — antioxidants to guard against brain aging
- **Berries** (especially blueberries, strawberries) — powerful brain cell protectors
- **Nuts & seeds** (walnuts, flaxseeds, pumpkin seeds) — plant-based omega-3s and minerals
- **Legumes & whole grains** (lentils, oats, quinoa) — slow-burning fuel for steady clarity
- **Avocados & olive oil** — healthy fats that boost blood flow to the brain
- **Green tea & water** — gentle hydration and calm alertness
- **Spices** (turmeric, cinnamon, ginger) — natural anti-inflammatories for cognitive and heart wellness

*Many of the foods recommended here are naturally gluten-free or easy to adapt to a gluten-free lifestyle — supporting your brain & body without added stress.*

### *Eat Less Often: Foods That Drain Your Brain*

**And here's what your brain would rather avoid:**

- **Sugary drinks** (sodas, sweet teas, energy drinks)
- **Refined carbs** (white bread, pastries, processed cereals)
- **Trans fats** (fried foods, margarine, shelf-stable snacks)
- **Highly processed meats** (bacon, sausage, deli meats)
- **Too much sodium** (instant soups, chips, frozen meals)
- **Artificial additives and sweeteners** (when consumed excessively)

These foods can trigger inflammation, spike blood sugar, and leave you feeling sluggish, foggy, and fatigued over time.

## *Gentle Reminder*

This isn't about perfection – it's about awareness.

You don't need to overhaul your life overnight.

Even small, consistent shifts – a few healthier choices each week – can set you on the path toward better clarity, stronger memory, lasting energy, and vibrant heart health.

Start where you are.

Choose one food to add. One food to ease away from.

Repeat with kindness.

*Your brain – and your future self – will thank you.*

## *How to Use This Book for Best Results*

You don't need to be perfect. You don't need to do everything at once. You just need to start – gently, consistently, and with care.

This book is designed to be more than a collection of recipes.

It's a roadmap for clearer thinking, steady energy, and feeling more like you again – using a brain-friendly, anti-inflammatory, gluten-free approach tailored for adults over 50.

This section will guide you through how to use the book, your included 90-Day Brain-Boosting Plan, and the free bonus resources available for download.

## *Including Your 90-Day Plan & Bonus Downloads*

### **How the 90-Day Plan Works**

Here's how the 90-day journey unfolds – in three gentle, supportive phases:

#### **Reset (Days 1–30):**

Reduce sugar and processed foods, and start introducing brain-boosting meals and hydration habits.

## **Rebuild (Days 31–60):**

Try new recipes, build comforting rhythms, and begin noticing shifts in clarity, energy, and how you feel each day.

## **Renew (Days 61–90):**

Reinforce what works best for you, settle into sustainable habits, and enjoy the benefits of consistent nourishment.

Each phase includes simple weekly recipe suggestions, grocery lists, and lifestyle tips to support you without pressure.

### **Choosing Recipes Without Overwhelm**

Don't feel like you need to make everything at once.

Pick 3–5 recipes each week that feel doable and enjoyable. Repeat your favorites.

If batch-cooking helps — do it. If you prefer fresh daily prep — that's okay too.

Let this process adapt to your life — not the other way around.

### **Personalizing Without Overcomplication**

Throughout the book, you'll find helpful notes and ingredient swaps.

You can make small changes that fit your taste or needs — but you don't have to change your whole life.

The focus is clarity, energy, and support — not perfection.

### **Tracking Progress: Energy & Clarity Journal**

You don't need an app. You don't need a chart.

You just need a little space to pause and reflect.

The bonus section also includes, among other things, printable journal pages to help you keep track of:

- How your brain feels (focus, mood, memory)
- How your body feels (energy, digestion, sleep)
- Which meals made you feel your best

Small notes, once a week, are enough to start seeing patterns — and celebrating progress.

This is not a sprint. It's a gentle return to clarity.

**You're not starting from scratch — you're returning to yourself.  
One bite, one breath, one day at a time.**

### *Bonus Support for Your Journey*

To make your experience even easier and more joyful, we've created special downloadable resources to accompany this book.

*You'll find:*

- **All-in-One Kitchen Companion for Adults 50+ (Cooking Charts)**
- **Energy and Clarity Journal pages to track your progress**
- **A printable 90-Day Brain-Boosting Meal Plan**
- **Easy grocery lists for each phase**
- **Extra gluten-free, heart-healthy recipes**

*Get your free bonuses here:*

Take what you need, move at your own pace, and enjoy the journey toward greater clarity, vitality, and healthy aging.

### *Welcome to Your Brain-Boosting Kitchen*

This is where knowledge becomes nourishment — and every meal becomes a small, joyful gift to your brain, your heart, and your future.

The recipes you'll discover here are designed especially for adults over 50 who want to protect memory, restore energy, and support healthy aging — not through restriction, but through simple, joyful eating.

*Each dish reflects a thoughtful balance of:*

**Anti-inflammatory ingredients** to calm your body and protect your immune system,

**Brain-friendly nutrients** to enhance clarity, focus, and mental energy, **Heart-healthy** choices to support vitality and long-term wellness, **Naturally gluten-free options** to make nourishment easy, gentle, and accessible.

You don't need complicated techniques, rare ingredients, or rigid rules. You simply need real food — chosen with care, prepared with ease, and served with kindness to yourself.

*In the following sections, you'll find:*

- Easy, brain-boosting recipes you can start using today,
- Weekly meal ideas to support clarity, energy, and healthy aging,
- Gentle guidance to make nourishing your brain and heart a natural, joyful part of everyday life.

Every recipe is a step toward clearer thinking, steadier energy, and a stronger, more resilient you.

**One delicious, mindful bite at a time.**

Let's cook — and let's celebrate the vibrant life ahead.

## *How Often Should You Eat After 50 for Brain and Heart Health*

As we move through our 50s and beyond, the way we nourish our bodies — and when we nourish them — becomes even more important.

You might wonder: **How often should I be eating to support my brain, my heart, and my overall vitality?**

The answer is simple and gentle:

**Aim for three balanced meals a day, with one or two small, nourishing snacks if needed.**

*Here's why:*

**Steady Energy and Clearer Thinking:** After 50, blood sugar levels can become more sensitive to long gaps between

meals. Regular, balanced eating provides your brain with a steady stream of fuel — helping to prevent crashes in energy, focus, and mood.

### **Calm Inflammation Naturally:**

Skipping meals or eating large, heavy meals can increase silent inflammation in the body. Gentle, consistent nourishment keeps your system in balance and supports heart and brain health.

### **Support Digestion and Restful Sleep:**

Eating smaller, balanced meals throughout the day — and avoiding heavy meals late at night — can support easier digestion, better sleep, and more vibrant mornings.

### ***A Brain and Heart-Friendly Eating Rhythm Might Look Like This:***

- **Energizing Breakfast:** Start your day with healthy fats, fiber, and a little protein to awaken your brain.
- **Midmorning Snack (optional):** A handful of walnuts and fresh berries to stay focused.
- **Light, Nourishing Lunch:** Colorful vegetables, lean protein, and a small portion of healthy carbs to refuel midday.
- **Afternoon Snack (optional):** Hummus with cucumber slices or a small smoothie to support steady energy.
- **Gentle Dinner:** A lighter meal centered around vegetables and quality protein, enjoyed a few hours before bedtime.


### ***Gentle Reminder:***

You don't need to eat on a strict schedule. Listen to your body's natural hunger signals. Some days, you may feel energized with three meals. Other days, a small snack might help keep you steady and clear.

It's not about rigid rules — it's about responding to your body with kindness and care.

***Nourish often. Nourish gently. Nourish with love.***

Your brain, your heart, and your future self will thank you.



**BREAKFASTS  
FOR  
BRAIN POWER**



**TIME**  
5 min



**SERVES**  
2



**METHOD**  
Chill 2+h



**DIFFICULTY**  
Very Easy

## BLUEBERRY CHIA BRAIN PUDDING

### DIRECTIONS

- In a medium bowl or mason jar, whisk together almond milk, chia seeds, cinnamon, vanilla extract, and a pinch of sea salt.
- Stir in the ground flaxseeds and blueberries.
- Let the mixture sit for 5 minutes, then stir again to prevent clumping.
- Cover and refrigerate for at least 2 hours, or overnight for the best texture.
- Before serving, stir once more. Top with optional almonds and fresh mint, if desired.
- Serve chilled for a refreshing, brain-boosting start to your day or a nourishing snack.

### Smart Swaps and Tips for 50+:

- If blood sugar is a concern: Omit maple syrup or honey; rely on the natural sweetness of blueberries.

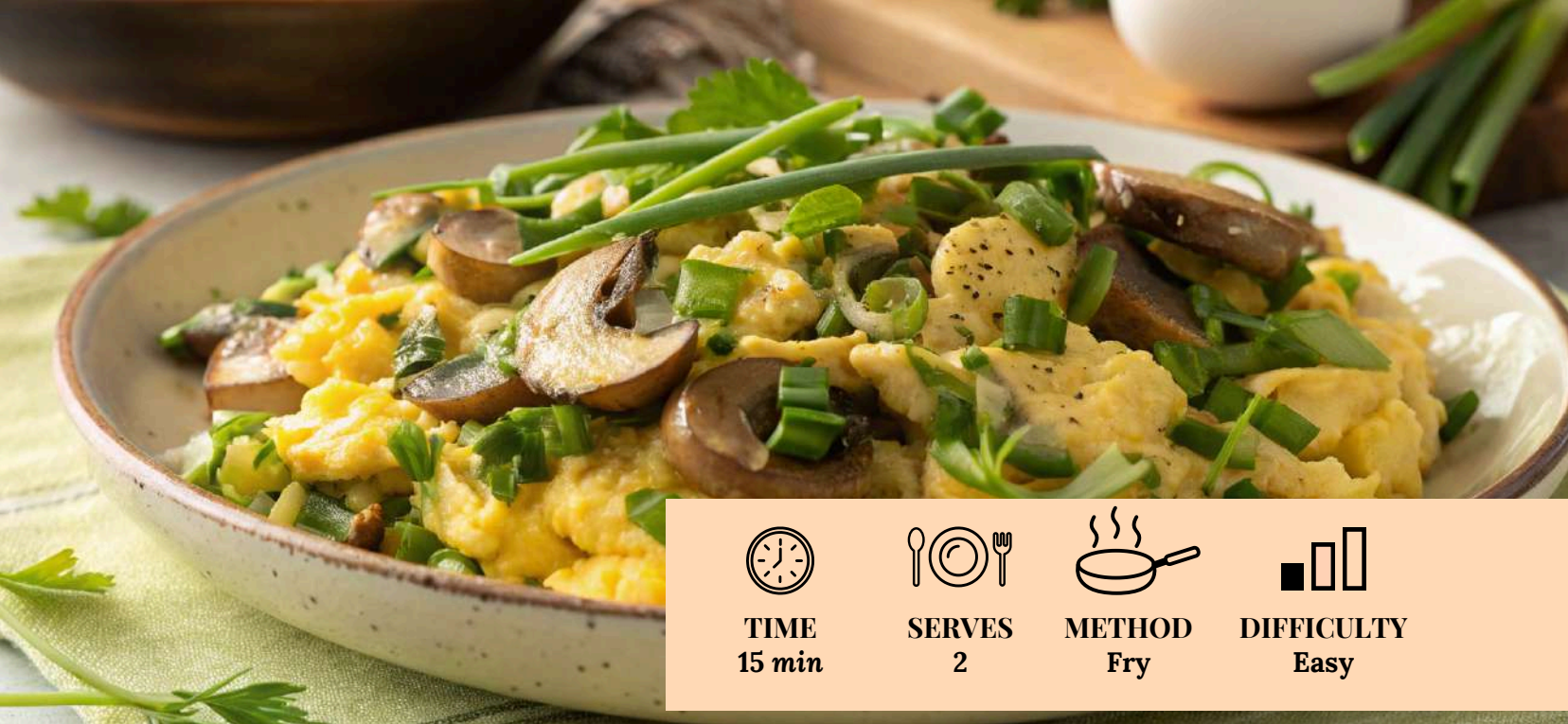
**Nutritional Information:** Calories: 190; Protein: 5g; Carbohydrates: 18g; Fats: 11g; Fiber: 9g; Cholesterol: 0mg; Sodium: 110mg; Potassium: 230mg

### INGREDIENTS

- 1 cup unsweetened almond milk or coconut milk
- 3 tbsp chia seeds
- 1/2 tsp ground cinnamon
- 1 teaspoon pure vanilla extract
- 1/2 cup fresh or frozen wild blueberries
- 1 tbsp ground flaxseeds
- 1 tsp maple syrup or raw honey
- A pinch of sea salt

### Optional toppings:

- Sliced almonds
- Fresh mint leaves



TIME  
15 min



SERVES  
2



METHOD  
Fry



DIFFICULTY  
Easy

## MUSHROOM AND LEEK EGG SCRAMBLE WITH FRESH HERBS

### DIRECTIONS

- In a nonstick skillet, heat oil over medium heat.
- Add leeks and sauté for 2–3 min until softened. Add mushrooms and cook another 3–4 min, until golden and tender.
- In a bowl, whisk eggs with almond milk, salt, and pepper.
- Pour eggs into skillet and gently scramble with a spatula until just set, about 2–3 min.
- Remove from heat. Stir in fresh herbs just before serving.
- Serve warm, topped with optional nutritional yeast or microgreens.

#### Smart Swaps and Tips for 50+:

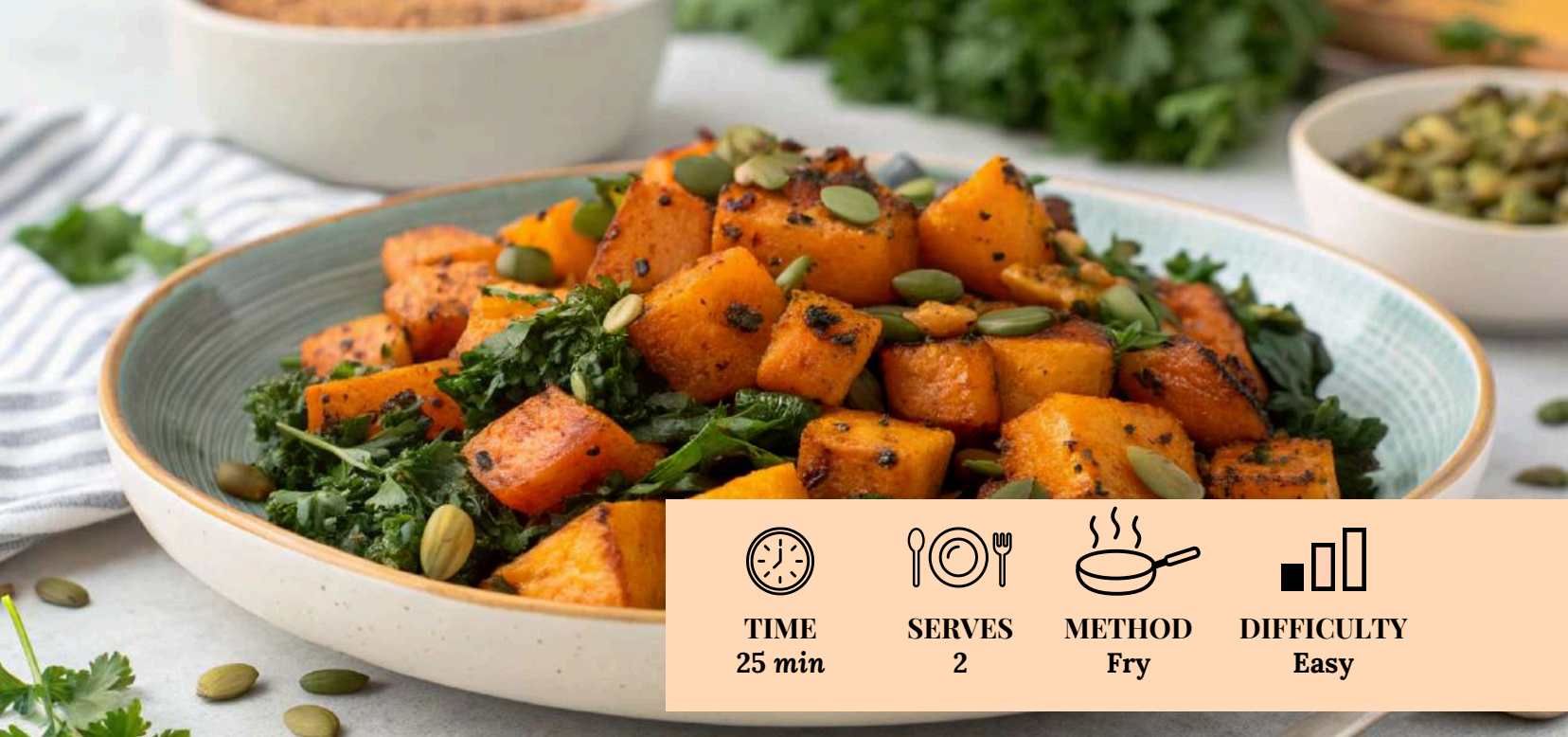
**No leeks?** Use finely sliced green onions or shallots.

- **More fiber:** Add a handful of spinach or arugula.

