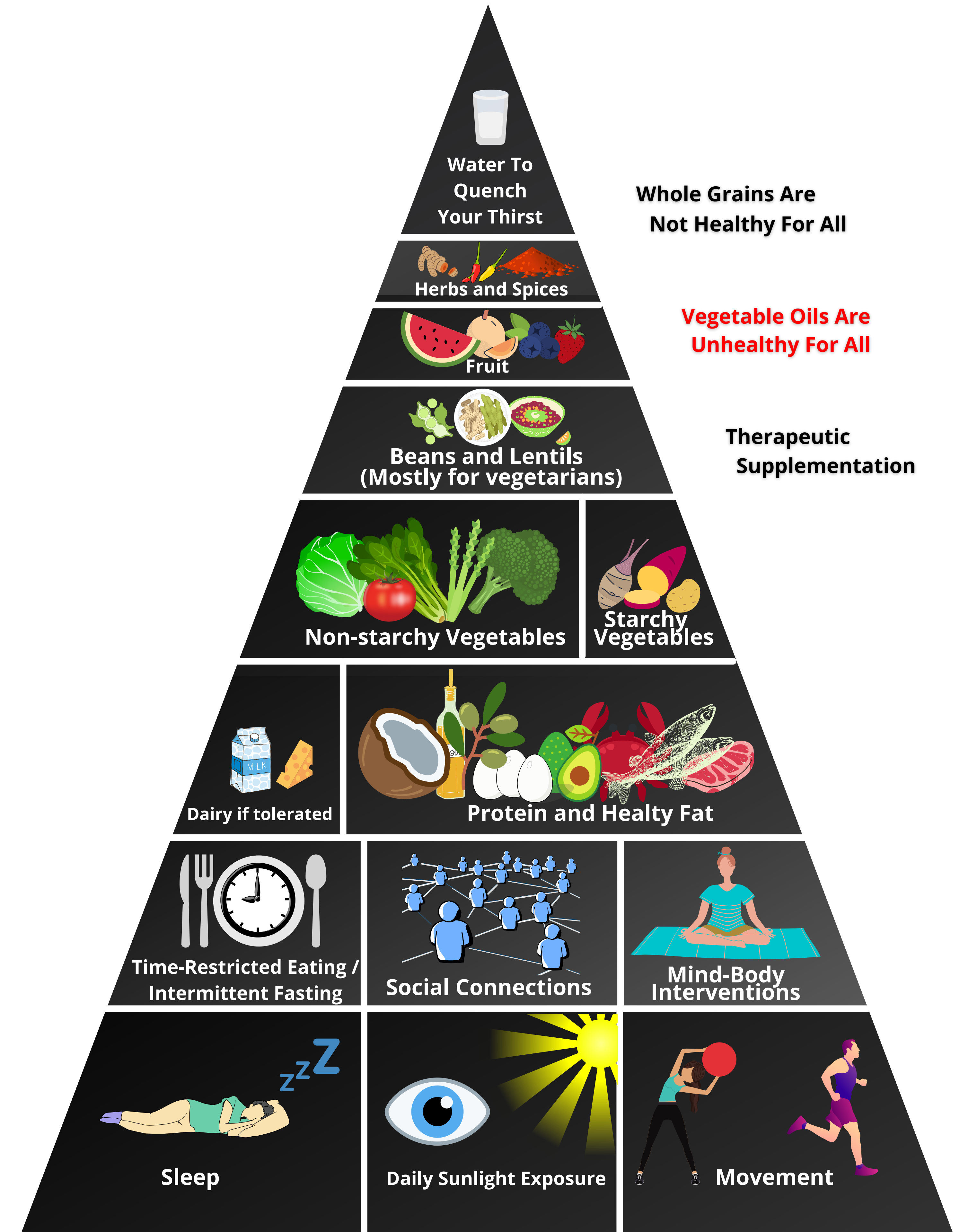


LIFESTYLE FOR HEALTHY HEART AND BRAIN



BRAIN HEALTHY RECIPES



The foundations of brain health are

- Optimal blood glucose levels,
- Optimal blood pressure levels and
- Low levels of chronic inflammation.

