



The Mind Diet Cookbook: Quick and Delicious Recipes for Enhancing Brain Function and Helping Prevent Alzheimer's and Dementia

Kristin Diversi

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THE MIND DIET MADE DELICIOUS Packed with amazingly tasty recipes, creative meal plans and complete nutritional information, this cookbook makes following the MIND diet a snap. The 140 easy-to-make recipes provide a mouth watering way to keeps one's mind sharp by eating the right foods while avoiding brain-harming ones. The wide range of recipes include quick-and-hearty breakfasts, concentration-boosting lunches, fast-and-fabulous snacks, dinners made from foods that help with mental acuity and even dessert that can improve memory while still tasting oh so sweet. Including a 28-day meal plan, easy-to-follow advice, and tips for keeping to the diet when on the go, this cookbook is the ultimate guide to maintaining one's cognitive abilities for years to come.

The Mind Diet Cookbook: Quick and Delicious Recipes for Enhancing Brain Function and Helping Prevent Alzheimer's and Dementia Details

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Feline Draco says

I m looking forward to trying some of these