**Nutritional Information:** Calories: 210; Protein: 14g; Carbohydrates: 4g; Fats: 15g; Fiber: 1g; Cholesterol: 370mg; Sodium: 160mg; Potassium: 290mg

### INGREDIENTS

- 1 tsp olive or avocado oil
- 1/2 cup sliced leeks (white and light green parts only, rinsed well)
- 1/2 cup chopped mushrooms (shiitake, cremini, or button)
- 4 large eggs
- 1 tbsp unsweetened almond milk (optional)
- 1 tbsp chopped fresh parsley
- 1 tbsp chopped fresh chives or dill
- Pinch of sea salt
- Pinch of ground black pepper



**TIME**  
25 min



**SERVES**  
2



**METHOD**  
Fry



**DIFFICULTY**  
Easy

## SWEET POTATO AND KALE BREAKFAST HASH

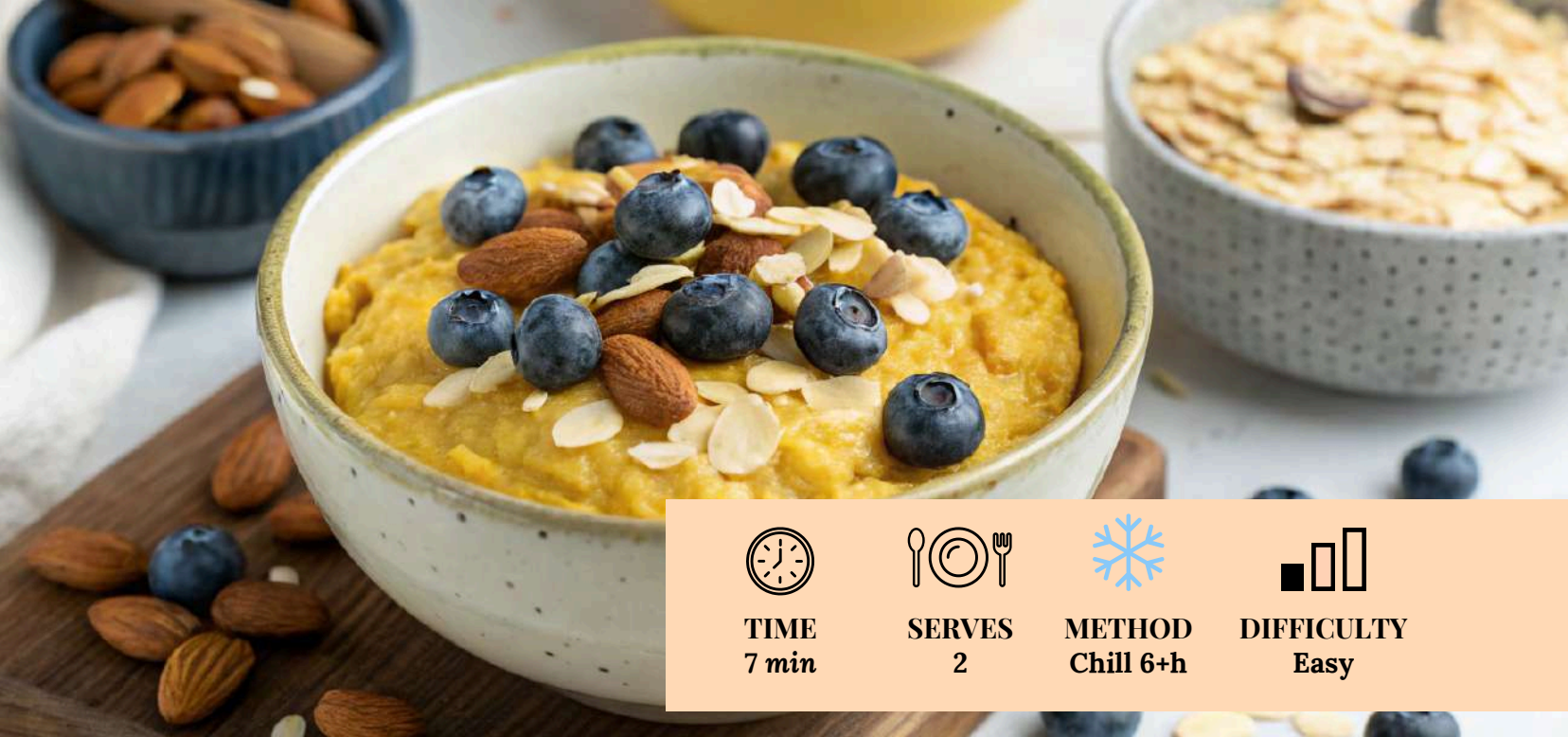
### DIRECTIONS

- Heat olive oil in a large nonstick skillet over medium heat.
- Add diced sweet potatoes. Sauté for 8–10 minutes, stirring occasionally, until softened and lightly golden.
- Add turmeric, smoked paprika, sea salt, and black pepper. Stir to coat the sweet potatoes evenly with spices.
- Add chopped kale to the skillet. Cook for another 4–6 minutes, stirring often, until kale is wilted and tender.
- Remove from heat. Sprinkle with pumpkin seeds & garnish with fresh parsley or cilantro if desired.
- Serve warm and enjoy a vibrant, brain-boosting start to your day!

**Nutritional Information:** Calories: 210; Protein: 4g; Carbohydrates: 27g; Fats: 10g; Fiber: 6g; Cholesterol: 0mg; Sodium: 240mg; Potassium: 580mg

### INGREDIENTS

- 1 medium sweet potato, peeled and diced into small cubes
- 1 tbsp extra-virgin olive oil
- 2 cups fresh kale, chopped (stems removed)
- 1/4 tsp ground turmeric
- 1/4 tsp smoked paprika
- 1/4 tsp sea salt
- 1/8 tsp ground black pepper
- 1 tbsp pumpkin seeds
- 1 tbsp chopped fresh parsley or cilantro



**TIME**  
7 min



**SERVES**  
2



**METHOD**  
Chill 6+h



**DIFFICULTY**  
Easy

## GOLDEN TURMERIC OVERNIGHT OATS

### DIRECTIONS

- In a medium bowl or mason jar, combine oats, almond milk, turmeric, cinnamon, chia seeds, flaxseeds, maple syrup (if using), black pepper, vanilla, and sea salt.
- Stir well until everything is fully mixed.
- Cover and refrigerate overnight, or for at least 6 hours.
- In the morning, stir again and add a splash of extra almond milk if desired for a creamier texture.
- Top with fresh berries, nuts, or coconut before serving. Enjoy chilled or slightly warmed if preferred!

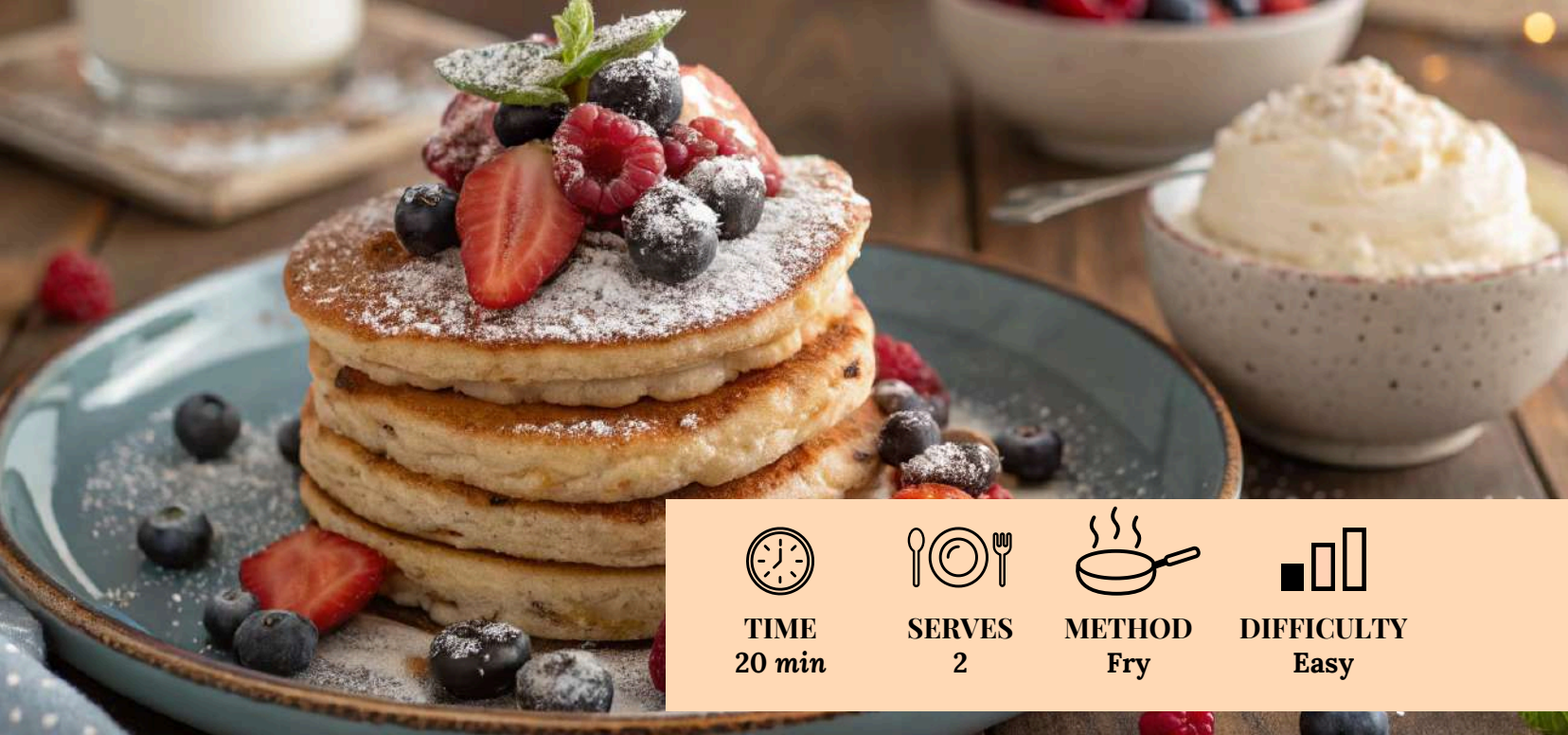
#### Smart Swaps and Tips for 50+:

- **If sensitive to seeds:** Skip flax or chia and instead stir in a tablespoon of nut butter before serving.

**Nutritional Information:** Calories: 260; Protein: 8g; Carbohydrates: 32g; Fats: 11g; Fiber: 9g; Cholesterol: 0mg; Sodium: 160mg; Potassium: 310mg

### INGREDIENTS

- 1 cup gluten-free certified rolled oats
  - 1 cup unsweetened almond milk (or coconut milk)
  - 1/2 tsp ground turmeric
  - 1/4 tsp ground cinnamon
  - 1 tbsp chia seeds
  - 1 tbsp ground flaxseeds
  - 1 tsp pure maple syrup or raw honey (optional)
  - 1/4 tsp black pepper
  - 1/2 tsp pure vanilla extract
  - Pinch of sea salt
- Optional toppings:**
- Fresh berries (blueberries)
  - Sliced almonds or walnuts



**TIME**  
20 min



**SERVES**  
2



**METHOD**  
Fry



**DIFFICULTY**  
Easy

## ALMOND FLOUR BERRY PANCAKES

### DIRECTIONS

- In a medium bowl, whisk eggs, almond milk, maple syrup, and vanilla.
- In a separate bowl, mix almond flour, baking powder, and cinnamon (if using).
- Add dry ingredients to wet and stir until a thick batter forms. Gently fold in the berries.
- Heat a nonstick skillet over medium-low and lightly grease with coconut oil.
- Drop ~2 tbsp scoops of batter onto the skillet.
- Cook 2–3 minutes per side, until bubbles form and edges are set; flip carefully.
- Serve warm with extra berries or coconut yogurt, if desired.

#### For extra omega-3:

- Add a sprinkle of ground flaxseeds into the batter.

**Nutritional Information:** Calories: 280; Protein: 10g; Carbohydrates: 12g; Fats: 22g; Fiber: 5g; Cholesterol: 105mg; Sodium: 120mg; Potassium: 210mg

### INGREDIENTS

- 1 cup almond flour
- 2 large eggs
- 2 tbsp unsweetened almond milk (or other plant-based milk)
- 1 tbsp pure maple syrup
- 1/2 tsp baking powder (gluten-free certified)
- 1/2 tsp pure vanilla extract
- 1/4 tsp ground cinnamon
- 1/4 cup fresh or frozen mixed berries (blueberries, raspberries, strawberries)
- 1 tbsp coconut oil



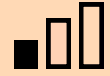
**TIME**  
5 min



**SERVES**  
2



**METHOD**  
Mix



**DIFFICULTY**  
Very Easy

## COCONUT YOGURT PARFAIT WITH FLAXSEEDS AND PUMPKIN SEEDS

### DIRECTIONS

- In two small serving glasses or bowls, layer half of the coconut yogurt.
- Sprinkle 1 tbsp ground flaxseeds and 1 tbsp pumpkin seeds over each serving.
- Top with fresh berries and a sprinkle of shredded coconut if using.
- Drizzle lightly with maple syrup or honey if desired.
- Finish with a dash of ground cinnamon for extra flavor and anti-inflammatory support.
- Serve immediately and enjoy!

#### Smart Swaps and Tips for 50+:

- **For nut allergies:** Double the pumpkin seeds and skip the shredded coconut.
- **Dairy-free option already included.**

**Nutritional Information:** Calories: 320; Protein: 6g; Carbohydrates: 14g; Fats: 17g; Fiber: 7g; Cholesterol: 0mg; Sodium: 60mg; Potassium: 280mg

### INGREDIENTS

- 1 cup unsweetened coconut yogurt (probiotic-rich)
- 2 tbsp ground flaxseeds
- 2 tbsp pumpkin seeds
- 1/2 cup fresh mixed berries (blueberries, raspberries, strawberries)
- 1 tbsp unsweetened shredded coconut (optional, for texture)
- 1 tsp pure maple syrup or raw honey
- 1/4 tsp ground cinnamon (optional, anti-inflammatory boost)



TIME  
20 min



SERVES  
2



METHOD  
Boil



DIFFICULTY  
Easy

## MAPLE CARDAMOM QUINOA BREAKFAST BOWL WITH PEAR

### DIRECTIONS

- In a small saucepan, combine quinoa, almond milk, cardamom, and salt. Bring to a gentle boil.
- Reduce heat, cover, and simmer for 12–15 minutes, or until quinoa is tender and liquid is absorbed.
- Remove from heat and stir in vanilla extract (if using) and maple syrup. Let rest for 2 minutes.
- Divide quinoa between two bowls. Top with diced pear, ground flaxseed, and chopped nuts.
- Sprinkle with cinnamon or coconut flakes if desired. Serve warm.
- **Optional toppings:** cinnamon, unsweetened coconut flakes, fresh mint

#### Smart Swaps and Tips for 50+:

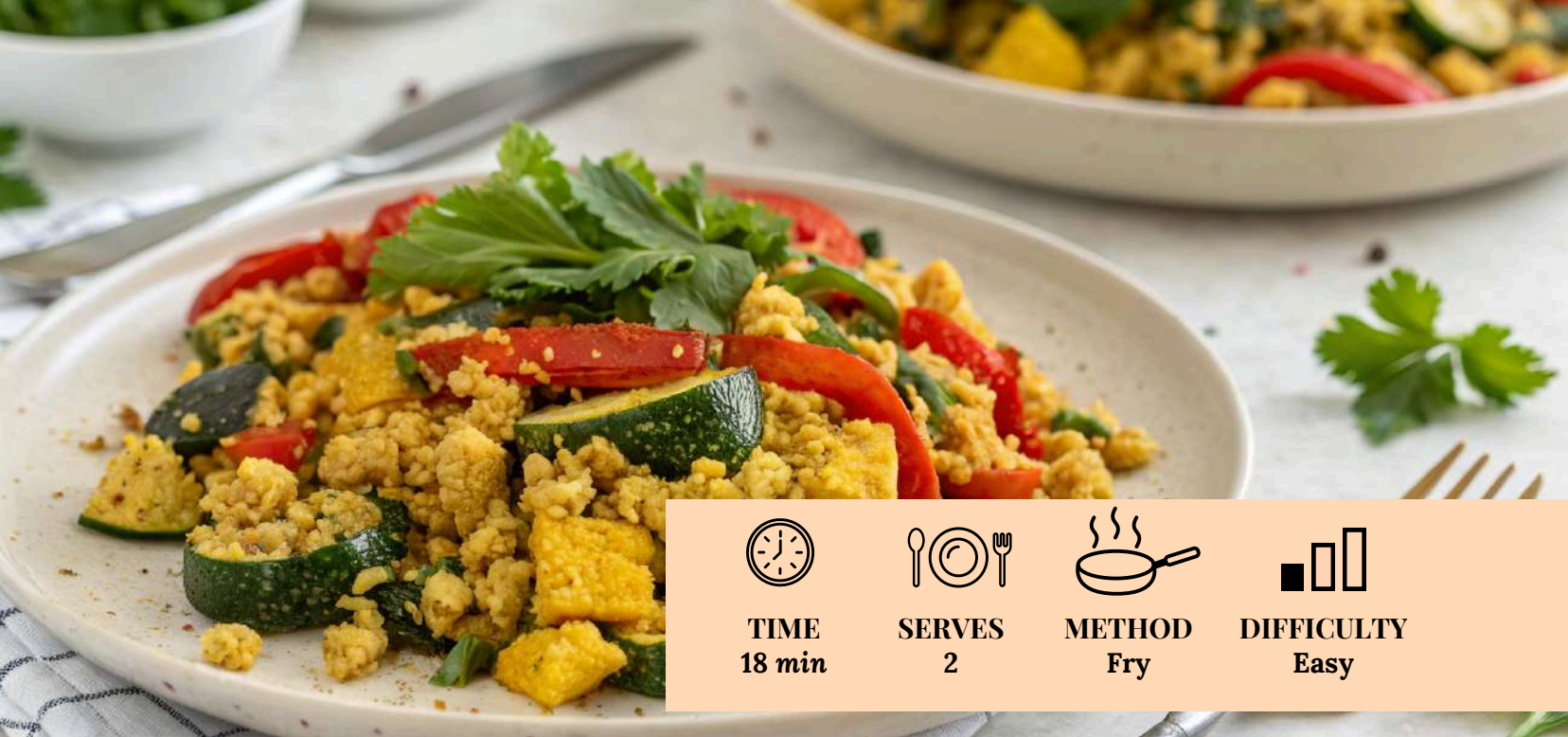
- **No pear?** Use diced apple, peach, or figs depending on the season.