The recipes included in this eBook were created with the foundations in mind. You will notice that the recipes are higher in protein and fat and low in carbohydrate content. These recipes include “real” food.

Egg Muffins

6 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (175°C).
2. Grease a muffin pan with extra virgin olive oil or coconut oil.
3. Whisk the eggs together with seasoning, green onion, chopped bacon and red pepper. Add the cheese and stir.
4. Bake for 15–20 minutes, depending on the size of the muffin forms.

Ingredients

- 8 Egg
- 2 stalks Green Onion (White & green parts, finely sliced)
- 6 slices Organic Bacon (Cooked and chopped)
- 3 1/2 ozs Old Cheddar Cheese (Shredded)
- 1 Red Bell Pepper (Chopped)
- 1 Sea Salt & Black Pepper (To taste)

Basic Cauliflower Rice Recipe

3 ingredients · 15 minutes · 4 servings



Directions

1. Shred the cauliflower using the coarse side of a grater. You can also pulse in a food processor, but watch carefully as you do not want it too finely shredded.
2. Heat up a large frying pan and add the extra virgin olive oil. Fry the riced cauliflower on high heat for a few minutes while stirring it. Salt and pepper to taste.
3. Add chopped herbs and/or spices if using a variation and mix before serving

Notes

Variations

You can use different spices according to your taste. Some of the popular ones added to spice up cauliflower rice are: Cumin (Jeera) and Garam Masala You can also use combination of any or all: cardamom, coriander, cloves, cinnamon, nutmeg, garlic, onions, ginger, The possibilities are endless

Extra Ingredients

These can be added according to your taste. Chopped nuts; vegetables (preferably above the ground vegetables); cilantro (Dhania patta) and Ghee, either for cooking or at the end to enrich the flavour.

Ingredients

- 2 heads** Cauliflower
- 1/4 cup** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (To taste)

Bacon Cheddar Egg Cups

6 ingredients · 35 minutes · 2 servings



Directions

1. Place the bacon in a hot pan and cook for a few minutes. Turn and cook for a few more minutes. The bacon should be cooked but still soft (not too crispy).
2. Preheat oven to 375. Divide the grated kohlrabi between 6 silicone muffin molds. Place a strip of bacon into the mold around the edges.
3. Place a tablespoon of cheese into the mold then crack an egg into each mold.
4. Transfer to oven for 20-25 minutes or until set. Eat warm or cold. Store in the fridge for up to 4 days.

Ingredients

- 6 Large Eggs
- 1 cup Kohlrabi (grated, or use turnip)
- 6 slices Organic Bacon
- 1/4 cup Grated Cheddar Cheese (or cheese of choice)
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper

Crustless Broccoli Cheddar Quiche

7 ingredients · 40 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (176°C) and grease a pie pan with the oil.
2. Arrange the broccoli and cheese in a single layer in the prepared pie pan.
3. In a mixing bowl whisk the eggs, milk, salt and garlic powder together. Pour the egg mixture over the broccoli and cheese. Bake for 30 to 35 minutes or until the egg has set and is firm to the touch.
4. Slice the quiche into wedges and enjoy!

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 2 **cups** Broccoli (finely chopped)
- 4 1/3 **ozs** Cheddar Cheese (shredded)
- 6 Egg
- 1/2 **cup** Unsweetened Almond Milk
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Garlic Powder

Breakfast Stack

9 ingredients · 20 minutes · 4 servings



Directions

1. Cook bacon in a dry skillet until crispy. Set aside. Leave fat in the pan.
2. Combine turkey, zucchini and sage. Season with salt and pepper. Form into 4 patties.
3. Cook patties in the bacon fat for 5-6 minutes per side or until cooked through. Remove and set aside.
4. Add mushrooms to the skillet along with a splash of water and cook on both sides until golden and fragrant. Turn off burner.
5. Mash the avocado with the lemon juice. Season to taste.
6. Place upturned mushroom on plate. Top with 1/4 of the arugula, then add the sausage patty. Finish with 1/4 of the avocado and a slice of bacon. Eat hot.

