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Mind diet meal plan

The MIND diet follows most of these same principles. Transfer to a plate and set aside Next, tip the tomatoes, olives, onion, feta and mint into a bowl. Heat the oil in an oven-proof dish over a medium heat. Place the mixture into two bowls and add any remaining berries and almonds. Serve with wholemeal bread. Spoon over spinach and top with salmon to serve. Serve with the chicken on top. E.g. almonds, walnuts, pistachios, walnuts. Bring to the boil, then simmer, uncovered, for 10 minutes. Roast for 30 minutes. Add the rice and stir for 2 extra minutes. No snacks are included. Cook the leek for 4-5 minutes, until just tender. Other studies suggest an association with slower cognitive decline with age (15, 16). Scatter the parsley, squeeze the lime juice and add the harissa. Add the oil, sun-dried tomato paste and vinegar and stir until smooth. Add broad beans and lemon juice and cook for a further 2 minutes. It does not claim to provide medical advice or to be able to treat any medical condition. Meanwhile, put the beans in a pan with garlic and stock. Add the stock and milk, bring to a boil and simmer for 5 minutes. Toss in the cooked quinoa. Cover the pan again and leave in the oven for 3 minutes before serving. Mix again. Whole grains. Arrange the vegetables over a grill pan & brush lightly with oil. These contain high amounts of healthy omega-3 fatty acids. They are considered the best diets around for health. Some good snacks include: A handful of nuts or seeds A piece of fruit Carrots or baby carrots Berries or grapes View 7 Day MIND Plan PDF Day 1: Monday Breakfast: Breakfast Blues Porridge Nutrition Calories – 347 Protein – 15g Carbs – 42g Fat – 15g Prep time: 5 minutes Ingredients (for 2 people) ½ cup (50g) porridge oats ¾ cup (200ml) milk ½ tsp vanilla extract 2 tsp Greek yogurt ¼ cup (25g) chia seeds ¾ cup (150g) blueberries ½ cup (25g) flaked almonds Instructions Mix the porridge oats, milk, vanilla extract, Greek yogurt and chia seeds in a bowl and soak for one minute. Click here to grab your copy of the 28 day Mediterranean diet plan! Disclosure We would like to take a moment to note that this post is for information purposes only. Berries, particularly blueberries, are considered highly beneficial for brain health due to their high antioxidant content. It makes no claims with respect to weight loss, either in terms of the amount or rate at which weight loss could be achieved. Roll and serve. The DASH diet, on the other hand, was originally designed to lower blood pressure and emphasizes fruits, vegetables, low-fat dairy products, whole grains, lean meats, and limited sodium intake. E.g. chicken and turkey a few times a week (but not fried chicken, as these contain lots of saturated fats). Cover the chicken chunks with oregano, then add to the pan with the garlic and some pepper. View 7 Day MIND Plan PDF Differences Between the Mediterranean and MIND Diets There are some minor alterations that make it more effective when it comes to preventing dementia, Alzheimer’s disease and loss of brain function as you age. View 7 Day MIND Plan PDF Day 7: Sunday Breakfast: Breakfast Blues Porridge Lunch: Moroccan Chickpea Soup Nutrition Calories – 408 Protein – 15g Carbs – 63g Fat – 11g Prep time + cook time: 25 minutes Ingredients (for 2 people) 1 tsp olive oil ½ medium onion, chopped 1 celery sticks, chopped 1 tsp ground cumin 1 ¼ cups (300ml) hot vegetable stock 7 oz can (200g) chopped tomatoes 7 oz can (200g) chickpeas, rinsed & drained ¼ cup (50g) frozen broad beans zest and juice ½ lemon cilantro (coriander) & bread to serve Instructions Heat the oil in a saucepan, then fry the onion and celery for 