**Nutritional Information:** Calories: 310; Protein: 8g; Carbohydrates: 35g; Fats: 14g; Fiber: 6g; Cholesterol: 0mg; Sodium: 90mg; Potassium: 440mg

### INGREDIENTS

- 1/2 cup dry quinoa, rinsed
- 1 cup unsweetened almond milk (or oat milk)
- 1/4 tsp ground cardamom
- Pinch of sea salt
- 1 medium ripe pear, diced
- 1 tbsp pure maple syrup
- 1 tbsp ground flaxseed or chia seeds
- 2 tbsp chopped walnuts or pecans

**Optional:** 1/2 tsp vanilla extract



**TIME**  
18 min



**SERVES**  
2



**METHOD**  
Fry



**DIFFICULTY**  
Easy

## VEGGIE-PACKED TOFU SCRAMBLE WITH TURMERIC AND GREENS

### DIRECTIONS

- Heat olive oil in a large nonstick skillet over medium heat.
- Add diced onion, bell pepper, and zucchini. Sauté for 3–4 min until slightly softened.
- Stir in crumbled tofu, turmeric, cumin (if using), garlic powder, salt, and black pepper.
- Cook, stirring often, for 5–6 min until tofu is heated through and lightly golden.
- Add chopped spinach and cook for 1 more min until wilted.
- Remove from heat. Sprinkle with nutritional yeast if desired and garnish with fresh herbs.
- Serve warm for a brain-boosting, plant-powered start to your day!
- **Optional:** Use crumbled chickpeas instead of tofu.

**Nutritional Information:** Calories: 270; Protein: 18g; Carbohydrates: 10g; Fats: 18g; Fiber: 4g; Cholesterol: 0mg; Sodium: 210mg; Potassium: 420mg

### INGREDIENTS

- 8 oz firm or extra-firm tofu, drained & crumbled
- 1 tbsp olive or avocado oil
- 1/2 cup red bell pepper
- 1/2 cup zucchini, diced
- 1/2 cup baby spinach or kale, chopped
- 1/4 cup red onion, diced
- 1 tsp ground turmeric
- 1/4 tsp ground cumin
- 1/4 tsp garlic powder
- 1/8 tsp sea salt
- 1/8 tsp black pepper
- 2 tbsp nutritional yeast
- Fresh parsley or cilantro for garnish



**TIME**  
7 min



**SERVES**  
2



**METHOD**  
Mix



**DIFFICULTY**  
Very Easy

## BEET AND BERRY SMOOTHIE BOWL

### DIRECTIONS

- Add beet, berries, banana, almond milk, flaxseeds, chia seeds, and cinnamon (if using) to a high-speed blender.
- Blend until thick and creamy, scraping down the sides if needed.
- Taste and add maple syrup or dates if extra sweetness is desired.
- Pour into two bowls and top with your favorite healthy toppings.
- Enjoy with a spoon as a refreshing and nutrient-rich start to the day

#### Smart Swaps and Tips for 50+:

- **No banana?** Use 1/4 avocado for creaminess + healthy fats, lowering sugar content.
- Replace chia and flax with 1 tbsp hemp hearts.

**Nutritional Information:** Calories: 230; Protein: 5g; Carbohydrates: 27g; Fats: 11g; Fiber: 7g; Cholesterol: 0mg; Sodium: 60mg; Potassium: 520mg

### INGREDIENTS

- 1 small cooked beet, peeled and chopped
- 1 cup frozen mixed berries (blueberries, strawberries, raspberries)
- 1/2 frozen banana
- 1/2 cup unsweetened almond milk (or oat milk)
- 1 tbsp ground flaxseeds
- 1 tsp chia seeds
- 1/2 tsp ground cinnamon
- 1 tsp pure maple syrup or 1 pitted date

**Topping ideas:** Sliced strawberries or blueberries, & Pumpkin seeds or walnuts



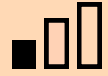
**TIME**  
30 min



**SERVES**  
4



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## ZUCCHINI AND SWEET PEPPER EGG MUFFINS (GLUTEN-FREE)

### DIRECTIONS

- Preheat oven to 350°F (175°C). Lightly grease a silicone or nonstick muffin tin with oil or use parchment liners.
- In a skillet, heat olive oil and sauté bell pepper, zucchini, and onion over medium heat for 3–4 min until slightly softened. Remove from heat.
- In a large bowl, whisk the eggs, turmeric, garlic powder, salt, pepper, and plant-based milk.
- Stir in the sautéed vegetables and fresh herbs.
- Divide the mixture evenly among 8 muffin cups.
- Bake for 18–20 min, or until puffed and firm to the touch.
- Let cool slightly before removing from the pan. Serve warm, or refrigerate and reheat for a grab-and-go breakfast.

**Nutritional Information:** Calories: 170; Protein: 12g; Carbohydrates: 4g; Fats: 11g; Fiber: 1g; Cholesterol: 310mg; Sodium: 240mg; Potassium: 230mg

### INGREDIENTS

- 6 large eggs
- 1/2 cup zucchini, grated and squeezed dry
- 1/2 cup sweet bell pepper, finely chopped
- 1/4 cup red onion, finely chopped
- 1 tbsp olive (avocado) oil
- 1/4 tsp ground turmeric
- 1/4 tsp garlic powder
- 1/8 tsp black pepper
- 1/4 tsp sea salt
- 2 tbsp unsweetened plant-based milk
- Fresh parsley or chives, chopped (optional)
-



**LUNCHES  
FOR  
LASTING ENERGY**



**TIME**  
20 min



**SERVES**  
2



**METHOD**  
Mix



**DIFFICULTY**  
Easy

## WILD SALMON AND AVOCADO SALAD WITH LEMON-DILL DRESSING

### DIRECTIONS

- Whisk together all dressing ingredients in a small bowl. Set aside.
- In a large salad bowl, toss greens, tomatoes, cucumber, and avocado.
- Top with flaked or sliced salmon and chopped dill.
- Drizzle with lemon-dill dressing just before serving.
- Serve fresh as a light, energizing lunch or early dinner.

#### Smart Swaps and Tips for 50+:

- **No fresh salmon?** Use canned wild salmon or high-quality smoked salmon (low sodium).
- **Vegetarian option?** Replace salmon with 1/2 cup cooked lentils + 1 tbsp hemp seeds for protein and omega-3s.

**Nutritional Information:** Calories: 370; Protein: 22g; Carbohydrates: 9g; Fats: 28g; Fiber: 6g; Cholesterol: 45mg; Sodium: 180mg; Potassium: 680mg

### INGREDIENTS

- **For the Salad:**
- 4 oz cooked wild salmon
- 4 cups mixed baby greens
- 1/2 ripe avocado, sliced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup thinly sliced cucumber
- 1 tbsp chopped fresh dill
- **For the Lemon-Dill Dressing:**
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1/2 tsp Dijon mustard
- 1 tsp fresh chopped dill
- Pinch salt & black pepper



**TIME**  
30 min



**SERVES**  
2



**METHOD**  
Mix



**DIFFICULTY**  
Easy

## MEDITERRANEAN CHICKPEA AND QUINOA POWER BOWL

### DIRECTIONS

- Cook quinoa according to package directions. Fluff with a fork and let cool slightly.
- In a small bowl, whisk together all dressing ingredients. Set aside.
- In a large bowl, combine quinoa, chickpeas, tomatoes, cucumber, olives, onion, feta, and herbs.
- Drizzle with dressing, toss gently, and adjust seasoning if needed.
- Serve immediately or refrigerate for up to 2 days for grab-and-go lunches.

### Smart Swaps & Tips for 50+:

- **No feta?** Use diced avocado or almond-based “feta-style” cheese.
- **Sensitive to onion?** Use chopped scallions or skip entirely.

**Nutritional Information:** Calories: 420; Protein: 15g;  
Carbohydrates: 38g; Fats: 22g; Fiber: 9g;  
Cholesterol: 15mg; Sodium: 380mg; Potassium: 640mg

### INGREDIENTS

- 1/2 cup dry quinoa
- 1 cup cooked chickpeas
- 1 cup cherry tomatoes
- 1/2 cucumber, diced
- 1/4 cup Kalamata olives
- 1/4 cup red onion, thinly sliced
- 1/4 cup crumbled feta
- 1 tbsp chopped parsley
- 1 tbsp chopped mint

### For the dressing:

- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1/2 tsp Dijon mustard
- 1/4 tsp garlic powder
- Pinch salt & black pepper



**TIME**  
25 min



**SERVES**  
2



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## GRILLED CHICKEN AND KALE CAESAR (GLUTEN-FREE CROUTONS)

### DIRECTIONS

- **Grill chicken:** Season chicken breasts lightly with salt and pepper. Grill over medium heat for 5–6 min per side, or until fully cooked. Let rest, then slice.
- **Massage kale:** In a large bowl, gently massage chopped kale with a few drops of olive oil for 1–2 min until tender. Add romaine.
- **Make the dressing:** Whisk together all dressing ingredients until smooth.
- **Assemble salad:** Toss greens with dressing. Top with sliced chicken, avocado, Parmesan, and gluten-free croutons.
- Serve fresh with a sprinkle of black pepper.
- **Want more fiber?** Add a spoonful of cooked quinoa or lentils to the base.

**Nutritional Information:** Calories: 390; Protein: 34g; Carbohydrates: 12g; Fats: 23g; Fiber: 5g; Cholesterol: 75mg; Sodium: 260mg; Potassium: 720mg

### INGREDIENTS

- 2 small chicken breasts
- 4 cups chopped kale
- 1 cup romaine lettuce
- 1/2 avocado, sliced
- 1/4 cup shaved Parmesan
- 1/2 cup gluten-free croutons
- **For the Dressing:**
- 2 tbsp plain unsweetened Greek yogurt
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1/2 tsp Dijon mustard
- 1/2 tsp anchovy paste
- 1 small garlic clove
- Salt and pepper to taste



**TIME**  
35 min



**SERVES**  
2



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## ROASTED SWEET POTATO AND BLACK BEAN SALAD

### DIRECTIONS

- Preheat oven to 400°F (200°C).
- Toss cubed sweet potato with olive oil, cumin, paprika, salt, and pepper. Spread on a parchment-lined baking sheet.
- Roast for 20–25 minutes, flipping halfway, until golden and tender.
- In a large bowl, combine black beans, spinach, bell pepper, onion, and roasted sweet potato.
- Whisk dressing ingredients together and pour over salad. Toss gently.
- Garnish with chopped cilantro if desired. Serve warm or at room temperature.

#### Smart Swaps and Tips for 50+:

- **No black beans?** Use cooked lentils or chickpeas.

**More protein?** Add a boiled egg or 1 tbsp hemp hearts.

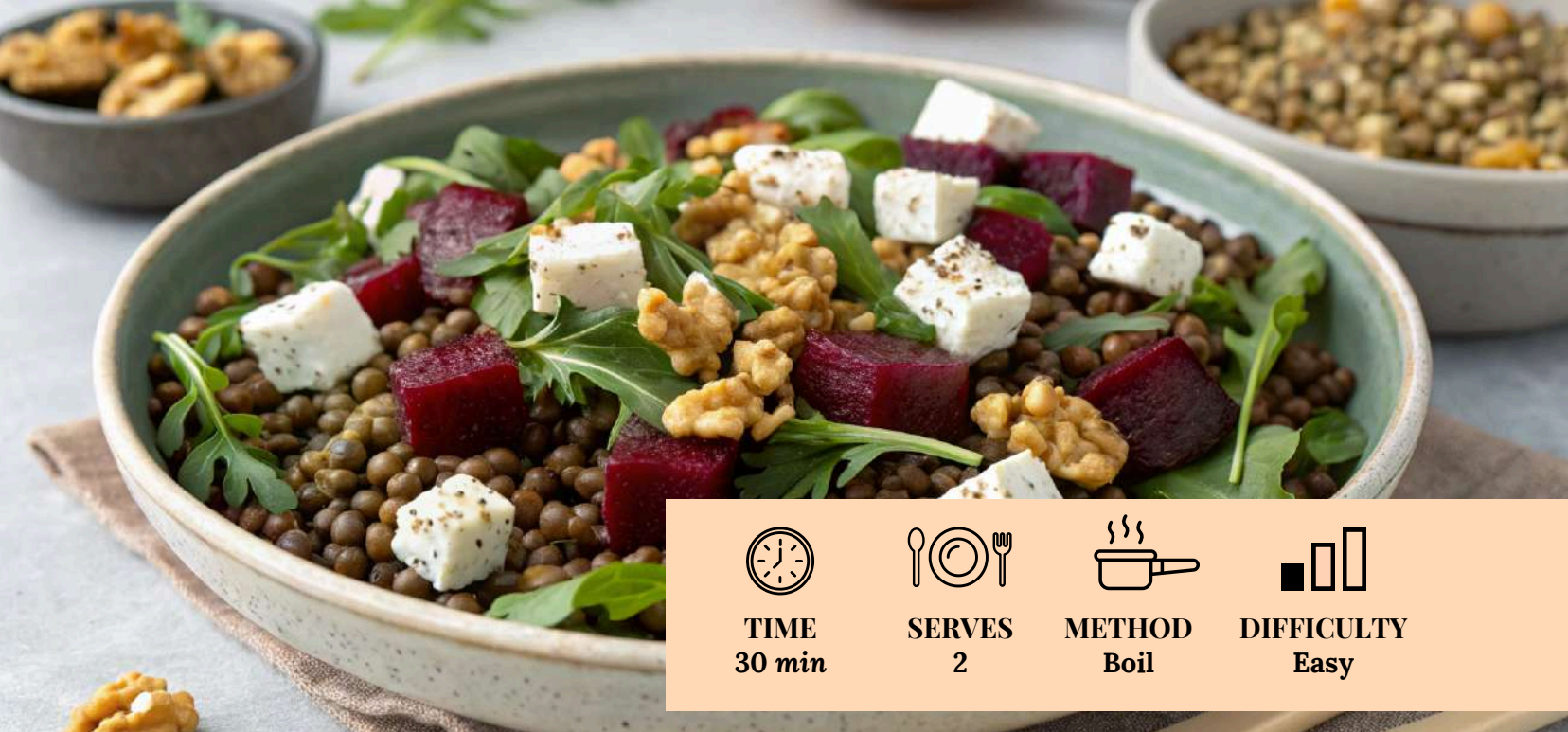
**Nutritional Information:** Calories: 320; Protein: 9g; Carbohydrates: 38g; Fats: 24g; Fiber: 9g; Cholesterol: 0mg; Sodium: 180mg; Potassium: 720mg

### INGREDIENTS

- 1 medium sweet potato
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- 1/4 tsp smoked paprika
- Pinch salt & black pepper
- 1/2 cup canned black beans, rinsed and drained
- 2 cups baby spinach or mixed greens
- 1/4 cup red bell pepper
- 1/4 small red onion

#### For the Dressing:

- 1 tbsp fresh lime juice
- 1 tbsp olive oil
- 1/2 tsp Dijon mustard
- Pinch of sea salt



TIME  
30 min



SERVES  
2



METHOD  
Boil



DIFFICULTY  
Easy

## LENTIL AND BEETROOT SALAD WITH WALNUTS AND FETA

### DIRECTIONS

- In a bowl, whisk together dressing ingredients. Set aside.
- In a large mixing bowl, combine lentils, beet cubes, and greens.
- Drizzle with dressing and toss gently to combine.
- Top with crumbled feta, walnuts, and parsley.
- Serve immediately or refrigerate for up to 2 days (tastes great chilled too).

#### Smart Swaps and Tips for 50+:

- **No feta?** Use crumbled goat cheese or dairy-free almond feta.
- **More protein?** Add a boiled egg or a sprinkle of hemp seeds.
- **Low-sodium option?** Skip cheese or reduce dressing salt.

**Nutritional Information:** Calories: 310; Protein: 13g; Carbohydrates: 26g; Fats: 17g; Fiber: 7g; Cholesterol: 15mg; Sodium: 260mg; Potassium: 590mg

### INGREDIENTS

- 1/2 cup cooked green or brown lentils (or canned)
- 1 medium beet, roasted or steamed
- 2 cups baby arugula or spinach
- 1/4 cup crumbled feta
- 2 tbsp chopped walnuts
- 1 tbsp chopped fresh parsley (optional)

#### For the Dressing:

- 1 tbsp olive oil
- 1 tbsp balsamic vinegar or lemon juice
- 1/2 tsp Dijon mustard
- Pinch salt & black pepper



**TIME**  
35 min



**SERVES**  
2



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## SPICY ROASTED CAULIFLOWER AND HUMMUS PLATE

### DIRECTIONS

- Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
- In a bowl, toss cauliflower florets with olive oil, paprika, cumin, turmeric, cayenne, salt, and pepper. Spread evenly on the baking sheet.
- Roast for 25–30 minutes, flipping once halfway through, until golden and slightly crisp on the edges.
- To serve, spread hummus on each plate, top with warm roasted cauliflower, avocado slices, cherry tomatoes, cucumber, and fresh herbs.
- Serve immediately, optionally with lemon juice for extra brightness.
- **Spice-sensitive?** Omit cayenne and reduce paprika to 1/4 tsp.

**Nutritional Information:** Calories: 360; Protein: 10g; Carbohydrates: 28g; Fats: 24g; Fiber: 9g; Cholesterol: 0mg; Sodium: 280mg; Potassium: 720mg

### INGREDIENTS

- 1 small head of cauliflower, cut into florets
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp ground cumin
- 1/4 tsp turmeric
- Pinch of cayenne
- Sea salt & pepper to taste

#### For the Plate:

- 1/2 cup classic or roasted red pepper hummus
- 1/2 avocado, sliced
- 1/2 cup cherry tomatoes, halved
- 1/2 cup cucumber, sliced
- Fresh parsley or cilantro
- **Optional:** lemon wedge



**TIME**  
25 min



**SERVES**  
2-3



**METHOD**  
Boil



**DIFFICULTY**  
Easy

## BROCCOLI AND ALMOND CREAM SOUP (DAIRY-FREE)

### DIRECTIONS

- If not pre-soaked, boil almonds for 5 minutes, then drain and rinse.
- In a saucepan, heat olive oil over medium. Sauté shallot and garlic for 2–3 minutes until fragrant.
- Add broccoli, zucchini, turmeric, salt, and pepper. Stir well.
- Pour in broth and bring to a gentle boil. Reduce heat, cover, and simmer 10–12 minutes until veggies are soft.
- Add almonds and blend soup using an immersion blender (or transfer to a high-speed blender) until smooth and creamy.
- Return to the pot if needed, adjust seasoning, and add lemon juice to taste. Serve warm.