Ingredients

- 4 slices** Organic Bacon
- 1 lb** Extra Lean Ground Turkey
- 1** Zucchini (Grated)
- 1/4 tsp** Ground Sage
- 4** Portobello Mushroom Caps
- 1** Avocado
- 1** Lemon (Juiced)
- 1 cup** Arugula
- 1** Sea Salt & Black Pepper (To taste)

Breakfast Casserole with Sausage

11 ingredients · 1 hour 15 minutes · 6 servings



Directions

1. Preheat the oven to 350 degrees F (177 degrees C).
2. Heat a tablespoon of avocado oil in a skillet over medium-high heat. Add the garlic and saute for about 30 seconds, until fragrant.
3. Add the sausage and cook until browned. Transfer the meat to a large bowl and set aside.
4. Add another tablespoon of oil to the skillet. Add the onion and cook until browned and almost starting to caramelize, about 10 to 15 minutes.
5. Add the red peppers, cauliflower, rosemary and thyme. Stir fry for about 10 minutes, until the veggies are soft and onions are caramelized.
6. Stir the veggies into the bowl with the meat. Transfer the mixture into an 8x8 inch (20x20 cm) glass casserole dish.
7. Reusing the same bowl, whisk together the eggs, coconut cream, and sea salt. Pour the egg mixture over the meat and veggies.
8. Bake for 45 to 55 minutes, until the eggs are set.

Ingredients

- 2 **tbsps** Avocado Oil
- 1 **lb** Pork Sausage
- 4 Garlic
- 1/2 Large Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 **head** Cauliflower (cut in very small florets)
- 1 **tbsp** Rosemary
- 1 **tbsp** Fresh Thyme Leaves
- 10 Egg
- 1/2 **cup** Coconut Cream
- 1 1/4 **tsp**s Sea Salt

Basic Chia Pudding

3 ingredients · 10 minutes · 2 servings



Directions

1. Mix all of the ingredients in a glass bowl or jar.
2. Cover, place in the fridge to let gel overnight (or for at least 4 hours). Before you dig in, check to be sure the pudding has thickened and the chia seeds have gelled.

Ingredients

- 1 1/2 cups Organic Coconut Milk
- 1/4 cup Chia Seeds
- 1 tsp Vanilla Extract

Cured Salmon & Avocado Salad

14 ingredients · 30 minutes · 4 servings



Directions

1. Wash and pat dry the salmon fillets with paper towel. Remove skin, if present.
2. Place a piece of parchment or clingfilm on a plate. Mix the salt, coconut sugar, and chopped coriander in a bowl and spread half of it in the middle of the paper. Place the salmon fillets on top and cover with the rest of the salt rub mixture. Press the rub down into the fish with your fingers, making sure the fillets are evenly covered. Wrap the fish into a parcel and store in an airtight container in the fridge for 12-24 hours.
3. After the curing time, remove the salmon from the fridge and unwrap from the paper. Rinse the curing rub/marinade (it would have liquified by now) under cold water really well. Place the salmon fillets on a chopping board and dice into small cubes.
4. Prepare the salad ingredients and add to a mixing bowl. Add the diced, cured salmon. Drizzle with lime juice, sesame oil, coconut aminos (if using) and olive oil, and sprinkle with a little chilli. Mix through really well and serve in a big bowl or on plates, sprinkled with some sesame seeds and extra coriander.

Ingredients

- 1 lb** Salmon Fillet (skinless)
- 1/3 cup** Sea Salt
- 1/4 cup** Coconut Sugar
- 2 tbsps** Cilantro (finely chopped)
- 2** Tomato (seeds removed and diced into small cubes)
- 1/2** Red Bell Pepper (diced into small cubes)
- 2 stalks** Green Onion (green and white parts, finely diced)
- 2 tbsps** Cilantro (or more if you like, chopped)
- 1/2** Large Avocado (diced)
- 1 tbsp** Lime Juice (fresh squeezed)
- 1 tbsp** Sesame Oil
- 1 tbsp** Coconut Aminos (optional)
- 2 tbsps** Extra Virgin Olive Oil
- 1/2 tsp** Red Pepper Flakes
- 1 tbsp** Sesame Seeds (optional)

Blueberry Coconut Smoothie

6 ingredients · 10 minutes · 2 servings



Directions

1. Combine almonds, hemp seeds coconut milk and water in a blender. Blend until very smooth.
2. Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

