



10 Brain Boosting Foods

Shopping List

1

Fatty Fish



Wild-caught when possible

2

Berries



Go organic on thin-skinned fruit!

3

Turmeric



Sprinkle in smoothies or on vegetables

4

Broccoli



High in fiber and plant protein!

5

Dark Chocolate



We suggest 70% cacao and above for the most benefits!

6

Nuts/Seeds



Healthy fats and fiber. Great as snacks & in smoothies!

7

Oranges



Vitamin C

8

Avocados



Healthy fats and fiber

9

Kale



Considered a superfood - rich in antioxidants, vitamins and minerals

10

Eggs



Brain food loaded with B vitamins



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