



10 DAY BRAIN BOOST

COOKBOOK

BY **TANA AMEN, B.S.N., R.N**
NEW YORK TIMES BESTSELLING AUTHOR

FEEL BETTER FAST **AND** MAKE IT LAST

Other Books by Tana Amen, B.S.N., R.N:

THE BRAIN WARRIOR'S WAY COOKBOOK

New American Library, New York, 2016

THE BRAIN WARRIOR'S WAY

New American Library, New York, 2016

HEALING ADD THROUGH FOOD

MindWorks Press, 2014

THE OMNI DIET

St. Martin's Press, 2013. New York Times Best Seller

LIVE LONGER WITH THE BRAIN DOCTOR'S WIFE

MindWorks Press, 2012

GET HEALTHY WITH THE BRAIN DOCTOR'S WIFE COACHING GUIDE

MindWorks Press, 2011

EAT HEALTHY WITH THE BRAIN DOCTOR'S WIFE COOKBOOK

MindWorks Press, 2011

CHANGE YOUR BRAIN, CHANGE YOUR BODY COOKBOOK

MindWorks Press, 2011



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Medical Disclaimer:

The information in this book is of a general nature and is not a substitute for treatment and oversight by a competent medical specialist. If you feel you require medical advice or treatment, please see a licensed medical practitioner as soon as possible. Rest assured that the information presented in this book is the result of years of clinical research and practice experience.



CONTENTS

PAGE 06	INTRODUCTION
PAGE 08	BASIC GUIDELINES
PAGE 12	10-DAY BRAIN BOOST MEAL PLAN
PAGE 14	DAY 1 - BRAIN BOOST MEAL PLAN
PAGE 24	DAY 2 - BRAIN BOOST MEAL PLAN
PAGE 32	DAY 3 - BRAIN BOOST MEAL PLAN
PAGE 42	DAY 4 - BRAIN BOOST MEAL PLAN
PAGE 50	DAY 5 - BRAIN BOOST MEAL PLAN
PAGE 60	DAY 6 - BRAIN BOOST MEAL PLAN
PAGE 68	DAY 7 - BRAIN BOOST MEAL PLAN
PAGE 76	DAY 8 - BRAIN BOOST MEAL PLAN
PAGE 86	DAY 9 - BRAIN BOOST MEAL PLAN
PAGE 94	DAY 10 - BRAIN BOOST MEAL PLAN
PAGE 102	INDEX: RECIPE LISTING BY CATEGORY
PAGE 104	PRODUCTS AND RECOMMENDATIONS
PAGE 106	ABOUT THE AUTHOR



INTRODUCTION

Why Should I Detox My Brain?

The foods you eat are either medicine or poison.

I'm often asked "What should I eat to help my memory, to gain more energy, to slow down aging, to reduce pain, to fight illness and disease ...?" The list is endless. Many of you have asked me for a meal plan to follow as you embark on a journey to regain or boost your health. Tana Amen, B.S.N., R.N

This 10-Day Brain Boost Cookbook includes my favorite recipes blended into a 10-Day meal plan anyone can follow. Simple, delicious recipes, with high-quality nutrition, designed to supply your brain and body with medicinal quality food to give you the boost you're looking for. Did you know your body creates a new set of taste buds every 10 days?

The war for health is one that the food industry and advertisers have been winning for far too long. For decades they have been advancing their technology and strategies to hijack your taste buds, your brain, and your body. For those who are unaware, it's too easy to be a prisoner of war to their technology, addictive concoctions, and food-like substances. This war has been stealing the health, wealth, and happiness of Americans (and other nations who have adopted the standard American diet) for far too long. The good news is that you can break these chains, starting today, and it's easier than you think! It's not brain surgery; it's brain science!

Get started today with this 10-Day Brain Boost Meal Plan for your success. This book is based on the guidelines of Feel Better Fast AND Make It Last, a lifestyle anyone can easily adopt for the rest of their lives. Join thousands of others throughout the world who are improving their health and longevity.

Your new life begins with Day 1 of your Brain Boost Meal Plan.



BASIC GUIDELINES

Meat, Poultry & Fish:

Choose meats and poultry that are organic, grass-fed, free-range, hormone-free, and antibiotic-free. Fish should be wild, hormone-free and antibiotic-free.

Bison	Mackerel	Skinless Turkey
Herring	Shrimp	Tuna
Lamb	Skinless Chicken	Wild Salmon

Oils & Spices:

Include the following oils and spices in your diet to support healing and are scientifically proven to boost brain health:

Almond Oil	Cloves	Macadamia Nut Oil	Rosemary
Basil	Coconut Oil	Marjoram	Saffron
Black Pepper	Coriander	Mint	Sage
Cayenne Pepper	Curry	Olive Oil	Thyme
Chili Powder	Dill	Oregano	
Cilantro	Garlic	Nutmeg	
Cinnamon	Ginger	Parsley	

Vegetables:

Choose fresh, organic vegetables such as:

Artichokes	Broccoli	Cucumbers	Spinach
Asparagus	Brussels Sprouts	Green Beans	Tomatoes
Avocados	Cabbage	Kale	Squash
Bean Sprouts	Cauliflower	Mushrooms	Watercress
Bell Peppers	Celery	Onions	Sweet Potatoes
Bok Choy	Chard	Romaine Lettuce	Zucchini

Pantry & Refrigerator:

Stock your pantry with brain boosting ingredients.

- Condiments for dipping (hummus, guacamole, salsa)
- Dried beans and lentils in limited amounts
- Eggs: choose cage-free, organic, DHA enriched eggs from vegetarian-fed chickens
- Milk alternatives: almond, coconut, hemp, rice
- Nut butters and spreads (almond and coconut butter)
- Protein Powder
- Pure Wrap coconut wraps
- Quinoa
- Raw, unsalted seeds (chia, flax, hemp) and nuts
- Small amounts of fresh and frozen fruit: best choices are organic strawberries, blueberries, raspberries, and blackberries
- Super-foods (such as maca root, goji powder, lucuma, and pomegranate) that magnify health supporting processes
- Sweeteners such as stevia extract and erythritol
- Tamari sauce
- Veganaise
- Vegetables of all kinds (except white potatoes and night shades)

BASIC GUIDELINES

Foods To Ditch:

Food is medicine or it is poison. Purge your pantry of food that increases inflammation, leads to addiction and ultimately to sickness. Replace unhealthy food with nutrition-packed alternatives. I recommend an abundance of food that serves you – not deprivation! Being sick, that's deprivation.

- Bread, pasta, tortillas, and other foods that contain gluten
- Breakfast cereals (e.g. oatmeal)
- Condiments such as ketchup, soy sauce, and barbecue sauce that contain sugar, artificial ingredients, excessive salt, or gluten
- Corn (e.g. popcorn, cornbread, and popped corn chips)
- Dairy foods such as milk, cheese, cream, yogurt, and ice cream
- Foods that contain genetically modified ingredients
- Foods that contain high-fructose corn syrup or trans (hydrogenated) fats
- Foods that contain sugar, artificial sweeteners, or soy
- Fruit juice (even 100% fresh!)
- Grain-based foods (rice, wheat, barley, and rye)
- Jams, jellies, or pancake syrup
- Most cooking oils (e.g. corn, safflower, canola, soy)
- Processed frozen dinners
- Processed meats such as lunch meats
- Farm raised fish
- Pork and ham
- Salty processed snacks (potato chips, popcorn, pretzels, nacho chips, crackers)
- Sugary processed snacks (cakes, cookies, cupcakes, candy)
- Sweetened drinks such as fruit punch, lemonade and soda
- White potatoes
- Commercially raised beef and poultry
- Processed meats such as bacon, sausage, pepperoni, hot dogs, and lunch meats

BASIC GUIDELINES

Replace...Don't Erase

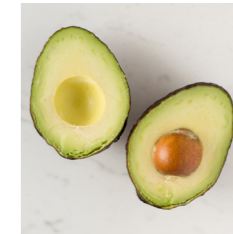
Replace

Cheese & Butter



With

Avocados



Replace

Dairy



With

Almond & Coconut Milk



Replace

Mayonnaise



With

Hummus



Replace

Bread



With

Lettuce or Coconut Wraps



10 - DAY BRAIN BOOST MEAL PLAN

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	Apple Spice Smoothie	Wholly Guacamole with Cut Veggies	Warm Quinoa Spinach Salad	Go-Well Trail Mix (¼ cup) with 1 Apple	Grilled Rosemary Chicken with Veggies and ½ of a Sweet Potato
DAY 2	Antioxidant Energizing Smoothie	Split Pea Hummus with Cut Veggies	Applegate turkey, avocado wrap (coconut or persimmon)	Go-Well Trail Mix (¼ cup) with Brain In Love Chocolate Bar	Healing Chicken Soup
DAY 3	Tanana Pancakes	Devil-Less Eggs with Veggies	Happy Apple Crunch Salad	Coca Banana Delight	Cucumber Mint Salad with Chicken
DAY 4	Mindful Mint Cacao Smoothie	Wholly Guacamole with Cut Veggies	Roasted Vegetable Salad	Brain In Love Chocolate Bar	Happy Brain Halibut With Pesto Cream Sauce and Veggies
DAY 5	Crustless Quiche For Clarity	Mediterranean Tray with Cut Veggies	Sausage In Green Blankets	Nut butter (not peanut) with 1 Peach	Sesame Citrus Kale Salad With Chicken
DAY 6	Power Breakfast Porridge	Wholly Guacamole with Cut Veggies	Shrimp Spring Rolls	Go-Well Trail Mix (¼ cup) with Brain In Love Chocolate Bar	Spiced Cacao Turkey Chili
DAY 7	Morning Mocha Smoothie	Traditional Hummus with Cut Veggies	Perky Turkey Tacos with Guacamole	Apple slices with nut butter (not peanut)	Sizzling Shrimp Kabobs
DAY 8	Super Berry Power Smoothie	Wholly Guacamole with Cut Veggies	Antiox Detox Chop Salad	Superfood Protein Bar	Brain Boosting BBQ Chicken Salad
DAY 9	Berry Clear Morning Smoothie	Wholly Guacamole with Cut Veggies	Asian Fusion Chicken Salad	Go-Well Trail Mix (¼ cup) with 1 Apple	Pomegranate Pepita Salad with Salmon
DAY 10	Berry Smart Breakfast Crepes	Wholly Guacamole with Cut Veggies	Quinoa Kale Salad	Go-Well Trail Mix (¼ cup) with 1 Apple	Easy Does It Bison Steak with Salad and Veggies



10-DAY BRAIN BOOST MEAL PLAN

Day 1

“Concentrate on consuming brain-smart calories”
- Tana Amen, B.S.N., R.N



Recommendations:

1. Start your day with reflection and meditation.
2. Take the 5-minute Brain Health Assessment. brainhealthassessment.com
3. Have a blood test to get your important numbers checked.
4. Schedule your exercise for the next 10 days.
5. Start a journal and rate your mood, energy, focus, self-control. Rate them on a scale of 1-10.
6. Pick a buddy or small group to encourage you and keep you on track.