**Tips:** Add a pinch of ground ginger or white pepper.

**Nutritional Information:** Calories: 230; Protein: 8g; Carbohydrates: 15g; Fats: 15g; Fiber: 5g; Cholesterol: 0mg; Sodium: 200mg; Potassium: 520mg

### INGREDIENTS

- 2 cups broccoli florets
- 1 small zucchini, chopped
- 1/4 cup raw unsalted almonds (soaked 2+ hours or boiled 5 min)
- 1 small shallot or 1/4 yellow onion, chopped
- 1 clove garlic, minced
- 1 tbsp olive oil
- 2 cups low-sodium vegetable broth (or filtered water)
- 1 tbsp nutritional yeast
- 1/4 tsp ground turmeric
- Sea salt and black pepper to taste
- Squeeze of lemon juice (optional, to brighten)



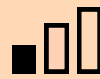
**TIME**  
22 min



**SERVES**  
2



**METHOD**  
Fry



**DIFFICULTY**  
Easy

## THAI-INSPIRED CHICKEN LETTUCE WRAPS

### DIRECTIONS

- Heat oil in a skillet over medium heat. Add garlic, ginger, and turmeric. Cook for 30 seconds until fragrant.
- Add ground chicken and cook until fully done, breaking it apart (about 6–7 min).
- Stir in grated carrot, water chestnuts, green onion, tamari, lime juice, and sesame oil. Cook for 1–2 more minutes.
- Spoon mixture into lettuce leaves, top with herbs and optional toppings.
- Serve immediately as hand-held wraps or plated with a fork and knife.

#### Smart Swaps and Tips for 50+:

**Vegetarian version?** Use crumbled tempeh or lentils.

- **More brain fuel?** Add avocado slices to the wrap.

**Nutritional Information:** Calories: 290; Protein: 27g; Carbohydrates: 7g; Fats: 17g; Fiber: 3g; Cholesterol: 75mg; Sodium: 280mg; Potassium: 580mg

### INGREDIENTS

- 8 oz ground chicken
- 1 tsp avocado oil or olive oil
- 1 garlic clove, minced
- 1/2 tsp grated fresh ginger
- 1/4 tsp turmeric powder
- 1 small carrot, grated
- 1/4 cup water chestnuts or chopped cucumber
- 1 green onion, chopped
- 1 tbsp gluten-free tamari
- 1 tsp fresh lime juice
- 1/2 tsp sesame oil
- Fresh basil or cilantro

#### For Serving:

- 6–8 crisp butter lettuce or romaine leaves



**TIME**  
40 min



**SERVES**  
3-4



**METHOD**  
Bake



**DIFFICULTY**  
Moderate

## ROASTED VEGGIE AND GOAT CHEESE QUINOA BAKE

### DIRECTIONS

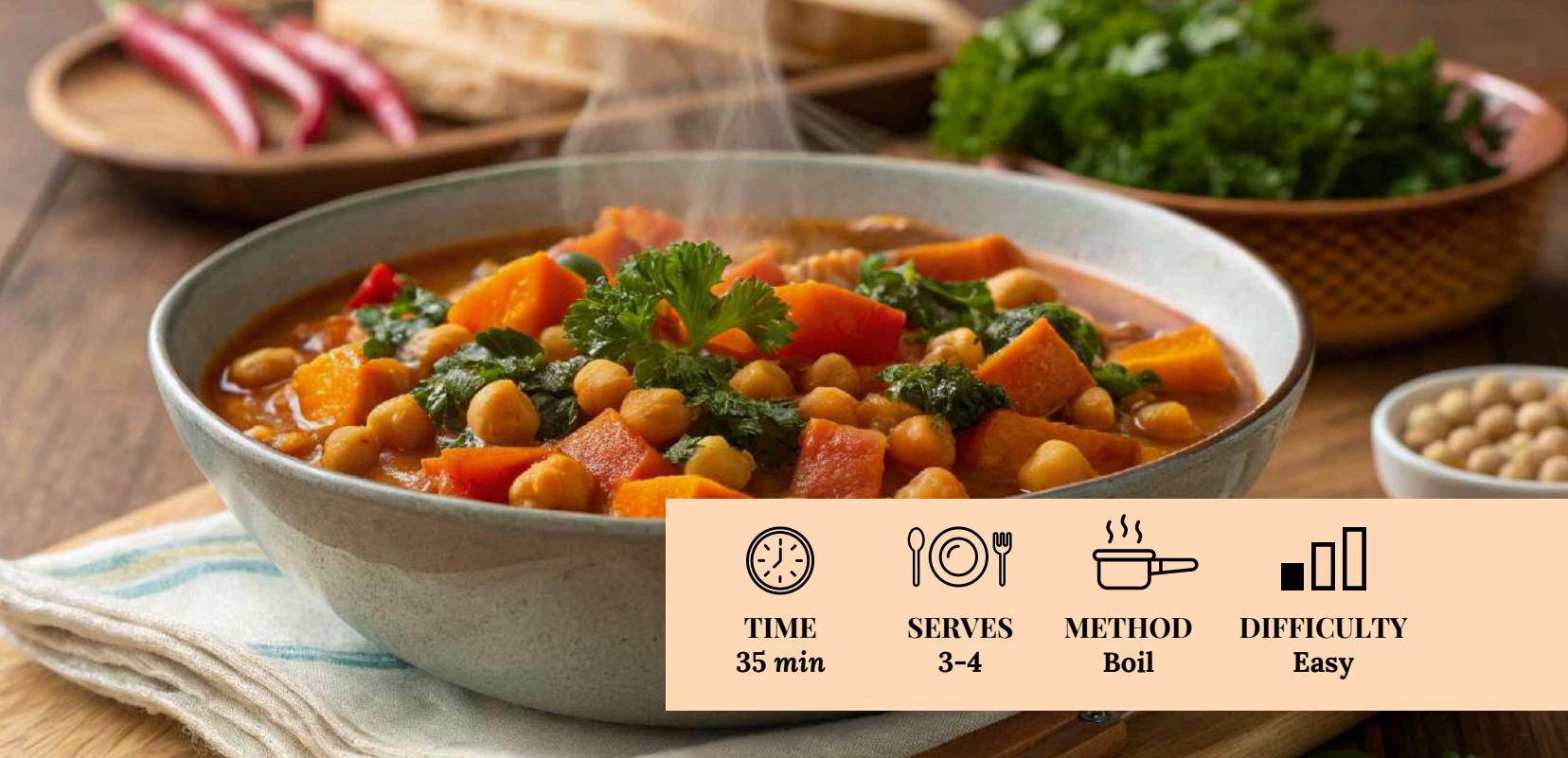
- Preheat oven to 375°F (190°C). Line or grease a small baking dish (8×8 or similar).
- Toss zucchini, bell pepper, onion, and tomatoes with olive oil, oregano, salt, and pepper. Spread on a baking sheet and roast for 15 minutes until softened.
- In a mixing bowl, combine cooked quinoa, roasted veggies, eggs, goat cheese, and flaxseed. Stir gently to combine.
- Pour mixture into baking dish and smooth top.
- Bake for 25–30 minutes, or until set and lightly golden.
- Let cool slightly before serving. Garnish with fresh herbs.

**Eggs boost choline, essential for brain cell communication.**

**Nutritional Information:** Calories: 295; Protein: 13g; Carbohydrates: 24g; Fats: 16g; Fiber: 4g; Cholesterol: 95mg; Sodium: 260mg; Potassium: 540mg

### INGREDIENTS

- 1 cup cooked quinoa (about 1/3 cup dry)
- 1 cup chopped zucchini
- 1/2 red bell pepper
- 1/2 cup chopped red onion
- 1/2 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1/4 tsp dried oregano
- Sea salt and black pepper to taste
- 2 eggs, lightly beaten
- 1/3 cup crumbled goat cheese
- 1 tbsp ground flaxseed
- Fresh basil or parsley for topping



**TIME**  
35 min



**SERVES**  
3-4



**METHOD**  
Boil



**DIFFICULTY**  
Easy

## MOROCCAN-SPICED CHICKPEA STEW

### DIRECTIONS

- In a large pot, heat olive oil over medium heat. Add onion and garlic, sauté 2–3 minutes until fragrant.
- Add carrot and bell pepper. Cook another 3–4 minutes, stirring occasionally.
- Stir in all spices and toast for 1 min to activate flavor.
- Add chickpeas, diced tomatoes, broth, and bring to a simmer.
- Reduce heat, cover, and cook for 15 min. Add greens in the final 3 min.
- Season with salt, pepper, and lemon juice. Garnish with herbs. Serve warm.
- ***Turmeric, cumin, cinnamon, and ginger provide potent anti-inflammatory and circulation-boosting compounds.***

**Nutritional Information:** Calories: 280; Protein: 11g; Carbohydrates: 34g; Fats: 10g; Fiber: 9g; Cholesterol: 0mg; Sodium: 280mg; Potassium: 670mg

### INGREDIENTS

- 1 tbsp olive oil
- 1/2 yellow onion
- 2 garlic cloves, minced
- 1 medium carrot, diced
- 1/2 red bell pepper
- 1 tsp ground cumin
- 1/2 tsp ground turmeric
- 1/2 tsp ground cinnamon
- 1/4 tsp smoked paprika
- 1/4 tsp ground ginger
- 1/8 tsp cayenne
- 1 (15 oz) can chickpeas
- 1 can diced tomatoes
- 1 cup vegetable broth
- 1 cup spinach or kale
- Salt and pepper to taste
- 1 tbsp lemon juice
- Fresh parsley for garnish



**DINNERS  
FOR  
HEART  
AND  
BRAIN HEALTH**



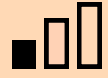
**TIME**  
25 min



**SERVES**  
2



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## LEMON GARLIC SHRIMPS WITH ROASTED ASPARAGUS

### DIRECTIONS

- Preheat oven to 400°F (200°C).
- On a baking sheet, toss asparagus with 1 tsp olive oil, a pinch of salt, and pepper. Roast for 10–12 minutes until tender.
- While asparagus roasts, toss shrimps in a bowl with olive oil, garlic, lemon zest, juice, paprika, salt, and pepper.
- In a skillet over medium heat, sauté shrimps for 2–3 minutes per side, until pink and opaque.
- Plate roasted asparagus and top with warm shrimps. Garnish with fresh parsley or sliced almonds if desired. Serve immediately.
- **Asparagus contains vitamin E, folate, and glutathione, promoting nerve protection and anti-aging benefits.**

**Nutritional Information:** Calories: 280; Protein: 26g; Carbohydrates: 8g; Fats: 16g; Fiber: 4g; Cholesterol: 150mg; Sodium: 360mg; Potassium: 550mg

### INGREDIENTS

- **10–12** medium raw shrimps (peeled and deveined, tails on or off)
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1/2 tsp lemon zest
- 1 tbsp lemon juice (freshly squeezed)
- 1/4 tsp smoked paprika
- Salt and pepper to taste
- 1 bunch of asparagus, trimmed
- 1 tsp extra virgin olive oil (for asparagus)

**Optional garnish:** chopped parsley or toasted almonds



**TIME**  
25 min



**SERVES**  
2



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## MISO-GLAZED COD WITH STEAMED BROCCOLI

### DIRECTIONS

- Preheat oven to 400°F (200°C).
- In a small bowl, whisk miso, syrup, vinegar, tamari, sesame oil, ginger, and lemon zest until smooth.
- Place cod fillets on a parchment-lined baking dish. Spoon glaze over each fillet.
- Bake cod for 12–15 minutes or until opaque and flakes easily with a fork.
- Meanwhile, steam broccoli for 4–5 minutes until just tender. Season with sea salt, lemon, and a drizzle of olive oil if desired.
- Plate cod with a side of steamed broccoli. Serve immediately.

### Why It Supports Brain, Heart & Longevity Health:

- Broccoli provides vitamin C, fiber, and sulforaphane – powerful anti-inflammatory and detox agents.

**Nutritional Information:** Calories: 290; Protein: 30g; Carbohydrates: 9g; Fats: 14g; Fiber: 4g; Cholesterol: 55mg; Sodium: 340mg; Potassium: 750mg

### INGREDIENTS

- 2 cod fillets (5–6 oz each)
- 1 tbsp white or yellow miso paste
- 1 tsp maple syrup or raw honey
- 1 tsp rice vinegar or apple cider vinegar
- 1 tsp gluten-free tamari or coconut aminos
- 1/2 tsp sesame oil
- 1/2 tsp fresh grated ginger (optional)
- 1/2 tsp lemon zest

### For the Broccoli:

- 2 cups broccoli florets
- Pinch of sea salt
- 1 tsp olive oil (optional)
- Squeeze of lemon



**TIME**  
50 min



**SERVES**  
3-4



**METHOD**  
Bake



**DIFFICULTY**  
Moderate

## BAKED EGGPLANT PARMESAN (GLUTEN-FREE, LIGHT VERSION)

### DIRECTIONS

- Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
- Sprinkle salt over eggplant slices and let sit 15 min to draw out moisture. Pat dry.
- In one bowl, whisk the egg. In another bowl, mix breadcrumbs, Parmesan, oregano, garlic powder, and turmeric.
- Dip each eggplant slice into egg, then coat with breadcrumb mixture. Place on a baking sheet.
- Lightly drizzle or spray with olive oil. Bake 20 min, flipping halfway.
- Remove tray, spoon a little marinara on top of each slice, and sprinkle with mozzarella. Return to oven for 10–15 min, until golden and bubbly. Garnish with fresh basil and serve warm over quinoa.

**Nutritional Information:** Calories: 240; Protein: 9g; Carbohydrates: 20g; Fats: 13g; Fiber: 5g; Cholesterol: 30mg; Sodium: 320mg; Potassium: 450mg

### INGREDIENTS

- 1 medium eggplant, sliced into 1/2-inch rounds
- 1/2 tsp sea salt
- 1 cup gluten-free breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1/2 tsp dried oregano
- 1/2 tsp garlic powder
- 1/4 tsp ground turmeric
- 1 large egg
- 1/2 cup unsweetened marinara sauce
- 1/2 cup shredded mozzarella (dairy or plant-based)
- 1 tbsp olive oil
- Fresh basil, for garnish



**TIME**  
55 min



**SERVES**  
3



**METHOD**  
Bake



**DIFFICULTY**  
Moderate

## TURKEY AND ZUCCHINI MEATBALLS WITH SPAGHETTI SQUASH

### DIRECTIONS

- Preheat oven to 400°F (200°C). Slice spaghetti squash in half lengthwise, scoop out seeds.
- Rub cut sides with olive oil, season lightly, and roast face-down on a baking sheet for 30–35 min.
- Meanwhile, mix all meatball ingredients in a bowl. Roll into 1-inch balls (makes ~10–12 small meatballs).
- Place meatballs on a parchment-lined baking sheet. Bake for 15–18 min, flipping once, until golden and cooked through (internal temp 165°F).
- Use a fork to shred spaghetti squash into strands. Warm the marinara sauce in a small saucepan.
- Plate squash, top with meatballs and marinara. Garnish with basil or nutritional yeast.
- **Use lentils or mashed white beans instead of turkey.**

**Nutritional Information:** Calories: 310; Protein: 26g; Carbohydrates: 14g; Fats: 17g; Fiber: 5g; Cholesterol: 70mg; Sodium: 290mg; Potassium: 750mg

### INGREDIENTS

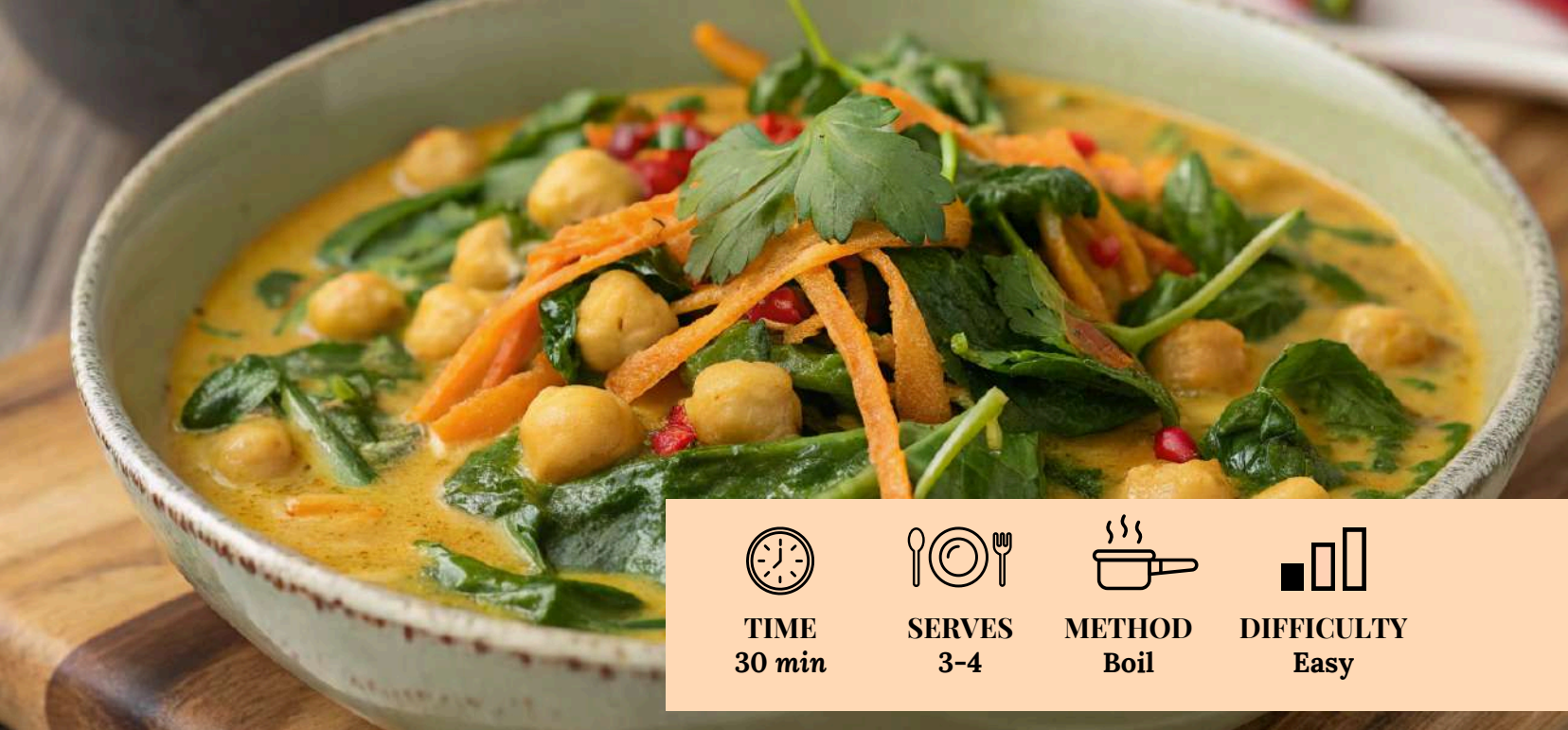
- 1/2 lb ground turkey
- 1/2 cup grated zucchini
- 1 clove garlic, minced
- 1 tbsp chopped parsley
- 1 tbsp almond flour or ground flaxseed (binder)
- 1/4 tsp onion powder
- 1/4 tsp ground turmeric
- Salt & pepper to taste

