



Step 1: Choose Ingredients

In a mixing bowl or blender pitcher, add the following:



Fiber: Three Kinds of Produce

Cook produce appropriately and add equal amounts of each kind (greens, sulfur, colored)
Visit feedabrain.com/produce for more information



1-3 fist size portions of each kind of produce per day (roughly equal portions of each)



Leafy Greens

See Guide to Green & Sulfur-Rich for more

Lettuce (not iceberg)
Arugula*
Spring Mix
Radicchio*
Watercress*
Blanched Kale*
Blanched Chard
Blanched Mustard Greens*



Sulfur Veggies

See Guide to Green and Sulfur-Rich for more

Cooked Broccoli and Cauliflower
Cooked Bursells sprouts
Cooked Cabbage, all colors
Cooked Onions, all colors
Cooked Garlic
Cooked Turnips &/or Radishes
Cooked Asparagus**
Fennel



Deeply Colored

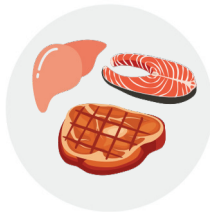
See Deeply Colored Produce Guide for more

Oranges	Artichoke Hearts
Grapefruit	Celery
Cooked Beets	Cooked Carrots
Berries	Cooked Asparagus*
Cooked Pumpkin	Avocado
Cooked Squash	Olives
Cooked Okra	Cucumber (with skin)
Citrus	Cooked Zucchini (with skin)

Protein



Roughly 2-4 fist-sized pieces of meat/day



If vegetarian or vegan, use foods with complete amino acid profiles (avoid soy)
Visit feedabrain.com/vegan for more information

Cook meat, fish, or eggs to your preference***

0.75 oz to 1.5 oz of meat per 10lbs of body weight per day (about 2-4 fist sized pieces)

Red meat, eggs, organ meat, and cold water fatty fish like salmon are preferred ***

Fat

Add brain-supportive fats and oils. We want to supply as much brain supportive fat as tolerated by the individual. At least 0.3 g per lbs of body weight. See the Guide to Fats & Oils. Oils high in DHA (underlined) have been shown to be neuroprotective in high dosages and are desirable. Learn more at feedabrain.com/dha



Avocado
Oil Ghee
Palm Oil
Almond Oil
Tallow

Lard
Macadamia Oil
Poultry & Duck Fat
Extra Virgin Olive Oil
Coconut Oil

Fish Oil (not for cooking)
Algae Oil (not for cooking)
Truffle Oil (not for cooking)
MCT Oil (not for cooking)
Cocoa Butter (can be melted)

Step 2: Add Supplements and Prepare

1. Consider digestive aids (to ensure absorption of nutrients) and supplements for synaptogenesis (feedabrain.com/supplements).
2. If making baby or tube feeds, continue. Otherwise, mix and enjoy!

For Gastric Feeds or Baby Food

3. Add water or bone broth to the blender until solid food and supplements are submerged (feedabrain.com/broth).
4. Puree until smooth, adding more liquid if needed to get the feed to the right consistency.
5. Let the feed come to a comfortable temperature before feeding.