

# Brain Booster Foods

## Grocery List



### *Fish*

Salmon

Tuna

Mackerel

Herring

Oysters



### *Nuts & Seeds*

Chia Seeds

Flax Seeds

Sunflower Seeds

Walnuts

Pecans

Pistachios

Almonds



### *Veggies*

Spinach

Broccoli

Cauliflower

Red, Green, Yellow

Peppers

Sweet Potatoes

Tomatoes

Beets



### *Dairy*

Eggs

Milk

Yogurt



### *Fruits*

Apples

Blueberries

Cantaloupe

Oranges

Lemons

Limes

Red Grapes

Avacados

Strawberries



### *Other*

Green Tea

Chocolate

Olive Oil