

## Protein

Grass fed meat  
Free range organic poultry  
Wild caught salmon  
Eggs (free range)



## Vegetables

Kale  
Spinach  
Dark Leafy Greens  
Broccoli Sprouts



## Drink

Water  
Organic Real Coffee  
Green Tea  
Matcha



# These Foods Build the Brain

Try eating from each group everyday



## Fats

Olive Oil  
Fish Oil  
Krill Oil  
MCT Oil



## Other

Cacao  
Dark chocolate, at least 85%  
Beetroot juice



## Fruit

Berries including blue berries and strawberries