#### For the Spaghetti Squash:

- 1 small spaghetti squash (about 2.5–3 lbs)
- 1 tbsp olive oil
- Sea salt and black pepper
- Pinch of Italian seasoning

#### For Serving:

- 1/2 cup marinara sauce
- Chopped fresh basil



TIME  
30 min



SERVES  
3-4



METHOD  
Boil



DIFFICULTY  
Easy

## COCONUT CURRY WITH CHICKPEAS AND SPINACH

### DIRECTIONS

- In a medium pot or skillet, heat oil over medium heat. Sauté onion for 4–5 min until soft.
- Add garlic and ginger, cook 1 min. Stir in turmeric, cumin, and paprika.
- Add chickpeas and coconut milk. Simmer for 10 min, allowing flavors to meld.
- Stir in spinach and carrot. Simmer 3–5 more minutes until greens are wilted.
- Remove from heat, add lime juice. Season with salt and pepper.
- Serve warm, optionally over quinoa or brown rice. Garnish with cilantro and chili flakes if desired.
- **No chickpeas?** Use lentils or white beans.
- **Chickpeas are a fantastic plant-based protein and source of brain-boosting folate and iron.**

**Nutritional Information:** Calories: 310; Protein: 10g; Carbohydrates: 22g; Fats: 20g; Fiber: 7g; Cholesterol: 0mg; Sodium: 260mg; Potassium: 630mg

### INGREDIENTS

- 1 tbsp olive or avocado oil
- 1 small yellow onion
- 2 garlic cloves, minced
- 1 tsp fresh grated ginger
- 1 tsp ground turmeric
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1 (15 oz) can chickpeas,
- 1 (13.5 oz) can full-fat coconut milk
- 2 cups baby spinach
- 1 small carrot, shredded
- Juice of 1/2 lime
- Salt and pepper to taste
- Chopped cilantro, red chili flakes for garnish
- Optional serving: cooked quinoa or brown rice



TIME  
23 min



SERVES  
2



METHOD  
Bake



DIFFICULTY  
Moderate

## SEARED TUNA STEAK WITH AVOCADO AND SESAME SLAW

### DIRECTIONS

- **Prepare the slaw:** Toss cabbage, carrot, sesame seeds, vinegar, oil, ginger, and salt in a bowl. Set aside to marinate.
- **Season tuna:** Pat steaks dry. Rub with sesame oil, pepper, garlic powder, and a little salt.
- **Sear tuna:** Heat a skillet over medium-high. Sear tuna for ~2–3 minutes per side (rare to medium). Remove from heat and let rest.
- **Garnish avocado:** Slice the avocado and drizzle with lime juice to prevent browning.
- **Assemble:** Plate slaw, top with tuna steak and avocado. Sprinkle with optional cilantro or green onion. Serve warm or at room temperature.
- **Tuna is a rich source of DHA – a crucial omega-3 for cognitive support and heart rhythm.**

**Nutritional Information:** Calories: 420; Protein: 34g; Carbohydrates: 9g; Fats: 26g; Fiber: 6g; Cholesterol: 50mg; Sodium: 260mg; Potassium: 890mg

### INGREDIENTS

- 2 wild-caught tuna steaks
- 1 tbsp sesame oil
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- Sea salt to taste

#### For the Sesame Slaw:

- 1 cup shredded purple cabbage
- 1/2 cup shredded carrot
- 1 tbsp sesame seeds
- 1 tbsp rice vinegar
- 1 tsp toasted sesame oil
- 1 tsp grated fresh ginger
- Pinch of sea salt

#### For the Avocado Garnish:

- 1 ripe avocado, sliced
- Juice of 1/2 lime
- Cilantro or green onion



TIME  
40 min



SERVES  
2



METHOD  
Fry



DIFFICULTY  
Moderate

## GRILLED CHICKEN WITH POMEGRANATE GLAZE AND WILD RICE

### DIRECTIONS

- Preheat grill or grill pan to medium-high.
- Rub chicken with olive oil, garlic powder, paprika, salt, and pepper. Grill for ~6–7 minutes per side, or until cooked through. Let rest.
- While grilling, simmer pomegranate juice, balsamic vinegar, and honey in a small pan over medium heat for ~10–12 minutes, or until reduced to a syrup. Add thyme if using.
- Drizzle glaze over grilled chicken.
- Toss cooked wild rice with parsley, olive oil, lemon zest, and sea salt. Serve as a base for chicken.
- **Chicken breast** is lean and rich in vitamins B6 and B12 – essential for brain energy and memory.
- **Pomegranate juice** delivers powerful polyphenols that reduce oxidative stress and inflammation.

**Nutritional Information:** Calories: 420; Protein: 36g; Carbohydrates: 26g; Fats: 18g; Fiber: 3g; Cholesterol: 70mg; Sodium: 280mg; Potassium: 620mg

### INGREDIENTS

- 2 boneless, skinless chicken breasts
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- Salt and pepper to taste

#### For the Pomegranate Glaze:

- 1/2 cup 100% pomegranate juice
- 1 tsp balsamic vinegar
- 1 tsp honey (maple syrup)
- 1/2 tsp thyme (rosemary)

#### For the Wild Rice:

- 3/4 cup cooked wild rice
- 1 tbsp chopped parsley
- 1 tsp olive oil
- Zest of 1/2 lemon
- Pinch of sea salt



TIME  
30 min



SERVES  
2



METHOD  
Fry



DIFFICULTY  
Moderate

## MOROCCAN-SPICED LAMB CHOPS WITH MINT YOGURT SAUCE

### DIRECTIONS

- In a small bowl, mix olive oil with all spices. Rub onto lamb chops. Let marinate 30 min at room temp or refrigerate up to 4 hrs.
- Meanwhile, mix yogurt sauce ingredients and chill until ready to serve.
- Heat a grill pan or skillet over medium-high. Cook lamb chops ~4–6 min per side (medium-rare to medium). Rest 5 min.
- Serve warm with a spoonful of mint yogurt sauce and an optional side of roasted vegetables or cauliflower mash.
- **Extra boost:** Add roasted carrots or sautéed greens for fiber and vision support.
- **Lamb is a rich source of iron, B12, zinc, and healthy fats for brain and muscle function.**

**Nutritional Information:** Calories: 470; Protein: 35g; Carbohydrates: 5g; Fats: 33g; Fiber: 2g; Cholesterol: 85mg; Sodium: 240mg; Potassium: 620mg

### INGREDIENTS

- 4 small lamb loin chops (about 4 oz each)
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp ground cinnamon
- 1/2 tsp smoked paprika
- 1/2 tsp turmeric
- Salt and pepper to taste
- pinch of cayenne

#### For the Mint Yogurt Sauce:

- 1/2 cup Greek yogurt
- 1 tbsp chopped fresh mint
- 1/2 small garlic clove, finely grated
- Juice of 1/4 lemon
- Pinch of salt



**TIME**  
35 min



**SERVES**  
2



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## STUFFED PORTOBELLO MUSHROOMS WITH SPINACH AND WALNUTS

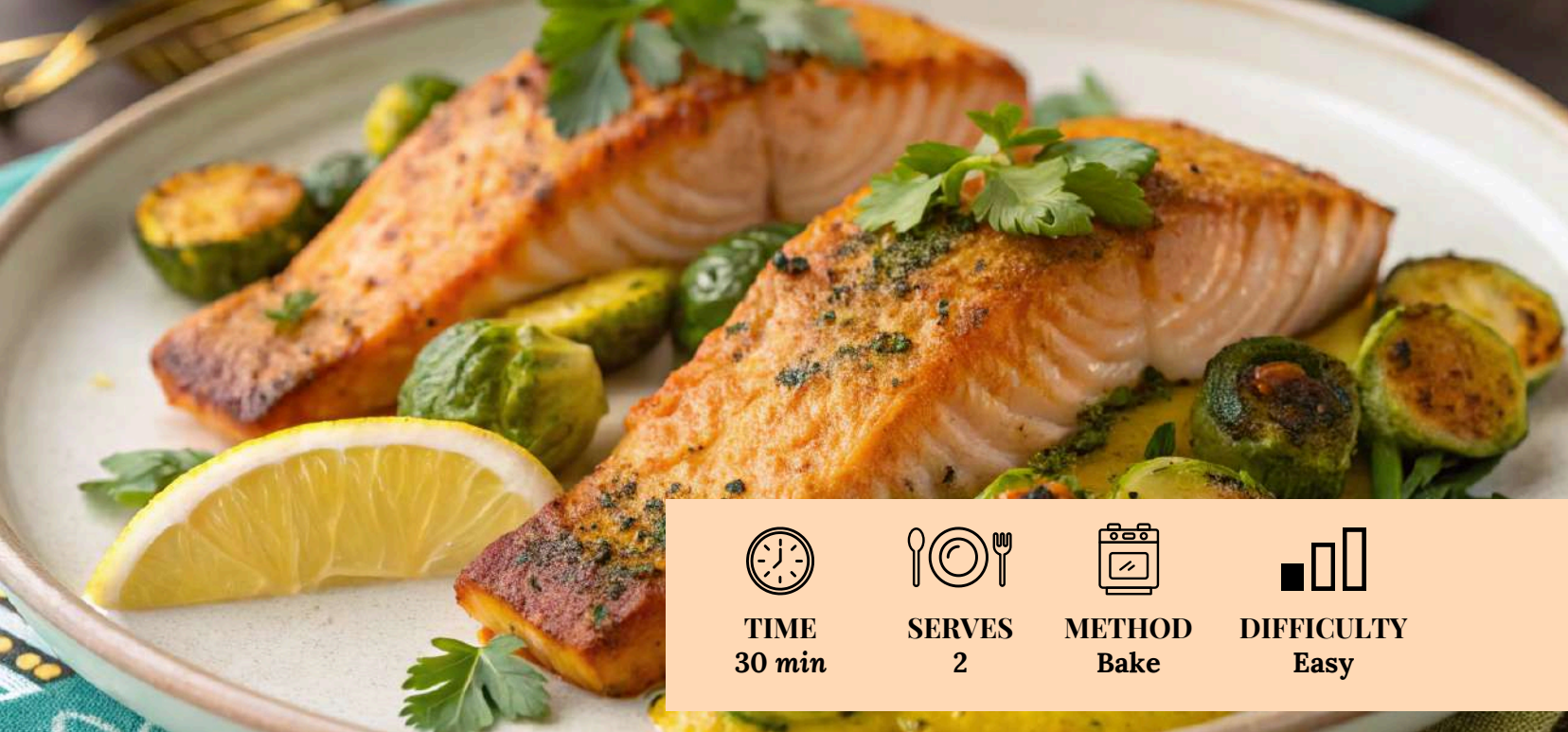
### DIRECTIONS

- Preheat oven to 375°F (190°C). Lightly brush mushroom caps with olive oil and place on a parchment-lined baking sheet, gill-side up.
- In a skillet, heat 1 tbsp olive oil over medium. Sauté shallot for 2–3 min until translucent. Add garlic, stir 30 sec.
- Add spinach and cook until wilted. Remove from heat. Stir in walnuts, flaxseed, cheese (if using), salt, and pepper.
- Spoon mixture evenly into mushroom caps.
- Bake for 18–20 min or until mushrooms are tender and tops are slightly golden.
- Garnish and serve warm.
- **No cheese?** Use mashed avocado with lemon juice for creaminess.

**Nutritional Information:** Calories: 310; Protein: 10g; Carbohydrates: 12g; Fats: 25g; Fiber: 5g; Cholesterol: 15mg; Sodium: 220mg; Potassium: 620mg

### INGREDIENTS

- 4 large Portobello mushroom caps, stems removed and cleaned
  - 1 tbsp olive oil (plus more for brushing)
  - 1 small shallot, finely diced
  - 2 garlic cloves, minced
  - 3 cups baby spinach
  - 1/3 cup chopped walnuts
  - 1/4 cup crumbled goat cheese or plant-based feta (optional)
  - 1 tbsp ground flaxseed (for omega-3 boost)
  - Salt and pepper to taste
- Optional garnish:** chopped fresh parsley or lemon zest



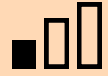
TIME  
30 min



SERVES  
2



METHOD  
Bake



DIFFICULTY  
Easy

## TURMERIC AND GINGER ROASTED SALMON WITH BRUSSELS SPROUTS

### DIRECTIONS

- Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
- In a bowl, toss Brussels sprouts with 1/2 tbsp olive oil, a pinch of turmeric, salt, and pepper. Spread on one side of the baking sheet.
- Pat the salmon dry and place it next to the sprouts. Mix remaining olive oil, turmeric, ginger, garlic, lemon zest, and juice. Rub this mixture evenly over the salmon fillets.
- Roast for 18–20 min or until salmon flakes easily and sprouts are golden and crisp at the edges.
- Serve warm. Optional: garnish with chopped parsley or an extra lemon wedge.
- **Brussels sprouts provide detoxifying glucosinolates, fiber, and brain-beneficial vitamin K.**

**Nutritional Information:** Calories: 420; Protein: 34g; Carbohydrates: 10g; Fats: 27g; Fiber: 4g; Cholesterol: 65mg; Sodium: 160mg; Potassium: 680mg

### INGREDIENTS

- 2 wild-caught salmon fillets (4–5 oz each)
- 2 cups Brussels sprouts, trimmed and halved
- 1½ tbsp olive oil, divided
- 1 tsp ground turmeric
- 1 tsp freshly grated ginger (or 1/2 tsp ground)
- 1 garlic clove, minced
- Zest of 1/2 lemon
- 1 tbsp lemon juice
- Sea salt and cracked black pepper to taste



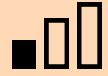
**TIME**  
35 min



**SERVES**  
2



**METHOD**  
Boil



**DIFFICULTY**  
Easy

## CAULIFLOWER, LENTIL & SPINACH STEW WITH COCONUT-LEMON BROTH

### DIRECTIONS

- Heat oil in a medium saucepan over medium heat.
- Add onion and garlic, sauté 3–4 min until translucent.
- Stir in cauliflower and turmeric, cook 2–3 min more.
- Add broth and bring to a simmer; cook 10–12 min until cauliflower is tender.
- Add lentils, spinach, and coconut milk; simmer another 5 min.
- Stir in lemon juice, season with salt and pepper.
- Serve warm, garnished with herbs if desired.
- **Cauliflower** is high in choline, supporting memory.
- **Spinach** provides folate, magnesium, and potassium for relaxation.
- **Lentils** add plant protein + fiber for gentle fullness.

**Nutritional Information:** Calories: 260; Protein: 11g; Carbohydrates: 20g; Fats: 14g; Fiber: 7g; Cholesterol: 0mg; Sodium: 240mg; Potassium: 570mg

### INGREDIENTS

- 1 tbsp olive or coconut oil
- 1/2 yellow onion, finely chopped
- 1 garlic clove, minced
- 1/2 head cauliflower, cut into small florets
- 1/2 cup cooked lentils (or canned, rinsed)
- 2 cups baby spinach
- 1 & 1/2 cups low-sodium vegetable broth
- 1/2 cup light coconut milk
- 1 tbsp lemon juice
- 1/4 tsp turmeric
- Salt and pepper to taste
- Chopped parsley or cilantro for garnish



**SMART SNACKS  
AND  
LIGHT BITES**



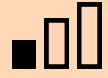
**TIME**  
40 min



**SERVES**  
4



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## TURMERIC-SPICED ROASTED CHICKPEAS

### DIRECTIONS

- Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
- Pat the chickpeas dry with a clean towel (important for crispiness).
- In a bowl, toss chickpeas with olive oil and all spices until well-coated.
- Spread evenly on a baking sheet. Roast for 30–35 minutes, shaking halfway through, until golden and crispy.
- Let cool slightly before serving. Store in an airtight container for up to 3 days.

### Why It Supports Brain, Heart & Longevity:

- **Turmeric** helps reduce chronic inflammation and supports joint and brain health, especially when combined with black pepper.

**Nutritional Information:** Calories: 150; Protein: 6g; Carbohydrates: 18g; Fats: 6g; Fiber: 5g; Cholesterol: 0mg; Sodium: 110mg; Potassium: 220mg

### INGREDIENTS

- 1½ cups cooked chickpeas (or 1 can, drained and rinsed)
- 1 tbsp olive oil
- 1 tsp ground turmeric
- 1/2 tsp smoked paprika
- 1/4 tsp ground cumin
- 1/4 tsp garlic powder
- Pinch of black pepper (to activate turmeric benefits)
- Sea salt to taste



**TIME**  
10 min



**SERVES**  
6



**METHOD**  
Chill



**DIFFICULTY**  
Easy

## BLUEBERRY WALNUT ENERGY BITES

### DIRECTIONS

- In a medium bowl, mix together oats, walnuts, blueberries, flaxseed, cinnamon, and salt.
- Add almond butter, honey, and vanilla extract. Stir until combined.
- Add a tablespoon of warm water if the mixture feels too dry.
- Roll into ~1-inch bites using clean hands.
- Place in the fridge for 20–30 minutes to set. Store in an airtight container in the refrigerator for up to 1 week or freeze for longer storage.
- **Low sugar?** Swap honey for mashed banana and reduce dried fruit by half.
- **Blueberries** contain anthocyanins—powerful antioxidants that help preserve memory and protect neurons.

