

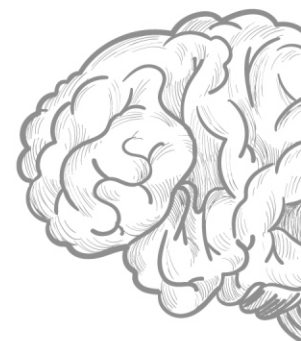


NEURO ACADEMY

TOP 20 BRAIN HEALTH FOOD SHOPPING LIST



**THE BRAIN
DOCS**



Produce

- ▶ Avocado
- ▶ Broccoli
- ▶ Blueberries
- ▶ Fresh Herbs
- ▶ Leafy Greens
- ▶ Mushrooms
- ▶ Sweet Potatoes

Staples

- ▶ Coffee
- ▶ Dark Chocolate
- ▶ Beans
- ▶ Flaxseeds
- ▶ Herbal Tea(S)
- ▶ Green Tea
- ▶ Dried Herbs
- ▶ Spices
- ▶ Quinoa

Health Food Section

- ▶ Omega 3 Fatty Acids (Derived From Algae)
- ▶ Turmeric Capsules

Bakery & Pasta

- ▶ Whole Grain Bread
- ▶ Whole Grain Pasta

Recommended Kitchen Tools

- ▶ Chef's Knife
- ▶ Olive Oil Sprayer
- ▶ Storage Jars (Clear)
- ▶ Vegetable Spiralizer

Shopping Tips



- 1. Prepare your list:** don't leave the house without it and you've planned your meals for the week.
- 2. Get in and get out:** Don't linger, don't spend time reasoning that a slice of bologna won't kill you, etc. It's easy (almost inevitable) to become illogical when surrounded by tempting foods. Figure out how much time it will take you to find the items on your list and don't stay a minute longer.
- 3. Never shop on an empty stomach:** You're more likely to buy high- calorie/-fat/-sugar/-salt foods if you're hungry.
- 4. Ask a trusted friend to accompany you:** He or she can keep you accountable.
- 5. Head to the produce area first:** When your cart is filled with colorful veggies and fruits, you will have a sense of accomplishment and be less likely to buy junk food.
- 6. Avoid the snack aisles:** Out of sight, out of mind.