Meal Plan:

Breakfast

Apple Spice Smoothie

Snack

Wholly Guacamole with Cut Veggies

Lunch

Warm Quinoa Spinach Salad

Snack

Go-Well Trail Mix (¼ cup) with 1 Apple

Dinner

Grilled Rosemary Chicken, veggies, ½ of a sweet potato

Apple Spice Smoothie



SERVES FOR
2 PEOPLE

NUTRITIONAL FACTS PER SERVING:

246 calories	0mg cholesterol	8g fiber
12g fat	112mg sodium	12.8g sugar
9.6g saturated fat	24g carbohydrates	13.2g protein

Ingredients:

- 1 large apple
- 16-20 oz. cold water (or unsweetened almond milk)
- Handful of ice
- 2 cups baby spinach
- 1 chard leaf (or 2 kale leaves) torn from stem
- 2 scoops vanilla or chocolate flavored protein powder (pea protein, sweetened with stevia)
- 1½ teaspoon pumpkin pie spice (premixed spice blend) or use the following 3:
 - 1 teaspoon cinnamon
 - ¼ teaspoon ground cloves
 - ¼ teaspoon ground nutmeg
- 2 droppers full of vanilla creme flavored liquid stevia
- 2 tablespoons avocado butter or coconut butter

Optional and recommended ingredients (any or all):

- 1 scoop freeze dried greens
- 1 tablespoon flax, hemp or chia seeds
- 1 tablespoon fiber (inulin or glucomannan)

Only for the adventurous (try adding one or two of the following for fun):

- 1 teaspoon maca powder
- 1 teaspoon pomegranate powder
- 1 teaspoon acai powder
- 1 teaspoon camu camu powder
- 1 teaspoon bee pollen
- 1 tablespoon aloe gel

Preparation:

1. Add all ingredients to blender bowl (preferably high-powered blender).
2. Turn blender on low at first, then increase speed for about 30 seconds.
3. Add additional water or ice as needed to achieve desired consistency.
4. Pour into two large glasses and serve cold.





DAY 1: BRAIN BOOST MEAL PLAN

Wholly Guacamole



SERVES FOR
8 PEOPLE

NUTRITIONAL FACTS PER SERVING:

61 calories

5.3g fat

0.7g saturated fat

0mg cholesterol

3mg sodium

3.9g carbohydrates

2.5g fiber

0.6g sugar

0.8g protein

Ingredients:

- 2 ripe avocados, peeled and pitted
- ¼ cup red onion, peeled and finely chopped
- 2 tablespoons fresh chopped cilantro
- 1 tablespoon fresh lime juice
- ½ ripe tomato, seeded and diced
- ½ teaspoon sea salt (optional)

Tips:

- ▶ Refrigerate guacamole without tomatoes and add them just before serving.

Preparation:

1. In medium bowl, mash avocado with a fork until smooth. (Some chunks are fine if you like chunky guacamole).
2. Add remaining ingredients and mix well. Serve cold.

Warm Quinoa Spinach Salad



SERVES FOR
6 PEOPLE

NUTRITIONAL FACTS PER SERVING:

184 calories	0mg cholesterol	2.8g fiber
8.4g fat	261mg sodium	0.9g sugar
2.6g saturated fat	21.2g carbohydrates	7g protein



Ingredients:

- 3-4 tablespoons vegetable broth for sautéing, or 2 teaspoons refined coconut oil
- ¼ cup onion, peeled and finely diced
- 4 garlic cloves, minced or 2 teaspoons pre-minced, jarred garlic
- 1 tablespoon refined coconut oil
- 1 cup quinoa, rinsed
- 2 cups vegetable broth or water
- 1 bunch asparagus tips
- 2 handfuls fresh spinach, chopped
- 1 tablespoon fresh sage, or 1 teaspoon dried
- 2 tablespoons fresh chopped chives, or 1 teaspoon dried chives
- ¼ cup raw pine nuts
- 2 tablespoon Bragg Liquid Aminos (optional)

Preparation:

1. Heat vegetable broth or 2 teaspoons coconut oil in large pot over medium heat. Add onions and sauté for 1 minute.
2. Add garlic and sauté for an additional minute.
3. Add 1 tablespoon of coconut oil to garlic and onions. Add quinoa and stir well to coat lightly with oil.
4. Turn heat up to medium high and stir quinoa constantly for about 10 minutes or until quinoa is lightly toasted.
5. Add 2 cups vegetable broth or water and increase heat to high. Bring to a boil. Reduce heat to medium low and simmer for 15 minutes or until liquid is absorbed.
6. Add asparagus tips to quinoa during last 2 minutes of cooking. This will give you crunchy asparagus and ensure that they are not overcooked. If you prefer softer veggies you may steam or sauté them separately and add them.
7. Mix the spinach into the quinoa while the quinoa is still warm. It will wilt the spinach without overcooking it, thus retaining most of the nutritional value.
8. Optional: You may want to toss salad with 1 tablespoon of refined coconut oil or olive oil to give the salad a nice texture.
9. Add sage, chives and pine nuts and stir well. Add salt and pepper to taste. Season with Bragg Liquid Aminos, if desired, and serve warm.

Go-Well Trail Mix



SERVES FOR
6 PEOPLE

NUTRITIONAL FACTS PER SERVING:

373.9 calories	0mg cholesterol	10.2g fiber
28.9g fat	0mg sodium	0g sugar
11.9g saturated fat	36.4g carbohydrates	6.9g protein

Ingredients:

- ¼ cup raw cashews
- ¼ cup raw slivered almonds
- ¼ cup raw walnuts
- ¼ cup halved pecans
- ¼ cup chopped macadamia nuts
- ¼ cup raw cacao nibs
- 2 tablespoons goji berries, unsweetened
- 2 tablespoons golden berries or golden raisins
- 2 tablespoons shaved coconut, unsweetened
- ¼ cup sugar-free dark chocolate chips (Lilly's Brand)

Preparation:

1. Mix all ingredients well and store in an airtight container until ready to use.



Grilled Rosemary Chicken



SERVES FOR
4 PEOPLE

NUTRITIONAL FACTS PER SERVING:

648 calories	358mg cholesterol	0.5g fiber
14.5g fat	287mg sodium	0g sugar
0.1g saturated fat	1.4g carbohydrates	119g protein

Ingredients:

- 4 organic, skinless chicken breasts (4-6 ounces each)
- 1-2 tablespoons minced garlic
- 1 tablespoon minced parsley
- 1 tablespoon minced rosemary
- 2 teaspoons avocado oil
- ½ teaspoon salt and ground black pepper combined (optional)

Preparation:

1. Heat grill. (Consider using a stove top grill for smaller portions.)
2. In medium to large bowl, rub chicken breasts with garlic, parsley, rosemary and grapeseed oil. Hold until ready to cook.
3. Grill chicken about 4 to 5 minutes on each side until fully cooked. Chop or slice chicken.





10-DAY BRAIN BOOST MEAL PLAN

Day 2

“Make (zero-calorie) water your beverage of choice”
- Tana Amen, B.S.N., R.N



Recommendations:

1. Start your day with reflection and meditation.
2. Clean out and re-stock your kitchen. No cheating! And do not give poor quality food to the poor.
3. Exercise. Make the time go faster, listen to your favorite music tracks
4. Journal. Write 5 things you are grateful for.
5. Take supplements as recommended by your personal Brain Health Assessment.
6. Start reading all food labels.

Meal Plan:

Breakfast

Antioxidant Energizing Smoothie

Snack

Split Pea Hummus with Cut Veggies

Lunch

Applegate turkey, avocado wrap (coconut or persimmon)

Snack

Go-Well Trail Mix (¼ cup) with Brain In Love Chocolate Bar

Dinner

Healing Chicken Soup

Antioxidant Energizing Smoothie



SERVES FOR
2 PEOPLE

NUTRITIONAL FACTS PER SERVING:

324 calories	0mg cholesterol	10.9g fiber
10.6g fat	250mg sodium	12g sugar
4.8g saturated fat	32.2g carbohydrates	32g protein

Ingredients:

1 cup fresh pomegranate seeds (in season). Use any fresh, organic berry in place of pomegranate, if necessary

½ cup frozen strawberries (or frozen berry of your choice)

½ cup baby spinach leaves

2 kale leaves torn from stalk (discard the thick stalk, and use only the leafy portion)

1 scoop freeze-dried greens

2 tablespoons chia seeds

1 tablespoon coconut butter

2 scoops vanilla-flavored pea protein powder (sweetened with stevia)

1-2 droppers full vanilla or pomegranate flavored stevia

16 ounces iced tea

8 ounces cold purified water (add purified water to desired consistency) handful of ice

Optional and recommended ingredients:

2 tablespoons pomegranate powder (found in health food stores)

1 tablespoon prebiotic soluble fiber

Preparation:

1. Place all ingredients in a blender bowl.
2. Mix for about 30 seconds. Do not over blend.
3. Pour into two large glasses.





