

Anti-Inflammatory Diet Cookbook for Over-50s

**28-Day Gluten-Free Meal Plan with Easy Recipes to
Boost Energy, Reduce Inflammation & Support Brain
& Heart Health, Memory & Healthy Ageing**



Leonora Key

Copyright © 2025 by Leonora Key

All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publisher, except in the case of brief passages quoted by a reviewer in a review.

This book is for informational purposes only. It is not intended as medical advice or a substitute for consultation with a qualified healthcare professional. Always consult your physician or a licensed medical professional before making changes to your diet or lifestyle.

ISBN: 9798265076465

*Printed in the United Kingdom
First Edition, 2025*

Note to the Reader

This book is a companion on your journey to healthy ageing, offering recipes designed to support your memory, focus, and energy. It's for busy mornings and quiet suppers, for days when you feel uncertain and for days when you simply want a meal that leaves you feeling lighter, steadier, and more at ease.

Please consult your GP or a qualified healthcare professional before making any significant changes to your diet or lifestyle—especially if you have ongoing health concerns or are taking regular medications. This is not a medical manual; it is a collection of ideas and simple, nourishing dishes to help you create your own rhythm of eating.

Your path to better wellbeing is a personal one. Let these recipes be daily companions, not rigid rules, guiding you gently towards a table where food feels safe, satisfying, and joyful again.

Description

You deserve to feel clear, energised, and confident at every stage of life.

If you're over 50 and looking for a gentle, natural way to nourish your brain, reduce inflammation, and feel more focused and vibrant each day, this book was made for you.

Anti-Inflammatory Diet Cookbook for Over-50s offers a simple yet powerful 28-day plan filled with easy, gluten-free meals designed to help you:

- ◆ Support your memory and concentration
- ◆ Restore mental clarity and sharpness
- ◆ Reduce inflammation that can affect energy, mood, and heart health
- ◆ Promote healthy ageing and long-term vitality

Whether you're feeling a bit foggy or forgetful, or you're just ready to take better care of your body and mind, this cookbook is your compassionate companion. No faddy diets, no pressure — just real food, real results, and recipes that help you feel like yourself again.

Inside, you'll find:

- ◆ 28 days of nourishing, anti-inflammatory meal plans
- ◆ Making brain-boosting ingredients simple
- ◆ Gluten-free, heart-healthy recipes that are easy to follow and full of flavour
- ◆ Encouragement and gentle guidance every step of the way

Feel sharper. Think clearer. Age with confidence.

Your brain and body are worth the care. Let this book help you bring them both back into balance — one delicious meal at a time.

Table of Contents

Description	3
Table of Contents	4
Introduction	7
Why Brain Health Matters After 50	7
Inflammation and Mental Fatigue – What’s the Connection?	8
Brain-Boosting Nutrition Made Simple	9
How to use this book for best results	11
Including your 28-day plan & bonus downloads	11
Bonus support for your journey	13
Welcome to your brain-boosting kitchen	13
How often should you eat after 50 for brain and heart health	14

Breakfasts for Brain Power

Blueberry Chia Brain Pudding	17
Mushroom and Leek Egg Scramble with Fresh Herbs	18
Sweet Potato and Kale Breakfast Hash	19
Golden Turmeric Overnight Oats	20
Almond Flour Berry Pancakes	21
Coconut Yoghurt Parfait with Flaxseeds and Pumpkin Seeds	22
Maple Cardamom Quinoa Breakfast Bowl with Pear	23
Veggie-Packed Tofu Scramble with Turmeric and Greens	24
Beet and Berry Smoothie Bowl	25
Courgette and Sweet Pepper Egg Muffins (Gluten-Free)	26

Lunches for Lasting Energy

Wild Salmon and Avocado Salad with Lemon-Dill Dressing	28
Mediterranean Chickpea and Quinoa Power Bowl	29
Chicken and Kale Caesar Salad (with Gluten-Free Croutons)	30
Roasted Sweet Potato and Black Bean Salad	31
Lentil and Beetroot Salad with Walnuts and Feta	32
Spicy Roasted Cauliflower and Hummus Plate	33
Broccoli and Almond Cream Soup	34
Thai-Inspired Chicken Lettuce Wraps	35
Roasted Veggie and Goat’s Cheese Quinoa Bake	36
Moroccan-Spiced Chickpea Stew	37

Dinners for Heart and Brain Health

Lemon Garlic Prawns with Roasted Asparagus	39
Miso-Glazed Cod with Steamed Broccoli	40
Baked Aubergine Parmesan (Gluten-Free, Light Version)	41
Turkey and Courgette Meatballs with Spaghetti Squash	42
Coconut Curry with Chickpeas and Spinach	43
Seared Tuna Steak with Avocado and Sesame Slaw	44
Grilled Chicken with Pomegranate Glaze and Wild Rice	45
Moroccan-Spiced Lamb Chops with Mint Yoghurt Sauce	46
Stuffed Portobello Mushrooms with Spinach and Walnuts	47
Turmeric and Ginger Roasted Salmon with Brussels Sprouts	48
Cauliflower, Lentil & Spinach Stew with Coconut-Lemon Broth	49

Smart Snacks and Light Bites

Turmeric-Spiced Roasted Chickpeas	51
Blueberry Walnut Energy Bites	52
Spiced Pear Chia Pudding Cups	53
Spicy Guacamole with Gluten-Free Crackers	54
Greek Yoghurt (or Coconut Yoghurt) with Ground Flaxseeds	55
Roasted Almonds with Rosemary and Sea Salt	56
Courgette and Carrot Mini Fritters (Baked, Gluten-Free)	57
Coconut-Cacao Energy Balls	58
Beetroot Hummus with Crackers or Cucumber Rounds	59
White Bean and Basil Dip with Carrot Crisps	60

