



NeuroQ™

Food for Thought

Recipes for a Healthier Brain

- Support healthy metabolism
- Improve inflammation response
- Achieve better memory and focus
- Protect the brain from “age-related” decline

Eating right doesn't have to be bland or boring—and it certainly has a payoff. It can bring you many more years of mental clarity to enjoy!

We've put together a sampling of recipes to showcase how a brain-healthy lifestyle is not only achievable but enjoyable! So, break out of your comfort zone! You might be surprised at how easy and delicious these recipes are.





Blueberry Chia Pudding with Sweet Mango Compote

Recipe by Julie Andrews

Ingredients

Blueberry Chia Pudding:

¾ cup fresh or frozen blueberries
2 cups unsweetened almond milk
1–2 tsp. monk fruit extract
1 tsp. pure vanilla extract
½ tsp. ground cinnamon
⅔ cup chia seeds

Mango Compote:

2 medium mangos, peeled, cored, and
diced (or 2 cups frozen diced mango)
¼ cup golden raisins
Zest and juice of 1 medium lemon
Zest and juice of 1 medium lime
3 tbsp. honey
½-inch piece fresh ginger, peeled
and grated (optional)
2 tbsp. fresh mint sprigs (optional)

Nutrition Facts

Servings 8

Amount Per Serving

Calories 181

% Daily Value*

Total Fat 7g 10%

Saturated Fat 1g 3%

Monosaturated Fat 0g

Polyunsaturated Fat 4g

Trans Fat 0g

Cholesterol 0g 0%

Sodium 50mg 2%

Potassium 249mg 7%

Total Carbohydrate 30g 10%

Dietary Fiber 8g 32%

Sugars 15g

Protein 4g 8%

Vitamin A 12%

Vitamin C 33%

Calcium 132%

Iron 4%

Instructions

For the Blueberry Chia Pudding:

1. Place the blueberries in a mini blender or food processor and puree until chunky. If using frozen blueberries, let them thaw in the refrigerator before adding them to the blender or food processor.
2. Transfer the pureed blueberries to a medium mixing bowl. Whisk in the almond milk, honey, vanilla extract, cinnamon, and chia seeds.
3. Set aside for 10 minutes, then whisk again until the chia seeds are thoroughly mixed in. Place a lid on the bowl and refrigerate for at least 4 hours or overnight.



For the Mango Compote:

1. Place the mangos, raisins, lemon zest and juice, lime zest and juice, honey, and ginger (if using) in a medium saucepan. Heat to medium and bring to a simmer, stirring regularly. Reduce the heat to a low simmer. Cook, stirring occasionally, until the mixture is thickened, about 15-20 min. Remove from the heat and let slightly cool.
2. Transfer the mango compote to an airtight container and refrigerate at least 4 hours or overnight.

To make the Parfaits:

1. Scoop the blueberry chia pudding into 4-oz jars or bowls, filling about $\frac{3}{4}$ of the way. Top each with about 2 tbsp. of mango compote and a few sprigs of fresh mint (if using).
2. Enjoy immediately or seal the jars and store the parfaits in the refrigerator for up to 3 days.



Recipe Tip: To add even more blueberry flavor to the blueberry chia pudding, crush up $\frac{1}{4}$ cup of dried blueberries and stir it into the chia pudding.

Chicken Kofta with Tzatziki and Greek Salad

Recipe by Julie Andrews

Ingredients

For the meatballs:

- 1-lb ground chicken or turkey
- ¼ medium yellow or white onion, peeled and minced
- ½ small jalapeño, seeded, stemmed, and minced (optional)
- 3 cloves garlic, peeled and minced
- ½-inch piece ginger, peeled and minced
- ½ cup Panko breadcrumbs
- 1 large egg
- 1 tbsp. extra-virgin olive oil (optional)
- ½ tsp. garam masala
- 1 tsp. each curry powder and ground turmeric
- ¾ tsp. coarse salt
- ½ tsp. ground black pepper

For the Tzatziki:

- ½ cup plain Greek yogurt
- 3 tbsp. extra-virgin olive oil
- 1 tbsp. olive oil
- Mayonnaise (optional)
- Zest and juice of ½ medium lemon
- 1 clove garlic, peeled and minced
- 1 tsp. fresh dill, chopped
- ¼ tsp. each coarse salt and ground black pepper
- ½ English cucumber, skins on, grated