DAY 2: BRAIN BOOST MEAL PLAN

Split Pea Hummus



SERVES FOR
2 PEOPLE

NUTRITIONAL FACTS PER SERVING:

42 calories	0mg cholesterol	1.1g fiber
2.7g fat	39mg sodium	0.5g sugar
0.4g saturated fat	3.4g carbohydrates	1.4g protein

Ingredients:

- 1 cup dry split peas
- 2½ cups purified water
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 2 tablespoons tahini paste
- ½ cup fresh lemon juice

Optional and recommended ingredients:

- ¼ teaspoon sea salt

Preparation:

1. In a medium pan, place split peas, water, and bay leaf. Bring to a boil and Cover. Reduce heat, and simmer for 40 minutes or until the peas are tender and liquid is absorbed, stirring occasionally.
2. In a food processor place; cooked peas, olive oil, garlic, and tahini. Process until well blended.
3. Add lemon juice and salt. Process until smooth and creamy.

Healing Chicken Soup



SERVES FOR
6 PEOPLE

NUTRITIONAL FACTS PER SERVING:

188 calories	46mg cholesterol	3g fiber
6g fat	199mg sodium	0g sugar
4g saturated fat	14g carbohydrates	20g protein



Ingredients:

- 2 tablespoons coconut oil
- 2 garlic cloves, minced
- 1 bay leaf
- 2 celery stalks, sliced
- 2 leeks, halved lengthwise and sliced (white part only)
- 1 carrot, peeled and diced
- 1 sweet potato, peeled and diced
- 2 boneless, skinless hormone-free, antibiotic-free chicken breasts (4-6 ounces each), cut into large cubes
- 1 cup water
- 5 cups vegetable broth
- 1 teaspoon onion powder
- ½ teaspoon dried marjoram
- ½ teaspoon dried sage
- 1½ cups green cabbage, shredded
- 2 tablespoons fresh chopped parsley or 2 teaspoons of dried parsley.
- Salt and pepper to taste.

Preparation:

1. In large pot, heat oil over medium-high heat. Add garlic, bay leaf, celery, leeks, carrot and sweet potato and sauté for 2 to 3 minutes, stirring frequently.
2. Add chicken and cook for 4 more minutes.
3. Stir in water, vegetable broth, onion powder, marjoram and sage. Bring to a boil, reduce heat and simmer for 15 to 20 minutes.
4. Add cabbage and simmer for 5 minutes. Season with salt and pepper as desired.
5. Ladle into soup bowls. Top with parsley and serve hot.



10-DAY BRAIN BOOST MEAL PLAN

Day 3

“Eat small amounts of protein several times a day.”

- Tana Amen, B.S.N., R.N



Recommendations:

1. Start your day with reflection and meditation.
2. Exercise. Set a goal for yourself and do it every day.
3. Journal. Call a friend you haven't spoken to in a while and write about your conversation.
4. Take supplements as recommended by your personal Brain Health Assessment.
5. Connect with your buddy or small group members.
6. Visualize the goals you'd like to achieve and what it will take to get you there.



Meal Plan:

Breakfast

Tanana Pancakes

Snack

Devil-Less Eggs with Veggies

Lunch

Happy Apple Crunch Salad

Snack

Coca Banana Delight

Dinner

Cucumber Mint Salad with Chicken

Tanana Pancakes



SERVES FOR
8-10 PEOPLE

NUTRITIONAL FACTS PER SERVING:

266.9 calories	279mg cholesterol	5.2g fiber
13.3g fat	108mg sodium	13.5g sugar
4.2g saturated fat	26.3g carbohydrates	12.5g protein

Ingredients:

- 1 cup fresh strawberries, stems removed
- 3 eggs
- 1 banana
- 1 teaspoon almond butter
- 1 teaspoon coconut oil
- 2 tablespoons flax meal
- 1 teaspoon arrowroot
- 1 teaspoon coconut sugar or maple syrup (optional)

Preparation:

1. In advance, blend strawberries in a high-speed blender until mixture is a sauce-like consistency. Place sauce in a small serving bowl and set aside. Rinse blender.
2. Place all ingredients for pancakes in blender and blend on medium speed for 30 seconds or until mixture is smooth. (Instead of using a blender, you may place ingredients in a bowl and use a hand held mixer.)
3. Heat a large ceramic nonstick pan or griddle sprayed with a light coat of coconut oil over medium-low heat.
4. Ladle small circles of batter onto the heated pan, about 3 inches in diameter (about the size of an average can top). If you make them too large they will burn and be difficult to turn. Watch closely, as they cook quickly, usually about 30 to 45 seconds per side.
5. Plate pancakes and spoon a small amount of strawberry sauce over the top.



Devil-Less Eggs



SERVES FOR
6 PEOPLE

NUTRITIONAL FACTS PER SERVING:

169 calories	327mg cholesterol	0.2g fiber
13.5g fat	153mg sodium	0.9g sugar
3.4g saturated fat	1.2g carbohydrates	11.3g protein



Ingredients:

- 12 eggs, cage free
- 2 tablespoon olive oil
- 1 tablespoon gluten-free Dijon mustard
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- Paprika for garnish (optional)
- 1 tablespoon fresh chives, finely chopped, for garnish (optional)

Preparation:

1. Place eggs in large pot with just enough water so the eggs are fully covered. (Don't fill the pot all the way.) Bring water to a boil, then turn heat off and let eggs sit in the hot water for 12 minutes (not longer).
2. Fill large bowl with ice water. Remove the eggs and place in ice water until eggs are completely cool.
3. Peel eggs, being careful not to damage the whites. Cut eggs lengthwise.
4. Gently remove the yolks without damaging the whites. If you lightly squeeze them, the yolk should pop out. Make sure you do this over a bowl.
5. Arrange egg white halves directly on a serving platter. Set aside.
6. In medium bowl, mash egg yolks, mustard, onion powder, garlic powder, cayenne and olive oil with a fork or rubber spatula until it is smooth and creamy.
7. Use a melon scooper or a small spoon to scoop the mixture back into the egg white halves in equal amounts.
8. Sprinkle with paprika and chives, if desired.
9. Serve immediately or refrigerate until ready to serve.

Happy Apple Crunch Salad



SERVES FOR
4 PEOPLE

NUTRITIONAL FACTS PER SERVING:

152 calories	0mg cholesterol	2.6g fiber
11.7g fat	21mg sodium	5.6g sugar
0.9g saturated fat	10g carbohydrates	4.3g protein

Salad Ingredients:

4-6 cups mixed greens (spinach, romaine, chard, kale, etc.)
½ cup apple, cored and julienned or diced small
1 cup carrot, peeled and julienned or diced small
1 cup cucumber, peeled, julienned or diced small
½ cup walnuts

Optional and recommended ingredients:

Herbs to enhance the flavor of the greens: basil, mint or parsley

Vinaigrette Ingredients:

2 teaspoons rice wine vinegar (sodium and sugar-free or any vinegar you prefer)
2 teaspoons olive oil
¼ teaspoon minced garlic
½ teaspoon raw organic honey

Preparation:

1. Whisk together the rice wine vinegar, olive oil, garlic and honey and set aside.
2. Mix apple, carrot, cucumber, walnuts and greens for the salad.
3. Toss salad mixture with the vinaigrette and divide among four plates.



Coco Banana Delight



SERVES FOR
1 PERSON

NUTRITIONAL FACTS PER SERVING:

184 calories	0mg cholesterol	3.4g fiber
11.6g fat	241mg sodium	4.3g sugar
0.7g saturated fat	17.7g carbohydrates	3.7g protein

Ingredients:

- ¼ banana
- 1-2 tablespoon almond butter
- 1 Paleo Wrap

Preparation:

1. Spread almond butter on wrap.
2. Cut banana into small bite-size pieces and put on wrap.
3. Roll wrap with almond butter and banana inside.



Cucumber Mint Salad



SERVES FOR
6 PEOPLE

NUTRITIONAL FACTS PER SERVING:

123 calories	0 mg cholesterol	3 g fiber
9 g fat	205 mg sodium	5.7g sugar
1.4 g saturated fat	11 g carbohydrates	2.4 g protein

Ingredients:

- 1 bunch mint, stems removed
- 1 bunch parsley, stems removed
- 2 cucumbers, minced
- 1 red bell pepper, finely chopped
- 6 scallions, minced
- 4 tomatoes, seeded and finely chopped
- ½ cup fresh lemon juice
- ¼ cup olive oil
- ½ teaspoon Real Salt
- ½ teaspoon paprika

Preparation:

1. Finely mince mint and parsley by hand or in food processor, if preferred.
2. In large mixing bowl, blend herbs with cucumber, bell pepper, scallions, and tomatoes.
3. Add lemon juice, olive oil, and spices.
4. Toss and serve.