Brain-Boosting Smoothies and Healing Drinks

Golden Milk (Turmeric Latte) with Almond Milk	62
Raspberry Maca Brain-Boost Shake	63
Creamy Cashew Turmeric Smoothie	64
Blackberry Ginger Mental Clarity Smoothie	65
Coconut Matcha Green Energy Shake	66
Cherry Chia Sleep & Recovery Smoothie	67
Pumpkin Spice Omega-Boost Smoothie	68
Tropical Turmeric Pineapple Smoothie	69
Brain-Boosting Chocolate Avocado Shake	70
Anti-Inflammatory Green Detox Smoothie	71
Blueberry Pomegranate Memory Support Smoothie	72

Sweet Treats for a Clear Mind

DaDark Chocolate Walnut Brain Bites	74
Golden Turmeric Almond Cookies	75
Avocado Cocoa Mousse (No Sugar, Dairy-Free)	76
Pumpkin Spice Energy Bites	77
Frozen Yoghurt Berry Bites (Dairy-Free Option)	78
Cashew and Date No-Bake Bars	79
Lavender Honey Almond Tartlets	80
Peach and Blueberry Crumble (Gluten-Free Oats)	81
Coconut Matcha “Nice Cream” (Banana-Free Option)	82
Spiced Carrot and Walnut Mini Muffins (No Refined Sugar)	83
Conclusion	84
Keep Going – and Take Your Tools with You	84
About the Author	85



Introduction

If you've found yourself forgetting names more often, struggling to stay focused, or waking up feeling less energised than you used to, you are not alone. These experiences are common after 50, but they are not a sign that your best years are behind you.

In fact, they can be a gentle signal from your body and brain that it's time for a shift — not a drastic overhaul, but a thoughtful, nourishing reset. This book is here to help you make that shift, one simple, supportive step at a time.

Anti-Inflammatory Diet Cookbook for Over-50s was created for people like you — people who want to protect their mental clarity, restore daily energy, support heart health, and age with strength and joy.

You won't find harsh restrictions or a one-size-fits-all approach here. What you will find is a warm, 28-day plan based on foods that calm inflammation, nourish your brain, and fit easily into real life.

Alongside easy, flavourful recipes, you'll find encouragement, guidance, and insight — all rooted in research, experience, and care.

Because healthy ageing isn't about doing more. It's about doing what works — gently, consistently, and with love.

Welcome. Let's begin this journey together.

Why brain health matters after 50

Turning 50 is not the beginning of the end — it's the beginning of a new kind of awareness. For many, it's the first time we begin to truly notice changes in memory, clarity, or how long it takes to “bounce back” after a mentally exhausting day.

These shifts are natural. But they don't mean decline is inevitable. They mean your brain — like your body — is asking for support.

As we age, the brain undergoes changes in blood flow, hormone levels, and cell repair processes. Some of these shifts may lead to slower recall, reduced multitasking ability, or more mental fatigue at the end of the day. These aren't failures — they're signals.

The good news is, the brain remains incredibly adaptable. This flexibility is called **neuroplasticity** — the brain’s ability to form new connections and improve itself in response to learning, environment, and yes... nutrition.

That’s where this book comes in.

Nourishing your brain after 50 isn’t about chasing youth — it’s about supporting what your brain does best: thinking, remembering, adapting, solving, and staying engaged with life.

When you eat well, sleep better, move more, and reduce silent inflammation, your brain responds. It clears. It sharpens. It lifts the fog.

This chapter — and this book — is here to remind you:

It’s never too late to support your brain.

And the way forward can be simple, delicious, and doable.

Inflammation and Mental Fatigue — What’s the Connection?

You’ve probably heard the term “inflammation” in news stories, wellness blogs, or at the doctor’s. It’s often called the “silent killer” — and for good reason. But what does it really mean, and what does it have to do with your brain?

Let’s start simple.

Inflammation is your body’s natural way of protecting itself. When you get a cut, your immune system sends out messengers to start healing. That’s **acute inflammation**— it’s short-term and helpful.

But **chronic inflammation** is different.

It’s like a low, invisible fire that never quite goes out. Instead of healing, it keeps simmering in the background — and over time, it starts to wear you down. Not just physically, but mentally.

Chronic inflammation has been linked to fatigue, low mood, poor concentration, memory lapses, and even depression. For adults over 50, it can feel like a fog — not dramatic, but constant. You’re not “sick,” but you’re not quite yourself either.

If that sounds familiar, you're not imagining it. Your brain and body are speaking up — they're asking for support.

The good news?

You don't need a prescription to begin responding. One of the most powerful ways to quiet inflammation is also one of the most joyful: *real food*.

What you eat can help calm the immune system, reduce brain fog, and bring your energy back online — gently, naturally, and without feeling overwhelmed.

And that's exactly what this book is here to show you.

Brain-Boosting Nutrition Made Simple

As you move into this new season of life, the way you nourish your body — and your brain — can make all the difference.

Food is more than fuel; it's information for your brain.

After 50, it's not just about fuelling your body — it's about feeding your mind in ways that protect memory, focus, and vitality.

The brain, while only 2% of your body weight, uses more than 20% of your daily energy. When your thinking feels cloudy, your focus fades fast, or your mood dips without warning, your brain may be asking for steady, high-quality nourishment: nutrients that protect, repair, and support mental clarity, resilience, and heart health.

And here's more encouraging news: supporting your brain doesn't require a complicated diet — just simple, consistent shifts.

You don't need to overhaul your kitchen overnight.

Just start with a few simple ingredients that do big things for your brain.

These everyday foods are rich in the nutrients your mind craves — like omega-3s, antioxidants, B vitamins, healthy fats, and natural fibre.

