

The Brain Warriors Way Quick Start *A Sustenance Guide*

Shopping Lists

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

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

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Pantry and Refrigerator Basics

Choose fresh, organic foods such as:

- 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
- Freeze Dried Greens such as Green Vibrance
- 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 butter 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. The 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
- Veganaise
- Vegetables of all kinds (except white potatoes and night shades for some of you). Purchase fresh, organic produce when possible

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Spices

Choose fresh, organic spices such as:

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

Clean your pantry! Foods to Ditch

- 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, popcorn)
- Soy based foods such as protein bars, powders, oils and snack foods
- Sugary processed snacks (cakes, cookies, cupcakes, candy)

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- Sweetened drinks such 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

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SAMPLE Menu: WEEK 1

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Brain Berry Smoothie	1/4 cup raw almonds or sunflower seeds	Heirloom Tomato Salad	2 cups mixed veggies w/ 2 Tbsp. hummus (or split pea hummus)	Serrano Chile Shrimp Vegetable Soup & Simple Green Salad
Day 2	Pacific Coast Scramble	Superfood Protein Bar (homemade) 1/2 cup mixed berries	Seared Ahiw/ Cucumber Salad	Large mixed green salad, (3 oz. hard-boiled egg or other protein) 1 Tbsp. raw seeds 1 Tbsp. olive oil & lemon juice	Sizzling Chicken & Veggie Kabobs w Chard Slaw
Day 3	Very Cherry Smoothie	Hard-boiled egg (2 for men) and 2 cups veggies w/ raw veggies w/ 2 Tbsp guacamole for dipping	Herb Marinated 2 Tbsp. raw Chicken, Simple Mixed green salad w/ Grilled Rosemary Chicken Breast w/ 1 Tbsp. olive oil & balsamic vinegar	2 Tbsp. raw nuts or seeds	Macadamia nut Crusted Mahi Mahi Roasted Brussels Sprouts and Shiratake Spinach Soup
Day 4	Brain Smart Start Smoothie	2 cups raw veggies w/ 1/4 cup guacamole	Peaceful Asian Pear Salad with Shrimp	Turkey Wraps	Macadamia nut Crusted Mahi Mahi Roasted Brussels Sprouts and Shiratake Spinach Soup
Day 5	Chocolate Covered Strawberry Smoothie	1-2 cups celery sticks w/ 1 Tbsp raw almond or macadamia nut butter for dipping	Raw Creamed Spinach Salad and shrimp cocktail	2 cups raw vegetables w/ 2 Tbsp. hummus, or salsa for guacamole, dipping	Spice of Life Chicken with Citrus Kale Salad & 2 cups steamed vegetables
Day 6	Cinnamon Spice Smoothie	2- 3 cups Chopped veggies w/ Surprising Split Pea Hummus	Tasty Turkey wrap	1 apple and 1/4 cup raw nuts or seeds	Crowd-Pleasing Cioppino, Collard Greens & Antiox Detox Salad
Day 7	Seafood Omelet for Super Focus w/ 1/4 cup blueberries	1/4 cup raw nuts or seeds 1 small piece of fruit	Stay Sharp Chard Salad w/ added chicken breast (3 oz for women, 6 oz for men)	1 sliced tomato with avocado (about 2 Tbsp.)	"Spaghetti" w/ Turkey Meatballs & steamed broccoli and Light Kale Salad

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SAMPLE Menu: WEEK 2

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	GreenTea Berry Blast Off Smoothie	Celery with 2 tablespoons raw almond butter	Asian-fusion chicken Salad	Simple Green salad with sunflower seeds & 1 tablespoon olive oil and lemon juice	Pan-Roasted Salmon with Vegetables
Day 2	Pom-Antio Smoothie x	2 cups raw vegetables with 2 tablespoons baba ghanou	Get Smart Mahimahi Burger wrapped in Romaine lettuce	1/4 cup raw nuts and seeds & 2 cups veggies with salsa	Savoy Lubian Rose Stew, Stay Sharp Chard Salad & Yellow Beans with Tomatoes
Day 3	Brainy Breakfast Burrito wrapped in Romaine	Homemade Super-food Protein bar, 1 piece of fruit or 1/2 cup berries	Mango Chicken Salad	1 hard-boiled egg & 2 cups chopped veggies w guacamole (2 tablespoons)	Shrimp Chowder & Red, White, and Blue Salad
Day 4	Brain Smart Start Smoothie	2 cups raw veggies w/ 1/4 cup guacamole	Peaceful Asian Pear Salad with Shrimp	Turkey Wraps	Bison Meat Loaf, Cauliflower Mashed "Potatoes" & Raw "Creamed" Spinach
Day 5	Super Surprise Frittata	Omni Grainless Granola Protein Bar and 1 piece of fruit or 1/2 cup berries	Turkey Burger Wrapped in Lettuce	2 cups raw vegetables w/ 2 Tbsp. hummus, or salsa for guacamole, dipping	Seared Ahi with Guacamole Sauce, Sweet Potato Soup & Cool Mint Salad
Day 6	Chocolate-Covered Strawberry Brain-Boosting Smoothie	1 sliced tomato with 2 tablespoons avocado	Hearty Chicken Stew	Celery with 2 tablespoons raw almond butter	Seared Ahi with Guacamole Sauce, Sweet Potato Soup & Cool Mint Salad
Day 7	Benedict-Style Poached Eggs with Kale or steamed spinach	2 cups veggies with 2 tablespoons hummus or Surprising Split	Guiltless Chicken Breast Tenders & Kale and Roasted Vegetable Soup	1/2 cup berries with 1/4 cup GoWell Trail Mix	Turkey Chili & Chard Slaw