**Nutritional Information:** Calories: 180; Protein: 4g; Carbohydrates: 16g; Fats: 10g; Fiber: 3g; Cholesterol: 0mg; Sodium: 40mg; Potassium: 140mg

### INGREDIENTS

- 1 cup gluten-free rolled oats
- 1/2 cup raw walnuts, finely chopped
- 1/3 cup dried unsweetened blueberries
- 1/4 cup ground flaxseed
- 1/4 cup almond butter (or cashew butter)
- 2 tbsp honey (or maple syrup for vegan option)
- 1/2 tsp cinnamon
- 1/4 tsp vanilla extract
- Pinch of sea salt
- 1–2 tbsp warm water (as needed for binding)



**TIME**  
10 min



**SERVES**  
2



**METHOD**  
Chill 2 hrs



**DIFFICULTY**  
Easy

## SPICED PEAR CHIA PUDDING CUPS

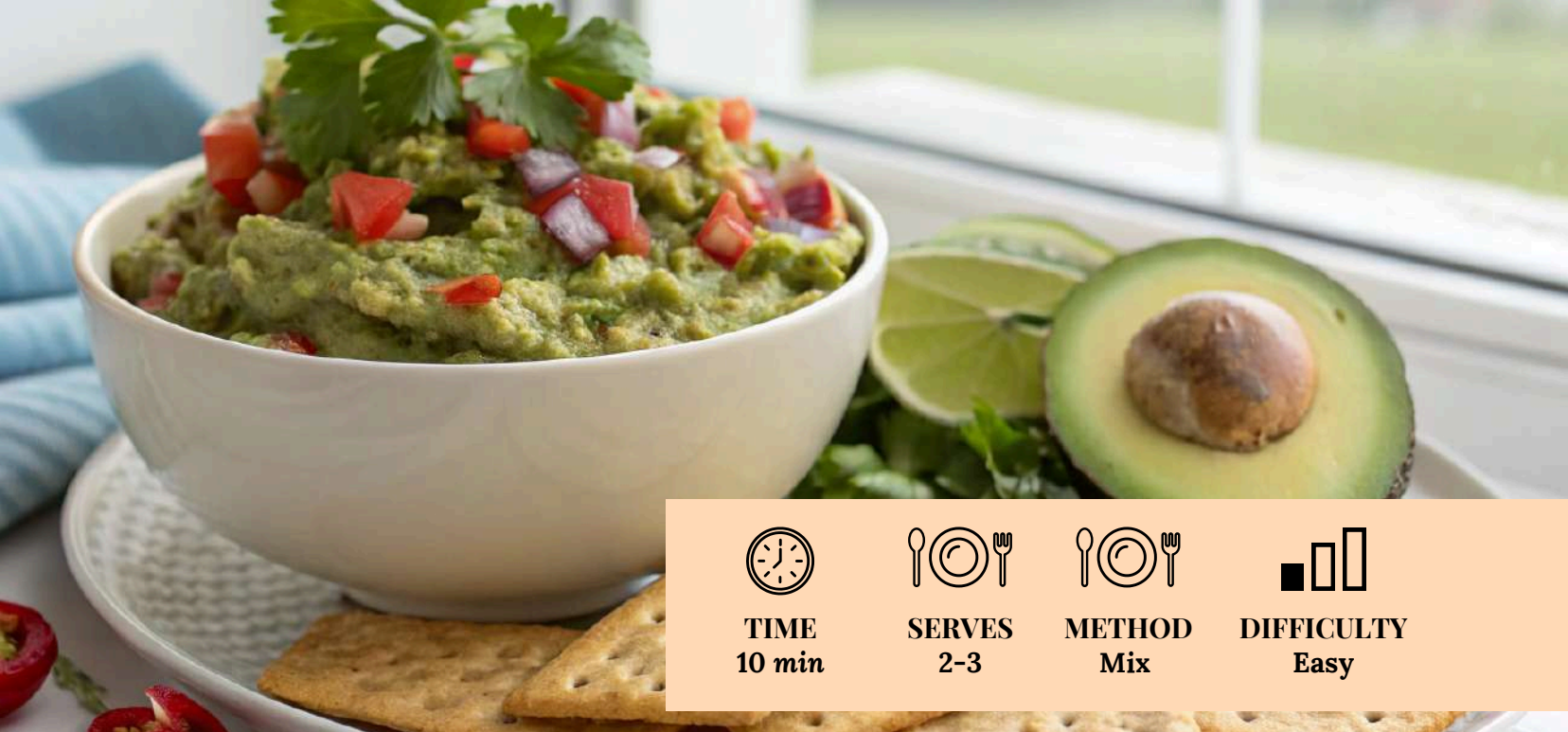
### DIRECTIONS

- In a medium bowl or jar, whisk together almond milk, chia seeds, vanilla extract, maple syrup (if using), and sea salt. Let sit for 5 minutes, then stir again to prevent clumping. Cover and refrigerate for at least 2 hours, preferably overnight.
- In a small skillet over medium heat, warm the coconut oil. Add the sliced pear, ginger, and cinnamon. Cook for 5–7 min, stirring occasionally, until the pear is soft and slightly caramelized.
- Divide the chia pudding between two serving cups or bowls. Top with warm spiced pear and a sprinkle of nuts for added crunch and brain-boosting fats.
- **Pears:** Provide natural sweetness, soluble fiber, and antioxidants.

**Nutritional Information:** Calories: 280; Protein: 6g; Carbohydrates: 28g; Fats: 14g; Fiber: 10g; Cholesterol: 0mg; Sodium: 80mg; Potassium: 350mg

### INGREDIENTS

- 1 cup unsweetened almond milk (or oat/coconut milk)
- ¼ cup chia seeds
- 1 ripe pear (Bartlett or Bosc), thinly sliced
- ½ tsp ground ginger
- ¼ tsp ground cinnamon
- 1 tsp maple syrup (or stevia/erythritol, to taste)
- 1 tsp vanilla extract
- 1 tsp coconut oil (optional, for sautéing)
- Pinch of sea salt
- Crushed walnuts or almonds for garnish (optional)



**TIME**  
10 min



**SERVES**  
2-3



**METHOD**  
Mix



**DIFFICULTY**  
Easy

## SPICY GUACAMOLE WITH GLUTEN-FREE CRACKERS

### DIRECTIONS

- In a medium bowl, mash avocados with a fork until mostly smooth, leaving some chunks.
- Stir in jalapeño, onion, tomatoes, garlic, lime juice, and cumin.
- Season with salt and pepper to taste.
- Let sit 5–10 minutes for flavors to blend.
- Serve immediately with your favorite gluten-free crackers or fresh veggie sticks.
- **No crackers?** Try sliced cucumbers, celery sticks, or gluten-free jicama rounds.
- **Jalapeño (capsaicin):** Natural immune booster, may support metabolism and inflammation balance.
- **Lime & garlic:** Rich in antioxidants and immune-supporting compounds.

**Nutritional Information:** Calories: 220; Protein: 3g; Carbohydrates: 10g; Fats: 18g; Fiber: 7g; Cholesterol: 0mg; Sodium: 150mg; Potassium: 480mg

### INGREDIENTS

- 2 ripe avocados
- 1 small jalapeño, finely chopped
- ¼ cup red onion, finely diced
- ½ cup cherry tomatoes, quartered
- 2 tbsp chopped cilantro
- Juice of 1 lime
- 1 garlic clove, minced
- ¼ tsp ground cumin
- Pinch of sea salt
- Cracked black pepper to taste
- Gluten-free seed or grain-free crackers (to serve)



TIME  
5 min



SERVES  
1



METHOD  
Mix



DIFFICULTY  
Easy

## GREEK YOGURT (OR COCONUT YOGURT) WITH GROUND FLAXSEEDS

### DIRECTIONS

- In a small bowl, mix the yogurt with ground flaxseeds, cinnamon, and chia seeds if using.
- Top with berries, sweetener of choice, and nuts.
- Stir gently and enjoy immediately – or chill for 10 minutes to thicken.
- **Higher protein need?** Use 1 full cup of Greek yogurt or stir in collagen peptides.
- **Sensitive digestion?** Use ground seeds (not whole) and start with small portions.
- **Greek yogurt:** Rich in protein and gut-friendly probiotics, supporting digestion and immune health.
- **Coconut yogurt:** A great dairy-free probiotic alternative with MCT fats for brain energy.
- **Berries & cinnamon:** Natural antioxidants that help fight oxidative stress linked to memory loss.

**Nutritional Information:** Calories: 210; Protein: 12g; Carbohydrates: 10g; Fats: 12g; Fiber: 5g; Cholesterol: 5mg; Sodium: 60mg; Potassium: 400mg

### INGREDIENTS

- $\frac{3}{4}$  cup plain unsweetened Greek yogurt (or unsweetened coconut yogurt for dairy-free)
- 1 tbsp ground flaxseeds
- 1 tsp chia seeds (optional, for extra fiber)
- $\frac{1}{4}$  tsp cinnamon
- $\frac{1}{4}$  cup fresh blueberries or raspberries
- 1 tsp raw honey or monk fruit sweetener (optional)
- 1 tbsp crushed walnuts or pecans (optional)



TIME  
20 min



SERVES  
4



METHOD  
Bake



DIFFICULTY  
Easy

## ROASTED ALMONDS WITH ROSEMARY AND SEA SALT

### DIRECTIONS

- Preheat oven to 350°F (175°C).
- In a mixing bowl, toss almonds with olive oil, rosemary, and salt (and optional spices if using).
- Spread on a parchment-lined baking sheet in a single layer.
- Roast for 13–15 minutes, stirring once halfway through.
- Let cool completely before storing in an airtight container.
- **Almonds:** Rich in vitamin E, magnesium, and monounsaturated fats – excellent for brain and heart support.
- **Rosemary:** Contains carnosic acid, known for neuroprotective and memory-enhancing properties.

**Nutritional Information:** Calories: 200; Protein: 6g; Carbohydrates: 7g; Fats: 17g; Fiber: 4g; Cholesterol: 0mg; Sodium: 150mg; Potassium: 210mg

### INGREDIENTS

- 1½ cups raw almonds
- 1 tbsp extra virgin olive oil
- 1½ tsp fresh rosemary, finely chopped (or ½ tsp dried)
- ½ tsp sea salt (or pink Himalayan salt)
- **Optional:** a pinch of cayenne pepper or smoked paprika for a subtle kick
- **Extra brain-boost?** Add a sprinkle of turmeric powder with a dash of black pepper for enhanced absorption.



**TIME**  
40 min



**SERVES**  
4



**METHOD**  
Bake



**DIFFICULTY**  
Moderate

## ZUCCHINI AND CARROT MINI FRITTERS (BAKED, GLUTEN-FREE)

### DIRECTIONS

- Preheat oven to 375°F (190°C) and line a baking sheet with parchment paper.
- In a large bowl, mix zucchini, carrot, onion, eggs (or flax eggs), chickpea flour, flaxseed, salt, pepper, and turmeric until combined.
- Scoop ~2 tbsp of the mixture per fritter onto the baking sheet and flatten slightly with a spoon.
- Lightly brush tops with olive oil for golden crispness.
- Bake for 22–25 minutes, flipping once halfway through until golden brown.
- Serve warm with a side of Greek yogurt dip, avocado–lime sauce, or on their own.
- **No eggs?** Use 2 flax eggs (2 tbsp ground flax + 6 tbsp water, mixed and rested 5 min).

**Nutritional Information:** Calories: 110; Protein: 4g; Carbohydrates: 9g; Fats: 6g; Fiber: 3g; Cholesterol: 55mg; Sodium: 180mg; Potassium: 310mg

### INGREDIENTS

- 1 cup grated zucchini (excess moisture squeezed out)
- ¾ cup grated carrot
- ¼ cup finely chopped red onion
- 2 eggs (or flax eggs for vegans)
- ¼ cup chickpea flour
- 2 tbsp ground flaxseed
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp turmeric powder (optional, for anti-inflammatory benefits)
- 1 tbsp extra virgin olive oil (for brushing or drizzling)



**TIME**  
10 min



**SERVES**  
10



**METHOD**  
Mix



**DIFFICULTY**  
Easy

## COCONUT-CACAO ENERGY BALLS

### DIRECTIONS

- In a food processor, pulse almonds (or walnuts) until finely ground.
- Add dates, shredded coconut, cacao powder, chia seeds, vanilla, salt, and coconut oil. Blend until sticky and well-combined.
- Roll the mixture into 1-inch balls using your hands.
- Optional: Roll each ball in extra shredded coconut or crushed nuts.
- Chill in the refrigerator for 20 minutes before serving. Store in an airtight container for up to 1 week.
- **Raw cacao:** rich in polyphenols, known for anti-inflammatory and circulatory benefits
- **No raw cacao?** Use unsweetened cocoa powder (still rich in flavonoids)

**Nutritional Information:** Calories: 130; Protein: 3g; Carbohydrates: 10g; Fats: 9g; Fiber: 3g; Cholesterol: 0mg; Sodium: 30mg; Potassium: 200mg

### INGREDIENTS

- 1 cup unsweetened shredded coconut
- $\frac{3}{4}$  cup raw almonds or walnuts
- 2 tbsp raw cacao powder
- 8 soft Medjool dates, pitted
- 1 tbsp coconut oil
- 1 tbsp chia seeds
- 1 tsp vanilla extract
- Pinch of sea salt
- **Optional:**  $\frac{1}{2}$  tsp cinnamon or cardamom for a flavor twist
- **Nut-Free?** Use sunflower seeds or pumpkin seeds instead of almonds



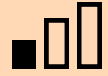
TIME  
10 min



SERVES  
4



METHOD  
Mix



DIFFICULTY  
Easy

## BEET HUMMUS WITH GLUTEN-FREE CRACKERS OR CUCUMBER ROUNDS

### DIRECTIONS

- In a food processor, combine all ingredients (except garnish). Blend until smooth and creamy. Add 1–2 tbsp water for a thinner consistency if desired.
- Taste and adjust seasoning: add more lemon for brightness, tahini for richness, or garlic for kick.
- Serve with gluten-free crackers or thick cucumber slices. Sprinkle with garnish before serving.
- **Instead of crackers:** serve with celery sticks, jicama slices, or endive leaves
- **Beets:** rich in nitrates that boost brain blood flow and support memory
- **Chickpeas & tahini:** provide plant-based protein and anti-inflammatory fats
- **Garlic & lemon:** boost immunity and digestion

**Nutritional Information:** Calories: 130; Protein: 4g; Carbohydrates: 12g; Fats: 7g; Fiber: 4g; Cholesterol: 0mg; Sodium: 120mg; Potassium: 260mg

### INGREDIENTS

- 1 cup cooked beet, peeled and cubed
- 1½ cups cooked chickpeas (or 1 15-oz can, drained and rinsed)
- 2 tbsp tahini
- 1 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1 clove garlic, minced
- ½ tsp ground cumin
- ¼ tsp sea salt
- **Optional:** 1 tbsp plain Greek yogurt or unsweetened coconut yogurt for creaminess
- **Garnish:** hemp seeds, parsley, black sesame seeds



**TIME**  
25 min



**SERVES**  
4



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## WHITE BEAN AND BASIL DIP WITH CARROT CHIPS

### DIRECTIONS

- Add all dip ingredients to a food processor or high-speed blender. Blend until smooth, pausing to scrape down sides. Add a splash of water to reach your desired creamy consistency. Chill for 10–15 minutes for the flavor to develop.
- Preheat oven to 375°F (190°C). Toss carrot slices with olive oil and seasonings. Arrange on a parchment-lined baking sheet in a single layer. Bake for 12–15 minutes, flipping once, until lightly crisped and browned.
- Spoon the dip into a bowl and serve with the carrot chips. Garnish with a small basil leaf or drizzle of olive oil, if desired.
- **Carrot Alternative:** Serve with jicama sticks, cucumber rounds, or baked sweet potato wedges.