Eat more often: brain-friendly foods

Here's what your brain loves most:

- **Fatty fish** (salmon, sardines, tuna) — rich in omega-3s for memory and focus

- **Leafy greens** (spinach, kale, rocket) — packed with folate and fibre for mental sharpness
- **Colourful vegetables** (peppers, broccoli, carrots) — antioxidants to guard against brain ageing
- **Berries** (especially blueberries, strawberries) — powerful brain cell protectors
- **Nuts & seeds** (walnuts, flaxseeds, pumpkin seeds) — plant-based omega-3s and minerals
- **Legumes & whole grains** (lentils, oats, quinoa) — slow-burning fuel for steady clarity
- **Avocados & olive oil** — healthy fats that boost blood flow to the brain
- **Green tea & water** — gentle hydration and calm alertness
- **Spices** (turmeric, cinnamon, ginger) — natural anti-inflammatories for cognitive and heart wellness

(Many of the foods recommended here are naturally gluten-free or easy to adapt to a gluten-free lifestyle — supporting your brain and body without added stress.)

Eat less often: foods that drain your brain

And here's what your brain would rather avoid:

- **Sugary drinks** (fizzy drinks, sweetened teas, energy drinks)
- **Refined carbs** (white bread, pastries, processed cereals)
- **Trans fats** (fried foods, margarine, long-life snacks)
- **Highly processed meats** (bacon, sausages, deli meats)
- **Too much sodium** (instant soups, crisps, frozen ready meals)
- **Artificial additives and sweeteners** (when consumed excessively)

These foods can trigger inflammation, spike your blood sugar, and leave you feeling sluggish, foggy, and fatigued over time.

A gentle reminder

This isn't about perfection — it's about awareness.

You don't need to overhaul your life overnight.

Even small, consistent shifts — a few healthier choices each week — can set you on the path toward better clarity, a stronger memory, lasting energy, and vibrant heart health.

Start where you are.

Choose one food to add. One food to ease away from.

Repeat with kindness.

Your brain — and your future self — will thank you.

How to use this book for best results

You don't need to be perfect. You don't need to do everything at once. You just need to start — gently, consistently, and with care.

This book is designed to be more than a collection of recipes. It's a roadmap for clearer thinking, steady energy, and feeling more like you again — using a brain-friendly, anti-inflammatory, gluten-free approach tailored for adults over 50.

This section will guide you through how to use the book, your included **28-Day Brain-Boosting Plan**, and the free bonus resources available for download.

Including your 28-day plan & bonus downloads

How the 28-day plan works

Here's how the 28-day journey unfolds — in four gentle, supportive phases:

Phase 1 (Days 1–7): Reset

Begin by easing out refined sugar and heavily processed foods. Start introducing simple, brain-nourishing meals and focus on proper hydration.

Phase 2 (Days 8–14): Rebuild

Experiment with fresh recipes, settle into a steady rhythm in the kitchen, and notice early improvements in clarity, energy levels, and overall wellbeing.

Phase 3 (Days 15–21): Strengthen

Build on your progress with a wider variety of ingredients. Explore comforting flavours, reinforce your new routines, and pay attention to how your body and mind respond.

Phase 4 (Days 22–28): Renew

Consolidate what works best for you. Establish sustainable habits that suit your lifestyle, and enjoy the benefits of consistent, balanced nourishment.

Each phase comes with straightforward weekly recipe suggestions, shopping lists, and lifestyle tips — all designed to support you gently, without unnecessary pressure.

Choosing recipes without the overwhelm

There's no need to cook everything at once.

Choose three to five recipes each week that feel manageable and enjoyable.

Repeat the ones you like best.

If batch-cooking at the weekend makes life easier, by all means do it. If you prefer preparing meals fresh each day, that works perfectly well too.

The idea is that this plan should fit around your lifestyle — not the other way round.

Personalising without overcomplicating

Throughout the book, you'll notice tips and simple ingredient swaps.

Make small adjustments to suit your tastes or dietary needs — but there's no pressure to overhaul everything.

The focus here is on clarity, steady energy, and gentle support — not on chasing perfection.

Tracking progress: energy & clarity journal

You don't need an app. You don't need a chart.

Just a quiet moment now and then to pause and reflect.

In the bonus section, you'll also find printable journal pages to help you note down:

- **How your mind feels** (focus, mood, memory)
- **How your body feels** (energy, digestion, sleep)
- **Which meals left you feeling your best**

A few notes once a week are more than enough to spot patterns — and to recognise the progress you're making.

This is not a race. It's a gentle return to clarity.

You're not starting from nothing — you're coming back to yourself.

One bite, one breath, one day at a time.

Bonus support for your journey

To make this programme easier and more enjoyable, we've put together a set of downloadable resources to accompany the book.

You'll find:

- ◆ **A printable 28-Day Brain-Boosting Meal Plan**
- ◆ **Energy & Clarity Journal pages to help you track your progress**
- ◆ **Printable Kitchen Toolkit: Gut-Friendly Food Lists, Swaps & Portion Guides**

Access your free downloads here:

<http://bit.ly/3JYzvuy>



Dip into whatever feels useful, go at your own pace, and enjoy the journey towards greater clarity, vitality, and healthy ageing.

Welcome to your brain-boosting kitchen

This is where knowledge turns into nourishment — and every meal becomes a small, joyful gift to your brain, your heart, and your future.

The recipes you'll find here are created especially for adults over 50 who wish to support memory, restore energy, and encourage healthy ageing — not through restriction, but through simple, enjoyable eating.

Each dish brings together a thoughtful balance of:

- **Anti-inflammatory ingredients** to calm the body and strengthen the immune system,

- **Brain-friendly nutrients** to enhance clarity, focus, and steady mental energy,
- **Heart-healthy choices** to support vitality and long-term wellbeing,
- **Naturally gluten-free options** to keep meals gentle, accessible, and satisfying.

