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— AND —

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The
Brain
Warrior's
Way

SUSTENANCE
GUIDE



INTRODUCTION

Food is as healing as medicine or as toxic as poison. In **THE BRAIN WARRIOR'S WAY COOKBOOK**, we'll give you simple, delicious recipes, shopping lists, tips, and tools for ultimate success. High quality nutrition is one of your most powerful weapons for protecting the health of your brain and body.

The war for health is one that the food industry and advertisers have been winning for far too long. They have advanced technology and strategies that have been hijacking your taste buds, your brain, and your body for decades, causing you to be a prisoner of war to their technology, addictive concoctions, and food-like substances. This war has been stealing the health, wealth, and happiness of Americans (and other nations who have adopted the standard American diet) for far too long. The good news is that you can break these chains, starting today, and it's easier than you think! It's not brain surgery; it's brain science!

GETTING STARTED

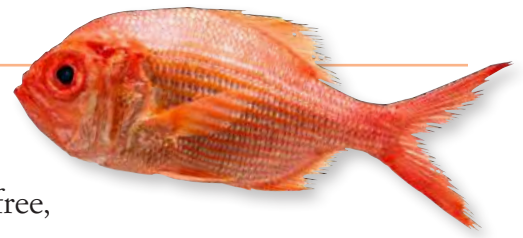
THE BRAIN WARRIOR'S WAY is a rational program you can do for the rest of your life. There are no gimmicks. There are over a 100 brain healthy recipes to get you started in **THE BRAIN WARRIOR'S WAY COOKBOOK**. Use this quick start guide including **a brain healthy shopping list, foods to ditch, and a 7-day meal plan**. Our 7-day sample diet will help you begin your journey as a Brain Warrior today!



ignite your energy and focus . . .

MEAT, POULTRY, AND FISH

Choose meats and poultry that are organic, grass-fed, free-range, hormone-free, and antibiotic-free. Fish should be wild, hormone-free and antibiotic-free.



- Bison
- Herring
- Lamb
- Mackerel
- Shrimp
- Skinless chicken
- Skinless turkey
- Tuna
- Wild salmon

SPICES

- Basil
- Black Pepper
- Cayenne Pepper
- Chili powder
- Cilantro
- Cinnamon
- Cloves
- Coriander
- Curry
- Dill
- Garlic
- Ginger
- Marjoram
- Mint
- Oregano
- Nutmeg
- Parsley
- Rosemary
- Saffron
- Sage
- Thyme



VEGETABLES

Choose fresh, organic vegetables such as:

- Artichokes
- Asparagus
- Avocados
- Bean sprouts
- Bell peppers
- Bok choy
- Broccoli, romaine lettuce
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Cucumbers
- Green beans
- Kale
- Mushrooms
- Onions
- Spinach
- Squash
- Sweet potatoes
- Tomatoes
- Watercress
- Zucchini



The Brain
Warrior's Way SUSTENANCE GUIDE

PANTRY AND REFRIGERATOR BASICS

- Condiments for dipping (hummus, guacamole, salsa)
- Dried beans and lentils in limited amounts
- Eggs: choose cage-free, organic, DHA-enriched eggs from vegetarian-fed chickens
- Fresh and dried herbs and spices, which provide rich nutritional benefits and fantastic flavor
- Healthy oils such as coconut oil, almond oil, macadamia-nut oil, and olive oil
- Lean meat, fish, and poultry
- Milk alternatives: almond, coconut, hemp, rice
- Nut butters and spreads (almond and coconut butter)
- Protein Powder
- Pure Wrap coconut wraps
- Quinoa
- Raw, unsalted seeds and nuts
- Seeds (chia, flax, hemp)
- Small amounts of fresh and frozen fruit: best choices are organic strawberries, blueberries, raspberries, and blackberries
- Super-foods (such as maca root, goji powder, lacuma, and pomegranate) that magnify health-supporting processes
- Sweeteners such as stevia extract and erythritol
- Tamari sauce
- Vegannaise
- Vegetables of all kinds (except white potatoes and night shades for some of you)