Ingredients

- 1/2 cup** Almonds
- 1/4 cup** Hemp Seeds
- 1 cup** Organic Coconut Milk
- 1 cup** Water
- 2 cups** Baby Spinach
- 1 1/2 cups** Frozen Blueberries

Low Carb Coconut Cauliflower Rice

5 ingredients · 25 minutes · 4 servings



Directions

1. Place a non stick frying pan over medium heat, add the coconut oil and allow to heat.
2. Add the shredded coconut and saute for 1 minute.
3. Add the cauliflower and saute for 2 minutes, before adding half of the coconut cream.
4. Continue to cook for 5 minutes before adding the other half of the coconut cream and salt.
5. Cook, stirring occasionally for another 5-10 minutes, until the cauliflower is cooked through.
6. Serve garnished with a little toasted coconut.

Ingredients

- 3 tbsps** Coconut Oil
- 3 tbsps** Unsweetened Shredded Coconut
- 5 cups** Cauliflower Rice
- 1/2 cup** Coconut Cream
- Sea Salt (to taste)

Coconut Flour Idli

5 ingredients · 35 minutes · 6 servings



Directions

1. Knead together all the ingredients with hot water to make a somewhat firm dough. Add a little water at a time. Do not let the mixture become runny.
2. At a certain stage of adding water, the psyllium husk will expand and the dough will come together. Set aside for 15-20 minutes.
3. Pat into idli moulds and steam them for 10-12 min.
4. Eat with any desired chutney. Coconut green chutney goes very well.

Notes

No coconut flour

The coconut flour may be completely or partially replaced by nut flour such as almonds or walnuts, or by ground seeds such as flaxseeds, pumpkin, sunflower, sesame, or a combination of these. Experiment, find the one you like best and enjoy!

Eggs

If eggs are not an issue, the psyllium husk can be replaced with eggs. In this case, add 1 tablespoon of coconut oil for every half cup of coconut flour.

Ingredients

- 1 cup Coconut Flour
- 1/2 cup Ground Psyllium Husk
- 2 tsps Baking Powder (gluten free)
- 1 tsp Sea Salt
- 1 Hot Water (as needed)

Low Carb Naan Bread

7 ingredients · 20 minutes · 4 servings



Directions

1. Mix all dry ingredients and vinegar in a bowl. Add oil and then boiling water and stir thoroughly.
2. Allow to rise for five minutes. The dough will turn firm fairly quickly, but stay flexible. It should resemble the consistency of Play-Doh. If you find it's too runny then add more psyllium husk until it feels right. The amount needed may vary depending on what brand of husk or coconut flour you use.
3. Divide into 6 or 8 pieces and form into balls that you flatten with your hands directly on parchment paper or on the kitchen counter.
4. Fry rounds in coconut oil over medium heat until the Naan turn a nice golden color. Season with sea salt
5. Heat the oven to 140°F (70°C) and keep the bread warm while you make more.

Notes

To serve

Melt 3-4 Tbsp butter and stir in 1 clove of minced garlic. Apply the melted butter on the bread pieces using a brush and sprinkle flaked salt on top.

Ingredients

- 3/4 cup** Coconut Flour
- 2 tbsps** Ground Flax Seed
- 1/2 tsp** Baking Soda
- 1 tbsp** Apple Cider Vinegar
- 1 tsp** Sea Salt
- 1/2 cup** Coconut Oil (Melted)
- 2 cups** Water (Boiling)
- 2 tbsps** Coconut Oil (For frying)
- 1 tsp** Sea Salt (For sprinkling)