There's no need for complicated techniques, hard-to-find ingredients, or rigid rules.

What matters is real food — chosen with care, prepared with ease, and served with kindness to yourself.

In the pages ahead, you'll discover:

- ◆ Easy, brain-boosting recipes you can begin using straightaway,
- ◆ Weekly meal ideas to encourage clarity, energy, and healthy ageing,
- ◆ Gentle guidance to make nourishing your brain and heart a natural, enjoyable part of everyday life.

Every recipe is a step towards clearer thinking, steadier energy, and a stronger, more resilient you — one delicious, mindful bite at a time.

Let's get cooking — and celebrate the vibrant years ahead.

How often should you eat after 50 for brain and heart health

As we move through our fifties and beyond, how — and when — we nourish our bodies becomes increasingly important.

You may wonder: ***How often should I be eating to support my brain, my heart, and my overall vitality?***

The answer is simple and gentle:

Aim for three balanced meals a day, with one or two small, nourishing snacks if you feel you need them.

Here's why:

Steady energy and clearer thinking

After 50, blood sugar can become more sensitive to long gaps between meals.

Eating regularly and in balance provides your brain with a steady stream of fuel — helping to avoid dips in energy, focus, and mood.

Calming inflammation naturally

Skipping meals, or having large, heavy ones, can encourage silent inflammation in the body. Gentle, consistent nourishment helps to keep things balanced and supports both heart and brain health.

Supporting digestion and restful sleep

Smaller, balanced meals through the day — and avoiding heavy meals late in the evening — can ease digestion, promote better sleep, and help you wake feeling more refreshed.

A brain- and heart-friendly eating rhythm might look like this:

- **Energising breakfast:** Start the day with healthy fats, fibre, and a little protein to wake up your brain.
- **Mid-morning snack (optional):** A handful of walnuts with fresh berries to keep you focused.
- **Light, nourishing lunch:** Colourful vegetables, lean protein, and a modest portion of wholesome carbs to refuel midday.
- **Afternoon snack (optional):** Hummus with cucumber sticks, or a small smoothie to support steady energy.
- **Gentle supper:** A lighter meal based on vegetables and good-quality protein, enjoyed a few hours before bedtime.

A gentle reminder

You don't need to eat to a strict timetable.

Listen to your body's natural hunger cues.

Some days, three meals may be just right. On others, a small snack may help you stay steady and clear.

It's not about rigid rules — it's about responding to your body with kindness and care.

Nourish often. Nourish gently. Nourish with love.

Your brain, your heart, and your future self will thank you.



Breakfasts to Boost Your Brain



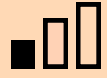
Time
5 min



Serves
2



Cooking method
Chill 2+h



Difficulty
Very Easy

Blueberry Chia Brain Pudding

Method

- In a medium bowl or mason jar, whisk together the almond milk, chia seeds, cinnamon, vanilla extract, and a pinch of sea salt.
- Stir in the ground flaxseeds and blueberries.
- Let the mixture sit for 5 minutes, then stir again to prevent clumping.
- Cover and refrigerate for at least 2 hours, or overnight for the best texture.
- Before serving, stir once more. Top with optional almonds and fresh mint, if desired.
- Serve chilled for a refreshing, brain-boosting start to your day or a nourishing snack.

Smart Swaps and Tips for 50+:

- If blood sugar is a concern: Omit maple syrup or honey; rely on the natural sweetness of blueberries.

Nutritional Snapshot: Calories: 190; Protein: 5g; Carbohydrates: 18g; Fat: 11g; Fibre: 9g; Salt: 0.28g; Potassium: 230mg; Cholesterol: 0mg;

Ingredients

- 250 ml unsweetened almond milk or coconut milk
- 3 tbsp chia seeds
- ½ tsp ground cinnamon
- 1 tsp pure vanilla extract
- 75 g fresh or frozen wild blueberries
- 1 tbsp ground flaxseeds
- 1 tsp maple syrup or raw honey
- A pinch of sea salt

Optional toppings:

- Sliced almonds
- Fresh mint leaves



Time
15 min



Serves
2



Cooking method
Fry



Difficulty
Easy

Mushroom and Leek Egg Scramble with Fresh Herbs

Method

- Heat the oil in a non-stick frying pan over a medium heat.
- Add the leeks and cook for 2–3 minutes until softened. Stir in the mushrooms and cook for a further 3–4 minutes, until golden and tender.
- In a bowl, whisk the eggs with the almond milk, salt, and pepper.
- Pour the eggs into the pan and gently scramble with a spatula until just set, about 2–3 minutes.
- Remove from the heat and stir in the fresh herbs just before serving.
- Serve warm, topped with nutritional yeast or microgreens if desired.

Smart Swaps and Tips for 50+:

No leeks? Use finely sliced spring onions or shallots.

Nutritional Snapshot: Calories: 210; Protein: 14 g; Carbohydrates: 4 g; Fat: 15 g; Fibre: 1 g; Salt: 0.16 g; Potassium: 290 mg; Cholesterol: 370 mg;

Ingredients

- 1 tsp olive oil or avocado oil
- 50 g leeks (white and light green parts only), sliced and rinsed well
- 50 g mushrooms (shiitake, chestnut, or button), chopped
- 4 large eggs
- 1 tbsp unsweetened almond milk (optional)
- 1 tbsp fresh parsley
- 1 tbsp fresh chives or dill, chopped
- A pinch of sea salt
- A pinch of ground black pepper



Time
25 min



Serves
2



Cooking method
FRY



Difficulty
Easy

Sweet Potato and Kale Breakfast Hash

Method

- Heat the olive oil in a large non-stick frying pan over a medium heat.
- Add the diced sweet potato and cook for 8–10 minutes, stirring occasionally, until softened and lightly golden.
- Stir in the turmeric, smoked paprika, sea salt, and black pepper, coating the sweet potato evenly with the spices.
- Add the kale and cook for a further 4–6 minutes, stirring often, until wilted and tender.
- Remove from the heat. Sprinkle with pumpkin seeds and garnish with parsley or coriander, if desired.
- Serve warm for a vibrant, brain-boosting start to your day.

