

# MIND Diet Plan

Personal information	
Name:	Age:
Gender:	Weight:
Cognitive screening:	Blood pressure:
Dietary requirements	
Needs:	Preferences:
Dietary restrictions:	
Foods to eat	Foods to limit
Green leafy vegetables (kale, spinach, collard greens, lettuce)	Red meat (steak, ground beef, pork, lamb)
Nuts (almonds, cashews, pistachios) and berries (strawberries, blueberries, raspberries, blackberries)	Cheese (brie, mozzarella, cheddar)
Beans (black beans, pinto beans, kidney beans) and whole grains (quinoa, oatmeal, brown rice, whole-grain pasta and bread)	Sweets (cakes, brownies, ice cream)
Fish (salmon, trout, tuna)	Fried or fast food (french fries, chicken nuggets, onion rings, hamburgers)
Poultry (chicken, turkey)	Butter and margarine

**7-day meal plan**

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				

**Shopping list****Additional notes**