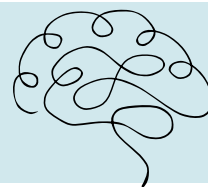


# A Day on the MIND Diet



**Recipes from EA Stewart, the Spicy RD's "40+ Mind Diet Recipes for Better Brain Health"**

Scan this QR code to access all 40+ recipes!



## BREAKFAST

**2 Tbsp** Sunflower Seed Butter  
(or nut butter like almond)  
**2 slices** Whole Grain Bread  
**1/2 cup** Blueberries  
Honey

## Berry and Nut Butter Toast

Spread the sunflower seed butter on top of the toasted bread. Top each piece of toast with the blueberries and honey. Enjoy!

Optional: add hemp, chia, or flax seeds for additional crunch

## LUNCH

## Mediterranean Chicken Kabobs

**1** Lemon (juiced)  
**1 Tbsp** Red Wine Vinegar  
**1 Tbsp** Dried Oregano  
**2 Tbsp** Extra virgin olive oil  
**1 lb** Chicken Breast (boneless, skinless, cubed)  
**1** Zucchini (large)  
**1** Yellow Pepper  
**1 cup** Red Onion  
**2 cups** Cherry Tomatoes  
**8** Barbecue Skewers

1. Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
2. Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
3. Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
4. Preheat the grill to medium heat.
5. Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through. Makes 4 servings.



## SNACK

- 1 cup** Pecans
- 1/4 cup** Pumpkin Seeds
- 1/4 cup** Dried Cranberries
- 2 oz** Dark Chocolate (at least 70%, chopped)

## Pecan Trail Mix

1. Add all of the ingredients into a jar. Shake well until mixed together. Enjoy!

## DINNER

- 1 1/2 cups** Brown Rice (Dry)
- 2 tsp** Soy Sauce
- 2 tsp** Extra Virgin Olive Oil
- 1 1/2 lbs** Salmon Fillet (no skin)
- Salt and Pepper to taste
- 1/3 cup** Mayonnaise
- 1 Tbsp** Sriracha
- 2** Avocado
- 1 tsp** Sesame Seeds (optional)

## Salmon and Rice Bowl

1. Cook rice according to the package directions, when it is finished pour on the tamari and set aside.
2. Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for 4-6 min per side until cooked through. Once the salmon has cooled, flake with a fork and set aside.
3. In a small bowl, mix together mayonnaise and sriracha.
4. Divide rice into bowls, top with salmon, cubed avocado, and sesame seeds. Serve with spicy mayo.

## DESSERT

- 1 cup** Unsweetened Almond Milk
- 1/4 cup** Chocolate Protein Powder
- 1/4 cup** Frozen Cauliflower
- 1/2 cup** Zucchini (frozen, chopped)
- 1** Banana (divided)
- 1 Tbsp** Almond Butter
- 2 Tbs** Cacao, or Cocoa Powder
- 1 Tbsp** Chia Seeds
- 1/4 cup** Raspberries
- 2 Tbsp** Granola (optional topping)

## Chocolate Almond Smoothie

1. Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
2. Pour into a bowl or glass and top with remaining banana, raspberries and granola, if using.

