

A bowl of pink smoothie topped with banana slices and chia seeds. A wooden spoon and two gold spoons are visible on the right side of the bowl. The background is a light-colored, textured surface.

Brain Boosters

THESE ARE EASY TO ADD
FOODS THAT WILL BOOST
MEMORY, MOOD, AND
MENTAL CLARITY

BRAIN BOOSTING ADD-ONS

Get Clarity

INCREASE YOUR MEALS NUTRITIONAL VALUE WITH THESE EASY TO ADD SUPER FOODS



CACAO NIBS OR POWDER

ADD TO SMOOTHIES, OATMEAL, PROTEIN SHAKES, CHAI PUDDING, DESSERTS, OR COFFEE.



MCT OIL: CAN BE BOUGHT AS MCT ALONE BUT ALSO COCONUT OIL CONTAINS MCTS.

BLEND INTO YOUR COFFEE OR SMOOTHIE FIRST THING IN THE MORNING, COOK WITH COCONUT OIL, USE IN OATMEAL, OR USE OVER POPCORN



TURMERIC

ADD TO SPICE UP ANY MEAT, STIR FRY, CURRY, OR SOUP. ADD TO ROASTED POTATOES OR MAKE A TURMERIC TEA.



BLUEBERRIES

USE AS A SALAD, YOGURT, OR OATMEAL TOPPER, BLEND INTO SMOOTHIES, ADD TO BAKED GOODS, OR JUST EAT PLAIN!



MATCHA TEA

ADD TO BAKED GOODS OR PANCAKES, BLEND INTO A SMOOTHIE, OR MAKE A LATTE.



OLIVE OIL

USE OVER SALADS, RICE, OR PASTA. COOK ON LOW TEMPERATURES SUCH AS IN A SLOW COOKER.



BROCCOLI SPROUTS

USE AS A SALAD TOPPER, OVER EGGS, OR ON AVOCADO TOAST. BLEND INTO SMOOTHIES. ADD TO A STIR FRY, RICE, OR PASTA DISH.



LEAFY GREENS

BULK UP YOUR SALAD, ADD TO A SMOOTHIE, ADD TO AN OMELETTE, OR TOP AN EGG DISH. ADD INTO STIR FRIES, SOUPS, OR BLENDED SAUCES (SUCH AS PESTO).