**Nutritional Information:** Calories: 180; Protein: 6g; Carbohydrates: 18g; Fats: 9g; Fiber: 5g; Cholesterol: 0mg; Sodium: 170mg; Potassium: 400mg

### INGREDIENTS

- 1 ½ cups cooked white beans, drained and rinsed
- ¼ cup fresh basil leaves
- 1 garlic clove
- 2 tbsp olive oil
- 1 tbsp lemon juice
- ½ tsp lemon zest
- ¼ tsp sea salt
- Black pepper, to taste
- 1–2 tbsp water

#### For the Carrot Chips:

- 2 large carrots, peeled and thinly sliced into rounds or ribbons
- 1 tsp olive oil
- Pinch of sea salt
- Pinch of smoked paprika or turmeric



**BRAIN-BOOSTING  
SMOOTHIES  
AND  
HEALING DRINKS**



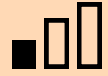
TIME  
9 min



SERVES  
1



METHOD  
Boil



DIFFICULTY  
Very Easy

## GOLDEN MILK (TURMERIC LATTE) WITH ALMOND MILK

### DIRECTIONS

- In a small saucepan, gently heat the almond milk over medium heat. Do not bring to a boil.
- Add turmeric, cinnamon, ginger, black pepper, and optional coconut oil. Whisk well to combine.
- Reduce heat to low and let the mixture simmer for 3–4 minutes, stirring occasionally.
- Pour into a mug, top with a dash of cinnamon or nutmeg, and enjoy this cozy, hug-in-a-mug beverage warm.
- **No almond milk?** Use unsweetened oat or coconut milk
- **Ginger & Cinnamon:** *Promote digestion and healthy circulation*
- **Almond Milk:** *Low-calorie, vitamin E-rich for memory and cell protection*

**Nutritional Information:** Calories: 65; Protein: 1g; Carbohydrates: 6g; Fats: 5g; Fiber: 1g; Cholesterol: 0mg; Sodium: 160mg; Potassium: 150mg

### INGREDIENTS

- 1 cup unsweetened almond milk
- ½ tsp ground turmeric
- ¼ tsp ground cinnamon
- ⅛ tsp ground ginger (or fresh grated, to taste)
- Pinch of black pepper (enhances curcumin absorption)
- 1 tsp maple syrup (or stevia/erythritol to taste)
- **Optional:** ½ tsp coconut oil (for richness and fat-soluble absorption)
- **Optional garnish:** ground cinnamon or freshly grated nutmeg



TIME  
5 min



SERVES  
1



METHOD  
Blend



DIFFICULTY  
Very Easy

## RASPBERRY MACA BRAIN-BOOST SHAKE

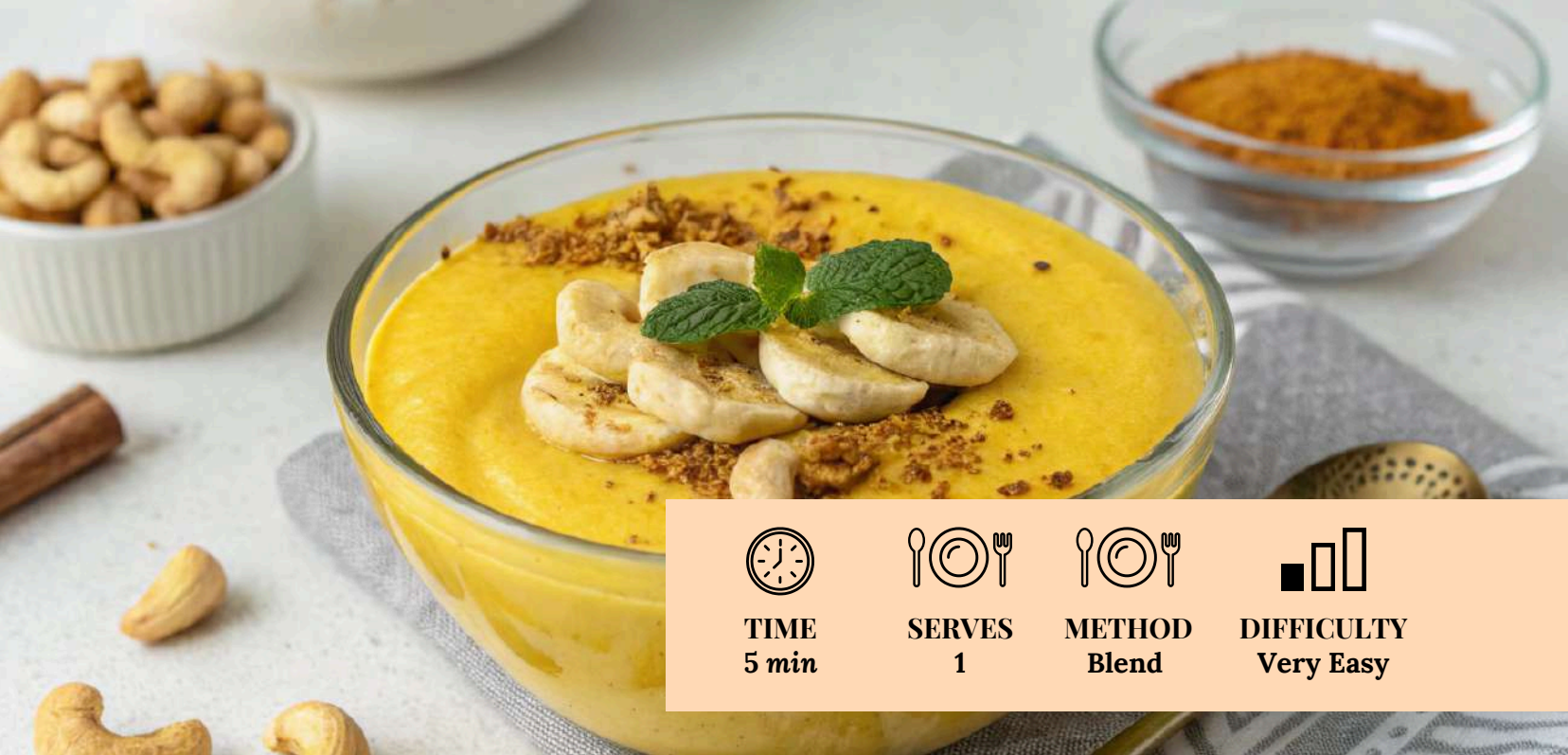
### DIRECTIONS

- Add all ingredients to a blender.
- Blend on high for 30–45 seconds until creamy and smooth.
- Taste and adjust sweetness if desired.
- Pour into a glass, garnish if using, and enjoy chilled.
- **Histamine-sensitive?** Replace raspberries with peeled pears or low-histamine berries like blueberries.
- **No maca?** Substitute with 1 tsp ashwagandha powder for stress resilience, or omit entirely.
- **Raspberries:** High in anthocyanins for memory and vascular health
- **Maca:** An adaptogen traditionally used to support mental clarity, stamina, and hormone balance

**Nutritional Information:** Calories: 180; Protein: 4g; Carbohydrates: 18g; Fats: 10g; Fiber: 6g; Cholesterol: 0mg; Sodium: 80mg; Potassium: 420mg

### INGREDIENTS

- 1 cup unsweetened almond milk (or oat or hemp milk)
- $\frac{3}{4}$  cup frozen raspberries
- $\frac{1}{2}$  small avocado (or 1 tbsp almond butter)
- 1 tsp maca powder (gelatinized for better digestion)
- 1 tbsp ground flaxseed or chia seeds
- 1–2 tsp maple syrup or 3–4 drops liquid stevia
- $\frac{1}{2}$  tsp vanilla extract
- 3–4 ice cubes
- **Optional:** pinch of cinnamon or a few mint leaves for garnish



TIME  
5 min



SERVES  
1



METHOD  
Blend



DIFFICULTY  
Very Easy

## CREAMY CASHEW TURMERIC SMOOTHIE

### DIRECTIONS

- Drain soaked cashews and add all ingredients to a high-speed blender.
- Blend until completely smooth and creamy (30–60 seconds).
- Taste and adjust the sweetness or spice to your preference.
- Serve immediately, optionally dusted with cinnamon or turmeric on top.
- **No cashews?** Use sunflower seeds or hemp hearts for a nut-free option.
- **Avoiding a banana?** Swap with ¼ avocado + 1 Medjool date or steamed cauliflower for low-sugar.
- **Cashews:** Rich in magnesium and healthy fats, supporting mood, memory, and heart health.

**Nutritional Information:** Calories: 210; Protein: 5g; Carbohydrates: 18g; Fats: 14g; Fiber: 3g; Cholesterol: 0mg; Sodium: 80mg; Potassium: 400mg

### INGREDIENTS

- 1 cup unsweetened cashew milk (or almond milk)
- ¼ cup raw cashews (soaked 2–4 hours or overnight)
- ½ frozen banana (for creaminess – optional)
- ½ tsp ground turmeric
- ¼ tsp ground cinnamon
- ⅛ tsp ground ginger
- Pinch of black pepper (enhances curcumin absorption)
- 1 tsp maple syrup or 2–3 drops liquid stevia
- ½ tsp vanilla extract
- 3–4 ice cubes



TIME  
5 min



SERVES  
1



METHOD  
Blend



DIFFICULTY  
Very Easy

## BLACKBERRY GINGER MENTAL CLARITY SMOOTHIE

### DIRECTIONS

- Combine all ingredients in a high-speed blender.
- Blend until smooth and creamy (30–60 seconds).
- Taste and adjust the sweetness if needed.
- Pour into a glass and enjoy immediately for a fresh brain-boosting lift.
- **No banana?** Use 2–3 pitted Medjool dates or ½ pear
- **No beet?** Try ¼ c shredded raw carrot for gentle sweetness and beta-carotene
- **More protein?** Add 1 scoop of unsweetened collagen or vegan protein powder
- **Blackberries & Beets:** Rich in anthocyanins and nitrates to improve blood flow and cognitive clarity
- **Ginger:** Supports digestion, reduces brain fog, and inflammation

**Nutritional Information:** Calories: 140; Protein: 3g; Carbohydrates: 22g; Fats: 4g; Fiber: 6g; Cholesterol: 0mg; Sodium: 90mg; Potassium: 400mg

### INGREDIENTS

- ¾ cup unsweetened almond milk (or oat milk for creaminess)
- ½ cup fresh or frozen blackberries
- ½ small cooked beet (steamed or roasted)
- ½ banana (for natural sweetness)
- ½ tsp freshly grated ginger (or ¼ tsp ground ginger)
- 1 tbsp ground flaxseeds
- 1 tsp lemon juice
- 1 tsp honey or maple syrup
- 3–4 ice cubes



TIME  
5 min



SERVES  
1



METHOD  
Blend



DIFFICULTY  
Very Easy

## COCONUT MATCHA GREEN ENERGY SHAKE

### DIRECTIONS

- Add all ingredients to a high-speed blender.
- Blend on high until smooth and frothy (30–60 seconds).
- Taste and adjust sweetness if desired.
- Serve immediately, garnished with a sprinkle of shredded coconut or a dusting of matcha on top.
- **No banana?** Sub ½ avocado for creaminess + heart-healthy fats
- **Need caffeine-free?** Replace matcha with moringa powder for a green antioxidant boost
- **Matcha:** Mild caffeine + L-theanine = calm focus without a crash
- **Banana & Vanilla:** Add potassium and antioxidant sweetness naturally

**Nutritional Information:** Calories: 160; Protein: 3g; Carbohydrates: 15g; Fats: 10g; Fiber: 5g; Cholesterol: 0mg; Sodium: 80mg; Potassium: 300mg

### INGREDIENTS

- ¾ cup unsweetened coconut milk (carton, not canned)
- ½ frozen banana (adds creaminess and natural sweetness)
- 1 tsp matcha green tea powder (ceremonial grade if possible)
- 1 tbsp chia seeds
- ½ tsp vanilla extract
- 1 tsp honey or monk fruit sweetener (optional)
- A handful of ice cubes
- **Optional:** 1 tbsp shredded coconut (for texture and added MCTs)



TIME  
5 min



SERVES  
1



METHOD  
Blend



DIFFICULTY  
Very Easy

## CHERRY CHIA SLEEP & RECOVERY SMOOTHIE

### DIRECTIONS

- Combine all ingredients in a high-speed blender.
- Blend until smooth and creamy.
- Pour into a glass and enjoy 60–90 minutes before bedtime.
- **No banana?** Add 1–2 pitted dates for natural sweetness
- **More protein?** Add unsweetened Greek yogurt (if dairy is tolerated) or plant-based protein powder
- **Tart cherries:** *One of the few food sources of natural melatonin, aiding sleep regulation*
- **Almond milk & almond butter:** *Provide vitamin E and magnesium, both vital for brain and nerve recovery*
- **Cinnamon:** *Helps stabilize blood sugar to prevent nighttime dips in energy*

**Nutritional Information:** Calories: 210; Protein: 10g; Carbohydrates: 20g; Fats: 10g; Fiber: 6g; Cholesterol: 0mg; Sodium: 120mg; Potassium: 300mg

### INGREDIENTS

- 1 cup unsweetened almond milk (or oat milk)
- $\frac{3}{4}$  cup frozen tart cherries
- 1 tbsp chia seeds
- 1 tbsp ground flaxseed
- $\frac{1}{2}$  small banana
- $\frac{1}{4}$  tsp ground cinnamon
- 1 tsp almond butter
- $\frac{1}{2}$  tsp vanilla extract
- **Optional:** 1 scoop collagen peptides (unflavored, if tolerated)



TIME  
5 min



SERVES  
1



METHOD  
Blend



DIFFICULTY  
Very Easy

## PUMPKIN SPICE OMEGA-BOOST SMOOTHIE

### DIRECTIONS

- Add all ingredients to a blender.
- Blend until smooth and creamy.
- Taste and adjust sweetness or spice as needed.
- Pour into a glass and enjoy this velvety, omega-rich smoothie.
- **No banana?** Swap in  $\frac{1}{4}$  avocado and a medjool date
- **Want more protein?** Add 1 scoop unflavored collagen or vegan protein
- **Pumpkin:** Rich in beta-carotene for brain & eye health
- **Almond Milk & Nut Butter:** Vitamin E and healthy fats
- **Banana:** Natural sweetness + potassium for blood pressure

**Nutritional Information:** Calories: 210; Protein: 5g; Carbohydrates: 23g; Fats: 11g; Fiber: 6g; Cholesterol: 0mg; Sodium: 150mg; Potassium: 500mg

### INGREDIENTS

- $\frac{3}{4}$  cup unsweetened canned pumpkin (BPA-free)
- 1 cup unsweetened almond milk (or oat milk)
- 1 small frozen banana
- 1 tbsp ground flaxseeds (or chia seeds)
- 1 tbsp almond butter (or walnut butter)
- $\frac{1}{2}$  tsp pumpkin pie spice (or cinnamon + nutmeg)
- 1 tsp maple syrup or monk fruit (optional)
- 1 tsp vanilla extract
- 3-4 ice cubes



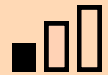
**TIME**  
5 min



**SERVES**  
1



**METHOD**  
Blend



**DIFFICULTY**  
Very Easy

## TROPICAL TURMERIC PINEAPPLE SMOOTHIE

### DIRECTIONS

- Add all ingredients to a blender.
- Blend until smooth and creamy.
- Taste and adjust lime or ginger to preference.
- Pour into a glass, sip slowly, and feel tropical calm with every brain-boosting sip.
- **No coconut milk?** Use oat milk or macadamia milk
- **Need more protein?** Add a scoop of unflavored collagen or pea protein
- **Lower sugar option?** Replace banana with ¼ avocado + stevia or monk fruit drops
- **Pineapple (Bromelain):** Natural enzyme supporting digestion & immune function
- **Ginger:** Aids circulation & soothes the gut
- **Hemp Seeds:** Omega-rich plant protein + magnesium for heart & nerve function

**Nutritional Information:** Calories: 190; Protein: 3g; Carbohydrates: 26g; Fats: 8g; Fiber: 4g; Cholesterol: 0mg; Sodium: 60mg; Potassium: 430mg

### INGREDIENTS

- 1 cup frozen pineapple chunks
- ½ banana (frozen or fresh)
- ¾ cup unsweetened coconut milk (or almond milk)
- ½ tsp ground turmeric
- Pinch of black pepper (boosts turmeric absorption)
- ½ tsp grated fresh ginger (or ¼ tsp ground)
- 1 tbsp hemp seeds (or flaxseeds for omega-3s)
- 1 tsp lime juice (optional, for brightness)
- Ice cubes



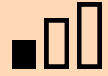
TIME  
5 min



SERVES  
1



METHOD  
Blend



DIFFICULTY  
Very Easy

## BRAIN-BOOSTING CHOCOLATE AVOCADO SHAKE

### DIRECTIONS

- Add all ingredients to a high-speed blender.
- Blend until smooth and creamy. Add more milk to adjust the consistency if needed.
- Pour into a glass and enjoy immediately as a nourishing brain treat.
- **No banana?** Use 2–3 pitted dates or 1 Tbsp cooked sweet potato
- **Avoiding sweeteners?** Skip the maple syrup and boost natural sweetness with a full frozen banana
- **Avocado:** Rich in monounsaturated fats and folate, supports memory and neural repair
- **Cocoa:** Packed with flavonoids for improved cerebral blood flow and focus
- **Almond milk + almond butter:** Vitamin E source for cognitive protection

**Nutritional Information:** Calories: 210; Protein: 4g; Carbohydrates: 14g; Fats: 15g; Fiber: 7g; Cholesterol: 0mg; Sodium: 100mg; Potassium: 550mg

### INGREDIENTS

- ½ ripe avocado
- 1 cup unsweetened almond milk (or other plant-based milk)
- 1 tbsp unsweetened cocoa powder (or raw cacao for extra antioxidants)
- 1 tsp almond butter
- 1 tsp maple syrup or ½ tsp stevia/erythritol
- ½ frozen banana
- ¼ tsp cinnamon
- ½ tsp vanilla extract
- 3–4 ice cubes



TIME  
5 min



SERVES  
1



METHOD  
Blend



DIFFICULTY  
Very Easy

## ANTI-INFLAMMATORY GREEN DETOX SMOOTHIE

### DIRECTIONS

- Add all ingredients to a blender.
- Blend on high until smooth and frothy.
- Taste and adjust with a splash of lemon juice or extra apple if you prefer more brightness or sweetness.
- Pour into a glass and enjoy cold – preferably in the morning.
- **Spinach & celery:** Rich in magnesium, potassium, and chlorophyll – support blood pressure, digestion, and inflammation control
- **Green apple:** Natural pectin and polyphenols for gut health and mild sweetness
- **Ginger & lemon:** Aid detoxification and improve circulation and immunity

**Nutritional Information:** Calories: 80; Protein: 2g; Carbohydrates: 14g; Fats: 2g; Fiber: 4g; Cholesterol: 0mg; Sodium: 65mg; Potassium: 500mg

### INGREDIENTS

- 1 cup fresh spinach (or baby kale)
- ½ green apple, chopped (Granny Smith or tart variety)
- 1 celery stalk, chopped
- ½ small cucumber, peeled if not organic
- 1 tbsp fresh lemon juice
- 1 tsp grated ginger (or ¼ tsp ground ginger)
- ½ cup unsweetened coconut water (or plain water)
- ½ cup ice cubes
- **Optional:** ½ tsp chia seeds or flaxseeds



TIME  
5 min



SERVES  
1



METHOD  
Blend



DIFFICULTY  
Very Easy

## BLUEBERRY POMEGRANATE MEMORY SUPPORT SMOOTHIE

### DIRECTIONS

- Combine all ingredients in a high-speed blender.
- Blend until smooth and creamy.
- Pour into a glass and enjoy immediately, preferably in the morning or as a midday brain boost.
- **No banana?** Use ½ a pear or ¼ an avocado for creaminess with lower sugar
- **Blood pressure-friendly?** Choose potassium-rich coconut water in place of almond milk
- **Blueberries & pomegranate juice:** Rich in polyphenols and anthocyanins to support memory, reduce oxidative stress, and enhance blood flow to the brain
- **Banana & yogurt:** Natural prebiotics + gentle protein for sustained energy

**Nutritional Information:** Calories: 165; Protein: 7g; Carbohydrates: 24g; Fats: 5g; Fiber: 5g; Cholesterol: 4mg; Sodium: 80mg; Potassium: 400mg

### INGREDIENTS

- ¾ cup frozen blueberries
- ½ cup 100% pomegranate juice (unsweetened)
- ½ ripe banana
- ¼ cup plain Greek yogurt (or coconut yogurt for dairy-free)
- ½ cup unsweetened almond milk (or oat milk)
- 1 tsp ground flaxseeds (or chia seeds)
- ¼ tsp cinnamon
- Ice cubes, as needed for texture