For the Greek Salad:

- 3 heads romaine lettuce, cored and chopped (about 6 cups)
- 1-pint cherry or grape tomatoes, halved
- ½ English cucumber, skins on, sliced
- ½ cup pitted kalamata olives
- ½ cup crumbled feta (optional)
- 2 tbsp. extra-virgin olive oil
- Zest and juice of ½ medium lemon
- ¼ tsp. each dried oregano leaves, salt, and pepper



Instructions

For the Chicken Kofta:

1. Preheat oven to 350°F. Line a baking sheet with a wire rack and coat the wire rack with cooking spray. Set aside.
2. In a large bowl, stir together the ground chicken or turkey, onion, jalapeño (if using), garlic, ginger, bread crumbs, egg, olive oil (if using), garam masala, curry powder, turmeric, salt, and pepper until thoroughly combined.
3. Form the meatball mixture into 2-inch balls. Line the meatballs 1-inch apart on the prepared wire rack. Bake 15-18 min or until the meatballs are set and the internal temperature reaches 165°F. Set aside until slightly cool.

For the Tzatziki:

1. In a bowl, whisk together the Greek yogurt, olive oil, mayonnaise (if using), lemon zest and juice, garlic, dill, salt, and pepper until combined. Fold in the grated cucumber.
2. Taste and adjust the seasoning, if necessary. Cover and refrigerate until ready to use.

Nutrition Facts

Servings 6

Amount Per Serving

Calories 388

% Daily Value*

Total Fat 28g	43%
Saturated Fat 4g	20%
Monosaturated Fat 7g	
Polyunsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 58g	19%
Sodium 637mg	47%
Potassium 358mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	9%
Sugars 3g	
Protein 19g	39%
Vitamin A	166%
Vitamin C	39%
Calcium	24%
Iron	16%

For the Greek Salad:

1. In a serving bowl, layer the romaine lettuce, cherry or grape tomatoes, cucumbers, kalamata olives, and feta cheese (if using).
2. In a small bowl, whisk together the lemon zest, lemon juice, and olive oil. Whisk in the oregano, salt, and pepper until combined. Taste and adjust the seasoning, if necessary.
3. Pour the dressing over the salad ingredients and toss together.

To Serve:

Smear the tzatziki sauce in the corner of six plates. Use tongs to place 3 meatballs on top of the tzatziki sauce on each plate. Use tongs to scoop the Greek salad onto each plate. Serve immediately.



About Dr. Bredesen and the KetoFlex12/3 Diet

Neurologist Dr. Dale Bredesen is an internationally recognized expert in neurodegenerative diseases. Dr. Bredesen designed the PreCODE Protocol™, a multi-faceted, holistic, and functional program to enhance cognition and prevent cognitive decline.

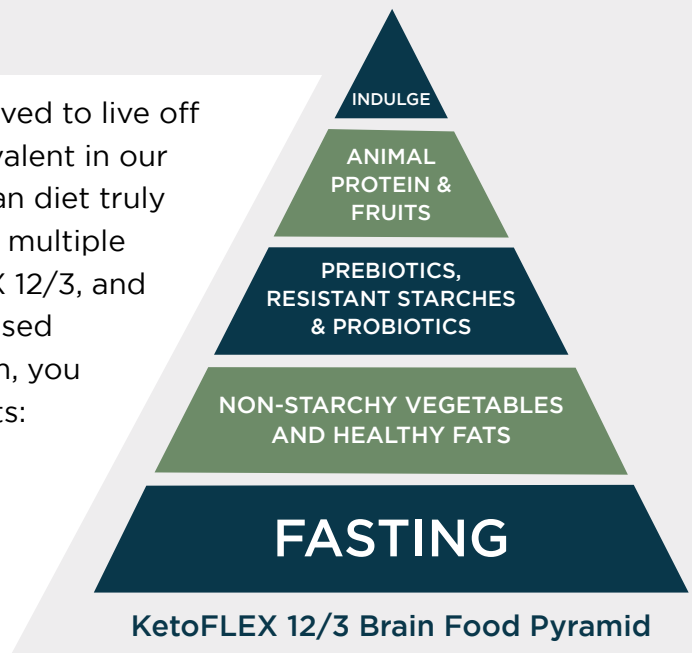


The protocol includes KetoFLEX 12/3—nutritional guidelines designed to help reduce inflammation and promote brain function. Mixed with intermittent 12-hour fasting (including 3 hours before bed), this plant-rich, highly nutritive diet induces mild ketosis, a metabolic state created when consuming high-fat foods and low amounts of carbohydrates.

