

Brain-Healthy Recipes

The brain is one of the most metabolically active organs in the body, and what we eat plays a foundational role in preventing cognitive decline. The recipes in this collection were designed to address three of the most important drivers of brain ageing and cognitive decline:

1. **Blood pressure**
2. **Blood glucose**
3. **Chronic inflammation**

Instead of relying on grains or sugary fruit, these meals emphasize protein, healthy fats, and non-starchy vegetables. They are simple, satisfying, and made from real food, so you can nourish your brain without feeling deprived.

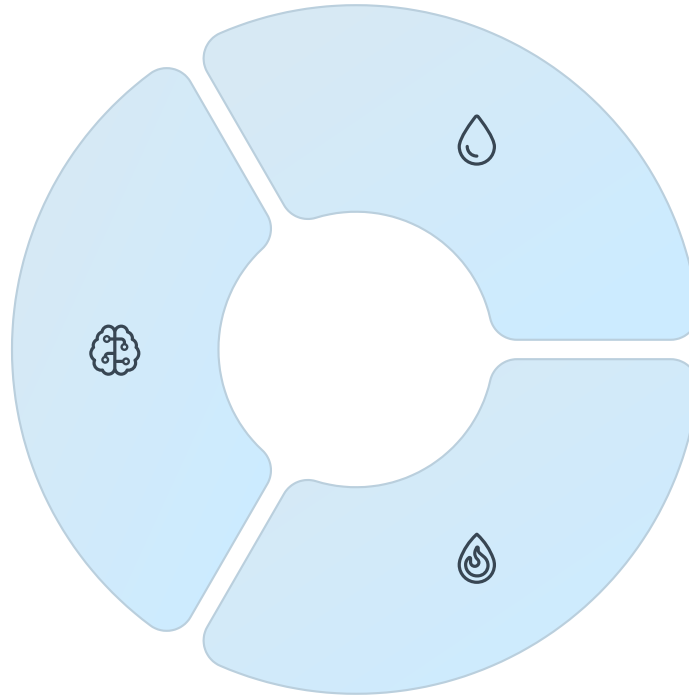
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The Foundations Of Brain Health

Optimal Blood Pressure

Food that help maintain healthy blood pressure levels are important for preventing dementia.



Stable Blood Glucose

Maintaining blood glucose levels in a tight range, even in people without diabetes, helps prevent cognitive decline.

Lower Chronic Inflammation

Food is one of the major sources of chronic inflammation. Keeping chronic inflammation levels low reduce your risk of dementia, heart disease, stroke and mood disorders.

1. Spinach & Feta Egg Muffins



Ingredients:

1. 8 eggs
2. 1 cup baby spinach (chopped)
3. 1/2 cup feta cheese (crumbled)
4. 1/4 cup green onion (chopped)
5. 1/4 tsp sea salt
6. 1/4 tsp black pepper

i These protein-packed egg muffins make an excellent grab-and-go breakfast option that supports brain health with nutrient-dense spinach and quality protein.

Servings: 4 (makes 8 muffins)

Ingredients: 6

Directions:

1. Preheat oven to 350°F (175°C).
2. Grease a muffin tin with olive oil.
3. In a bowl, whisk eggs with salt and pepper.
4. Add chopped spinach, green onions, and crumbled feta. Stir to combine.
5. Pour mixture evenly into muffin cups.
6. Bake for 18–20 minutes until set and slightly golden.
7. Cool slightly before serving. Store leftovers in the fridge.

2. Cauliflower Rice with Coconut & Herbs



Servings: 4

Ingredients: 6

Ingredients:

1. 4–5 cups riced cauliflower (from 2 medium heads, or approximately 2 standard 12-oz bags)
2. 2 tbsp coconut oil
3. 1/4 cup unsweetened shredded coconut
4. 1/2 cup fresh coriander (chopped)
5. 1/4 tsp sea salt
6. 1/4 tsp turmeric
7. Cumin, garam masala

Directions:

1. Heat coconut oil in a large pan over medium heat.
2. Add shredded coconut and toast for 1 minute.
3. Add riced cauliflower and turmeric, cumin/garam masala. Cook for 5–7 minutes, stirring frequently.
4. Add salt and coriander. Mix well and serve warm.