10-DAY BRAIN BOOST MEAL PLAN

Day 4

“Make friends with fat”
- Tana Amen, B.S.N., R.N



Recommendations:

1. Start your day with reflection and meditation.
2. Exercise. Add 10 minutes to your routine.
3. Journal. Write down your challenges. Give them a place to live other than your brain.
4. Take supplements as recommended by your personal Brain Health Assessment.
5. Connect with your buddy or small group members.
6. Take steps to regulate your anxiety. Check yourself when anxious and ask yourself if this anxiety is appropriate for the situation. Listen to one of my podcast episodes on dealing with anxiety: brainwarriorwaypodcast.com/episodes

Meal Plan:

Breakfast

Mindful Mint Cacao Smoothie

Snack

Wholly Guacamole with Cut Veggies

Lunch

Roasted Vegetable Salad

Snack

Brain In Love Chocolate Bar

Dinner

Happy Brain Halibut With Pesto Cream Sauce and Veggies

Mindful Mint Cacao Smoothie



SERVES FOR
2 PEOPLE

NUTRITIONAL FACTS PER SERVING:

305 calories	0mg cholesterol	9.6g fiber
22.2g fat	26mg sodium	12.6g sugar
19.6g saturated fat	26.5g carbohydrates	3.9g protein

Ingredients:

½ apple cored, seeded, and chopped
½ cup banana, slightly green
4-5 fresh mint leaves
1 teaspoon raw cacao
16-20 ounces cold water (or unsweetened almond milk); I prefer water to hydrate first thing in the morning
Handful of ice
2 cups baby spinach
1 chard leaf (or 2 kale leaves) torn from stem
2 scoops vanilla- or chocolate-flavored protein powder (pea protein, sweetened with stevia)
2 droppers full of liquid stevia (I prefer berry or chocolate flavor)
2 tablespoons coconut butter

Optional and recommended ingredients (any or all):

1 scoop freeze-dried greens
1 tablespoon flax, hemp or chia seeds
1 tablespoon fiber (inulin or glucomannan)

Only for the adventurous (try adding one or two of the following for fun):

1 teaspoon maca powder
1 teaspoon pomegranate powder
1 teaspoon acai powder
1 teaspoon camu camu powder
1 teaspoon bee pollen
1 tablespoon aloe gel

Preparation:

1. Add all ingredients to blender bowl (preferably high-powered blender).
2. Turn blender on low at first, then increase speed for about 30 seconds.
3. Add additional water or ice as needed to achieve desired consistency.
4. Pour into two large glasses and serve cold.

Tips:

- ▶ Prepare iced green tea in advance.



Roasted Vegetable Salad



SERVES FOR
6 PEOPLE

NUTRITIONAL FACTS PER SERVING:

415 calories	122mg cholesterol	8.1g fiber
13.0g fat	373 mg sodium	8.9g sugar
6.9g saturated fat	21.3g carbohydrates	53.3g protein

Ingredients:

2 tablespoons avocado oil
½ teaspoon pepper
2 red bell peppers, seeded and sliced in thin strips
2 yellow bell peppers, seeded and sliced in thin strips
½ red onion, sliced
2 cups asparagus tips
1 cup jicama, diced
1 cup hearts of palm
1 cup sun-dried tomatoes, sliced
½ cup extra virgin olive oil
2 tablespoons balsamic vinegar
1 tablespoon red wine vinegar
1 tablespoon Dijon mustard (gluten-free)
1 garlic clove, minced
½ avocado, diced
¼ cup shaved, raw almonds

Optional and recommended ingredients:

1 teaspoon raw, unfiltered honey*
½ teaspoon sea salt
1 cup artichoke hearts, diced

Add one of the following:

1lb pan-seared salmon, cut into 1 inch cubes
1lb chicken, cut into 1-inch cubes
1lb seared flank steak, thinly sliced



Preparation:

1. Preheat oven to 375 degrees.
2. Lightly oil a large cookie sheet with a two teaspoons of oil. Spread peppers, onions, and asparagus on cookie sheet and brush with remaining oil on both sides. Sprinkle with sea salt and pepper as desired.
3. Bake for 30-40 minutes or until vegetables are tender. Turn vegetables halfway through cooking time, after about 15-20 minutes. Remove from oven and allow to cool for at least 15 minutes.
4. Prepare salmon, chicken, or steak according to desired recipe.
5. In a large salad bowl, mix jicama, tomatoes, and artichoke hearts. Set aside.
6. In a small bowl, combine olive oil, balsamic vinegar, red wine vinegar, mustard, garlic, and honey if desired. Whisk until ingredients blend. Refrigerate until ready for use.

Tips:

- ▶ Substitute raw, unfiltered honey* for agave nectar to create a vegan recipe.
- ▶ *Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey instead.



DAY 4: BRAIN BOOST MEAL PLAN

Happy Brain Halibut with Pesto Cream Sauce



SERVES FOR
4 PEOPLE

NUTRITIONAL FACTS PER SERVING:

260 calories	53mg cholesterol	1.2g fiber
12.2g fat	167mg sodium	0.9g sugar
0.9g saturated fat	3.2g carbohydrates	33.1g protein

Ingredients:

4 halibut fillets (4 ounces each)
1 teaspoon macadamia nut oil
¼ cup walnuts
1 teaspoon minced garlic
1 cup fresh basil leaves or ½ cup dried
½ cup spinach leaves
1 tablespoon olive oil
¼-½ cup almond milk or ½ cup coconut milk
¼ teaspoon salt and ground pepper combined (optional)
Zest of one lemon (reserve juice to serve with cooked fish)

Preparation:

1. In a food processor or blender, prepare pesto cream by blending walnuts, garlic, basil and spinach for 30 seconds.
2. Add olive oil and almond cream and blend.
3. Add lemon zest and blend; set aside.
4. Heat grapeseed oil in large sauté pan over medium heat and sear halibut filets on one side until a golden crust forms and the fish is done on the bottom, 1 to 2 minutes. Gently turn the fish and cover to finish cooking through, about 2 minutes. The fish is ready when it starts to flake.
5. While the fish is cooking, in separate small sauce pan, warm pesto cream on medium-low heat and reserve until fish is cooked.
6. Plate the fish, squeeze lemon juice over, if desired, and drizzle the pesto on top (about 2 tablespoons per dish). Enjoy!



10-DAY BRAIN BOOST MEAL PLAN

Day 5

“Choose healthy (high-fiber, blood-sugar-steadying) carbohydrates”
- Tana Amen, B.S.N., R.N



Recommendations:

1. Start your day with reflection and meditation.
2. Exercise. Increase the enjoyment of your workout: Find a fitness friend.
3. Journal. Listen to one of your favorite songs and write about your life when you first heard it.
4. Take supplements as recommended by your personal Brain Health Assessment.
5. Connect with your buddy or small group members.
6. Measure once (not 30 times). Know your calories.

Meal Plan:

Breakfast

Crustless Quiche For Clarity

Snack

Mediterranean Tray with Cut Veggies

Lunch

Sausage In Green Blankets

Snack

Nut butter (not peanut) with 1 Peach

Dinner

Sesame Citrus Kale Salad With Chicken

Crustless Quiche for Clarity



SERVES FOR
6-8 PEOPLE

NUTRITIONAL FACTS PER SERVING:

158 calories	327mg cholesterol	0.9g fiber
11.1g fat	143mg sodium	1.6g sugar
4.7g saturated fat	3.3g carbohydrates	11.7g protein

Ingredients:

- 1 10oz box frozen spinach (thawed) or 3 cups fresh spinach, sautéed for several minutes
- 1/2 onion, peeled and finely diced
- 1 carrot, peeled and shredded
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1 teaspoon sea salt (optional)
- 12 eggs
- 1 tablespoon ghee or refined coconut oil
- 8 ounces ground turkey, chicken or bison (optional)
- 1 teaspoon ghee or coconut oil for greasing baking dish

Preparation:

1. Preheat oven to 375° F.
2. If adding ground meat, heat ghee or oil in skillet over medium heat. Add turkey, chicken or bison until lightly browned but not cooked through.
3. Remove ground meat from skillet and allow to cool for several minutes.
4. Mix spinach, onion, carrot, salt and herbs in large bowl.
5. Whisk eggs in separate bowl, then add to vegetable and herb blend; mix well.
6. Add ground meat to egg and vegetable mixture.
7. Pour egg mixture into greased 9 x 9-inch baking pan and bake for about 45 minutes until golden brown and fluffy. (It's normal for quiche to deflate when removed from the oven).
8. Cut into squares and serve hot.



Mediterranean Tray



SERVES FOR
4 PEOPLE

NUTRITIONAL FACTS PER SERVING:

404 calories	0mg cholesterol	9g fiber
16.1g fat	761mg sodium	8.4g sugar
3.4g saturated fat	55.1g carbohydrates	13.4g protein



Ingredients:

- 4 celery stalks, cut in 2-inch pieces
- 2 red bell peppers, sliced
- 2 zucchinis, cut in half and quartered
- any other vegetable of your choice
- ½ cup hummus (recipes detailed in Day 2 and Day 7 of this book)
- 1 tablespoon pine nuts
- ¼ cup green olives
- 8 ounces flax crackers or kale chips (Go Raw® and Rhythm® brands are my favorite)

Preparation:

1. Arrange vegetables on a platter.
2. Put hummus in a small serving cup and place in the center of the platter.
3. Sprinkle the pine nuts over the hummus.
4. Spread the olives around the rim of the platter.
5. Put the flax crackers or kale chips in a bowl next to the platter.



DAY 5: BRAIN BOOST MEAL PLAN

Sausage In Green Blankets



SERVES FOR
4 PEOPLE

NUTRITIONAL FACTS PER SERVING:

211 calories

11.3g fat

4.2g saturated fat

98mg cholesterol

76mg sodium

8.2g carbohydrates

2.4g fiber

4.1g sugar

20.8g protein

Ingredients:

- 1½ teaspoon coconut oil
- ½ organic green apple, diced
- ½ yellow onion, diced
- 2 garlic cloves, minced
- 1 pound ground turkey (free-range, antibiotic-free, hormone-free)
- 1 tablespoon fresh oregano
- 1 teaspoon sage
- 1 tablespoon rosemary
- 1 teaspoon allspice
- ¼ teaspoon black pepper
- 16 large iceberg or romaine lettuce leaves

Optional and recommended ingredients:

- 1 tablespoon pure maple syrup
- ½ teaspoon sea salt

Preparation:

1. Heat 1 teaspoon oil in large skillet over medium-high heat. Add apple and onion and sauté for 3 minutes.
2. Add garlic and sauté for another minute. Remove from pan and allow to cool.
3. Mix chicken and remaining ingredients, except lettuce, in a large bowl. When cool enough, add apple and onion mixture to chicken and mix well with hands. Be sure ingredients are well blended.
4. You may choose to form sausages into patties or links. Mixture should make about 8 patties or links.
5. In the large skillet, add ½ teaspoon more of coconut oil. Heat to medium and add patties or links. Reduce heat slightly. Cook for about 3-4 minutes each side, until browned.
6. Remove from heat and allow to cool for a couple of minutes. Add sea salt to taste.
7. Wrap sausage patties in large iceberg lettuce leaves, or links in Romaine lettuce leaves. This is great served with a small fruit salad.