Nutritional Snapshot: Calories: 210; Protein: 4 g; Carbohydrates: 27 g; Fat: 10 g; Fibre: 6 g; Salt: 0.24 g; Potassium: 580 mg; Cholesterol: 0 mg;

Ingredients

- 1 medium sweet potato, peeled and diced into small cubes (about 250 g)
- 1 tbsp extra-virgin olive oil
- 75 g fresh kale, chopped (stems removed)
- ¼ tsp ground turmeric
- ¼ tsp smoked paprika
- ¼ tsp sea salt
- ⅛ tsp ground black pepper
- 1 tbsp pumpkin seeds
- 1 tbsp fresh parsley or coriander, chopped



Time
7 min



Serves
2



Cooking method
Chill 6+h



Difficulty
Easy

Golden Turmeric Overnight Oats

Method

- In a medium bowl or a jar, combine the oats, almond milk, turmeric, cinnamon, chia seeds, flaxseeds, maple syrup (if using), black pepper, vanilla, and sea salt.
- Stir well until everything is fully mixed.
- Cover and refrigerate overnight, or for at least 6 hours.
- In the morning, stir again and add a splash of extra almond milk if you prefer a creamier texture.
- Top with fresh berries, nuts, or coconut before serving. Enjoy chilled, or slightly warmed if preferred.

Smart Swaps and Tips for 50+:

- **Sensitive to seeds?** Skip the flax or chia and stir in a tablespoon of nut butter before serving.

Nutritional Snapshot: Calories: 260; Protein: 8 g; Carbohydrates: 32 g; Fat: 11 g; Fibre: 9 g; Salt: 0.16 g; Potassium: 310 mg; Cholesterol: 0 mg;

Ingredients

- 100 g gluten-free certified rolled oats
- 250 ml unsweetened almond milk (or coconut milk)
- ½ tsp ground turmeric
- ¼ tsp ground cinnamon
- 1 tbsp chia seeds
- 1 tbsp ground flaxseeds
- 1 tsp pure maple syrup or raw honey (optional)
- ¼ tsp ground black pepper
- ½ tsp pure vanilla extract
- A pinch of sea salt

Optional toppings:

- Fresh berries (such as blueberries)
- Sliced almonds or walnuts



Time
20 min



Serves
2



Cooking method
Fry



Difficulty
Easy

Almond Flour Berry Pancakes

Method

- In a medium bowl, whisk together the eggs, almond milk, maple syrup, and vanilla.
- In a separate bowl, mix the almond flour, baking powder, and cinnamon (if using).
- Add the dry ingredients to the wet mixture and stir until a thick batter forms. Gently fold in the berries.
- Heat a non-stick frying pan over a medium-low heat and lightly grease with coconut oil.
- Drop in heaped tablespoonfuls (about 2 tbsp each) of batter.
- Cook for 2–3 minutes per side, until bubbles form and the edges are set. Flip carefully.
- Serve warm, topped with extra berries or a spoonful of coconut yoghurt, if desired.

Nutritional Snapshot: Calories: 280; Protein: 10 g; Carbohydrates: 12 g; Fat: 22 g; Fibre: 5 g; Salt: 0.12 g; Potassium: 210 mg; Cholesterol: 105 mg;

Ingredients

- 100 g almond flour
- 2 large eggs
- 2 tbsp unsweetened almond milk (or other plant-based milk)
- 1 tbsp pure maple syrup
- ½ tsp gluten-free baking powder
- ½ tsp pure vanilla extract
- ¼ tsp ground cinnamon
- 40 g fresh or frozen mixed berries (such as blueberries, raspberries, or strawberries)
- 1 tbsp coconut oil

Smart Swaps

- **For extra omega-3:** Add a sprinkle of ground flaxseeds into the batter.



Time
5 min



Serves
2



Cooking method
Mix



Difficulty
Very Easy

Coconut Yoghurt Parfait with Flaxseeds and Pumpkin Seeds

Method

- In two small serving glasses or bowls, layer half of the coconut yoghurt.
- Sprinkle 1 tbsp of ground flaxseed and 1 tbsp of pumpkin seeds over each serving.
- Top with the fresh berries and a sprinkle of desiccated coconut if you're using it.
- Lightly drizzle with maple syrup or honey if you'd like.
- Finish with a dash of ground cinnamon for extra flavour and anti-inflammatory support.
- Serve immediately and enjoy!

Smart Swaps and Tips for 50+:

- **For nut allergies:** Double the pumpkin seeds and skip the desiccated coconut.
- Dairy-free option already included.

Nutritional Snapshot: Calories: 320; Protein: 6 g; Carbohydrates: 14 g; Fat: 17 g; Fibre: 7 g; Salt: 0.06 g; Potassium: 280 mg; Cholesterol: 0 mg;

Ingredients

- 150g unsweetened coconut yoghurt (probiotic-rich)
- 2 tbsp ground flaxseed
- 2 tbsp pumpkin seeds
- 100g fresh mixed berries (such as blueberries, raspberries, strawberries)
- 1 tbsp unsweetened desiccated coconut (optional, for texture)
- 1 tsp pure maple syrup or raw honey
- ¼ tsp ground cinnamon (optional, for an anti-inflammatory boost)



Time
20 min



Serves
2



Cooking method
Boil



Difficulty
Easy

Maple Cardamom Quinoa Breakfast Bowl with Pear

Method

- In a small saucepan, combine the quinoa, almond milk, cardamom, and salt. Bring to a gentle boil.
- Reduce the heat, cover, and simmer for 12–15 minutes, or until the quinoa is tender and the liquid has been absorbed.
- Remove from the heat and stir in the vanilla extract (if using) and maple syrup. Leave to rest for 2 minutes.
- Divide the quinoa between two bowls. Top with diced pear, flaxseeds, and chopped nuts.
- Sprinkle with cinnamon or coconut flakes, if desired. Serve warm.
- **Optional toppings:** fresh mint.

