



## Step 1: Choose Ingredients

In a mixing bowl or blender pitcher (for tube feeds or baby food), add the following:



### Fiber: Three Kinds of Produce

Equal amounts of each kind of the following produce (leafy greens, sulfur-rich vegetables, and colored produce). See Guide to Greens, Sulfur-Rich Vegetables, and Colored Produce for more information: [feedbrain.com/produce](http://feedbrain.com/produce)



1-3 fist size portions of each kind of produce per day (roughly equal portions of each)



#### Leafy Greens

See Guide to Green and Sulfur-Rich

Lettuce (not iceberg)  
Spring Mix  
Kale\*  
Arugula\*  
Chard  
Mustard Greens\*  
Radicchio \*  
Watercress\*, etc.



#### Sulfur Veggies

See Guide to Green and Sulfur-Rich

Broccoli and Cauliflower  
Burrseles sprouts  
Cabbage, all colors  
Onions, all colors  
Garlic  
Turnips & Radishes  
Asparagus\*\*  
Fennel, etc.



#### Colored

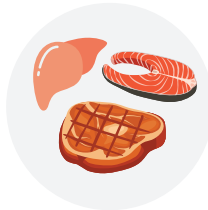
See Vibrant Color Guide

Oranges	Citrus
Grapefruits	Celery
Beets	Carrots
Berries	Asparagus*
Pumpkin	Avocado
Squash	Olives
Avocado	Cucumber (with skin)
Okra	Zucchini (with skin), etc.

### Protein



Roughly 2-4 fist-sized pieces of meat/day



If vegetarian or vegan, use foods with complete amino acid profiles (avoid soy) and work with a dietitian. Visit [feedbrain.com/vegan](http://feedbrain.com/vegan) for more information

Cook well tolerated meat or fish to your preference\*\*\*

0.75 oz to 1.5 oz of meat per 10lbs of body weight per day (about 2-4 fist sized pieces)

Red meat, organ meat, and fatty fish like salmon are preferred \*\*\*

### Fat

Add well tolerated brain-supportive fats and oils. We want to supply as much brain supportive fat as tolerated by the individual. At least 0.3 g per lbs of body weight. See the Guide to Fats & Oils for oils to avoid. Oils high in DHA (in **bold**) have been shown to be neuroprotective in high dosages and are desirable. Learn more at [feedabrain.com/dha](http://feedabrain.com/dha)



Avocado Oil  
Ghee  
Palm Oil  
Almond Oil  
Tallow

Lard  
Macadamia Oil  
Poultry & Duck Fat  
Extra Virgin Olive Oil  
Coconut Oil

**Fish Oil** (not for cooking)  
**Cod Liver Oil** (not for cooking)  
**Algae Oil** (not for cooking)  
MCT Oil (not for cooking)  
Cocoa Butter (can be melted)

## Step 2: Add Supplements and Prepare

1. Consider supplements for digestion (to ensure absorption of nutrients) and synaptogenesis ([feedbrain.com/supplements](http://feedbrain.com/supplements)).
2. If making baby or tube feeds, continue to step three. Otherwise, mix and enjoy!

#### For Gastric Feeds or Baby Food

3. Add water or bone broth to the blender until solid food and supplements are submerged ([feedabrain.com/broth](http://feedabrain.com/broth)).
4. Puree until smooth, adding more liquid if needed to get the feed to the right consistency.
5. Let the feed come to a comfortable temperature before feeding.