Sesame Citrus Kale Salad with Chicken



SERVES FOR
6 PEOPLE

NUTRITIONAL FACTS PER SERVING:

215 calories	54mg cholesterol	2.6g fiber
7.6g fat	140mg sodium	7.2g sugar
1.3g saturated fat	14.5g carbohydrates	22.6g protein

Ingredients:

- 8 ounces organic kale, shredded
- ¼-½ cup cilantro, chopped
- 2 cara cara or navel oranges, 1 juiced for dressing and 1 peeled and diced for salad
- ¼ teaspoon sea salt
- ½ teaspoon ground pepper
- 1 teaspoon organic honey
- 1 tablespoon toasted sesame oil
- ⅓ cup golden raisins
- 2 tablespoons toasted sesame seeds
- 2 tablespoons raw pecans, roughly chopped
- 3 cups grilled or baked free-range, hormone-free, antibiotic-free chicken, chopped

Preparation:

1. Place kale and cilantro in large bowl.
2. In small bowl, whisk together the juice of 1 orange, sea salt, ground pepper, honey and sesame oil. Whisk until blended.
3. Toss diced orange, raisins, sesame seeds, pecans and dressing with the kale and cilantro. Refrigerate for 30 minutes prior to serving.
4. Serve salad on plates and top with chicken. Enjoy!

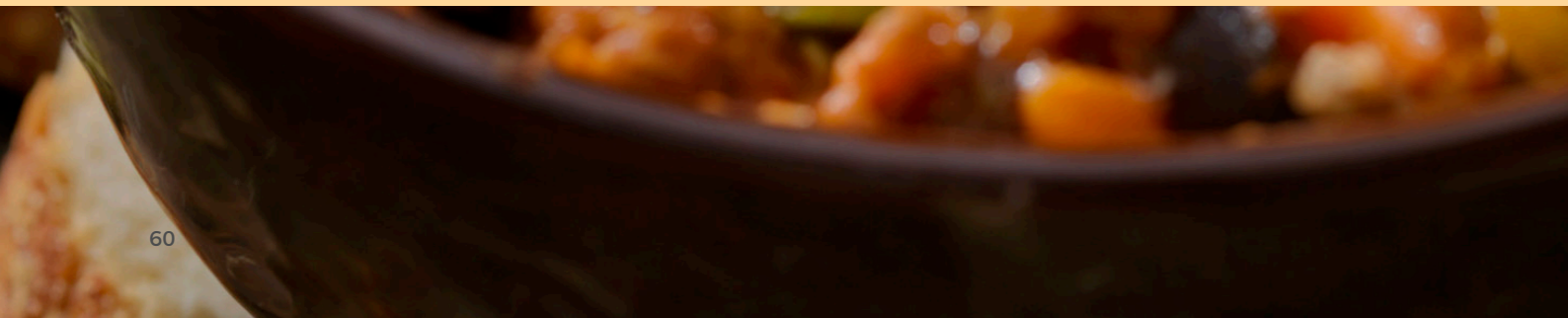




10-DAY BRAIN BOOST MEAL PLAN

Day 6

“Fill your plate with colorful vegetables and fruits”
- Tana Amen, B.S.N., R.N



Recommendations:

1. Start your day with prayer and meditation.
2. Exercise. Mix it up. Strength and cardio.
3. Journal. Go to a beach or park and write about anything that inspires you.
4. Take supplements as recommended by your personal Brain Health Assessment.
5. Connect with your buddy or small group members.
6. Do not allow the food industry to take control of your taste buds.

Meal Plan:

Breakfast

Power Breakfast Porridge

Snack

Wholly Guacamole with Cut Veggies

Lunch

Shrimp Spring Rolls

Snack

Go-Well Trail Mix (1/4 cup) with Brain In Love Chocolate Bar

Dinner

Spiced Cacao Turkey Chili

Power Breakfast Porridge



SERVES FOR
4 PEOPLE

NUTRITIONAL FACTS PER SERVING:

378.5 calories	0mg cholesterol	8.2g fiber
23.8g fat	113.3mg sodium	9.5g sugar
4.8g saturated fat	27.8g carbohydrates	19.3g protein

Ingredients:

- 1-2 cups light coconut milk
- 2 ripe bananas, mashed
- 1 cup water (optional)
- ½ cup hazelnut flour or almond flour
- ¼ cup flax meal
- ¼ cup almond butter
- ½ teaspoon vanilla extract
- 1 tablespoon pumpkin pie spice (premixed spice blend) or use:
 - 1 teaspoon cinnamon
 - ½ teaspoon ground cloves
 - ⅓ teaspoon ground nutmeg
- 2 tablespoons raw cacao powder for chocolate flavor (optional)
- 2 tablespoons pure maple syrup (optional)
- 2 scoops sugar-free protein powder (pea protein), vanilla or chocolate flavor

Optional Toppings:

- 2 tablespoons golden raisins
- 2 tablespoons shredded coconut
- 2 tablespoons sugar-free dark chocolate chips (Lilly's brand)

Preparation:

1. Starting with one cup of coconut milk, combine all ingredients except protein powder in medium saucepan and heat to a slow simmer, stirring, until thick and bubbly.
2. Stir in protein powder during last minute of cooking. Add up to 1 cup coconut milk or water to blend in protein powder and create desired consistency.
3. Divide evenly into 4 bowls. Sprinkle with your favorite toppings and serve warm.



Shrimp Spring Rolls



SERVES FOR
4 PEOPLE

NUTRITIONAL FACTS PER SERVING:

442 calories	237mg cholesterol	3.4g fiber
8.7g fat	888mg sodium	4.6g sugar
2.5g saturated fat	51.9g carbohydrates	39.3g protein



Ingredients:

- | | |
|---|--|
| 1 tablespoon sesame oil | 1 tablespoon fresh basil, chopped |
| ½ cup julienned carrots | 8 sheets rice paper wrappers (or you can simply use lettuce wraps) |
| 4 garlic cloves, minced | 16 ounces precooked, deveined shrimp, chopped |
| ½ cup bean sprouts (4 ounces) | 2 teaspoons coconut oil |
| ½ cup shiitake mushrooms, sliced | 8 full-length chives, unchopped |
| 1 Persian cucumber, julienned | |
| 8 ounces shirataki noodles (my favorite brand is Miracle Noodle®, found online) | Optional and recommended ingredients: |
| 1 tablespoon low-sodium tamari sauce | 1 egg, (organic, Omega-3) beaten |
| 1 tablespoon fish sauce (gluten-free) | |
| ½ cup fresh cilantro, chopped | |

Preparation:

1. Heat oil in a large skillet or wok over high heat.
2. Sauté carrots, garlic, bean sprouts, and mushroom for 1 minute. Remove from heat, place in a bowl and set aside. Keep pan handy.
3. Boil a pot of purified water. Rinse shirataki noodles and boil for three minutes. Drain well and pat with dry paper towels to remove excess water. Place noodles in a bowl, add fish sauce, tamari sauce, cilantro, and basil. Set aside.
4. Fill a large bowl with warm purified water. Dip rice paper wrappers in warm water for 10 seconds, but not long enough for them to tear. Gently dry with a clean towel or paper towel, lay flat on cutting board.
5. Place a line of stir-fry mixture on each rice paper wrapper, followed by 2 ounces shrimp, then a small amount of shirataki noodles. Roll rice paper like a burrito, making sure not to overstuff the spring rolls.
6. Using fingers, brush the edge of rice paper with beaten egg to help stick and remain closed. Gently place a full-length chive around the middle of each wrap and carefully tie into a knot. Trim any long ends.
7. Heat the coconut oil in the stir fry pan on high heat. Place two spring rolls at a time in the pan, just long enough to heat through, turning continuously. Remove the spring rolls and place on plates.

Spiced Cacao Turkey Chili



SERVES FOR
8 PEOPLE

NUTRITIONAL FACTS PER SERVING:

388 calories	70mg cholesterol	11.3g fiber
6.8g fat	381mg sodium	4.7g sugar
3g saturated fat	41.6g carbohydrates	40.4g protein

Ingredients:

1 tablespoon refined coconut oil
 1 pound lean ground free-range, hormone-free, antibiotic-free turkey
 1 cup chopped onion
 3 garlic cloves, chopped
 1 teaspoon chili powder
 1 small can Ortega green chilies
 1 tablespoon fresh oregano or 1 teaspoon dried
 1 tablespoon raw cacao powder
 1 teaspoon cinnamon
 1 teaspoon cumin seed
 1-2 teaspoons sea salt
 3 cups diced tomatoes, fresh (preferably) or organic canned (no-salt-added variety)

2 cups chicken or vegetable broth
 2 cups chopped celery
 1 cup chopped red bell peppers
 ½ cup chopped zucchini
 2 cups dried kidney beans, cooked and drained (you may use canned if you don't have time to cook beans)
 1 cup black beans or chickpea beans, cooked

Optional and recommended ingredients:

1 jalapeno pepper, chopped (makes chili pretty spicy)

Preparation:

1. In large saucepan or pot over medium heat, add refined coconut oil and brown turkey meat. Crumble turkey and break apart as much as possible. Add onion and stir for about 2 minutes.
2. Add garlic, chili powder, Ortega chilies, oregano, cacao, cinnamon, cumin seed, salt, tomatoes and jalapeno (if using). Mix thoroughly until spices are well blended with meat and meat is lightly browned (about 3 minutes).
3. Add broth and bring to a boil, then reduce heat and simmer for 5 minutes.
4. Dish out 2 cups of chili mixture. Put about one cup of chili at a time into the blender. Add ½ cup of chopped bell pepper, 1 cup celery and ¼ cup zucchini at a time and purée. Pour each mixture back into the remaining chili pot. Adding the pureed vegetables not only makes the chili tasty, but is a great way to add fiber and vitamins without overcooking.
5. Add the beans. Stir thoroughly and heat through on medium-low, about 5 minutes. Serve hot.