Serving Suggestion

Pair with a protein source like grilled fish or chicken or tofu for a satiating meal.

3. Avocado Chicken Salad Cups

Servings: 2

Ingredients: 7

Ingredients:

1. 1 cup cooked chicken breast (shredded)
2. 1/2 large avocado (mashed)
3. 1 tbsp lemon juice
4. 1 tbsp chopped dill or parsley
5. 1 tbsp olive oil
6. 1/4 tsp sea salt
7. 4 butter lettuce leaves

Directions:

1. Mix shredded chicken, mashed avocado, lemon juice, herbs, and olive oil.
2. Add sea salt to taste.
3. Spoon mixture into lettuce leaves and serve.

4. Broccoli & Cheddar Mini Quiches



Directions:

1. Preheat oven to 350°F (175°C) and grease muffin tin.
2. Whisk eggs with garlic powder, salt, and pepper.
3. Divide broccoli and cheese between muffin cups.
4. Pour egg mixture over top.
5. Bake for 20–25 minutes or until firm. Cool slightly before removing.

Servings: 6

Ingredients: 6

Ingredients:

1. 6 eggs
2. 1 cup broccoli florets (steamed and chopped)
3. 1/2 cup shredded cheddar cheese (If you can tolerate dairy. Otherwise leave out)
4. 1/2 tsp garlic powder
5. 1/2 tsp sea salt
6. 1/4 tsp black pepper

5. Zucchini Turkey Sausage Patties

Servings: 4

Ingredients: 6

Ingredients:

1. 1 lb ground turkey
2. 1 zucchini (grated and squeezed dry)
3. 1 tsp ground sage
4. 1/2 tsp sea salt
5. 1/4 tsp black pepper
6. 1 tbsp avocado oil

Directions:

1. Combine turkey, grated zucchini, sage, salt, and pepper in a bowl.
2. Form into 4–6 patties.
3. Heat oil in skillet over medium heat.
4. Cook patties 5–6 minutes per side, until browned and cooked through.

6. Coconut Chia Pudding with Cinnamon



Directions:

1. Mix all ingredients in a bowl or jar.
2. Stir well, cover, and refrigerate for at least 4 hours or overnight.
3. Stir before serving. Optional: top with a few berries.

📖 This simple pudding makes a perfect brain-healthy dessert at the end of a meal.

Servings: 2

Ingredients: 4

Ingredients:

1. 1 cup unsweetened coconut milk
2. 1/4 cup chia seeds
3. 1/2 tsp cinnamon
4. 1/2 tsp vanilla extract

7. Salmon with Garlic Greens

Servings: 2

Ingredients: 6

Ingredients:

1. 2 salmon fillets (about 5 oz each)
2. 2 tbsp olive oil (divided)
3. 2 cups spinach or kale
4. 2 cloves garlic (minced)
5. Juice of 1/2 lemon
6. Sea salt and black pepper to taste

Directions:

1. Preheat oven to 400°F (200°C).
2. Rub salmon with 1 tbsp olive oil, salt, and pepper. Bake for 12–15 minutes.
3. Meanwhile, heat remaining oil in a skillet. Sauté garlic and greens until wilted.
4. Serve salmon on top of greens with lemon juice drizzled over.



8. Coconut Flour Flatbread (Egg-Free Option)

Servings: 4

Ingredients: 7

Ingredients:

1. 3/4 cup coconut flour
2. 1/4 cup ground flaxseed
3. 1/2 tsp baking soda
4. 1/2 tsp sea salt
5. 1 tbsp apple cider vinegar
6. 1 cup boiling water
7. 1 tbsp coconut oil (for frying)

Directions:

1. Mix dry ingredients. Add vinegar and boiling water. Stir to form a dough.
2. Shape into 4 flat discs.
3. Heat coconut oil in skillet. Cook each flatbread 2–3 minutes per side until golden.
4. Serve warm.

This grain-free flatbread is an excellent alternative to traditional bread, without the potential blood sugar spike that can come from grain-based products.

