



# 2 Week MIND Diet Meal Plan

## Food and Brain Health

Have you ever walked into another room to get something and forget what it was? Or thought you'd add something to your grocery list and as soon as you go to write it down, forgot what it was? Some forgetfulness is normal, right?

Sure, as we age, we all experience a little forgetfulness. For some though, especially if you've had family members that have struggled with dementia, knowing that there are some foods that may actually protect your brain and help keep its communication pathways open is powerful.

Research is showing that eating certain foods and avoiding others may hold the key to keeping this vital communication system working. In fact, the MIND Diet is a combination of two of the healthiest diets in the world, the Mediterranean and the DASH diets and it has been shown to help reduce the risk of Alzheimer's disease and delay the onset of dementia. Some of the foods that are a focus of this diet include:

- Leafy Greens
- Berries (especially blueberries and strawberries)
- Beans and legumes
- Seafood
- Whole grains
- Nuts and seed
- Olive Oil

And just as some foods may increase the likelihood of clogged arteries, some of those same foods may increase the risk of "blockages" in our brains and should be limited:

- High fat meats, butter and cheese
- Fried foods

So how do you put this into practice? This 2-week meal plan will give you a place to start. It is designed to use some of the same ingredients throughout the week to reduce food waste too and a shopping list is included at the end so you can make sure you have everything you need!

Need more ideas or new recipes to help with brain health? Check my blog at [lauramali.com/blog](http://lauramali.com/blog) or my book - MIND diet for Two available on Amazon!



# 2 Week MIND Diet Meal Plan

<b>Mon</b>	Overnight oats made with kefir and fresh or frozen berries	Whole grain wrap with hummus and vegetables	Dark chocolate walnut bites	Salmon w/ dill Wild rice & lentils Roasted asparagus
<b>Tue</b>	Egg muffin with sliced kale and roasted red peppers and a whole grain English muffin	Baby kale and salmon salad with strawberries	Mixed nuts and dried fruit	Chicken tacos with corn and black bean salsa
<b>Wed</b>	Vanilla Greek yogurt with berries and granola	Lentil soup with Swiss chard and a whole grain roll	Dark chocolate walnut bites	Spaghetti squash with mushrooms tomato sauce and a baby kale salad
<b>Thu</b>	Egg muffin with sliced kale and roasted red peppers and a whole grain English muffin	Whole grain wrap with hummus and vegetables	Mixed nuts and dried fruit	Pesto chicken pasta using arugula pesto and grape tomatoes
<b>Fri</b>	Overnight oats made with kefir and fresh or frozen berries	Tomato soup with hummus and baked pita chips and vegetables	Strawberry chia smoothie	Poached cod with tomatoes and beans
<b>Sat</b>	Omelet with kale or Swiss chard, peppers and mushrooms	Baby kale salad with grilled chicken and grape tomatoes	Hummus with vegetables	Turkey burger with sundried tomatoes and arugula and roasted sweet potato fries
<b>Sun</b>	Buckwheat pancakes with blueberry syrup	Tomato soup with hummus, pita bread and vegetables	Strawberry chia smoothie	Pork tenderloin with grilled red potatoes and vegetables





# Shopping List Week 1

## Produce

- Carrots
- Celery
- Asparagus
- Grape Tomatoes
- Sweet Potatoes
- Arugula
- Baby Kale
- Onions
- Garlic
- Spaghetti Squash
- Mushrooms
- Red Potatoes

## Meat and Seafood

- Salmon
- Cod
- Ground Turkey
- Chicken Breast
- Pork Tenderloin

## Pantry

- Roasted Red Peppers
- Sun-Dried Tomatoes in Oil
- Wild Rice
- Lentils
- Black Beans (Low Sodium)
- Cannellini Beans (Low Sodium)
- Tomato Soup (Low Sodium)
- Diced Tomatoes
- Tomato Sauce
- Unsweetened Cocoa Powder
- Walnuts
- Dates
- Chia Seeds

## Dairy

- Kefir
- Eggs
- Milk
- Hummus
- Vanilla Greek Yogurt

## Grains

- Whole Grain Tortillas
- Oatmeal
- Whole Grain English Muffins
- Pita Bread
- Spaghetti

## Frozen

- Frozen Berries
- Frozen Corn

## Condiments and Spices

- Olive Oil
- Vinegar
- Blueberry Syrup
- Basil
- Parsley
- Honey or Agave Syrup



# Recipes Week 1

## Overnight Oats with Kefir

- 1 cup unflavored or vanilla-flavored kefir
- ½ cup dry oatmeal
- ½ cup raspberries
- 1 tsp honey
- 2 tbsp toasted almonds

1. Place ½ cup kefir in each mason jar and add ¼ cup of the oats. Stir to combine.
2. Add ¼ of the raspberries, ½ the honey, and ¼ of the almonds to each jar and gently stir them into the oatmeal. Top with the remaining raspberries and almonds
3. Seal the jars tightly and place the jars in the refrigerator for at least 6 hours. Remove and stir in the raspberries and almonds and enjoy.

