

WEEKLY MEAL PLANNER

	Breakfast	Lunch	Dinner	Snacks
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

SHOPPING LIST:

RECOMMENDED 'BRAIN' FOODS

1. Whole grain foods
2. Nuts (Walnuts & Almonds)
3. Berries
4. Sunflower or pumpkin seeds
5. Eggs

6. Avocados
7. Tomatoes
8. Broccoli
9. Red cabbage
10. Spinach

11. Green tea
12. Dark chocolate
13. Bananas
14. Yogurt
15. Cottage cheese

16. Eggplant
17. Extra lean beef
18. Wild salmon
19. Romaine lettuce
20. Dry beans