10 minutes until softened. View 7 Day MIND Plan PDF What is the MIND Diet? More Focus on Leafy Greens Although the Mediterranean diet encourages the consumption of lots of leafy greens, there is a higher focus placed on it within the MIND diet. One notable difference is the emphasis on berries in the MIND diet. Once set, add to the plates and serve. Mash roughly with a potato masher. View 7 Day MIND Plan PDF Day 6: Saturday Breakfast: Basil & Spinach Scramble Lunch: Spiced Carrot and Lentil Soup Nutrition Calories – 238 Protein – 11g Carbs – 34g Fat – 7g Prep time + cook time: 25 minutes Ingredients (for 2 people) 1 tsp cumin seeds pinch chilli flakes 1 tsp olive oil 2 cups (300g) carrots, washed and coarsely grated ½ cup (70g) split red lentils 2 ¼ cups (500ml) hot vegetable stock ¼ cup (60ml) milk Greek yogurt, to serve Instructions Heat a large saucepan and dryfry the cumin seeds and chilli flakes for 1 minute. E.g. oatmeal, quinoa, brown rice, whole-wheat pasta and whole-wheat bread. E.g. lentils, chickpeas, haricot beans, cannellini beans and spinach beans. Add the Greek yogurt and spinach and season. Season the salmon and grill for 5 minutes. Decrease risk of heart disease (13). Leafy greens have also been studied as having some of the strongest protective effects against cognitive decline (18, 19, 20). Simmer for 15 minutes until the lentils have swollen and softened. Leave the grill on. Dinner: Eggplant Lentil Bake Nutrition Calories – 444 Protein – 17g Carbs – 52g Fat – 20g Prep time + cook time: 60 minutes Ingredients (for 2 people) 1 eggplant / aubergine, sliced lengthways 2 tsp olive oil ½ cup (70g) lentils 2 onions, finely chopped 2 garlic cloves, finely chopped ¼ cup (150g) cooked butternut squash 7 oz can (200g) chopped tomatoes ½ small pack basil leaves ½ cup (60g) feta Instructions Heat oven to 425F (220C). Peel off the skins & cut the flesh into strips. Chop the artichokes and tip into a bowl. Fatty fish. Meanwhile, heat the chickpeas in their canning liquid for 3-4 minutes, drain well, then mix with the remaining dressing & strips of pepper. If you have any concerns regarding your health please contact your medical practitioner before making changes. Higher Consumption of Berries and Leafy Greens. Toss half the dressing with the spinach leaves and divide between 2 bowls. Simmer for 8 minutes. Dinner: Grilled Vegetables with Bean Mash Nutrition Calories – 314 Protein – 19g Carbs – 33g Fat – 16g Prep time + cook time: 40 minutes Ingredients (for 2 people) 1 pepper, deseeded & quartered 1 eggplant (aubergine), sliced lengthways 2 zucchini (courgettes), sliced lengthways 2 tsp olive oil For the mash 14 oz (400g) can haricot beans, rinsed 1 garlic clove, crushed ¾ cup (100ml) vegetable stock 1 tsp chopped cilantro (coriander Instructions Heat the grill. Add the oil, spinach and egg mixture to the pan, stirring occasionally until the eggs scramble. E.g. salmon, sardines, trout, tuna and mackerel. Lunch: Greek Salad Nutrition Calories – 273 Protein – 6g Carbs – 14g Fat – 24g Prep time: 5 minutes Ingredients (for 2 people) ¾ cup (120g) cherry tomatoes, 1 cucumber, peeled, deseeded and roughly chopped ½ red onion, thinly sliced ½ (60g) or about 16 Kalamata olives 1 tsp dried oregano ¼ cup (50g) feta cheese, crumbled 2 tsp olive oil Instructions Place all of the ingredients in a large bowl and lightly season. High sodium intake has been linked to adverse effects on cognitive function, and the MIND diet advises against excessive salt use and urges the avoidance of processed foods that are typically high in sodium. Foods to Eat on the MIND Diet Both the Mediterranean and DASH diets generally focus on eating plant-based foods, with fewer animal products and fewer foods high