## Chocolate Walnut Bites

- 1 – 1/2 cups walnuts divided
- 1 cup old fashioned oats
- 8 oz. dates
- 3 Tbsp unsweetened cocoa powder
- 1 tsp. vanilla extract
- 2 Tbsp orange juice
- 1 tsp. orange zest

1. Wash your hands and assemble clean equipment.
2. Place all ingredients except 1/2 cup of walnuts in the bowl of a food processor fitted with chopping blade.
3. Pulse the ingredients until they are well blended and form a cohesive ball.
4. Form into 1 ounce balls using a 1 oz. scoop or a couple of spoons.
5. Finely chop the reserved 1/2 cup of walnuts and place in a tray or on a plate.
6. Roll each ball into the reserved, chopped walnuts and place on a sheet pan lined with wax paper.
7. Let dry at room temperature for ~ 30 minutes. Store in an air-tight container for 4-5 days or wrap tightly and store in the freezer for 2 – 3 months.





# Recipes Week 1

## Egg Muffins with Kale and Red Peppers

- olive oil (to coat the muffin tins)
- 4 eggs
- 1/4 cup low-fat milk
- 1/2 cup shredded, chopped kale leaves
- 1/2 cup sliced roasted red peppers
- freshly ground pepper

1. Preheat the oven to 350°F. Brush 8 muffin tin cups with olive oil to coat them.
2. In a medium bowl, whisk the eggs and milk together until well combined.
3. Divide the egg and milk mixture evenly between the muffin tin cups.
4. Add a few tablespoons of kale and red peppers to each filled muffin tin cup and mix to distribute. Top each with some ground pepper.
5. Bake in the middle of the preheated oven for 15 to 18 minutes, or until the egg "muffins" are puffed on the sides and firm.

## Strawberry Smoothie with Chia Seeds

- 1 cup plain or vanilla kefir
- 1 cup frozen strawberries
- 1 teaspoon honey or agave syrup
- 1 tablespoon chia seeds
- mint leaves (optional)

1. Place kefir and berries in the bowl of a blender or blender cup. You may need to let the berries thaw for a few minutes.
2. Pulse the blender to break up and soften the berries.
3. Turn the blender on high and process until the mixture is smooth and pink in color.
4. Add the honey or agave and the chia seeds and blenderize quickly to combine.
5. Pour the mixture into a cup and let it sit for 10 minutes to allow the chia seeds to hydrate. You can also store it overnight in the refrigerator.

This makes 1 smoothie - you can easily double or triple it. They store well in the refrigerator for 1 - 2 days.



# Recipes Week 1

## Pesto Chicken with Pasta and Grape Tomatoes

- 1 tbsp olive oil
- 2 chicken breasts, cooked and shredded (or leftover rotisserie chicken)
- 15-20 grape tomatoes
- 1/2 lb spaghetti pasta
- 3 -4 tbsp prepared pesto

1. Add olive oil to a large saucepan and heat over medium heat.
2. Add chicken and tomatoes and stir until tomatoes are just blistered and the chicken is hot.
3. While heating the chicken, heat a large pot of water to a boil. Add a little salt and add the pasta. Cook for 3 – 4 minutes until soft.
4. With tongs, pull the pasta out of the water and place in the saucepan with the chicken and tomatoes and mix. Add pesto and a little water from the pasta and mix well.

