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"Genius Foods can help you reset your mental agility, cope with stress,
battle brain fog, and even smack back dementia. What are you waiting for?"
—MEHMET OZ, MD, professor at Columbia University

GENIUS FOODS



Become Smarter, Happier, and More Productive
While Protecting Your Brain for Life

MAX LUGAVERE

WITH PAUL GREWAL, MD

Remember: Do your best by making good decisions one at a time.
New habits are best formed gently, and of course with:
INTENTION, REPITITON & REWARD!

Always Foods: Stock Up

Oils and fats: Extra-virgin olive oil, grass-fed tallow and organic or grass-fed butter and ghee, avocado oil, coconut oil.

Protein: Grass-fed beef, free-range poultry, pasture- raised pork, lamb, bison, and elk, whole eggs), wild salmon, sardines, anchovies, shellfish and mollusks (shrimp, crab, lobster, mussels, clams, oysters), low-sugar beef or salmon jerky.

Nuts and seeds: Almonds and almond butter, Brazil nuts, cashews, macadamias, pistachios, pecans, walnuts, flaxseeds, sunflower seeds, pumpkin seeds, sesame seeds, chia seeds.

Vegetables: Mixed greens, kale, spinach, collard greens, mustard greens, broccoli, chard, cabbage, onions, mushrooms, cauliflower, Brussels sprouts, sauerkraut, kimchi, pickles, artichokes, alfalfa sprouts, green beans, celery, bok choy, watercress, asparagus, garlic, leeks, fennel, shallots, scallions, ginger, jicama, parsley, water chestnuts, nori, kelp, dulse seaweed.

Nonstarchy root vegetables: Beets, carrots, radishes, turnips, parsnips.

Low-sugar fruits: Avocados, coconut, olives, blueberries, blackberries, raspberries, grapefruits, kiwis, bell peppers, cucumbers, tomatoes, zucchini, squash, pumpkin, eggplant, lemons, limes, cacao nibs, okra.

Herbs, seasonings, and condiments: Parsley, rosemary, thyme, cilantro, sage, turmeric, cinnamon, cumin, allspice, cardamom, ginger, cayenne, coriander, oregano, fenugreek, paprika, salt, black pepper, vinegar (apple cider, white, balsamic), mustard, horseradish, tapenade, salsa, nutritional yeast.

Fermented, organic soy: Natto, miso, tempeh, organic gluten-free tamari sauce.

Dark chocolate: At least 70-80% cocoa content. (Fair trade is a kind idea too!) IT IS REALLY A MIRACLE FOOD FOR YOUR BRAIN!

Beverages: Filtered water, coffee, tea, unsweetened almond milk, unsweetened flax milk, unsweetened coconut milk, unsweetened cashew milk.

Sometimes Foods: Eat in Moderation

These foods should be included in moderation, consumed later in the day and only after the initial two-week ultra-low- carb break-in. Moderation means at most a few (three to four) servings a week. Again, choose organic if possible.

Starchy root vegetables: White potatoes, sweet potatoes.

Non-gluten-containing unprocessed grains: Buckwheat, rice (brown, white, wild), millet, quinoa, sorghum, teff, gluten-free oatmeal, non-GMO corn or popcorn. Oats do not naturally contain gluten but are frequently contaminated with gluten as they are processed in facilities that also handle wheat. Therefore, look for oats that explicitly indicate on the package that they are gluten-free.

Dairy: Grass-fed, full-fat, and antibiotic- and hormone-free yogurt, heavy cream, and hard cheeses are acceptable.

Whole, sweet fruit: While low-sugar fruits are *always* the best choice, apples, apricots, mangos, melons, pineapple, pomegranates, and bananas provide various nutrients and different types of fiber. Be extra-cautious with dried fruit, which has the water removed and sugar concentrated, making it easy to overdo it. These are all best consumed after a workout.

Legumes: Beans, lentils, peas, chickpeas, hummus, peanuts.

Sweeteners: Stevia, non-GMO sugar alcohols (erythritol is best to use, followed by xylitol, which is naturally harvested from birch trees), monk fruit (*luo han guo*).

It is essential that any corn and soy products, if consumed at all) are organic and non-GMO, as these two commodities tend to be the most manipulated to withstand the heavy use of pesticides and herbicides.

Remember that once the brain has become fat adapted, a higher-carb meal here and there (particularly when timed around exercise) will not throw you off. At that point, consumption of the foods on the next list(Clear out your kitchen) can be increased, but the goal should generally be less than 75 grams of net carbohydrates (total carbohydrate content minus grams of fiber) per day.

Clear Out Your Kitchen

Refined, processed carbohydrates: This includes products made with corn (and corn syrup), potato flour, and rice flour. These often take the form of chips, crackers, cookies, cereals, oatmeal, pastries, muffins, pizza dough, doughnuts, granola bars, cakes, sugary snacks, candy, energy bars, ice cream and frozen yogurt, jams/jellies/preserves, gravies, ketchup, honey mustard, commercial salad dressings, pancake flours and mixes, processed cheese spreads, juices, dried fruit, sports drinks, soft drinks/soda, fried foods, and frozen packaged foods.

Sources of wheat and gluten: Bread, pasta, rolls, cereals, baked goods, noodles, soy sauce, and anything with wheat flour, enriched wheat flour, whole-wheat flour, or multigrain flour in its ingredients list. Most oatmeal contains gluten unless it explicitly says “gluten-free” on the label.

Sources of industrial-grade emulsifiers: Anything with polysorbate 80 or carboxymethylcellulose in the ingredients list. Common offenders include ice cream, coffee creamers, nut milks, and salad dressings.

Industrial and processed meats and cheeses: Grain-fed red meat, feedlot chicken, processed cheeses.

Concentrated sweeteners: Honey, maple syrup, corn syrup, agave syrup or nectar, simple syrup, or sugar, both brown and white. (Don't worry, there were sweeteners in the orange Moderation List!)

Commercial cooking oils: Margarine, buttery spreads, cooking sprays, and oils like canola, soybean (sometimes labeled “vegetable oil”), cottonseed, safflower, grapeseed, rice bran, wheat germ, and corn. Even if they're organic, toss them. Remember that these oils are often included in various sauces, mayonnaise, and salad dressings and serve no purpose to you other than to supply you with damaged, oxidative omega-6 and omega-3 fats. Get your omegas from whole-food sources instead.

Nonorganic, nonfermented soy products: Tofu.

Synthetic sweeteners: Aspartame, saccharin, sucralose, acesulfame-K (also known as acesulfame potassium).

Beverages: Fruit juice, sodas (diet and regular), commercial fruit smoothies.