

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

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Shopping list**Additional notes**