## Poached Cod with Tomatoes and Beans

- 1 Tbsp Extra Virgin Olive Oil
- 1/2 cup thinly sliced sweet onion
- 1 tsp. minced garlic
- 1, 14.5 oz. can diced tomatoes with basil, garlic and oregano
- 1, 16 oz. can cannellini beans
- 1/2 cup dry white wine
- 1/2 cup chicken broth
- 1.5 lb. fresh cod fillets cut into 4 pieces
- 1/2 – 1 tsp anchovy paste optional

1. In a large saute pan, heat olive oil over medium heat. Add onions and cook for 3 minutes, then add garlic and saute for 1 minute, being careful not to burn the garlic.
2. Stir in diced tomatoes and the juice and cook for 5 minutes, until all the liquid has cooked down.
3. Add beans and then add wine and broth and continue cooking for another 5 minutes until liquid is thickened and cooked down.
4. Then nestle the cod fillets into the sauce. If you'd like a little more depth of flavor, stir in 1/2 tsp. of anchovy paste. Cover and cook over low heat for 10 minutes.



# 2 Week MIND Diet Meal Plan

	BREAKFAST	LUNCH	SNACK	DINNER
Mon	Vanilla Greek Yogurt with blueberries and granola	Tuna Salad on a whole grain roll with a blueberry yogurt parfait	Green avocado smoothie	Thai Red Curry Vegetarian Soup with brown rice
Tue	Egg muffin with spinach and red peppers and a whole grain English muffin	Thai Red Curry Vegetarian Soup with brown rice (leftovers)	Vanilla Greek yogurt with peaches and nuts	Fish Tacos with tomato salsa and avocado with baked tortilla chips
Wed	Vanilla Greek yogurt with berries and granola	Whole grain bread with roasted red pepper bean dip and arugula	Green avocado smoothie	Pasta Primavera with cannellini beans and kale
Thu	Egg muffin with spinach and red peppers and a whole grain English muffin	Tuna Salad on a whole grain roll with a blueberry yogurt parfait	Vanilla Greek yogurt with peaches and nuts	Roasted chicken breast with quinoa and roasted tomatoes
Fri	Vanilla Greek yogurt with berries and granola	Whole grain bread with roasted red pepper bean dip and arugula	Green avocado smoothie	Salmon with honey mustard glaze, roasted potatoes and asparagus
Sat	Whole grain toast with avocado and salmon	Roasted chicken and arugula salad with cinnamon applesauce	Hummus with vegetables	Roasted vegetable pizza on naan bread and a spinach salad
Sun	Waffles topped with mixed berries and confectioners sugar	Tomato Soup with hummus, pita chips and vegetables	Vanilla Greek yogurt with peaches and nuts	Roasted pork tenderloin with roasted potatoes, beets and beet greens



# Shopping List

## Week 2

### Produce

- Carrots
- Celery
- Asparagus
- Grape Tomatoes
- Avocados
- Arugula
- Red Peppers
- Baby Spinach
- Baby Bok Choy
- Onions
- Garlic
- Mushrooms
- Red Potatoes
- Beets
- Peaches
- Blueberries
- Banana
- Limes

### Meat and Seafood

- Salmon
- Cod or tilapia
- Chicken Breast
- Pork Tenderloin

### Pantry

- Roasted Red Peppers
- Quinoa
- Brown Rice
- Salsa
- Garbanzo Beans (Low Sodium)
- Cannellini Beans (Low Sodium)
- Thai Red Curry Paste
- Coconut Milk (lite)
- Vegetable Broth
- Tomato Sauce
- Walnuts
- Applesauce

### Dairy

- Eggs
- Milk - 1% or skim
- Hummus
- Vanilla Greek Yogurt

### Grains

- Corn Tortillas
- Whole Grain Bread
- Naan Bread
- Whole Grain English Muffins
- Spaghetti or Linguini
- Granola (low fat)
- Bread Crumbs

### Frozen

- Frozen Mixed Berries
- Frozen Spinach

### Condiments and Spices

- Olive Oil
- Vinegar
- Basil
- Oregano
- Parsley
- Chili Powder
- Garlic Powder
- Ground Cumin
- Paprika





# Recipes Week 2

## Green Avocado Smoothie

- 1 cup unflavored or vanilla-flavored yogurt
- 1/2 avocado
- 1/2 banana
- 1 cup baby spinach (or frozen spinach)
- 1 tsp honey
- 2 ice cubes

1. Place yogurt, avocado, banana, spinach, and honey in the bowl of a blender or food processor and process until smooth.
2. If thick, add 2 ice cubes and process until smooth.