Besan Chilla

13 ingredients · 20 minutes · 6 servings



Directions

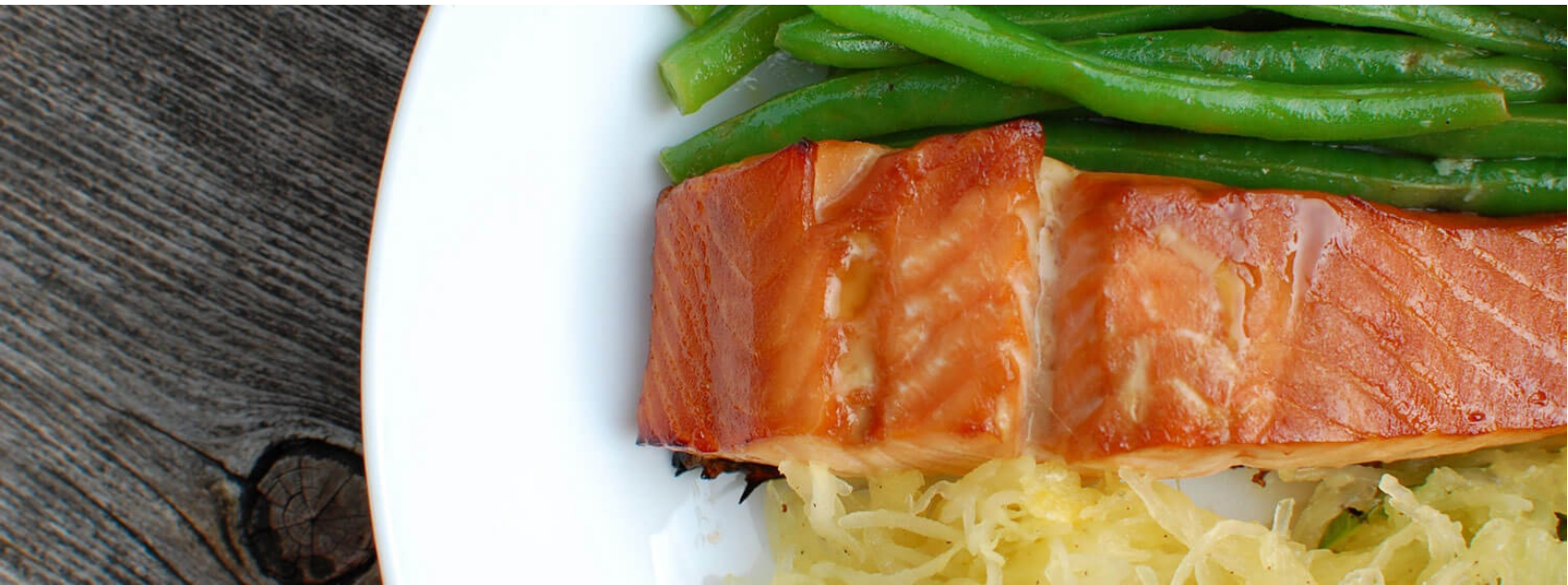
1. Add the besan to a mixing bowl along with the powdered spices, baking powder, ajwain and salt. Add the eggs if using along with water a little at a time and using a whisk stir well to make sure there are no lumps. You may need more water in not using eggs. The batter should have a single cream consistency. Now add the chopped chillies, coriander, onions and tomatoes to the besan mix. Mix well and set aside.
2. Heat a small non stick frying pan on a low heat and add a tsp of ghee. Give the pan a swirl and using a ladle pour the batter in the hot pan. The besan chilla must be as thin as possible so using the back of the ladle spread it slightly if needed.
3. Fry for 3-4 minutes on a low heat on each side until light brown and crisp around the edges. Keep warm wrapped in foil or a tea towel while you make the remaining. Serve warm with pickle and a salad or a green chutney.

Ingredients

- 2 **tbsps** Ghee
- 1 **3/4 cups** Chickpea Flour ((besan))
- 2 Egg (optional)
- 1/4 **tsp** Turmeric
- 1/4 **tsp** Mild Chilli Powder
- 1/4 **tsp** Baking Powder
- 1/2 **tsp** Ajwain (carom)
- 1 Green Chilli
- 1 **tsp** Coriander (finely chopped)
- 1/4 Yellow Onion (finely chopped)
- 1/2 Tomato (finely chopped)
- 1 **cup** Water
- Sea Salt (to taste)

Asian Inspired Salmon with Green Beans & Squash

9 ingredients · 1 hour · 4 servings



Directions

1. Combine coconut aminos and sesame oil to create salmon marinade. Place marinade and salmon fillets together in a ziploc baggie and shake well to coat. Place in fridge and let marinate until ready to cook.
2. Preheat oven to 500 and move the rack to the top setting. Place your salmon fillets on a foil-lined baking sheet (skin side down) and bake for 7 - 9 minutes (or until fish flakes with a fork).
3. While the fish cooks, place your trimmed beans in a saucepan and fill with enough water to steam. (This will vary depending on the size of your saucepan but for me was about 1 cup.) Place sauce pan over high heat and let beans steam for 7 minutes. Remove from heat and toss beans with extra virgin olive oil, lemon juice, minced garlic and season with sea salt and pepper to taste.
4. Place green beans in a mound on the plate. Lay your salmon across the middle. Sprinkle with sesame seeds. Enjoy!

