

Free One Day Meal Plan for Cognitive Function

 28 items

Fruits

- 1/2** Avocado
- 1/8** Lemon
- 1** Navel Orange
- 2 cups** Pineapple

Seeds, Nuts & Spices

- 1/8 tsp** Cayenne Pepper
- 3/4 tsp** Chili Powder
- 1 tsp** Cinnamon
- 1 cup** Clean Trail Mix
- 1 tbsp** Ground Flax Seed
- 1 tbsp** Hemp Seeds
- 1/2 tsp** Paprika
- 1 tsp** Red Pepper Flakes
- Sea Salt & Black Pepper

Frozen

- 1 1/2 cups** Frozen Berries
- 1/2 cup** Frozen Peas

Vegetables

- 2 1/2 cups** Baby Spinach
- 1** Garlic
- 2 1/2 stalks** Green Onion
- 1/4** Yellow Onion

Boxed & Canned

- 1/2 cup** Quinoa

Bread, Fish, Meat & Cheese

- 4 slices** Organic Bread
- 1/2 lb** Shrimp

Condiments & Oils

- 1 1/2 tsps** Dijon Mustard
- 1 tbsp** Extra Virgin Olive Oil
- 1 tbsp** Tamari

Cold

- 4** Egg
- 1 1/2 cups** Unsweetened Almond Milk

Other

- 3/4 cup** Water

Winter Berry Smoothie

 6 ingredients  10 minutes  2 servings

Directions

1. Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)

Ingredients

- 1 1/2 cups** Unsweetened Almond Milk
- 1 tbsp** Ground Flax Seed
- 1 tbsp** Hemp Seeds
- 1** Navel Orange (peeled and sectioned)
- 1 1/2 cups** Frozen Berries
- 2 cups** Baby Spinach

Clean Trail Mix

 1 ingredients  2 minutes  2 servings

Directions

1. This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
2. Pour into bowl and snack away!

Ingredients

1 cup Clean Trail Mix

Avocado Egg Salad Sandwich

 7 ingredients  15 minutes  2 servings

Directions

1. Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
2. In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
3. Spread onto toast and enjoy!

Notes

Less Bread Make it an open-face sandwich.

Add a Kick Add red chili flakes or hot sauce.

Vegan Use mashed chickpeas or white kidney beans instead of eggs.

Ingredients

3	Egg
1/2	Avocado
1/2 cup	Baby Spinach (chopped)
1 1/2 tsps	Dijon Mustard
1/8	Lemon (juiced)
	Sea Salt & Black Pepper (to taste)
4 slices	Organic Bread (toasted)

Broiled Pineapple with Cinnamon

 2 ingredients  10 minutes  2 servings

Directions

1. Adjust oven rack to the top, closest to the broiler. Set oven to high broil.
2. Place pineapple slices on a foil-lined baking sheet and sprinkle both sides with cinnamon.
3. Broil in oven for about 10 minutes, flipping halfway. Watch closely for burning as oven temperatures may vary.
4. Remove from oven and enjoy!

Notes

Serve it With Our one-ingredient banana ice cream, organic coconut ice cream, Paleo Granola or over oatmeal.

Ingredients

- 2 cups** Pineapple (cored and sliced into rounds)
- 1 tsp** Cinnamon

Spicy Shrimp Fried Rice

 15 ingredients  30 minutes  2 servings

Directions

1. Place quinoa and water in a medium sized pot and bring to a boil over high heat. Once boiling, cover with lid and reduce heat to low. Let simmer for 12 minutes or until all liquid is absorbed. Remove from heat, fluff with a fork and set aside.
2. In a large bowl, toss the cooked shrimp with cayenne, paprika and chili powder. Season with sea salt and pepper to taste. Toss until well coated
3. Heat half of your olive oil in a wok or large frying pan over medium heat. Whisk two eggs together in a bowl with a fork and scramble in frying pan until cooked through. Place in a bowl and set aside.
4. Place wok back over medium heat. Add remaining olive oil and saute onions, garlic and red pepper flakes until onion becomes translucent. Stir in peas and let warm through.
5. Add in shrimp, quinoa, scrambled eggs and tamari. Stir until tamari is fully absorbed. Spoon into a bowl and garnish with green onion. Enjoy with chopsticks!

Ingredients

1/2 cup	Quinoa (uncooked)
3/4 cup	Water
1/2 lb	Shrimp (cooked, peeled and patted dry)
	Sea Salt & Black Pepper (to taste)
1/2 tsp	Paprika
1/8 tsp	Cayenne Pepper
3/4 tsp	Chili Powder
1	Egg
1/4	Yellow Onion (diced)
1/2 cup	Frozen Peas
1	Garlic (cloves, minced)
2 1/2 stalks	Green Onion (chopped)
1 tbsp	Extra Virgin Olive Oil (divided)
1 tsp	Red Pepper Flakes
1 tbsp	Tamari