

CAVIN'S GO TO SHOPPING LIST FOR OPTIMAL BRAIN FUNCTION AND REPAIR

PRODUCE COLORED



Avocado



Beets
(multi colored)



Carrots
(multi colored)



Berries
(all kinds)



Asparagus



Radicchio
(good for your liver)



Peppers
(multi colored)

SULFUR



Radish (all kinds)



Turnips



Kohlrabi



Rutabaga



Asparagus



Green onions

LEAFY GREENS



- A Box of Mixed Spring Mix, Arugula, or Baby Kale (avoid spinach if soon after brain injury or concussion)

Additions (good for your liver)

- Radicchio
- Basil, Cilantro, Sage, Thyme, and Other Fresh Herbs

MEAT

Salmon, Tuna, Beef, Chicken, Shrimp, Scallops, or BBQ, etc.



DRESSING

- Avocado or Olive Oil
- Lemon, vinegar, or Other Acid (try banana pepper juice)
- Salt, Herbs, Spices, etc



TOOLS

- Cheese Grater
- Flexible Plastic Cutting Boards
- Chef's Knife



DIRECTIONS

- Cook the meat as desired
- Slice or grate produce (beets, radishes, and carrots are excellent to grate)
- Put a handful of greens in a bowl
- Add produce and meat
- Dress with oil, acid, and salt (with or without spices)
- Enjoy!