## Roasted Red Pepper Bean Dip

- 1 can cannellini beans, drained
- 1/4 cup roasted red peppers
- 2 garlic cloves
- 2 tbsp. extra virgin olive oil

1. Place beans, peppers, garlic, and olive oil in the bowl of a food processor and process until thick and smooth.

## Fish Tacos

- 1 lb. cod or tilapia
- 1/2 cup bread crumbs
- 1/2 tsp. chili powder
- 1/4 tsp. garlic powder
- 1/2 tsp. ground cumin
- 1/4 tsp. smoked paprika
- salt, to taste
- 1 tsp. lime juice
- 1 egg
- 8 tortillas white corn
- 1 cup broccoli slaw
- 1 avocado sliced

1. Preheat oven to 425 F.
2. Cut the cod into 1/2 inch by 1-1/2 inch pieces and set aside.
3. Mix bread crumbs, chili powder, garlic powder, cumin, and paprika together in a medium bowl. Add salt to taste.
4. Whisk egg and lime juice in a small bowl until well combined.
5. Take pieces of cod and coat them with the egg mixture. Then toss with the bread crumbs to completely coat. Place on a baking sheet that has been sprayed with cooking spray or brushed lightly with vegetable oil.
6. Bake cod for 15 minutes in the preheated oven.
7. Meanwhile, place 2 tortillas on each plate. Tear lettuce into small pieces and put ~ 1/8 cup on each tortilla. (or use broccoli slaw or a combination)
8. Once cod is finished, place on top of broccoli slaw and add a few slices of avocado on the side. Add a squirt of lime juice on top.



# Recipes Week 2

## Thai Red Curry Vegetarian Soup

- 1 tbsp grapeseed oil
  - ½ sweet onion sliced
  - 2 cups peeled and cubed sweet potato about 1 medium potato
  - 1 cup sliced red pepper
  - 2 tbsp red curry paste (Thai Gourmet brand)
  - ½ tbsp chopped fresh ginger root
  - 4 cups vegetable broth
  - 1 can light coconut milk
  - 1 can (16 oz) chickpeas, drained and rinsed
  - 1 tbsp freshly squeezed lime juice
  - 1 tsp lime zest
  - 1 tbsp chopped cilantro
  - 2 cups sliced baby bok choy
  - 2 cups cooked brown rice
1. In a large stockpot, heat the grapeseed oil over medium heat until just hot but not sizzling. Add the onion and cook, stirring to prevent browning until just softened and slightly translucent. Add the sweet potato and red pepper and toss to combine to cover with the oil.
  2. Stir in the red curry paste and ginger, making sure both are well distributed through the vegetables.
  3. Gradually add the vegetable broth and coconut milk, stirring until the mixture begins to turn slightly red. Add the chickpeas and cover. Bring the soup to almost boiling then turn the heat down to simmer. (You should see small bubbles forming around the edge of the pot but not a full boil.) At this point, if you want your soup to be a bit spicy, add about ¼ teaspoon of red chili peppers.
  4. Cook the soup for about 15 minutes over simmer, or until the sweet potatoes are cooked through and soft when pierced with a knife.
  5. Once the soup is hot, stir in the bok choy, lime juice, and lime zest and heat just long enough to wilt the bok choy.
  6. Place ½ cup of rice in the bottom of a bowl and top with soup. Sprinkle with cilantro if you'd like and serve.





# Recipes Week 2

## Pasta Primavera with Cannellini Beans

- 1 tbsp olive oil
  - ½ sweet onion, sliced
  - 1 garlic clove, minced
  - 1 cup sliced mushrooms
  - 1 cup sliced red pepper
  - 1 cup asparagus cut into 1-inch pieces
  - 1, 16 oz. can cannellini beans (low sodium), drained
  - 1 cup diced tomatoes
  - 1 teaspoon dry basil
  - 1/2 teaspoon dry oregano
  - 1/4 teaspoon red pepper flakes (optional)
  - 2 cups baby spinach
  - 4 cups cooked pasta (pasta like rotini, penne or linguini works well in this)
1. In a large saute pan, heat the oil until just hot. Add the onion and cook, stirring to prevent browning until just softened and slightly translucent. Add the garlic and cook for one more minute.
  2. Add the mushrooms, red pepper, and asparagus, and stir, cooking until the mushrooms just start to brown and the red pepper softens.
  3. Stir in the beans and tomatoes making sure both are well distributed through the vegetables.
  4. Add the herbs and cook the mixture until hot.
  5. Just before serving, stir in the spinach and cook until just wilted. Mix in the cooked pasta and combine well. Divide between 4 plates.