10-DAY BRAIN BOOST MEAL PLAN

Day 7

“Add brain-healthy flavor with herbs and spices”
- Tana Amen, B.S.N., R.N



Recommendations:

1. Start your day with reflection and meditation.
2. Exercise. Nature walk - Get some fresh air.
3. Journal. Write 10 minutes before you go to bed. For many people this is a relaxing activity.
4. Take supplements as recommended by your personal Brain Health Assessment.
5. Connect with your buddy or small group members.
6. Invite friends or family over for dinner using the recommended recipe.

Meal Plan:

Breakfast

Morning Mocha Smoothie

Snack

Traditional Hummus with Cut Veggies

Lunch

Perky Turkey Tacos with Guacamole

Snack

Apple slices with nut butter (not peanut)

Dinner

Sizzling Shrimp Kabobs

Morning Mocha Smoothie



SERVES FOR
1 PERSON

NUTRITIONAL FACTS PER SERVING:

248 calories	0mg cholesterol	3g fiber
15.6g fat	177mg sodium	0g sugar
11.8g saturated fat	5g carbohydrates	22.1g protein

Ingredients:

- ½ pot half caf coffee
- 1-2 scoops sugar-free chocolate protein powder (vegan)
- 1 tablespoon coconut oil
- 1 dropper full chocolate Stevia (or other flavor of your choice)

Optional and recommended ingredients:

- ¼ cup full fat coconut milk
- sprinkle of cinnamon

Preparation:

1. Place all ingredients into blender.
2. Blend on low to start until smooth.
3. Serve into large coffee mug and drink immediately. Sprinkle cinnamon on top if desired.



Traditional Hummus



SERVES FOR
16 PEOPLE

(SERVING SIZE 2 TBL)

NUTRITIONAL FACTS PER SERVING:

64 calories	0mg cholesterol	1.4g fiber
3g fat	127mg sodium	0.1g sugar
0.4g saturated fat	7.7g carbohydrates	1.9g protein

Ingredients:

- 2 cups garbanzo beans
- 3 garlic cloves
- 2 tablespoons tahini paste
- 2 tablespoons extra virgin olive oil
- ¼ cup lemon juice
- ½ teaspoon paprika for garnish

Optional and recommended ingredients:

- ½ cup baby spinach
- ¼ teaspoon sea salt

Preparation:

1. In a food processor, add beans, garlic, tahini, and olive oil (and spinach if desired). Blend until smooth.
2. Add lemon and sea salt. Process until mixture is completely smooth and creamy.



Perky Turkey Tacos with Guacamole



SERVES FOR
4 PEOPLE

NUTRITIONAL FACTS PER SERVING:

442 calories	116mg cholesterol	7.9g fiber
24g fat	172mg sodium	9g sugar
5.2g saturated fat	22.7g carbohydrates	34.4g protein

Ingredients:

1-2 heads butter or romaine lettuce (leaves detached from stem for plating)

½ avocado, pitted and peeled

¼ teaspoon garlic (minced or garlic powder)

½ -1 tablespoon fresh lime juice

1 teaspoon coconut oil (raw)

1 onion, peeled and diced

1 small red bell pepper, diced

1 pound ground organic turkey

2 teaspoons chili powder

2 teaspoons oregano, fresh and chopped or 2 teaspoons dried

1 teaspoon garlic, fresh and minced or 1 teaspoon garlic powder

1 teaspoon cumin

1-2 cups pureed tomatoes

Optional and recommended ingredients:

½ teaspoon cinnamon

¼ teaspoon coriander



Preparation:

1. In small bowl, mash avocado, garlic and lime juice together. Set aside.
2. Heat large sauté pan over medium heat, add coconut oil, onions and red bell pepper. Stir and sauté until golden. Add ground turkey and break up with your cooking utensil. While turkey is cooking, add chili powder, oregano, garlic and cumin. Also add the cinnamon and coriander for a different flavor profile. (Note: You can add more or less of the spices per your taste preference).
3. Once the herbs and spices are blended in and the turkey has fully cooked, add the tomato puree and simmer a minute or so.
4. Fill the lettuce cups with the taco meat and top with a teaspoon of guacamole and enjoy!

Sizzling Shrimp Kabobs



SERVES FOR
4 PEOPLE

NUTRITIONAL FACTS PER SERVING:

202 calories	239mg cholesterol	2.1g fiber
3.1g fat	785mg sodium	8.4g sugar
0.8g saturated fat	14.8g carbohydrates	29g protein

Ingredients:

- 1 pound shrimp, peeled
- 2 tablespoons avocado oil
- 1 tablespoon organic honey
- 2 tablespoons tamari sauce
- 1 tablespoon gluten-free Dijon mustard
- 1 teaspoon rice vinegar
- 3 garlic cloves, minced
- ½ teaspoon pepper
- 2 teaspoons fresh chopped thyme or approximately ¾ teaspoon dried
- 1 red bell pepper, cut into 2-inch pieces
- 1 small red onion, cut into 2-inch pieces
- 1 zucchini, cut into 1-inch slices
- 10 small mushrooms
- Wood or stainless steel skewers

Preparation:

1. In large bowl, whisk together oil, honey, tamari sauce, mustard, rice vinegar, garlic, pepper and thyme.
2. Add shrimp, bell pepper, onion, zucchini and mushrooms. Toss to coat and refrigerate for up to 24 hours.
3. Lightly oil grill.
4. Thread shrimp and vegetables alternately onto skewers.
5. Place skewers on grill and cook, turning frequently, for about 5 to 8 minutes until shrimp is cooked through (when it turns pink) and vegetables are tender.





10-DAY BRAIN BOOST MEAL PLAN

Day 8

“Avoid or eliminate foods that can potentially hurt you”
- Tana Amen, B.S.N., R.N



Recommendations:

1. Start your day with reflection and meditation.
2. Exercise. Increase your activity-check your heart rate.
3. Journal. Write about your workout. How do you feel? What areas can you work on?
4. Take supplements as recommended by your personal Brain Health Assessment.
5. Connect with your buddy or small group members.
6. When you're tempted to deviate from your meal plan, return to a favorite recipe in this cookbook.

Meal Plan:

Breakfast

Super Berry Power Smoothie

Snack

Wholly Guacamole with Cut Veggies

Lunch

Antiox Detox Chop Salad

Snack

Superfood Protein Bar

Dinner

Brain Boosting BBQ Chicken Salad



DAY 8: BRAIN BOOST MEAL PLAN

Super Berry Power Smoothie



SERVES FOR
2 PEOPLE

NUTRITIONAL FACTS PER SERVING:

336 calories	0mg cholesterol	13.1g fiber
8.0g fat	393mg sodium	13.2g sugar
3.0g saturated fat	37.6g carbohydrates	32.4g protein

Ingredients:

- 1 cup frozen organic blueberries
- ½ cup baby spinach leaves
- 1 large chard leaf, torn into pieces — about ¾ cup (discard the thick stalk, and use only the leafy portion)
- 2 tablespoons flax seeds
- 1 scoop freeze-dried greens powder
- 2 scoops vanilla pea or rice protein (sweetened with stevia)
- 1 tablespoon goji powder
- 2 teaspoons maca powder
- 1 teaspoon coconut butter
- 1 tablespoon raw walnuts
- 8 ounces coconut water
- 8-12 ounces cold purified water

Optional and recommended ingredients:

- 1 tablespoon prebiotic soluble fiber

Preparation:

1. Place all ingredients in a blender bowl.
2. Mix for about 30 seconds. Do not over-blend.
3. Pour into two large glasses.

Antiox Detox Chop Salad



SERVES FOR
4 PEOPLE

NUTRITIONAL FACTS PER SERVING:

209 calories	0mg cholesterol	8.0g fiber
10g fat	42mg sodium	10.9g sugar
3.6g saturated fat	23.9g carbohydrates	5.8g protein

Ingredients:

1 green apple, cored and diced
½ cup pomegranate seeds
2 cups kale, finely chopped
4 cups mixed greens (spinach, arugula, and butter lettuce are my favorites)
½ cup raw walnuts, chopped
2 Persian cucumbers, thinly sliced
¼ cup extra virgin olive oil
2 tablespoons red wine vinegar

½ teaspoon curcumin
1 garlic clove, minced
1 avocado, diced

Optional and recommended ingredients:

1 teaspoon xylitol or raw, unfiltered honey*

Tips:

- ▶ Substitute raw, unfiltered honey* for agave nectar to create a vegan recipe.
- ▶ * Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey instead.

Preparation:

1. In a large salad bowl, combine apple, pomegranate seeds, kale, mixed greens, walnuts, and cucumber.
2. In a small bowl, combine olive oil, red wine vinegar, curcumin, garlic, and xylitol or raw, unfiltered honey* (if desired). Whisk until well blended.
3. Mix into salad mixture and toss well.
4. Divide evenly among 4 plates.
5. Top with avocado.