9. Asian-Inspired Cabbage Stir-Fry with Shrimp



Servings: 4

Ingredients: 9

Ingredients:

1. 1 lb shrimp (peeled and deveined)
2. 2 tbsp coconut oil (divided)
3. 1/2 head green cabbage (sliced)
4. 2 cloves garlic (minced)
5. 1 tsp sesame oil
6. 1 tbsp coconut aminos
7. 1/2 tsp red pepper flakes
8. Juice of 1/2 lemon
9. Salt to taste

Directions:

1. Heat 1 tbsp coconut oil. Sauté shrimp with garlic, lemon, and red pepper flakes until pink. Set aside.
2. Add remaining oil and cabbage. Stir-fry until soft and slightly browned.
3. Return shrimp to pan. Add sesame oil, coconut aminos, and salt. Stir and serve.

10. Low-Carb Naan Bread



Servings: 4

Ingredients: 9

Ingredients:

1. 3/4 cup coconut flour
2. 2 tbsp ground flaxseed
3. 1/2 tsp baking soda
4. 1 tbsp apple cider vinegar
5. 1 tsp sea salt
6. 1/2 cup coconut oil (melted)
7. 2 cups boiling water
8. 2 tbsp coconut oil (for frying)
9. 1 tsp sea salt (for sprinkling on top)

Directions:

1. In a mixing bowl, combine coconut flour, ground flaxseed, baking soda, vinegar, and salt.
2. Add melted coconut oil and boiling water. Stir thoroughly to form a dough.
3. Let sit for 5 minutes. The dough should become firm and pliable, like Play-Doh.
4. Divide into 6–8 balls and flatten into rounds on parchment paper.
5. Fry the rounds in coconut oil over medium heat until golden.
6. Optional: brush with melted butter or ghee and sprinkle with flaked salt before serving.

11. Coconut Flour Idli



Ingredients:

1. 1 cup coconut flour
2. 1/2 cup ground psyllium husk
3. 2 tsp baking powder
4. 1 tsp sea salt
5. Hot water (enough to form a firm dough)

Servings: 6

Ingredients: 5

Directions:

1. Mix all dry ingredients in a bowl.
2. Add hot water gradually, kneading to form a firm dough. The psyllium will absorb the liquid and expand.
3. Let the dough rest for 15–20 minutes.
4. Press into greased idli moulds and steam for 10–12 minutes.
5. Serve with green chutney or coconut chutney.

Note: You may substitute part or all of the coconut flour with almond, walnut, or seed flours. If using eggs, they can replace psyllium husk; for every 1/2 cup coconut flour, add 1 egg and 1 tbsp coconut oil.

12. Besan Chilla

Servings: 6

Ingredients: 13

Ingredients:

1. 1 3/4 cups chickpea flour (besan)
2. 2 eggs (optional)
3. 1/4 tsp turmeric
4. 1/4 tsp mild red chilli powder (optional)
5. 1/4 tsp baking powder
6. 1/2 tsp ajwain (carom seeds)
7. 1 green chilli (finely chopped)
8. 1 tsp coriander leaves (finely chopped)
9. 1/4 yellow onion (finely chopped)
10. 1/2 tomato (finely chopped)
11. 1 cup water (adjust to get single cream consistency)
12. Sea salt (to taste)
13. 2 tbsp ghee (for frying)

Directions:

1. In a bowl, mix besan with spices, ajwain, salt, and eggs if using.
2. Gradually add water and whisk to make a lump-free batter with single cream consistency.
3. Stir in chopped chilli, coriander, onion, and tomato.
4. Heat a small pan on low and add 1 tsp ghee.
5. Pour in batter and spread thin using the back of a ladle.
6. Fry each side for 3–4 minutes until golden and crisp.
7. Keep warm and serve with chutney or pickle or cooked vegetables.



What's Next for Your Brain Health Journey?

You've now explored these recipes created to support brain health through better blood pressure, stable blood sugar, and lower inflammation. This is not a rigid food plan. These recipes are a starting point.

Feel free to experiment, adapt, and customize them to your own taste preferences, food traditions, and lifestyle. The best recipe is the one you like, because it works for you.

You will receive emails every week on brain health and better blood pressure control. You can unsubscribe at any time.

For individual guidance, feel free to **email the clinic** at info@drkarmd.com.

You've already taken the first step.

Keep going!

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