Why KetoFLEX 12/3?

To put it simply, we just weren't evolved to live off the high-sugar diets that are so prevalent in our society today. The standard American diet truly wreaks havoc on our health through multiple mechanisms. By following KetoFLEX 12/3, and thus transitioning from a glucose-based metabolism to fat-based metabolism, you can experience the following benefits:

- Better sleep
- Improved brain function
- Reduced inflammation
- Less insulin resistance
- Protection against cardiovascular disease
- Balanced autophagy (the body's way of removing damaged cells)
- Prevention of "leaky gut," caused by inflammation and typically brought on by the consumption of excess sugar, gluten, or dairy



To learn more about Dr. Bredesen and KetoFLEX 12/3, visit apollohealthco.com.

No Bread Bruschetta

Recipe from the PreCODE App by Apollo Health

If you're looking for an impressive low-carb appetizer or just miss bruschetta, give this recipe a whirl. Something about the taste of tomatoes, fresh basil, and garlic mixed with olive oil is reminiscent of this recipe's home in Italy! After preparing your mushrooms, hold off on spooning in the tomato filling until you're ready to serve to prevent the mushroom from becoming soggy.

Ingredients

4-6 portobello mushrooms, washed, stems and gills removed
3 tsp. high polyphenol extra-virgin olive oil (EVOO)
8 Roma tomatoes, USDA Organic, diced
1/3 cup chopped fresh basil
2 cloves garlic, minced
1 Tbsp. balsamic vinegar
Salt and pepper to taste



Nutrition Facts

Servings 6

Amount Per Serving

Calories 78

% Daily Value*

Total Fat 2g 4%

Saturated Fat 0g 2%

Monosaturated Fat 2g

Polyunsaturated Fat 0g

Trans Fat 0g

Cholesterol 0g 0%

Sodium 34mg 1%

Potassium 800mg 23%

Total Carbohydrate 9g 3%

Dietary Fiber 3g 13%

Sugars 3g

Protein 7g 15%

Vitamin A 1%

Vitamin C 5%

Calcium 2%

Iron 4%

Instructions

1. Preheat the oven to 350°F.
2. Line mushrooms on a baking sheet. Brush mushrooms with one teaspoon of EVOO.
3. Bake for 10-15 minutes or until tender.
4. In the meantime, prepare your bruschetta filling by mixing the diced tomatoes, basil, garlic, balsamic vinegar, and remaining 2 teaspoons of olive oil in a large bowl. Season to taste with salt + black pepper.
5. Once the mushrooms are ready, remove from the oven and let them cool.
6. When ready to eat, fill the baked mushrooms with the bruschetta filling. Serve immediately.

Storage tip: Store the baked mushrooms and bruschetta filling separately in airtight containers in the refrigerator. Each will last up to 3 days.

Stress-Reducing Matcha Latte

Recipe by Sarah Burden

This tasty, creamy treat is packed with antioxidants and healthy fat. Since nearly all coffee is contaminated with aflatoxin, substituting green tea provides a double benefit for brain health—reducing exposure to that brain fog-inducing mold, and providing EGCG, an antioxidant tied to cellular health. Choose organic ingredients whenever possible to avoid exposure to pesticides.

Ingredients

- 1 tsp. green matcha powder
- 2 Tbsp. coconut cream (look for BPA-free cans)
- Monkfruit sweetener to taste**
- 2 capsules of LifeSeasons' Anxie-T Stress Support formula*
- Ground cinnamon, for serving

Instructions

Boil 8 ounces of water and pour into a mug (to about half full). Add the matcha powder, coconut cream, monkfruit sweetener, and the contents of 2 capsules of Anxie-T. Blend or whisk until creamy and frothy. Fill the rest of the mug with hot water. Top with a sprinkle of cinnamon if you'd like—it's not only tasty but beneficial for maintaining healthy blood sugar.