FOODS TO DITCH

- Bread, pasta, tortillas, and other foods that contain gluten
- Breakfast cereals (including oatmeal)
- Condiments such as ketchup, soy sauce, and barbecue sauce that contain sugar, artificial ingredients, excessive salt, or gluten
- Corn (including popcorn, cornbread, and popped corn chips)
- Dairy foods such as milk, cheese, cream, yogurt, and ice cream
- Foods that contain genetically modified ingredients
- Foods that contain high-fructose corn syrup or trans (hydrogenated) fats
- Foods that contain sugar, artificial sweeteners, or soy
- Fruit juice (even 100% fresh!)
- Grain-based foods (cereal, rice, instant oatmeal, wheat, barley, rye, and corn)
- Jams, jellies, pancake syrup
- Most cooking oils (corn, safflower, canola, soy)
- Processed frozen dinners
- Processed meats such as lunch meats
- Salty processed snacks (potato chips, popcorn, pretzels, nacho chips, crackers)
- Soy based foods such as protein bars, powders, oils and snack foods
- Sugary processed snacks (cakes, cookies, cupcakes, candy)
- Sweetened drinks such as fruit punch, lemonade and soda
- White potatoes
- Commercially raised beef and poultry
- Farm raised fish
- Pork and ham
- Processed lunch meats
- Processed meat such as bacon, sausage, pepperoni, hot dogs

The Brain Warrior's Way

7-DAY MEAL PLAN

	Breakfast	Snack	Lunch	Snack	Dinner
DAY 1	Cherry Mint Blast Smoothie	1/4 cup raw almonds or seeds	Festive Blueberry Pomegranate Salad with chicken	2 cups mixed veggies with 2 Tbsp hummus (or split pea hummus)	Simple Citrus Chicken, Goji Curry Broccoli, and Simple Green Salad
DAY 2	Omega Egg Burrito	Chocolate Pumpkin Protein Bars	Salmon Sliders	Large mixed green salad, (3 oz. hard-boiled egg or other protein) 1 Tbsp raw seeds, 1 Tbsp olive oil & lemon juice	Chicken Asada with Fajita Style Veggies
DAY 3	Peachy Keen Chia Chiller Smoothie	1-2 Hard-boiled eggs and 2 cups raw veggies with 2 Tbsp guacamole for dipping	Rosemary Thyme Chicken over Simple Mixed green salad with 1 Tbsp balsamic dressing	2 Tbsp raw nuts or seeds	Macadamia Crusted Mahimahi Maple Roasted Brussels Sprouts and Cream of Asparagus Soup
DAY 4	Spanish Scramble	2 cups raw veggies with 1/4 cup guacamole	Savory Grapefruit Avocado Salad with Shrimp	Chia Protein Pudding	Herbed Bison Sliders with Blueberry BBQ Sauce and Cruciferous Cold Slaw
DAY 5	Focus & Energy Mochaccino	1-2 cups celery sticks with 1 Tbsp raw almond or macadamia nut butter for dipping	Creamy Fettucini Style Noodles with chicken	Sesame Almond Bar	Lamb & Quinoa Stuffed Cabbage & Sauteed Cauliflower with Lemon Basil dressing
DAY 6	Tanana Pancakes	2-3 cups Chopped Veggies with Hummus	Quick Egg Salad Wrap	1 apple and 1/4 cup raw nuts or seeds	Comforting Fish Stew & Peppery Bok Choy Simple salad
DAY 7	Brainberry Muffins	1/4 cup raw nuts or seeds and 1 small piece of fruit	Shredded Rainbow Salad with Chicken	1 Minute tomato Avocado Egg Basket	Chicken Thigh "Parmesan" with Spaghetti Squash Noodles & Steamed Broccoli

Cherry Mint Blast Smoothie

Serves 2

INGREDIENTS

1 cup frozen cherries
1 to 2 tablespoons fresh mint, according to taste
2 cups spinach or kale, thick stems removed
2 tablespoons hemp seeds
2 scoops chocolate or vanilla protein powder (plant based, sugar free)
3 cups cold water, or to taste

OPTIONAL INGREDIENTS

5 to 10 drops liquid stevia—chocolate, vanilla or berry flavored
1 teaspoon freeze-dried greens (or use scoop included with greens)
2 tablespoons coconut butter
SUPERFOOD: 1 tablespoon pomegranate powder

PREPARATION

1 Blend all ingredients in a high-powered blender until smooth. Divide evenly between two glasses. Serve cold.

NOTE: Chia seeds or flaxseed meal can be substituted for hemp seeds if you prefer them or if they are more readily available.