Smart Swaps and Tips for 50+:

- **No pear?** Use diced apple, peach, or figs depending on the season.

Nutritional Snapshot: Calories: 310; Protein: 8 g; Carbohydrates: 35 g; Fat: 14 g; Fibre: 6 g; Salt: 0.09 g; Potassium: 440 mg; Cholesterol: 0 mg;

Ingredients

- 90 g quinoa (uncooked), rinsed
- 250 ml unsweetened almond milk (or oat milk)
- ¼ tsp ground cardamom
- A pinch of sea salt
- 1 medium ripe pear, diced
- 1 tbsp pure maple syrup
- 1 tbsp ground flaxseeds or chia seeds
- 2 tbsp walnuts or pecans, chopped
- ½ tsp pure vanilla extract (Optional)



Time
18 min



Serves
2



Cooking method
Fry



Difficulty
Easy

Veggie-Packed Tofu Scramble with Turmeric and Greens

Method

- Heat the oil in a large non-stick frying pan over a medium heat.
- Add the onion, red pepper, and courgette. Cook for 3–4 minutes until slightly softened.
- Stir in the crumbled tofu, turmeric, cumin (if using), garlic powder, salt, and pepper.
- Cook, stirring often, for 5–6 minutes until the tofu is heated through and lightly golden.
- Add the spinach and cook for 1 more minute until wilted.
- Remove from the heat, sprinkle with nutritional yeast (if desired), and garnish with fresh herbs.
- Serve warm for a brain-boosting, plant-powered start to your day.

Smart Swaps and Tips for 50+:

- **No tofu?** Use crumbled chickpeas as an alternative.

Nutritional Snapshot: Calories: 270; Protein: 18 g; Carbohydrates: 10 g; Fat: 18 g; Fibre: 4 g; Salt: 0.21 g; Potassium: 420 mg; Cholesterol: 0 mg;

Ingredients

- 225 g firm or extra-firm tofu, drained and crumbled
- 1 tbsp olive oil or avocado oil
- 75 g red pepper, diced
- 75 g courgette, diced
- 50 g baby spinach or kale, chopped
- 40 g red onion, diced
- 1 tsp ground turmeric
- ¼ tsp ground cumin
- ¼ tsp garlic powder
- ⅛ tsp sea salt
- ⅛ tsp ground black pepper
- 2 tbsp nutritional yeast
- Fresh parsley or coriander, to garnish



Ttime
7 min



Serves
2



Cooking method
Mix



Difficulty
Very Easy

Beet and Berry Smoothie Bowl

Method

- Add the beetroot, berries, banana, almond milk, flaxseeds, chia seeds, and cinnamon to a high-speed blender.
- Blend until thick and creamy, scraping down the sides if needed.
- Taste and add maple syrup or a date for extra sweetness, if desired.
- Pour into two bowls and top with your choice of healthy toppings.
- Enjoy with a spoon as a refreshing, nutrient-rich start to the day.

Smart Swaps and Tips for 50+:

- **No banana?** Use ¼ avocado for creaminess and healthy fats, while lowering the sugar content.
- Replace chia and flax with 1 tbsp hemp seeds.

Nutritional Snapshot: Calories: 230; Protein: 5 g; Carbohydrates: 27 g; Fat: 11 g; Fibre: 7 g; Salt: 0.06 g; Potassium: 520 mg; Cholesterol: 0 mg;

Ingredients

- 1 small cooked beetroot, peeled and chopped (about 80 g)
- 150 g frozen mixed berries (such as blueberries, strawberries, raspberries)
- ½ frozen banana
- 120 ml unsweetened almond milk (or oat milk)
- 1 tbsp ground flaxseeds
- 1 tsp chia seeds
- ½ tsp ground cinnamon
- 1 tsp pure maple syrup or 1 pitted date

Topping ideas:

- Sliced strawberries or blueberries
- Pumpkin seeds or walnuts



Time
30 min



Serves
4



Cooking method
Bake



Difficulty
Easy

Courgette and Sweet Pepper Egg Muffins (Gluten-Free)

Method

- Preheat the oven to 175°C (fan 160°C/gas mark 4). Lightly grease a silicone or non-stick muffin tin with oil, or line with parchment cases.
- In a frying pan, heat the olive oil and sauté the pepper, courgette, and onion over a medium heat for 3–4 minutes until slightly softened. Remove from the heat.
- In a large bowl, whisk together the eggs, turmeric, garlic powder, salt, pepper, and plant-based milk.
- Stir in the sautéed vegetables and fresh herbs.
- Divide the mixture evenly between 8 muffin cups.
- Bake for 18–20 minutes, or until puffed and firm to the touch.
- Allow to cool slightly before removing from the tin. Serve warm, or refrigerate and reheat for a grab-and-go breakfast.