Nutrition Facts

Servings 1

Amount Per Serving

Calories 58

% Daily Value*

Total Fat 6g 9%

Saturated Fat 5g 25%

Monosaturated Fat 0g

Polyunsaturated Fat 0g

Trans Fat 0g

Cholesterol 0g 0%

Sodium 8mg 0%

Potassium 3mg 0%

Total Carbohydrate 5g 2%

Dietary Fiber 0g 1%

Sugars 0g

Protein 0g 1%

Vitamin A 0%

Vitamin C 0%

Calcium 1%

Iron 0%

*Anxie-T Stress Support formula can be purchased on [LifeSeasons.com](https://www.lifeseasons.com)

**Monkfruit sweetener is an all-natural, keto-friendly sweetener. It can be found at most health food stores and purchased online. If you don't have monkfruit sweetener, you can switch it out for stevia!

Almost-Tuna Salad Salmon

Recipe by Sarah Burden

Because tuna contains higher levels of mercury and is not recommended for frequent consumption, canned salmon makes an excellent substitution that reduces exposure to heavy metals and provides higher amounts of brain-nourishing omega-3 fats. Kids love this recipe, too!

Ingredients

2-oz pouched or canned salmon, wild-caught and BPA-free

1 large hard-boiled egg, shelled and chopped

1 Tbsp. of mayonnaise made with olive oil

1/4 cup chopped celery

1/4 cup raw sunflower seeds

1 tsp. Dijon mustard

1 Splash of white vinegar
salt, to taste

Chopped dill pickles, if desired
Greens or veggies, for serving



Nutrition Facts

Servings 2

Amount Per Serving

Calories 336

% Daily Value*

Total Fat 16g 24%

Saturated Fat 3g 15%

Monosaturated Fat 3g

Polyunsaturated Fat 7g

Trans Fat 0g

Cholesterol 156g 52%

Sodium 326mg 14%

Potassium 67mg 2%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 7%

Sugars 1g

Protein 43g 85%

Vitamin A 43%

Vitamin C 0%

Calcium 21%

Iron 17%

Instructions

1. Place all of the salmon salad ingredients in a glass bowl and stir to combine. Season with salt to taste and add chopped dill pickles, if desired.
2. Scoop the salmon salad into lettuce cups or serve over salad greens.

Author's note: Endive makes a particularly good "boat" for this salad, and butter lettuce leaves are very good for wraps. This is also nice to scoop up with sliced cucumbers and jicama!

Storage tip: Store the salmon salad in an airtight container in the refrigerator up to 4 days.

About Our Authors

Julie Andrews



Julie Andrews, MS, RDN, CD is a registered dietitian nutritionist and trained chef with a master's degree in human nutrition. She is the creator and owner of The Healthy Epicurean, where she is a food and nutrition consultant, 4-time cookbook author, recipe developer, food photographer, and writer. Julie has authored two highly rated cookbooks on the MIND diet, *The MIND Diet Plan and Cookbook* and *The Brain Health Cookbook*. She also shares simple, wholesome and delicious recipes on her blog, www.thehealthyepicurean.com. Julie's greatest passion is helping others build confidence in the kitchen and inspiring them to cook for themselves, as she truly believes it's the ticket to better health and a more enjoyable life.

Sarah Burden

Sarah Burden began working in the natural products industry in 2002. From the aisles of a downtown Chicago health food store to traveling the Midwest and then the country with several wonderful supplement companies, education has always been at the heart of her work. A passionate storyteller, her goal is to demystify the world of nutraceuticals to make them accessible to all so that people can lead happier, healthier lives.



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We hope this recipe guide has given you the motivation to start achieving a healthier lifestyle!

Eating right, sleeping well, reducing stress, and keeping our minds active can all keep our brains and bodies healthy for life. As you've likely heard before, prevention really is the best medicine.

Additional Tips

If you're interested in incorporating KetoFLEX 12/3 into your life, try out some of these ingredients:

- Non-starchy vegetables, such as cruciferous vegetables (Brussels sprouts, broccoli, cauliflower) and leafy greens (spinach, kale, and arugula)
- Healthy fats, such as coconut oil or extra virgin olive oil
- Low-glycemic foods, such as leafy vegetables and whole grains, which cause a slower and lower rise in blood sugar
- Proteins rich in choline, such as eggs, liver, and grass-fed beef
 - Wild-caught seafood, such as salmon, mackerel, anchovies, sardines, and herring

Want to learn more about what you can do now to improve your brain health? Visit our website, neuroq.com!





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