NUTRITIONAL INFORMATION PER SERVING

231.0 calories, 25.7g protein, 21.1g carbohydrates, 4.2g fiber, 7.2g sugar, 7.0g fat, 0.3g saturated fat, 0.0mg cholesterol, 23.7mg sodium



Festive Blueberry Pomegranate Salad

Serves 4

INGREDIENTS

Dressing:

2 tablespoons balsamic vinegar

1 teaspoon raw honey

1/4 cup olive oil

Salt to taste

Salad:

8 cups mixed greens

1 Persian cucumber, sliced

1/2 cup chopped cashews

1/2 cup blueberries

1/2 cup pomegranate seeds

1/4 cup jicama, diced

1/2 bell pepper, diced



PREPARATION

- 1 In a small bowl, mix balsamic vinegar and honey.
- 2 Slowly whisk in olive oil. Season with salt. Refrigerate until ready to serve.
- 3 Either place all salad ingredients together in a large salad bowl and toss with dressing, or assemble salad on a platter and drizzle with dressing.
- 4 For platter presentation: Lay salad greens evenly across a large platter. Place cucumber slices around the outer edge of the platter. Put the cashews in a narrow line down the center of the salad. Do the same with the blueberries, placing a line next to the line of cashews. Place another line of pomegranate seeds on the other side of the cashews. Sprinkle the jicama and bell peppers around the outer edges, just inside the cucumber.

NOTE: Tossing the ingredients creates a pretty winter holiday feel, while laying the ingredients out in lines on a platter with red, white, and blue stripes creates a fun Independence Day presentation.

NUTRITIONAL INFORMATION PER SERVING

122.0 calories; 0.7g protein; 4.5g carbohydrates, 1.0g fiber, 3.1g sugar, 9.5g fat, 1.5g saturated fat, 0.0mg cholesterol, 8.5mg sodium

Creamy Coconut Curry Soup

Serves 4

INGREDIENTS

1 tablespoon coconut oil
1 cup chopped onion
2 teaspoons curry powder
1 large head cauliflower, leaves removed, stems and florets chopped
1 (13 1/2 oz) can coconut milk
Salt and white pepper to taste

OPTIONAL INGREDIENTS

Halved cashews
Mint leaves or cilantro to garnish



PREPARATION

- 1 In a large pot, heat the coconut oil over medium high heat, add the onion, and cook until soft.
- 2 Add the curry powder, stirring to coat the onions.
- 3 Add the cauliflower, the coconut milk, and enough water to just cover the cauliflower with liquid. Bring to a boil, then reduce to a simmer and cook until the cauliflower is soft, 15 to 20 minutes.
- 4 Ladle the cauliflower into a blender, filling the blender no more than halfway, then pulse until smooth. Repeat with remaining cauliflower, adding enough liquid to get a smooth soup.
- 5 Return the soup to the pan, and bring to simmer. Season with salt and pepper. Divide evenly in soup tureens and garnish each dish with a few cashew halves and a couple of mint or cilantro leaves.

NOTE: White pepper is great for white soups or sauces because it doesn't leave any black spots. It is stronger than pepper, so use carefully.

NUTRITIONAL INFORMATION PER SERVING

115.6 calories, 5.0g protein, 15.7g carbohydrates, 6.3g fiber, 0.3g sugar, 5.3g fat, 4.1g saturated fat, 0.0mg cholesterol, 69.7mg sodium

Simple Citrus Chicken

Serves 4

Citrus chicken is an excellent choice to serve at parties due to the mild and universally loved flavor. It's fresh and light, and there are no intense flavors that stand out.

Be sure to use low-sodium tamari sauce and go light with salt when serving this recipe to large groups. Guests on low-sodium diets won't tolerate the excess salt. Tamari sauce may be skipped altogether if necessary. Marinate for a minimum of 30 minutes, but for best results marinate for 2 to 24 hours. Planning ahead and marinating the night before will yield amazingly moist and flavorful chicken.