**SWEET TREATS  
FOR  
A CLEAR MIND**



**TIME**  
10 min



**SERVES**  
12 bites



**METHOD**  
Mix



**DIFFICULTY**  
Easy

## DARK CHOCOLATE WALNUT BRAIN BITES

### DIRECTIONS

- In a food processor, combine dates, walnuts, oats, cocoa, chia seeds, flaxseed, and salt.
- Pulse until the mixture is crumbly and sticks together when pressed.
- Add vanilla and a splash of water if too dry. Pulse again.
- Fold in dark chocolate chips (optional).
- Form into small bite-sized balls.
- Chill in the fridge for 20–30 minutes before serving. Store in an airtight container up to 1 week.
- **No walnuts?** Use pecans or almonds for a similar texture
- **Walnuts:** A top source of ALA omega-3s for brain aging support
- **Chia & Flax:** Extra fiber and essential fatty acids

**Nutritional Information:** Calories: 95; Protein: 2g; Carbohydrates: 11g; Fats: 6g; Fiber: 2g; Cholesterol: 0mg; Sodium: 20mg; Potassium: 140mg

### INGREDIENTS

- ½ cup raw walnuts (chopped)
- ½ cup gluten-free rolled oats (or almond flour for grain-free option)
- 3 tbsp unsweetened cocoa powder
- 10 Medjool dates, pitted
- 1 tbsp chia seeds
- 1 tbsp flaxseed meal (ground flaxseed)
- ½ tsp vanilla extract
- Pinch of sea salt
- 2 tbsp dark chocolate chips (70 %+ cocoa, optional)
- 1–2 tsp water, if needed for blending



**TIME**  
25 min



**SERVES**  
12 cookies



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## GOLDEN TURMERIC ALMOND COOKIES

### DIRECTIONS

- Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
- In a medium bowl, combine almond flour, baking soda, turmeric, cinnamon, pepper, and salt.
- In a separate bowl, whisk together melted coconut oil, maple syrup, and vanilla extract.
- Combine wet and dry ingredients, mixing until a soft dough forms. Fold in nuts/seeds if using.
- Scoop dough (about 1 tbsp each) onto the baking sheet and flatten gently with your fingers.
- Bake 12–14 minutes, or until edges are golden. Cool before serving.
- **Almond Flour:** Rich in vitamin E and healthy fats for brain and heart health

**Nutritional Information:** Calories: 120; Protein: 3g; Carbohydrates: 6g; Fats: 9g; Fiber: 2g; Cholesterol: 0mg; Sodium: 55mg; Potassium: 80mg

### INGREDIENTS

- 1 ½ cup almond flour
- ¼ tsp baking soda
- 1 tsp ground turmeric
- ½ tsp ground cinnamon
- Pinch of black pepper
- ¼ tsp sea salt
- ¼ cup maple syrup (or monk fruit syrup for low-sugar version)
- ¼ cup coconut oil, melted
- 1 tsp vanilla extract
- **Optional:** 2 tbsp chopped walnuts or pumpkin seeds
- **Nut-free?** Use sunflower seed flour instead of almond flour



**TIME**  
5 min



**SERVES**  
2



**METHOD**  
chill 15 min



**DIFFICULTY**  
Easy

## AVOCADO COCOA MOUSSE (NO SUGAR, DAIRY-FREE)

### DIRECTIONS

- Scoop the avocado into a food processor or blender.
- Add cocoa powder, almond milk, sweetener, vanilla, and salt. Blend until silky and smooth.
- Taste and adjust the sweetness or milk for the desired consistency.
- Optional: stir in chia seeds for extra omega-3 and thickness.
- Chill for 10–15 minutes (or serve immediately if preferred).
- Garnish and enjoy a guilt-free, brain-boosting dessert!
- **Need sweeter?** Add 1 medjool date or extra monk fruit for a richer taste

**Nutritional Information:** Calories: 160; Protein: 2g;  
Carbohydrates: 8g; Fats: 14g; Fiber: 6g;  
Cholesterol: 0mg; Sodium: 50mg; Potassium: 480mg

### INGREDIENTS

- 1 ripe avocado
- 2 tbsp unsweetened cocoa powder
- 2–3 tbsp unsweetened almond milk (or other plant-based milk)
- 1–2 tsp monk fruit sweetener or erythritol (to taste)
- ½ tsp vanilla extract
- Pinch of sea salt
- **Optional:** 1 tbsp chia seeds
- **Optional garnish:** cacao nibs, shredded coconut, or crushed walnuts



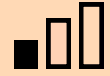
**TIME**  
10 min



**SERVES**  
12 bites



**METHOD**  
Chill 15 min



**DIFFICULTY**  
Easy

## PUMPKIN SPICE ENERGY BITES

### DIRECTIONS

- In a mixing bowl, combine all ingredients. Stir until fully incorporated.
- Place the mixture in the fridge for 10–15 minutes to firm up slightly.
- Scoop and roll into 1-inch balls using your hands or a small cookie scoop.
- Store in an airtight container in the refrigerator for up to 1 week or freeze for longer.
- **Avoiding oats?** Use ground almonds or coconut flour instead (adjust moisture)
- **Pumpkin:** Rich in beta-carotene for brain and vision protection
- **Spices (cinnamon, clove, nutmeg):** Natural anti-inflammatory benefits

**Nutritional Information:** Calories: 85; Protein: 3g; Carbohydrates: 8g; Fats: 5g; Fiber: 2g; Cholesterol: 0mg; Sodium: 40mg; Potassium: 120mg

### INGREDIENTS

- ½ cup canned organic pumpkin puree (unsweetened)
- ¾ cup gluten-free rolled oats
- ½ cup almond butter (or sunflower seed butter for nut-free)
- ¼ cup ground flaxseed
- 2 tbsp pure maple syrup (or date syrup)
- 1 tsp pumpkin pie spice
- ½ tsp ground cinnamon
- 1 tsp vanilla extract
- Pinch of sea salt
- **Optional:** 2 tbsp chopped walnuts or pumpkin seeds for crunch



**TIME**  
10 min



**SERVES**  
20 bites



**METHOD**  
Freeze 2-3 h



**DIFFICULTY**  
Easy

## FROZEN YOGURT BERRY BITES (DAIRY-FREE OPTION)

### DIRECTIONS

- In a small bowl, mix yogurt with honey (if using) and vanilla extract until smooth.
- Spoon about 1 tsp of the yogurt mixture into each cavity of a silicone mini muffin mold or onto a parchment-lined baking sheet in small rounds.
- Top each yogurt dollop with a mix of berries and a sprinkle of chopped walnuts if desired.
- Freeze for 2–3 hours or until fully set.
- Store in an airtight container in the freezer for up to 2 weeks. Eat directly from frozen.
- **Need more protein?** Stir in a scoop of unflavored collagen or plant protein before freezing
- **Yogurt:** A source of probiotics for digestive and mental health

**Nutritional Information:** Calories: 30; Protein: 2g; Carbohydrates: 3g; Fats: 2g; Fiber: 1g; Cholesterol: 3mg; Sodium: 8mg; Potassium: 60mg

### INGREDIENTS

- 1 cup plain Greek yogurt (or coconut yogurt for dairy-free)
- 1 tbsp raw honey or maple syrup (optional, adjust to taste)
- ½ tsp vanilla extract
- ¾ cup fresh blueberries
- ¾ cup fresh raspberries or chopped strawberries
- 2 tbsp finely chopped walnuts (optional for omega-3)
- Silicone mini muffin pan or parchment-lined baking tray



**TIME**  
10 min



**SERVES**  
12 bars



**METHOD**  
Chill 2 hours



**DIFFICULTY**  
Easy

## CASHEW AND DATE NO-BAKE BARS

### DIRECTIONS

- Soften dates (if needed) by soaking them in warm water for 5 minutes and then draining.
- In a food processor, combine cashews and dates. Pulse until crumbly and sticky.
- Add coconut, chia/flax, cinnamon, vanilla, and salt. Pulse again until a uniform dough forms.
- If the mixture is too dry, add 1 tsp of water at a time until it sticks together when pressed.
- Press mixture evenly into a parchment-lined 8x4-inch loaf pan.
- Chill in the fridge for 1–2 hours before slicing into bars.
- Store in an airtight container in the fridge for up to 7–10 days.

**Nutritional Information:** Calories: 150; Protein: 3g; Carbohydrates: 17g; Fats: 9g; Fiber: 3g; Cholesterol: 0mg; Sodium: 20mg; Potassium: 180mg

### INGREDIENTS

- 1 cup raw cashews (unsalted)
- 1 cup Medjool dates (pitted and soft)
- ¼ cup shredded unsweetened coconut
- 1 tbsp chia seeds or ground flaxseed
- ¼ tsp cinnamon
- ½ tsp pure vanilla extract
- Pinch of sea salt
- 1–2 tsp water

**No cashews?** Substitute with walnuts or sunflower seeds

**More texture?** Add 2 tbsp chopped almonds or cacao nibs before pressing into the pan



**TIME**  
35 min



**SERVES**  
6 tartlets



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## LAVENDER HONEY ALMOND TARTLETS

### DIRECTIONS

- Preheat oven to 350°F (175°C). Combine almond flour, coconut oil, honey, vanilla, and salt until a dough forms. Press into mini tartlet pans (or muffin tin with parchment liners). Bake for 10–12 minutes until lightly golden. Let cool.
- While crusts bake, heat almond milk in a saucepan. Add lavender and bring to a gentle simmer. Steep for 5–7 minutes, then strain. Return milk to the pan. Whisk in honey and arrowroot powder. Simmer until slightly thickened (2–3 minutes). Remove from heat, add almond extract (if using), and let cool slightly.
- Pour filling into tartlet shells and chill for 1–2 hours until set. Garnish with sliced almonds and lavender buds before serving.

**Nutritional Information:** Calories: 180; Protein: 4g; Carbohydrates: 9g; Fats: 14g; Fiber: 2g; Cholesterol: 0mg; Sodium: 40mg; Potassium: 150mg

### INGREDIENTS

#### For the crust:

- 1 ½ cups almond flour
- 2 tbsp coconut oil (solid, not melted)
- 1 tbsp honey (or maple syrup for vegan option)
- ½ tsp vanilla extract
- Pinch of sea salt

#### For the filling:

- ¾ cup unsweetened almond milk
- 1 tbsp culinary dried lavender buds
- 2 tsp honey
- 1 tsp arrowroot powder or cornstarch
- ¼ tsp almond extract
- Sliced almonds



**TIME**  
40 min



**SERVES**  
4-6



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## PEACH AND BLUEBERRY CRISP (GLUTEN-FREE OATS)

### DIRECTIONS

- Preheat oven to 350°F (175°C).
- In a medium bowl, combine peaches, blueberries, starch, lemon juice, cinnamon, and maple syrup (if using). Toss gently.
- Spread fruit mixture evenly in a small baking dish.
- In another bowl, mix oats, almond flour, chopped nuts, coconut oil, maple syrup, cinnamon, and salt. Use a fork or hands to create a crumbly texture.
- Sprinkle the topping evenly over the fruit.
- Bake for 30–35 minutes, or until topping is golden and fruit is bubbling.
- Let cool slightly. Serve warm or chilled — plain or with a dollop of unsweetened coconut yogurt.
- **Peaches & blueberries:** Packed with polyphenols and vitamin C to protect brain cells

**Nutritional Information:** Calories: 210; Protein: 3g; Carbohydrates: 24g; Fats: 12g; Fiber: 4g; Cholesterol: 0mg; Sodium: 35mg; Potassium: 200mg

### INGREDIENTS

#### Fruit Base:

- 2 ripe peaches, sliced
- 1 cup fresh or frozen blueberries
- 1 tbsp arrowroot starch (or cornstarch)
- 1 tbsp lemon juice
- 1 tsp cinnamon
- 1–2 tsp maple syrup

#### Crisp Topping:

- ¾ cup rolled oats
- ¼ cup almond flour
- ¼ cup chopped pecans or walnuts
- 2 tbsp coconut oil (solid)
- 1 tbsp maple syrup
- ½ tsp cinnamon
- Pinch of sea salt



**TIME**  
10 min



**SERVES**  
2



**METHOD**  
Freeze 3 h



**DIFFICULTY**  
Easy

## COCONUT MATCHA “NICE CREAM” (BANANA-FREE OPTION AVAILABLE)

### DIRECTIONS

- Add all ingredients to a high-speed blender. Blend until smooth and creamy.
- Taste and adjust the sweetness if needed.
- Pour the mixture into a freezer-safe container.
- Freeze for at least 3–4 hours. Let it sit at room temperature for 5–10 minutes before scooping.
- Serve topped with optional garnishes and enjoy!
- **No matcha?** Try spirulina or unsweetened cacao for a similar superfood twist
- **Need more protein?** Blend in 1 tbsp unflavored collagen or hemp seeds
- **Matcha:** Provides gentle caffeine, L-theanine, and EGCG for calm focus
- **Coconut milk:** Rich in MCTs for brain fuel and healthy fats

**Nutritional Information:** Calories: 210; Protein: 2g; Carbohydrates: 15g; Fats: 18g; Fiber: 3g; Cholesterol: 0mg; Sodium: 20mg; Potassium: 300mg

### INGREDIENTS

- 1½ cups full-fat coconut milk (from can, well-stirred)
- 1 ripe frozen banana (or ½ avocado for banana-free option)
- 1½ tsp ceremonial-grade matcha powder
- 1–2 tsp maple syrup or monk fruit sweetener, to taste
- ½ tsp pure vanilla extract
- **Optional:** pinch of sea salt
- **Optional topping:** toasted coconut flakes, cacao nibs, or chopped pistachios



## SPICED CARROT AND WALNUT MINI MUFFINS (NO REFINED SUGAR)

### DIRECTIONS

- Preheat oven to 350°F (175°C). Line a mini muffin tin with paper liners or lightly grease.
- In a bowl, whisk together eggs, oil, applesauce, and sweetener.
- Stir in grated carrot, almond flour, baking soda, salt, and spices until just combined.
- Fold in chopped walnuts and optional orange zest.
- Spoon into muffin cups (about  $\frac{3}{4}$  full).
- Bake for 18–20 minutes, or until a toothpick comes out clean.
- Cool for 10 minutes before serving. Store refrigerated for up to 5 days.
- **No almond flour?** Use oat flour (gluten-free)
- **Carrots:** Rich in beta-carotene (vitamin A precursor) for brain and vision health

**Nutritional Information:** Calories: 95; Protein: 3g; Carbohydrates: 6g; Fats: 7g; Fiber: 2g; Cholesterol: 20mg; Sodium: 60mg; Potassium: 100mg

### INGREDIENTS

- 1 cup almond flour
- $\frac{1}{2}$  cup finely grated carrot
- $\frac{1}{4}$  cup chopped walnuts
- 2 eggs (or flax eggs)
- 2 tbsp olive oil or melted coconut oil
- 2 tbsp unsweetened applesauce
- 3 tbsp maple syrup or monk fruit sweetener
- $\frac{1}{2}$  tsp ground cinnamon
- $\frac{1}{4}$  tsp ground nutmeg
- $\frac{1}{4}$  tsp ground ginger
- $\frac{1}{2}$  tsp baking soda
- Pinch of sea salt
- **Optional:** 1 tsp orange zest for a citrus boost

## *Conclusion.*

### **You're Not Starting Over — You're Returning to Yourself**

You've just completed something meaningful — not just a recipe collection, but a return to steady focus, vibrant energy, and ease in your everyday rhythm. This book was never about rules or chasing youth. It was about nourishment — the kind that supports who you are, now.

Maybe you've noticed:

- **A clearer mind in the morning**
- **A steadier sense of purpose throughout the day**
- **A softer, more supportive way of living**

Or maybe you're simply starting to feel more like yourself — and that's a beautiful place to begin.

Let this chapter remind you:

You already hold what you need.

Your strength. Your wisdom. Your will to feel well.

This isn't a finish line — it's a gentle continuation.

One breath. One choice. One caring meal at a time.

### **Keep Going — and Take Your Tools With You**

To make this path even easier, your bonus support tools are waiting:

- **All-in-One Kitchen Companion for Adults 50+ (Cooking Charts)**
- **Printable 90-Day Brain-Boosting Meal Plan**
- **Grocery lists for every phase**
- **Extra gluten-free, heart-healthy recipes**
- **Energy & Clarity Journal pages**

**Already downloaded yours? Beautiful. You're on your way.**

Take what serves you, skip what doesn't — and revisit as often as you like.

Let your small shifts become quiet habits of self-care.

Let each meal remind you of your power to choose how you feel — with clarity, resilience, and intention.

You don't need perfection.

You just need to keep showing up — with kindness and care.

And if you ever need a quiet voice to remind you that you're doing beautifully — come back to these pages.

I'll be here, cheering you on from my own little kitchen.

With warmth and encouragement,

*Leonora*

## *About the Author.*

Hi, I'm **Leonora Key** – and I believe that nourishing yourself well after 50 isn't about willpower or perfection.

It's about kindness. It's about rhythm. It's about choosing foods that love you back.

For me, food has always been more than just fuel.

It's a gentle tool for healing, clarity, and joyful aging – especially when life shifts, energy dips, or focus feels harder to hold.

I don't come from culinary school.

I come from a small kitchen filled with cinnamon, stories, and warmth – and a mother who taught me that healing begins with a wooden spoon and an open heart.

That's why I write cookbooks for real people who want real change.

For those seeking small, lasting shifts – made with simplicity and love.

If this book brought you peace, clarity, or even one small shift in how you care for yourself – I'm truly honored.

You're why I write.

This cookbook is part of the **EatWell 50+ series** – a collection created to nourish body, brain, and spirit in the second half of life.

**If you'd like to explore more of my works, see other books in the series, or follow what's next, please visit:**

[amazon.com/author/key.leonora-book](https://amazon.com/author/key.leonora-book)

Thank you for making space for me in your kitchen and in your story.

Stay well. Stay vibrant.

There's so much more to savor, discover, and enjoy – in your own way, and in your own time

With gratitude and care,

**Leonora Key**

*“For everything I know about love and nourishment – thank you, Mom.”*