in saturated fats. Transfer the peppers to a bowl & leave to cool slightly. Because the MIND diet itself is a relatively new type of diet, there aren’t as many scientific studies on its use. Dinner: Haddock Risotto Nutrition Calories – 508 Protein – 40g Carbs – 46g Fat – 15g Prep time + cook time: 45 minutes Ingredients (for 2 people) 1 tsp olive oil 1 large leek, thinly sliced ¼ cup (150g) risotto rice, such as arborio or carnaroli 1 ½ cups (350ml) vegetable stock ½ cup (125ml) milk 9-10 oz (280g) smoked haddock, skinned and cut into large chunks 2 tsp Greek yogurt 1 ½ cups (50g) baby spinach Instructions Heat oven to 400F (200C). Lower diabetes risk (11, 12). Dinner: Spicy Mediterranean Beet Salad Nutrition Calories – 548 Protein – 23g Carbs – 56g Fat – 20g Prep time + cook time: 40 minutes Ingredients (for 2 people) 8 raw baby beetroots, or 4 medium, scrubbed ½ tsp sumac ½ tsp ground cumin 14 oz can (400g) chickpeas, drained and rinsed 2 tsp olive oil Zest and juice, ½ lemon ¾ cup (200g) Greek yogurt 1 tsp harissa paste 1 tsp crushed red chilli flakes mint leaves, chopped, to serve Instructions Heat oven to 425F (220C). However, one study of 923 participants from ages 56 – 98 found that both a high and moderate adherence to a MIND diet could reduce the risk of Alzheimer’s Disease (14). Add oil to each eggplant slice. The MIND diet recommends regular consumption of berries, whereas the Mediterranean diet does not specifically highlight them. Stir before serving. While they are cooking, beat the eggs in a jug and add the milk, black pepper and basil. Lay on baking sheets, season and bake for 15-20 minutes, turning once. Mix well and set aside for 10 minutes. Dinner: Med Chicken, Quinoa and Greek Salad Nutrition Calories – 424 Protein – 33g Carbs – 50g Fat – 21g Prep time + cook time: 20 minutes Ingredients (for 2 people) ¾ cup (100g) quinoa ½ red chilli, deseeded and finely chopped 1 garlic clove, crushed 2 chicken breasts 1 tsp extra-virgin olive oil 1 cup (150g) cherry tomatoes, chopped handful pitted black kalamata olives ½ red onion, finely sliced ½ cup (50g) feta cheese, crumbled small bunch mint leaves, chopped juice and zest ½ lemon Instructions Cook the quinoa following the pack instructions, then rinse in cold water and drain thoroughly. E.g broccoli, kale, spinach All other fruits and vegetables. Whisk the lemon zest, juice, smoked paprika, olive oil & seasoning. Scoop out about half of the seeds with a spoon and set aside. Whisk together the orange juice, zest and oil. Simmer for 10-15 minutes until the sauce thickens. It is a combination of the Mediterranean Diet and the Dash diet, which are two diets that have been studied extensively. Swirl the harissa through and spread into a bowl. Divide the vegetables and mash between 2 plates, drizzle over oil and sprinkle with black pepper and coriander. Turn up the heat, then add the stock, tomatoes, chickpeas and black pepper. Higher Sodium Restriction The MIND diet places a stronger emphasis on limiting sodium intake compared to the Mediterranean diet. Top with the beetroot & chickpeas, and sprinkle with the chilli flakes & mint View 7 Day MIND Plan PDF MIND Diet Shopping List This shopping list corresponds to the 7 day plan, serving 2 people. Add the oil, carrot, lentils, stock and milk to the pot and bring to the boil. View 7 Day MIND Plan PDF Day 5: Friday Breakfast: Tomato and Watermelon Salad Lunch: Panzanella Salad Nutrition Calories – 452 Protein – 6g Carbs – 37g Fat – 25g Prep time + cook time: 10 minutes Ingredients (for 2 people) 2 cups (300g) cherry tomatoes, chopped 1 garlic clove, crushed 1 tsp capers, drained and rinsed 1 avocado, stoned, peeled and chopped 1 small red onion, very thinly sliced 2 slices of