INGREDIENTS

- 4 chicken breasts, halved, or 8 chicken thighs
- 1/4 cup orange juice or pink grapefruit juice
- 1/4 cup lime juice
- 1/4 cup olive oil
- 1 to 2 tablespoons low-sodium, tamari sauce
- 1 to 2 teaspoons salt
- 1/2 bunch cilantro, finely chopped

OPTIONAL INGREDIENT

- 2 garlic cloves, minced

PREPARATION

- 1 Place chicken on a nonporous surface and pound lightly with meat tenderizer on both sides. Set aside.
- 2 Place all ingredients except chicken in a food processor or blender. Include garlic if desired. Blend or pulse it a coarse puree to form a marinade.
- 3 Transfer chicken and marinade into gallon-size self-sealing bag or baking dish. Cover chicken completely with marinade. If necessary, turn bag, or turn chicken in bowl to be sure all sides have been covered. Refrigerate for 2 to 24 hours (minimum 30 minutes).
- 4 Preheat grill to medium high or set oven to broil. If broiling, place chicken on broiling pan and put about six inches under broiler heat. Be sure to turn once or twice. Broiling time is 10 to 12 minutes depending on size of chicken pieces. Breasts take longer than thighs. For grilling, be sure to turn every two minutes. Grill for a total of 4 to 5 minutes each side or until internal temperature reaches 165° F.
- 5 Remove and cover with foil for five minutes before serving.

NUTRITIONAL INFORMATION PER SERVING

304.7 calories, 28.2g protein, 3.0g carbohydrates, 0.1g fiber, 0.2g sugar, 19.7g fat, 3.3g saturated fat, 114.5mg cholesterol, 621.8mg sodium (using 1 teaspoon salt and 1 tablespoon low-sodium tamari sauce)



Two-Ingredient Nutty Butter Cups

Makes 12 Servings

INGREDIENTS

8 ounces dark chocolate, sugar free and dairy free
1/4 cup almond butter or seed butter (no stir)

OPTIONAL INGREDIENTS

2 tablespoons coconut oil



PREPARATION

- 1 Line a mini muffin pan with candy paper or mini muffin liners. Standard muffin liners will be too large.
- 2 In a microwave-safe bowl, put about 2 1/2 ounces of the chocolate and coconut oil if desired. If using chocolate bars, break into pieces. Coconut oil is not necessary, but it will give you a bit of grace, guaranteeing you don't burn your chocolate, and that you get smooth, creamy sauce every time. Heat chocolate in 20- to 30-second intervals, stirring each time. Heat until the chocolate is completely melted and smooth, being careful not to burn it. If you prefer heating chocolate over the stove, either heat over low heat using a double boiler, or use a small pot and stir constantly so the chocolate doesn't burn.
- 3 When chocolate is liquefied, spoon about 1/2 teaspoon of the chocolate mix into each candy paper, just enough to cover the bottom of the paper.
- 4 Put tray in the freezer for about 5 minutes so chocolate hardens - while chocolate is cooling in the freezer, melt remaining chocolate (and coconut oil if desired).
- 6 Remove tray from freezer. Drop about 1 teaspoon-size balls of nut butter in the middle of each cup, on top of the hardened chocolate base. Press lightly to flatten the ball so that the nut butter doesn't protrude over the top of the cup, but don't smash it down. The nut butter should remain in the center and not bleed out the edges of the chocolate base.
- 7 Spoon remaining chocolate mixture into each cup, covering the nut butter completely. Be sure you get the sauce around the sides. If necessary, flatten the top and smooth over with chocolate. If chocolate doesn't surround the sides of the nut butter, the nut butter will show through, and the cups will fall apart.
- 8 Freeze for about 15 minutes before serving.

NOTE: Be sure you use a firm "no-stir" brand of almond butter or seed butter. Most other nut butters are oily and separate. If it is too oily, it will bleed through the chocolate and cause the cups to fall apart. Also, keeping the cups small will make them easier to work with.