Superfood Protein Bar



SERVES FOR
8 PEOPLE

NUTRITIONAL FACTS PER SERVING:

269 calories	0mg cholesterol	3.3g fiber
22.1g fat	14mg sodium	5.1g sugar
11.9g saturated fat	13.3g carbohydrates	7.9g protein

Ingredients:

- ½ cup cacao butter
- ½ cup raw cashews, finely chopped
- ½ cup raw almonds, finely chopped
- ¼ cup mulberries
- 2 tablespoons hemp seeds or flax seeds
- ½ cup coconut butter
- 2 tablespoons lucuma powder
- ¼ cup pea protein, sugar-free, sweetened with stevia (I like BrainMD brand)
- 1 teaspoon cinnamon
- 2 tablespoons raw, unfiltered honey*
- ¼ cup goji berries

Optional and recommended ingredients:

- 1 tablespoon maca root powder
- 2 tablespoons raw cacao powder or nibs



Preparation:

1. Melt the cacao butter over low heat in a small pot.
2. In a food processor, combine half of the cashews and half of the almonds, all of the mulberries and hemp or flax seeds, coconut butter, maca root powder, lucuma powder, protein powder, and cinnamon. Set aside half of the nuts for mixing in later.
3. Remove cacao butter from heat and add raw, unfiltered honey to pot.
4. Slowly pulse nuts and powder mixture in food processor while adding the melted cacao butter and honey in a steady stream. The mixture will form a dough-like mixture.
5. Remove dough from processor and place in a bowl. Add remaining nuts, goji berries, and cacao nibs. Dough should be very thick. However, if it is too thick to mix, add 1 tablespoon of water at a time until the mixture combines, but remains very thick.
6. For chocolate protein bars, either use chocolate protein powder or add 2 tablespoons of cacao powder.
7. Press dough into a baking dish and refrigerate for at least 1 hour. Cut into bars.

Tips:

- ▶ Substitute raw, unfiltered honey* for agave nectar to create a vegan recipe.
- ▶ Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey instead.

Brain Boosting BBQ Chicken Salad



SERVES FOR
4 PEOPLE

NUTRITIONAL FACTS PER SERVING:

509 calories	143mg cholesterol	8.8g fiber
19.5g fat	443mg sodium	4.6g sugar
2.7g saturated fat	27.8g carbohydrates	55.4g protein

Ingredients:

2 free-range, hormone-free, boneless, skinless chicken breasts (4 ounces each)
1 lime, juiced
¼ cup fresh orange juice
3 garlic cloves, minced
½ teaspoon onion powder
1 teaspoon dried sage or 1 tablespoon fresh sage, chopped
1 teaspoon dry thyme or 1 tablespoon fresh thyme, chopped
½ teaspoon salt
¼ teaspoon pepper
1 red bell pepper, chopped
½ cup celery, chopped
½ cup black beans, drained and rinsed

1 avocado, cut into chunks
3 green onions, chopped
4 cups mixed greens
1 tablespoon olive oil
2 tablespoons fresh lime juice
1 tablespoon cilantro, chopped
Salt and pepper to taste

Optional and recommended ingredients:
½ cup sugar-free Nature's Hallow BBQ Sauce



Preparation:

1. In small bowl, combine lime juice, orange juice, garlic, onion powder, sage, thyme, salt and pepper.
2. Transfer to a sealable plastic bag. Add chicken, turn to coat and refrigerate for 2 to 24 hours.
3. When ready to cook, preheat grill to medium-high heat.
4. Grill chicken for about 5 to 7 minutes on each side or until chicken is no longer pink in center. Allow to cool slightly before slicing or chopping.
5. In large bowl, mix olive oil, 2 tablespoons lime juice and cilantro.
6. Add red bell pepper, celery, black beans, avocado and green onions. Season with salt and pepper. Gently toss, being careful not to mash the avocado.
7. To serve, place greens on platter and spread chopped veggie and bean mixture over greens. Add slices of grilled chicken across the top.
8. Drizzle sugar-free barbecue sauce over the top if desired. Best served with salad cold and chicken warm.

Tips:

- ▶ This recipe requires marinating the chicken for best results.



10-DAY BRAIN BOOST MEAL PLAN

Day 9

“Choosing organic, toxin-free foods whenever possible”

- Tana Amen, B.S.N., R.N



Recommendations:

1. Start your day with reflection and meditation.
2. Exercise. Add yoga to your favorite routine.
3. Journal. Write down how excited you are to have come so far. Almost there!
4. Take supplements as recommended by your personal Brain Health Assessment.
5. Connect with your buddy or small group members.
6. Eat your meal outside.

Meal Plan:

Breakfast

Berry Clear Morning Smoothie

Snack

Wholly Guacamole with Cut Veggies

Lunch

Asian Fusion Chicken Salad

Snack

Go-Well Trail Mix (1/4 cup) with 1 Apple

Dinner

Pomegranate Pepita Salad with Salmon

Berry Clear Morning Smoothie



SERVES FOR
2 PEOPLE

NUTRITIONAL FACTS PER SERVING:

275 calories	0mg cholesterol	4.7g fiber
15.7g fat	199mg sodium	2.7g sugar
11.8g saturated fat	10.1g carbohydrates	23.1g protein

Ingredients:

½ cup frozen organic blueberries
½ cup frozen organic blackberries
16-20 ounces cold water (or unsweetened almond milk); I prefer water to hydrate first thing in the morning
1 handful of ice
2 cups baby spinach
1 chard leaf (or 2 kale leaves) torn from stem
2 scoops vanilla- or chocolate-flavored protein powder (pea protein, sweetened with stevia)
2 droppers full of liquid stevia (I prefer berry or chocolate flavor)
2 tablespoons coconut butter

Optional and recommended ingredients (any or all):

1 scoop freeze-dried greens
1 tablespoon flax, hemp or chia seeds
1 tablespoon fiber (inulin or glucomannan)

Only for the adventurous (try adding one or two of the following for fun):

1 teaspoon maca powder
1 teaspoon pomegranate powder
1 teaspoon acai powder
1 teaspoon camu camu powder
1 teaspoon bee pollen
1 tablespoon aloe gel

Preparation:

1. Add all ingredients to blender bowl (preferably high-powered blender).
2. Turn blender on low at first, then increase speed for about 30 seconds.
3. Add additional water or ice as needed to achieve desired consistency.
4. Pour into two large glasses and serve cold.

Tips:

- ▶ Recommended protein powder available on tanaamen.com



Asian Fusion Chicken Salad



SERVES FOR
4 PEOPLE

NUTRITIONAL FACTS PER SERVING:

305 calories	73mg cholesterol	4.1g fiber
12g fat	580mg sodium	10.3g sugar
5.5g saturated fat	19.1g carbohydrates	30.2g protein



Ingredients:

- | | |
|--|---|
| ¼ cup sesame oil | 1/3 cup olive oil |
| ¼ cup macadamia nut oil | 2 teaspoons low-sodium tamari sauce |
| 2 garlic cloves, minced | 3 tablespoons fresh lemon juice |
| ½ shallot, minced (about 1 tablespoon) | 1-2 teaspoons raw, unfiltered honey* (to taste) |
| 1 tablespoon fresh ginger, finely chopped | 8 cups mixed greens |
| ¼ cup rice vinegar | ½ organic pear, sliced |
| ¼ cup low-sodium chicken broth | ¼ cup fresh, organic pomegranate seeds |
| 2 tablespoons low-sodium tamari sauce | 1 tablespoon black sesame seeds |
| 2 tablespoons fresh lemon juice | |
| ½ teaspoon red curry powder | |
| 4 boneless, skinless chicken breast halves (free-range, hormone-free, antibiotic-free) | |

Marinade Preparation:

1. Whisk all ingredients down to chicken together in a mixing bowl.
2. Put chicken in a Ziploc® bag and pour marinade over the chicken. Remove air from the bag and seal. Refrigerate up to half an hour before cooking. Remove from refrigerator 30 minutes before cooking and let stand.

Chicken Preparation:

1. Preheat grill to medium high heat. Grill chicken until cooked through, about 4-5 minutes per side. Remove from grill and set aside.

Dressing and Salad Preparation:

1. In a small bowl, whisk together olive oil, tamari sauce, lemon juice, and honey*.
2. Arrange greens on a platter. Place pears around sides. Sprinkle pomegranate seeds.
3. Slice chicken breast into thin slices.
4. Distribute salad evenly between 4 plates and drizzle each with a tablespoon of dressing.
5. Place chicken slices from one half chicken breast on each salad.
6. Sprinkle sesame seeds over the top of each salad.



DAY 9: BRAIN BOOST MEAL PLAN

Pomegranate Pepita Salad with Salmon



SERVES FOR
4 PEOPLE

NUTRITIONAL FACTS PER SERVING:

515 calories	65mg cholesterol	2.2g fiber
37g fat	169mg sodium	6.2g sugar
7.5g saturated fat	19.2g carbohydrates	31g protein

Ingredients:

4 filets wild salmon, skin off; 4 to 6 ounces each	1 teaspoon extra-virgin coconut oil 2-3 tablespoons low-sodium vegetable broth	1 cup carrots, shredded or diced small
1 garlic clove, minced	12 ounces organic mixed salad greens	1 cup cucumbers diced small
1 teaspoon minced cilantro	½ cup pomegranate seeds	¼ cup organic, no-sugar-added pomegranate juice
½ teaspoon cumin	½ cup pepitas or pumpkin seeds, raw and unsalted	3 tablespoons extra-virgin olive oil
½ teaspoon paprika		
¼ teaspoon salt		
¼ teaspoon ground black pepper		

Preparation:

1. Preheat grill to medium. (Consider using a stove top grill for smaller portions.)
2. In medium to large dish, combine garlic, cilantro, cumin, paprika, salt, pepper, coconut oil and vegetable broth; add salmon and marinate. Set salmon aside to marinate until ready to cook.
3. Toss mixed greens, pomegranate seeds, pepitas, carrots and cucumbers and place on large serving platter or divide evenly between four salad bowls. Serve the dressing lightly whisked on the side, or toss with the salad.
4. Grill salmon approximately 4 to 5 minutes per side, depending on the thickness of the filets, until they begin to flake easily. Serve salmon over the salad and enjoy!