Ingredients

- 1 1/4 lbs Salmon Fillet
- 2 tbsps Coconut Aminos
- 1 tsp Sesame Oil
- 2 cups Green Beans (washed and trimmed)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Lemon (juiced)
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Sesame Seeds

Shrimp & Cabbage Stir Fry

9 ingredients · 15 minutes · 4 servings



Directions

1. Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Drizzle with sesame oil. Set aside.
2. Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
3. Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Ingredients

- 3 tbsps** Coconut Oil (divided)
- 1 1/2 lbs** Shrimp (raw, peeled and deveined)
- 3** Garlic (cloves, minced)
- 1** Lemon (juiced)
- 1/2 tsp** Red Pepper Flakes
- 1 tsp** Sesame Oil
- 8 cups** Green Cabbage (finely sliced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps** Sesame Seeds

Taco Bowl

13 ingredients · 30 minutes · 4 servings



Directions

1. Heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
2. Fry your eggs and set aside.
3. Divide the spinach between bowls. Top with diced green pepper, tomato, mashed avocado, taco meat and fried egg. Enjoy!

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 lbs Extra Lean Ground Turkey
- 2 tbsps Chili Powder
- 1 tsp Oregano
- 1 tsp Cumin
- 1 tsp Black Pepper
- 1 tsp Sea Salt
- 1/2 cup Water
- 4 Egg (fried)
- 6 cups Baby Spinach (chopped)
- 1 Green Bell Pepper (diced)
- 1 Tomato (diced)
- 2 Avocado (mashed)

Spiralized Veggie Noodles with No-Peanut Sauce

11 ingredients · 15 minutes · 3 servings



Directions

1. Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
2. In a mixing bowl combine the peanut butter, water, lime juice, coconut aminos, garlic and ginger. Mix well to combine.
3. To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!

Ingredients

- 1 Zucchini (medium)
- 1 Carrot (large, peeled)
- 1 Red Bell Pepper (thinly sliced)
- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1/4 cup Almond Butter
- 2 tbsps Water
- 2 tbsps Lime Juice
- 1 tbsp Coconut Aminos
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 3 tbsps Hemp Seeds

Balsamic Mushrooms

5 ingredients · 25 minutes · 2 servings



Directions

1. Stir all the ingredients together and let marinate for at least 15 minutes.
2. Cook in a grill pan over medium-high heat for 8 to 10 minutes or until tender. Alternatively, you can skewer the mushrooms and grill over medium-high until soft and slightly charred, about 2 to 3 minutes per side.
3. Remove from the grill and enjoy!

Ingredients

- 5 cups** Mushrooms (halved)
- 2 tbsps** Extra Virgin Olive Oil
- 2 tbsps** Balsamic Vinegar
- 1 tbsp** Coconut Aminos
- 2** Garlic (cloves, minced)

Blueberry Kale Salad

11 ingredients · 20 minutes · 6 servings



Directions

1. In a large bowl, combine the kale, cucumber, celery, blueberries, spiralized beets, and pumpkin seeds.
2. In a mason jar, combine the olive oil, lemon juice, Dijon mustard, salt and pepper. Shake well.
3. Before serving, pour dressing over the salad and toss well. Enjoy!

Ingredients

- 10 cups** Kale Leaves (chopped)
- 1** Cucumber (chopped)
- 4 stalks** Celery (chopped)
- 2 cups** Blueberries
- 2** Beet (peeled and spiralized)
- 1/2 cup** Pumpkin Seeds
- 1/2 cup** Extra Virgin Olive Oil
- 3** Lemon (medium, juiced)
- 1 tsp** Dijon Mustard
- 1 tsp** Sea Salt
- 1/4 tsp** Black Pepper