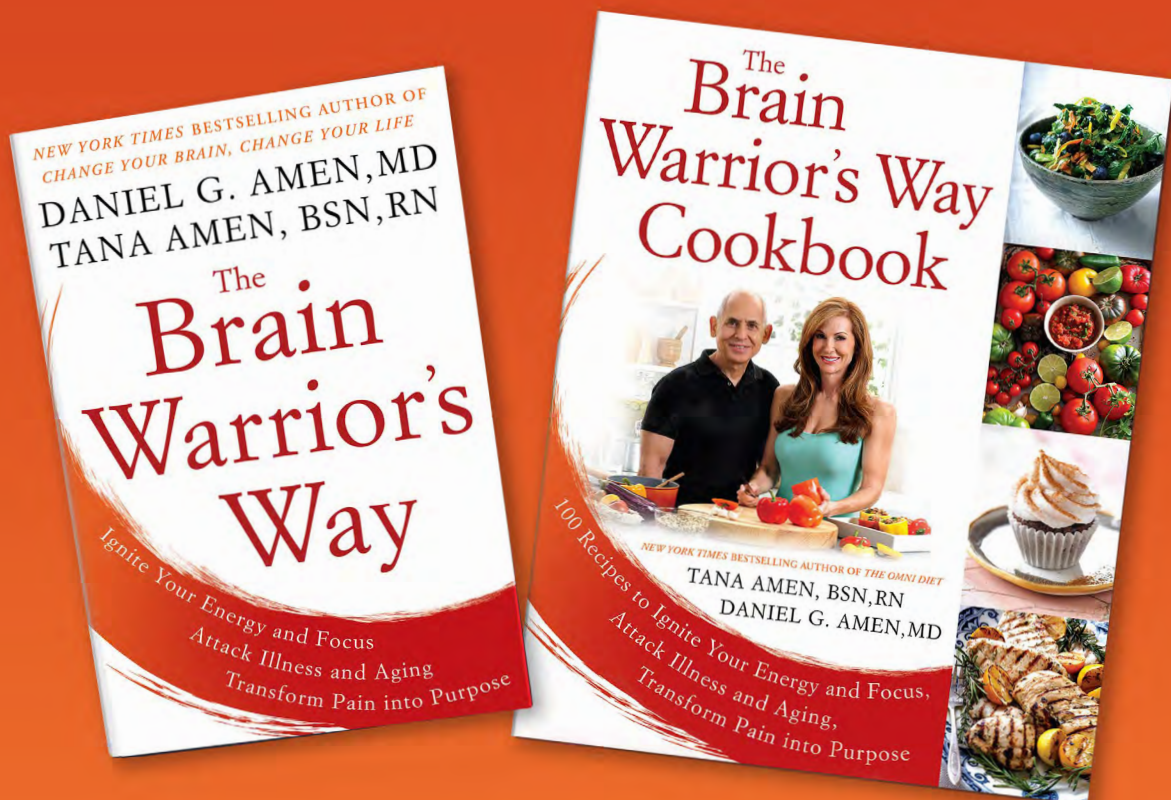
NUTRITIONAL INFORMATION PER SERVING

58.8 calories, 1.5g protein, 5.35g carbohydrates, 2.35g fiber, 0.0g sugar, 5.5g fat, 2.04g saturated fat, 0.0mg cholesterol, 1.1mg sodium

“I visited Costco for the first time ever this weekend. There was death everywhere, every corner. Samples of death covered in death. I just kept hearing Dr. Amen in the back of my mind. So I walked past it all! Got my organic goods and left, which is saying a lot because it was nearly lunch time and it all smelled so good! Thank you for giving me the tools to make good choices.”

“Three years ago I was on a walker, before my Parkinson’s diagnosed and treated. Right leg didn’t remember what to do. I learned to walk over 4 months. Then saw your burst training, walk and run a bit, and tried it. I started out toddling and then toddling a bit faster. Thrilled at my long distance jog! I set and met a longer (100 feet) run distance on my morning walks.”

“Sugar and caffeine DO NOT make me feel better when I’m stressed and tired. They make me feel worse!”



Visit TanaAmen.com to purchase your copy today.