Nutritional Snapshot: Calories: 170; Protein: 12 g; Carbohydrates: 4 g; Fat: 11 g; Fibre: 1 g; Salt: 0.24 g; Potassium: 230 mg; Cholesterol: 310 mg;

Ingredients

- 6 large eggs
- 60 g courgette, grated and squeezed dry
- 60 g sweet pepper, finely chopped
- 30 g red onion, finely chopped
- 1 tbsp olive oil or avocado oil
- ¼ tsp ground turmeric
- ¼ tsp garlic powder
- ⅛ tsp ground black pepper
- ¼ tsp sea salt
- 2 tbsp unsweetened plant-based milk
- Fresh parsley or chives, chopped (optional)



Lunches for Lasting Energy



Time
20 min



Serves
2



Cooking method
Mix



Difficulty
Easy

Wild Salmon and Avocado Salad with Lemon-Dill Dressing

Method

- In a small bowl, whisk together all the dressing ingredients. Set aside.
- In a large salad bowl, toss the salad leaves with the tomatoes, cucumber, and avocado.
- Top with flaked or sliced salmon and sprinkle over the chopped dill.
- Drizzle with the lemon-dill dressing just before serving.
- Serve fresh as a light, energising lunch or early supper.

Smart Swaps and Tips for 50+:

- **No fresh salmon?** Use tinned wild salmon or high-quality smoked salmon (low sodium).
- **Vegetarian option?** Replace the salmon with 125g of cooked lentils and 1 tbsp of hemp seeds for a protein and omega-3 boost.

Nutritional Snapshot: Calories: 370; Protein: 22 g; Carbohydrates: 9 g; Fat: 28 g; Fibre: 6 g; Salt: 0.18 g; Potassium: 680 mg; Cholesterol: 45 mg;

Ingredients

For the Salad:

- 115 g cooked wild salmon
- 120 g mixed baby salad leaves
- ½ ripe avocado, sliced
- 80 g cherry tomatoes, halved
- 30 g cucumber, thinly sliced
- 1 tbsp fresh dill, chopped

For the Lemon-Dill Dressing:

- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- ½ tsp Dijon mustard
- 1 tsp fresh dill, chopped
- A pinch of sea salt and black pepper



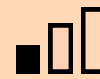
Time
30 min



Serves
2



Cooking method
Mix



Difficulty
Easy

Mediterranean Chickpea and Quinoa Power Bowl

Method

- Cook the quinoa according to the packet instructions. Fluff with a fork and allow to cool slightly.
- In a small bowl, whisk together all the dressing ingredients. Set aside.
- In a large bowl, combine the quinoa, chickpeas, cherry tomatoes, cucumber, olives, onion, feta, and herbs.
- Drizzle with the dressing, toss gently, and adjust the seasoning if needed.
- Serve straight away, or refrigerate for up to 2 days for grab-and-go lunches.

Smart Swaps & Tips for 50+:

- **No feta?** Use diced avocado or almond-based “feta-style” cheese.
- **Sensitive to onion?** Use chopped spring onions or omit entirely.

Nutritional Snapshot: Calories: 420; Protein: 15 g; Carbohydrates: 38 g; Fat: 22 g; Fibre: 9 g; Salt: 0.38 g; Potassium: 640 mg; Cholesterol: 15 mg;

Ingredients

- 90 g quinoa (uncooked)
- 160 g cooked chickpeas
- 150 g cherry tomatoes
- ½ cucumber, diced (about 100 g)
- 40 g Kalamata olives
- 30 g red onion, thinly sliced
- 30 g feta cheese, crumbled
- 1 tbsp parsley, chopped
- 1 tbsp mint, chopped

For the dressing:

- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- ½ tsp Dijon mustard
- ¼ tsp garlic powder
- A pinch of sea salt and black pepper



Time
25 min



Serves
2



Cooking method
Grill



Difficulty
Easy

Chicken and Kale Caesar Salad (with Gluten-Free Croutons)

Method

- Grill the chicken: Season the chicken breasts lightly with salt and pepper. Grill over a medium heat for 5–6 minutes per side, or until fully cooked through. Leave to rest, then slice.
- Massage the kale: Place the kale in a large bowl and massage gently with a few drops of olive oil for 1–2 minutes until tender. Add the romaine lettuce.
- Make the dressing: Whisk together all the dressing ingredients in a small bowl until smooth.
- Assemble the salad: Toss the greens with the dressing. Top with the sliced chicken, avocado, Parmesan, and gluten-free croutons.
- Serve fresh with a sprinkle of black pepper.

Smart Swaps and Tips for 50+:

- **Want more fibre?** Add a spoonful of cooked quinoa or lentils to the base.

Nutritional Snapshot: Calories: 390; Protein: 34 g; Carbohydrates: 12 g; Fat: 23 g; Fibre: 5 g; Salt: 0.26 g; Potassium: 720 mg; Cholesterol: 75 mg;