brown bread 2 tsp olive oil 1 tsp red wine vinegar small handful basil leaves Instructions Chop the tomatoes and put them in a bowl. The researchers combined the key elements of these two diets and incorporated specific foods that have been associated with brain health into the MIND diet. Leafy greens are rich sources of folate, phyllquinone, lutein and beta carotene that may help brain function. MIND Diet Meal Plan In the meal plan are recipes for breakfast, lunch and dinner. Lunch: Carrot, Orange and Avocado Salad Nutrition Calories – 177 Protein – 5g Carbs – 13g Fat – 13g Prep time + cook time: 5 minutes Ingredients (for 2 people) 1 orange, plus zest and juice of 1 2 carrots, halved lengthways and sliced with a peeler 35g / 1 ½ cups rocket / arugula 1 avocado, stoned, peeled and sliced 1 tsp olive oil Instructions Cut the segments from 1 of the oranges and put in a bowl with the carrots, rocket/arugula and avocado. Season to taste and finish with a dollop of Greek yogurt and a sprinkling of the reserved toasted spices. Add the cumin and fry for another minute. Meanwhile, toss the chicken fillets in the olive oil with some seasoning, chilli and garlic. The MIND diet is short for Mediterranean-Dash Intervention for Neurodegenerative Delay. One study found berries such as strawberries, blueberries and blackberries can help prevent cognitive decline in women by up to 2.5 years (17). View 7 Day MIND Plan PDF Day 3: Wednesday Breakfast: Basil & Spinach Scramble Nutrition Calories – 294 Protein – 16g Carbs – 8g Fat – 24g Prep time + cook time: 10 minutes Ingredients (for 2 people) 2 tsp olive oil ½ cup (100g) cherry tomatoes 4 eggs ¼ cup (60ml) milk handful basil, chopped 6 cups (180g) baby spinach black pepper Instructions Heat 1 tsp oil in a pan and add the tomatoes. It contains FOUR weeks of meal plans, recipes, shopping lists and prep guides – all available in digital format. View 7 Day MIND Plan PDF Day 2: Tuesday Breakfast: Tomato and Watermelon Salad Nutrition Calories – 177 Protein – 5g Carbs – 13g Fat – 13g Prep time + cook time: 5 minutes Ingredients (for 2 people) 1 tsp olive oil 1 tsp red wine vinegar ¼ tsp chilli flakes 1 tsp chopped mint ¾ cup (120g) cherry tomatoes, chopped 1 ¾ cups (250g) watermelon, cut into chunks ¾ cup (100g) artichoke heart in oil ½ tsp sundried tomato paste ½ tsp red wine vinegar 7 oz can (200g) cannellini beans, drained and rinsed ½ cup (120g) cherry tomatoes, chopped handful Kalamata black olives 2 spring onions, thinly sliced on the diagonal ½ cup (100g) feta cheese, crumbled Instructions Drain the jar of artichokes, reserving 1-2 tsp of oil. When ready to serve, scatter tomatoes and basil leaves and drizzle with remaining oil and vinegar. Poultry. If taking away, keep the tzatziki in a separate container and add before eating to stop the pitta going soggy. Cook lentils following pack instructions. Nuts and seeds. Heat a dry frying pan over a medium heat and warm the flatbread for 1 minute, flipping halfway through. E.g. strawberries, blueberries, raspberries, and blackberries. The Mediterranean diet is inspired by the eating habits of people living in Mediterranean countries during the 1960s, who had some of the longest lifespans in the world. Scatter feta and bake for 15 more minutes until cheese is golden. Season with salt & sprinkle over the spices. Pour over the dressing, add the feta, then serve. Spoon some tahini sauce on the flatbread along with the falafel and tahini. View 7 Day MIND Plan PDF Research on the MIND Diet The Mediterranean and DASH diets are regularly regarded as the healthiest. Meanwhile, grate the cucumber and squeeze out the excess water. Halve or quarter beetroots depending on size. For example, the Mediterranean diet