

Sample 2-Day Brain Healthy Menu

The Amen Clinics 11 Rules of Brain Healthy Eating will help to heal your brain, improve your health, achieve or maintain a healthy weight, and feel more energetic. To help get you started, here is a sample 2-day menu of delicious brain healthy meals for breakfast, lunch and dinner— plus 2 satisfying snacks for in between meals!

Day 1

Breakfast: Brain Balancing Smoothie

- 1/2 cup organic berries or cherries
- 1/8 avocado
- 1 cup spinach
- 1 cup kale or chard
- 1 scoop dried greens
- 4-8 ounces coconut water or almond milk
- 15-20 grams Omni Protein Powder
- drops of stevia
- superfood: aloe vera, bee pollen, or cocoa

Mid-Morning Snack

- Hardboiled egg
- Green tea

Lunch: Salad

- 2-3 cups raw chopped veggies
- 2-3 Tbsp. hummus, baba ganoush or salsa
- 2-3 ounces lean protein (tuna, salmon, shrimp)
- 1 Tbsp. raw almonds or walnuts

Mid-Afternoon Snack: Apple Cinnamon Chicken Salad

- 1-2 ounces chicken
- 1/2 apple, chopped
- Handful of pecans
- Lettuce
- Cinnamon

Dinner

- 1 1/2 cups shredded spaghetti squash
- 2-3 ounces lean protein ground turkey
- Large green salad with 1 Tbsp. olive oil
- 1-2 cups steamed broccoli

Day 2

Breakfast: Vegetable and Avocado Omelet

- 2 eggs
- 1-2 cups vegetable variety: kale, mushrooms, peppers, onions, tomato, spinach
- 1/4 avocado

Mid-Morning Snack

- 2 ounces smoked salmon
- 1/4 avocado, sliced
- 1/2 cup sliced red onion and tomato
- 3 large lettuce leaves for wraps

Lunch: Salad

- 2-3 cups raw chopped veggies
- 2-3 Tbsp. guacamole
- 2-3 ounces lean protein (chicken, turkey)
- 1 Tbsp. raw sunflower seeds or pumpkin seeds

Mid-Afternoon Snack

- 2 Tbsp. of almond butter
- 1/2 apple

Dinner

- 1 cup grilled asparagus
- 2-3 ounces fish (salmon, mahi mahi, etc.)
- Large green salad with 1 Tbsp. olive oil and fresh squeezed lemon
- 1 cup steamed Brussels sprouts