10-DAY BRAIN BOOST MEAL PLAN

Day 10

“To feel healthy, you must be able to be honest about the things that you are putting in your body.” - Tana Amen, B.S.N., R.N



Recommendations:

1. Start your day with reflection and meditation.
2. Exercise. 10 days down!
3. What area of the Brain Health Assessment have you seen improvement in?
4. Schedule your exercise for the next 10 days. Keep it up!
5. Journal. Look back at your entry for day 1. What have you learned since then?
6. Celebrate with your buddy or small Group. Share favorite recipes from this cookbook.

Meal Plan:

Breakfast

Berry Smart Breakfast Crepes

Snack

Wholly Guacamole with Cut Veggies

Lunch

Quinoa Kale Salad

Snack

Go-Well Trail Mix (1/4 cup) with 1 Apple

Dinner

Easy Does It Bison Steak with Salad and Veggies



DAY 10: BRAIN BOOST MEAL PLAN

Berry Smart Breakfast Crepes



SERVES FOR
6 PEOPLE

NUTRITIONAL FACTS PER SERVING:

207 calories
4g fat
2g saturated fat

0mg cholesterol
142mg sodium
35g carbohydrates

6g fiber
5.6g sugar
6g protein

Ingredients:

1½ cups coconut yogurt (flavor of your choice)
1 tablespoon ground flax seeds
½ cup Egg Beaters
½ cup almond milk, unsweetened
⅔ cup buckwheat flour or spelt flour
2 packets stevia sweetener
1 tablespoon refined coconut oil
2 cups mixed berries and bananas

Optional and recommended ingredients (any or all):

4 tablespoons protein powder (pea protein, sweetened with stevia) - I prefer BrainMD brand, available on tanaamen.com

Preparation:

1. In a small bowl, combine yogurt, protein powder (if desired), and flax seeds. Set aside.
2. In a medium mixing bowl, blend Egg Beaters, almond milk, flour, and stevia. Mix well.
3. Heat oil in a medium skillet over medium heat.
4. Pour ¼ of the batter onto the skillet. Quickly spread the batter across the skillet by lifting and turning until the batter spreads evenly. When the edges of the crepe begin to brown and lift, carefully lift and flip the crepe. Cook until both sides are lightly browned, about 2 minutes.
5. Place each crepe on a plate as they are finished.
6. Spoon yogurt mix into each crepe, top with fresh berries and fold in half.
7. Serve while crepes are warm.

Quinoa Kale Salad



SERVES FOR
10 PEOPLE

NUTRITIONAL FACTS PER SERVING:

202 calories	0mg cholesterol	5.8g fiber
10.9g fat	21mg sodium	3.8g sugar
1.2g saturated fat	22.8g carbohydrates	5.8g protein

Ingredients:

- 1 cup quinoa
- 2 cups purified water
- 1 teaspoon cumin
- 1 cup pinto beans, soaked and cooked, or 1 8-ounce can pinto beans, drained
- 2 cups kale, shredded or chopped
- 2 cups cherry tomatoes, halved
- 2 tablespoons fresh basil, chopped
- 1 tablespoon fresh thyme or oregano, chopped
- 2 tablespoons pine nuts
- 1 yellow bell pepper, diced
- ¼ cup cilantro, finely chopped
- 1 bunch scallions, finely chopped
- 2 celery stalks, finely chopped
- 5-6 tablespoons fresh lemon juice
- 3 tablespoons flax seed oil or extra virgin olive oil
- 2 avocados, diced

Optional and recommended ingredients:

Add sea salt to taste

Preparation:

1. Bring the quinoa and water to boil, then reduce to a simmer and cook until the water is absorbed, approximately 10-15 minutes. When quinoa is finished, strain and rinse well under cold water. Set aside.
2. In a large mixing bowl, gently mix all ingredients down to celery together. Add quinoa and mix well.
3. In a small bowl, combine lemon juice, oil, and sea salt (if desired). Whisk together until oil no longer separates.
4. Toss dressing through salad until it is evenly distributed.





DAY 10: BRAIN BOOST MEAL PLAN

Easy Does It Bison Steak



SERVES FOR
2 PEOPLE

NUTRITIONAL FACTS PER SERVING:

513 calories	218mg cholesterol	0.1g fiber
20.9g fat	424mg sodium	0g sugar
10.1g saturated fat	1.2g carbohydrates	75.3g protein

Ingredients:

- 2 free-range bison rib eye or New York cut steaks (8-10 ounces each)
- 1 tablespoon melted ghee
- 2-3 garlic cloves, mashed
- ¼ - ½ teaspoon salt (to taste)
- ¼ - ½ teaspoon pepper (to taste)

Preparation:

1. Preheat grill to high.
2. In small bowl, mix melted ghee or oil, garlic, salt and pepper.
3. Place steaks on plate or tray. Rub oil mixture into steaks on both sides.
4. Place steaks on center of grill for 5 to 7 minutes, then turn and cook for 3 to 4 minutes on the other side. Watch carefully. Every grill cooks differently. I prefer grilling at a higher temperature for less time to sear the steaks and seal the juices. Some people prefer to grill at lower temperatures for longer time. This usually produces a medium to medium rare steak.
5. Remove steaks from grill, cut in half and place on a serving platter or plates. Reserve leftovers for lunch or use in another recipe the following day. Serve hot.



10 DAY BRAIN BOOST

Recipe Index



Breakfast:

Berry Smart Breakfast Crepes	96
Crustless Quiche for Clarity	52
Power Breakfast Porridge	62
Tanana Pancakes	34

Meat:

Easy Does It Bison Steak	100
Grilled Rosemary Chicken	23
Perky Turkey Tacos with Guacamole	72
Sausage In Green Blankets	56
Spiced Cacao Turkey Chili	66

Salad:

Antiox Detox Chop Salad	80
Asian Fusion Chicken Salad	90
Brain Boosting BBQ Chicken Salad	84
Cucumber Mint Salad	41
Happy Apple Crunch Salad	38
Pomegranate Pepita Salad with Salmon	92
Quinoa Kale Salad	98
Roasted Vegetable Salad	46
Sesame Citrus Kale Salad with Chicken	58
Warm Quinoa Spinach Salad	20

Seafood:

Happy Brain Halibut with Pesto Cream Sauce	48
Shrimp Spring Rolls	64
Sizzling Shrimp Kabobs	74

Smoothies:

Antioxidant Energizing Smoothie	26
Apple Spice Smoothie	16
Berry Clear Morning Smoothie	88
Mindful Mint Cacao Smoothie	44
Morning Mocha Smoothie	70
Super Berry Power Smoothie	78

Snacks:

Coco Banana Delight	40
Devil-Less Eggs	36
Go-Well Trail Mix	22
Mediterranean Tray	54
Split Pea Hummus	28
Superfood Protein Bar	82
Traditional Hummus	71
Wholly Guacamole	18

Soup:

Healing Chicken Vegetable Soup	30
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Assessments:

Brain Health Assessment
Available at: brainhealthassessment.com

Books:

The Brain Warrior's Way
Available at: tanaamen.com

Brain Health Tool Kit:

BrainFitLife
Available at: mybrainfitlife.com

Courses:

Brain Thrive by 25
Available at: tanaamen.com

Food & Drink:

Brain on Joy Chocolate
Brain In Love Chocolate
Omni Protein - Chocolate
Omni Protein - Vanilla
Available at: tanaamen.com

Podcasts:

The Brain Warrior's Way Podcast
Listen Now at: brainwarriorswaypodcast.com

Supplements:

Brain & Memory Power Boost
Brain Curcumins
Craving Control
Focus & Energy
Gaba Calming Support
Neurovite Plus
Omega-3 Power
ProBrainBiotics
Serotonin Mood Support
Vitamin D3 5000
Available at: tanaamen.com

PRODUCTS AND RECOMMENDATIONS

BRAIN BOOSTING SUPPLIES

Once you've cleansed your brain with the 10-Day Brain Boost Meal Plan, you might be looking for something more. Continue the growing feeling of energy, focus and reduced inflammation, that you are now enjoying. I recommend the following products which are all designed for Brain Warriors like yourself, and available at tanaamen.com.

ABOUT THE AUTHOR

TANA AMEN, B.S.N., R.N

Tana Amen, B.S.N., R.N helps empower people with simple strategies that will transform them into BRAIN WARRIORS for their health. Tana Amen, B.S.N., R.N is the executive vice president of Amen Clinics, the New York Times best-selling author of The Omni Diet, highly respected health and fitness expert, a nationally renowned speaker, and media guest.

Tana Amen, B.S.N., R.N is the author of 8 other highly successful books, including: The Brain Warrior's Way, The Brain Warrior's Way Cookbook, The Omni Diet, Healing ADD through Food, Change Your Brain, Change Your Body Cookbook, Get Healthy with the Brain Doctor's Wife, Eat Healthy with the Brain Doctor's Wife and Live Longer with the Brain Doctor's Wife.

Tana Amen B.S.N., R.N practices martial arts regularly and has a black belt in Kenpo Karate and TaeKwonDo. Being a mother and wife is Tana's first passion.

Tana is passionate about helping others optimize their health, and supports thousands of followers in their journey of wellness and healing.



10 DAY BRAIN BOOST COOKBOOK

BY TANA AMEN, B.S.N., R.N
NEW YORK TIMES BEST SELLING AUTHOR

Your body creates a new set of taste buds every 10 days. This allows you to change your diet and reboot your brain and body.

If you're ever suffered from chronic illness, or supported a loved one who has, you understand the war for your health, and the necessity for achieving results fast.

My 10 Day Brain Boost Cookbook is an important step in regaining your health.

Based on results from thousands of patients at Amen Clinics. Includes an easy to follow meal plan, with quality recipes for each day.

Finally the nutritional plan many of you have asked me for. Quickly improve your energy, focus, memory and overall health - all to make you feel better fast and make it last.

FEEL BETTER FAST AND MAKE IT LAST