has shown the following benefits: Reduced risk of cardiovascular events, coronary heart disease, (1, 2) Reduced risk of coronary heart disease (3, 4) Reduced risk of developing type 2 diabetes (5) Risk of breast cancer (6) Reduced obesity (7) Better cognitive function (8) The DASH diet likewise has similar scientific backing: Lower blood pressure (9, 10). It was developed by a team of researchers at Rush University Medical Center in Chicago. Stir in lentils, basil & seasoning. Whizz the soup with a stick blender or in a food processor until smooth. Meanwhile, tear the bread into chunks and place in a bowl. On a large baking tray, mix chickpeas and beetroot with the oil. Drizzle over half of the olive oil and half of the vinegar. However, the MIND diet encourages leafy green vegetables and berries to be eaten within the diet along with other fruits and vegetables. In annual rankings, they often take first and second spot for example. Put the tomatoes and watermelon into a bowl. Both diets have an abundance of scientific studies to support their use. Once the oats have softened, add some of the blueberries. Add the cannellini beans, tomatoes, olives, spring onions and half of the feta cheese. While the vegetables are cooking, mix the lemon zest and juice with the yogurt. E.g. carrots, peppers, tomatoes Berries. Spoon layer of lentils into baking dish, then eggplant slices and repeat. Dinner: Chicken Gyros Nutrition Calories – 296 Protein – 26g Carbs – 29g Fat – 8g Prep time + cook time: 15 minutes Ingredients (for 2 people) 1 chicken breast, cut into chunks 2 tsp olive oil 1 garlic clove, minced ½ tsp oregano 2 tsp Greek yogurt 8-10cm (about half) piece cucumber, 2 tsp mint, chopped 2 wholemeal pita bread ½ cup (50g) cherry tomatoes 1 roasted red pepper from jar, sliced Instructions Heat a frying pan with some olive oil over a medium heat. Layer in the chicken, tomatoes and red pepper. Stir through the remaining olive oil, lemon juice and zest, and season well. Olive oil. The DASH diet was created to lower blood pressure without medication based on the results of clinical trials by the National Institute of Health (NIH). Add the haddock on top. Cover with oil and bake in the oven for 18 minutes until the rice is tender. Top with lemon zest and coriander. The MIND diet is based on two well-established eating patterns: the Mediterranean diet and the DASH diet. Dinner: Salmon & Chickpea Salad Nutrition Calories – 351 Protein – 25g Carbs – 34g Fat – 14g Prep time + cook time: 20 minutes Ingredients (for 2 people) 1 large red pepper, quartered and deseeded ½ lemon, zest and juice pinch smoked paprika 1 tsp extra-virgin olive oil 3 ½ cup (100g) baby spinach 2 salmon fillets 14 oz (400g) can chickpeas Instructions Heat the grill and grill the pepper quarters for 5 minutes. They found that those who closely adhered to the MIND diet had a lower risk of developing Alzheimer’s disease compared to those who followed the diet less closely. BreakfastLunchDinner MonBlueberry Blues PorridgeGreek SaladHaddock TuesBasil & Spinach ScrambleFalafel WrapsEggplant & Lentil Bake WedTomato & Watermelon SaladCarrot, Orange & Avocado SaladMediterranean Chicken, Quinoa & Greek Salad ThursBlueberry Blues PorridgeMixed Bean SaladGrilled Vegetables with Bean Mash FriBasil & Spinach ScramblePanzanella SaladSalmon & Chickpea Salad SatTomato & Watermelon SaladSpiced Carrot & Lentil SoupChicken Gyros SunBlueberry Blues PorridgeMoroccan Chickpea SoupSpicy Mediterranean Beet Salad Snacks are recommended between meal times. This article will cover everything you need to know about following a Mediterranean-style MIND plan and offer a sample 7 day plan to follow.

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