

MIND Diet Shopping List

The Geriatric Dietitian

Leafy Green Veggies

Kale
Arugula
Romaine
Spinach

Other Veggies

Avocado
Cucumber
Bell peppers
Corn
Onion
Tomatoes
Potatoes
Beets
Mushrooms
Broccoli
Green beans
Carrot
Olives
Brussels sprouts

Berries & Fruit

Strawberries
Blueberries
Raspberries
Peaches
Apples
Bananas
Plum
Pear

Beans & Nuts

Black beans
Pinto beans
Cashews
Shaved almonds
Walnuts
Pecans
Pistachios
Nut and protein bar

Whole Grains

Oatmeal
Brown rice
Quinoa
Pita
Multigrain crackers
Corn tortilla
Whole grain bread
Whole grain pasta
Whole grain pancake
Whole grain flat bread
pizza

Poultry & Fish

Turkey sausage
Tuna salad
Grilled chicken
Salmon
Shrimp
Ground turkey
Eggs (or liquid egg whites)

Dips, Sauces, & Seasonings

Olive oil	Peanut butter
Lemon juice	Cinnamon
Light syrup	Guacamole
Hummus	Nutmeg
Bean dip	Non-fat whipped cream
Cilantro	Black bean salsa
Pico de gallo	Honey
Almond butter	

MISC

Greek yogurt
Cottage cheese
Protein powder
Lentil soup
Unsalted trail mix
Veggie chips
Sorbet

The Diet For Your Mind To Help You Find The Truth

Michael Seilmaier



The Diet For Your Mind To Help You Find The Truth:

The Diet For Your Mind To Help You Find The Truth: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have captivated audiences this year. The Diet For Your Mind To Help You Find The Truth : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. The Diet For Your Mind To Help You Find The Truth : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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