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Brain-Smart Start Smoothie *Serves 2*

INGREDIENTS:

1/2 cup frozen organic blueberries	1 tablespoon coconut butter
1/2 cup frozen cherries	1 tablespoon goji powder
1/3 banana	2 scoops vanilla or berry-flavored, sugar-free pea protein powder (sweetened with stevia).
8 ounces pure coconut water or unsweetened almond milk	1 tablespoon freeze-dried greens (Green Vibrance® is one of my favorite brands)
1 large handful baby spinach (about 1 1/2 cups)	1-2 droppers full berry- or vanilla crème-flavored liquid stevia
2 chard leaves or 1 small cucumber	
2 tablespoons hemp seeds, shelled	

OPTIONAL: • soluble fiber • maca powder • bee pollen • aloe gel

PREPARATION: 1) Add all ingredients to blender bowl. 2) Turn blender on low at first, then increase speed. 3) Add additional almond milk or coconut water as desired to achieve desired consistency. 4) Pour into two large glasses and serve cold.

NUTRITIONAL INFORMATION PER SERVING: 305 calories • 25 g protein • 30.4g carbohydrates • 7.6g fiber • 14.2g sugar • 11.0g fat • 4.9g saturated fat • 0mg cholesterol • 288mg sodium

Spice of Life Chicken *Serves 8*

INGREDIENTS:

2 tablespoons sweet paprika	1/2 teaspoon ground cardamom	1/2 teaspoon ground cinnamon
2 teaspoons garlic powder, granulated	1 teaspoon sea salt	1/4 teaspoon cloves
1 teaspoon ancho chile powder	4 pounds skinless chicken legs (hormone-free, antibiotic-free, cage-free)	
1 teaspoon ground ginger	2 tablespoons macadamia-nut oil	
1 teaspoon cumin	1 orange, split into wedges	
1 teaspoon onion powder	1 lemon, split into wedges	
1 teaspoon black pepper	1 lime, split into wedges	
1 teaspoon fenugreek	1/2 cup cilantro leaves	
1 teaspoon ground allspice		

PREPARATION: 1) Preheat oven to 400°F. 2) Combine first 13 ingredients together in a small bowl. 3) In a large bowl, toss chicken, oil, and spice mix together. Massage spice mix into chicken. 4) Lay chicken in casserole dish. Bake for 40 to 45 minutes, basting occasionally. Bake until chicken reads 170°F on a meat thermometer, or when pierced the juice is clear and not pink. 5) Serve with fruit wedges and chopped cilantro for garnish if desired.

NUTRITIONAL INFORMATION PER SERVING: 201 calories • 28.8g protein • 3g carbohydrates • 1.1g fiber • 0.6g sugar • 11.0g fat • 1.9g saturated fat • 29mg cholesterol • 312mg sodium

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Rainbow Chard Slaw *Serves 8*

INGREDIENTS:

3 cups shredded or finely chopped Swiss chard	1/4 teaspoon cinnamon
1 cup shredded purple cabbage	1/4 teaspoon nutmeg
1/4 cup shredded carrot	1 tablespoon fresh oregano, finely chopped. or 1/4 teaspoon dried
1/2 cup chopped or slivered raw almonds (I like to soak them for 4-6 hours, time permitting)	1 tablespoon fresh basil, or 1/2 teaspoon dried
1/4 cup macadamia nut oil or olive oil (macadamia nut oil gives this salad a unique flavor)	1/4 teaspoon pepper
1 tablespoon apple cider vinegar	1/4 cup raw hemp seeds
1/2 teaspoon allspice	1/2 cup dried, unsweetened blueberries
	1 to 2 teaspoons xylitol or 1 packet stevia

OPTIONAL: • soluble fiber • maca powder • bee pollen • aloe gel

PREPARATION: 1) Add all ingredients to blender bowl. 2) Turn blender on low at first, then increase speed. 3) Add additional almond milk or coconut water as desired to achieve desired consistency. 4) Pour into two large glasses and serve cold.

NUTRITIONAL INFORMATION PER SERVING: 305 calories • 25 g protein • 30.4g carbohydrates
• 7.6g fiber • 14.2g sugar • 11.0g fat • 4.9g saturated fat • 0mg cholesterol • 288mg sodium

Seared Ahi with Cucumber Salad *Serves 2*

INGREDIENTS:

4 Persian cucumbers, thinly sliced	1/2 avocado, diced	2 garlic cloves, minced
1 tablespoon olive oil		2 teaspoons fresh ginger, grated
2 teaspoons dill, chopped		1 teaspoon honey
1 shallot, finely chopped		2 ahi tuna steaks (4-6 ounces each)
1 teaspoon fresh lemon juice		2 teaspoons coconut oil
1 lime, juiced		3 cups mixed greens
		Salt and pepper to taste

PREPARATION FOR CUCUMBER SALAD: 1) In a medium bowl, combine cucumber, avocado, olive oil, dill, shallots, and lemon juice, and season with salt and pepper. 2) Cover and refrigerate for 30 minutes .

PREPARATION FOR TUNA: 1) In a medium bowl, mix lime juice, garlic, ginger, and honey.
2) Season tuna with salt and pepper. Place fish in lime marinade, cover, and refrigerate for 15 to 30 minutes.
3) In a skillet, heat coconut oil over medium heat. Sear tuna for 1 to 2 minutes on each side (depending on how rare you prefer). Remove the tuna from skillet and slice into 1/4-inch-thick slices.
4) Dish cucumber salad on plates and top with the tuna.

NUTRITIONAL INFORMATION PER SERVING: 361 calories • 31g protein • 20g carbohydrates
• 7g fiber • 6g fat • 13g saturated fat • 50mg cholesterol • 60mg sodium