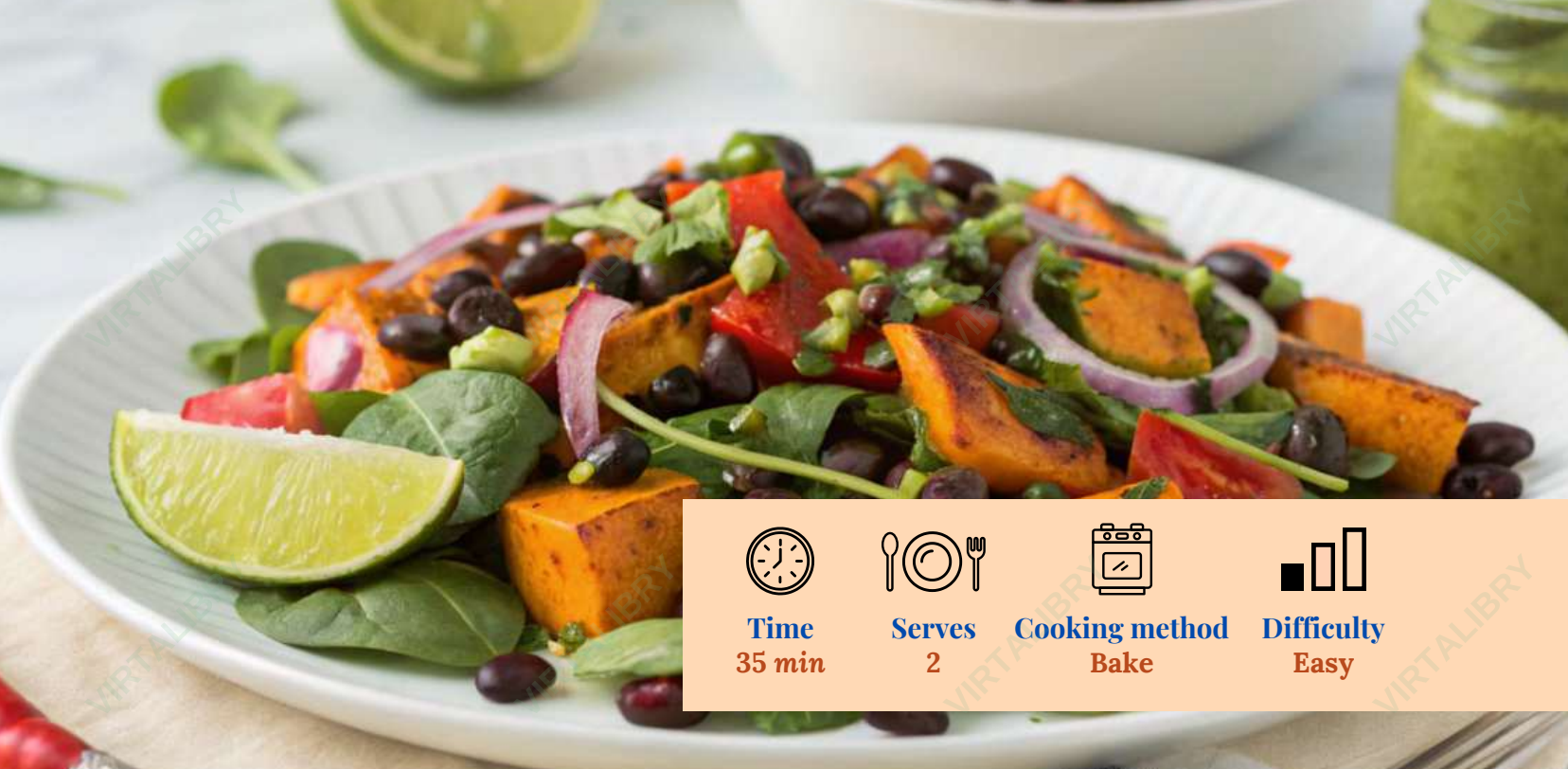
Ingredients

For the salad:

- 2 small chicken breasts (about 250 g total)
- 120 g kale, chopped
- 60 g romaine lettuce
- ½ avocado, sliced
- 25 g Parmesan, shaved
- 30 g gluten-free croutons

For the dressing:

- 2 tbsp plain unsweetened Greek yoghurt
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- ½ tsp Dijon mustard
- ½ tsp anchovy paste
- 1 small garlic clove, finely grated or crushed
- Sea salt and black pepper, to taste



Roasted Sweet Potato and Black Bean Salad

Method

- Preheat the oven to 200°C (fan 180°C/gas mark 6).
- Toss the cubed sweet potato with olive oil, cumin, paprika, salt, and pepper. Spread on a baking tray lined with parchment paper.
- Roast for 20–25 minutes, turning halfway, until golden and tender.
- In a large bowl, combine the black beans, spinach, red pepper, onion, and roasted sweet potato.
- Whisk the dressing ingredients together and pour over the salad. Toss gently.
- Garnish with chopped coriander, if desired. Serve warm or at room temperature.

Smart Swaps and Tips for 50+:

- **No black beans?** Use cooked lentils or chickpeas.
- **Want more protein?** Add a boiled egg or 1 tbsp hemp seeds.
- **Nutritional Snapshot:** Calories: 320; Protein: 9 g; Carbohydrates: 38 g; Fat: 24 g; Fibre: 9 g; Salt: 0.18 g; Potassium: 720 mg; Cholesterol: 0 mg;

Ingredients

- 1 medium sweet potato (about 250 g), peeled and cubed
- 1 tbsp olive oil
- ½ tsp ground cumin
- ¼ tsp smoked paprika
- A pinch of sea salt and black pepper
- 80 g canned black beans, rinsed and drained
- 60 g baby spinach or mixed salad leaves
- 40 g red pepper, diced
- 25 g red onion, thinly sliced

For the dressing:

- 1 tbsp fresh lime juice
- 1 tbsp olive oil
- ½ tsp Dijon mustard
- A pinch of sea salt



Time
30 min



Serves
2



Cooking method
Boil



Difficulty
Easy

Lentil and Beetroot Salad with Walnuts and Feta

Method

- In a small bowl, whisk together the dressing ingredients. Set aside.
- In a large mixing bowl, combine the lentils, beetroot, and greens.
- Drizzle with the dressing and toss gently to combine.
- Top with crumbled feta, walnuts, and parsley.
- Serve immediately, or refrigerate for up to 2 days – it tastes great chilled too.

Smart Swaps and Tips for 50+:

- **No feta?** Use crumbled goat's cheese or a dairy-free almond feta.
- **For more protein:** Add a boiled egg or a sprinkle of hemp seeds.
- **For a lower-sodium option:** Skip the cheese or reduce the salt in the dressing.

Nutritional Snapshot: Calories: 310; Protein: 13 g; Carbohydrates: 26 g; Fat: 17 g; Fibre: 7 g; Salt: 0.26 g; Potassium: 590 mg; Cholesterol: 15 mg;

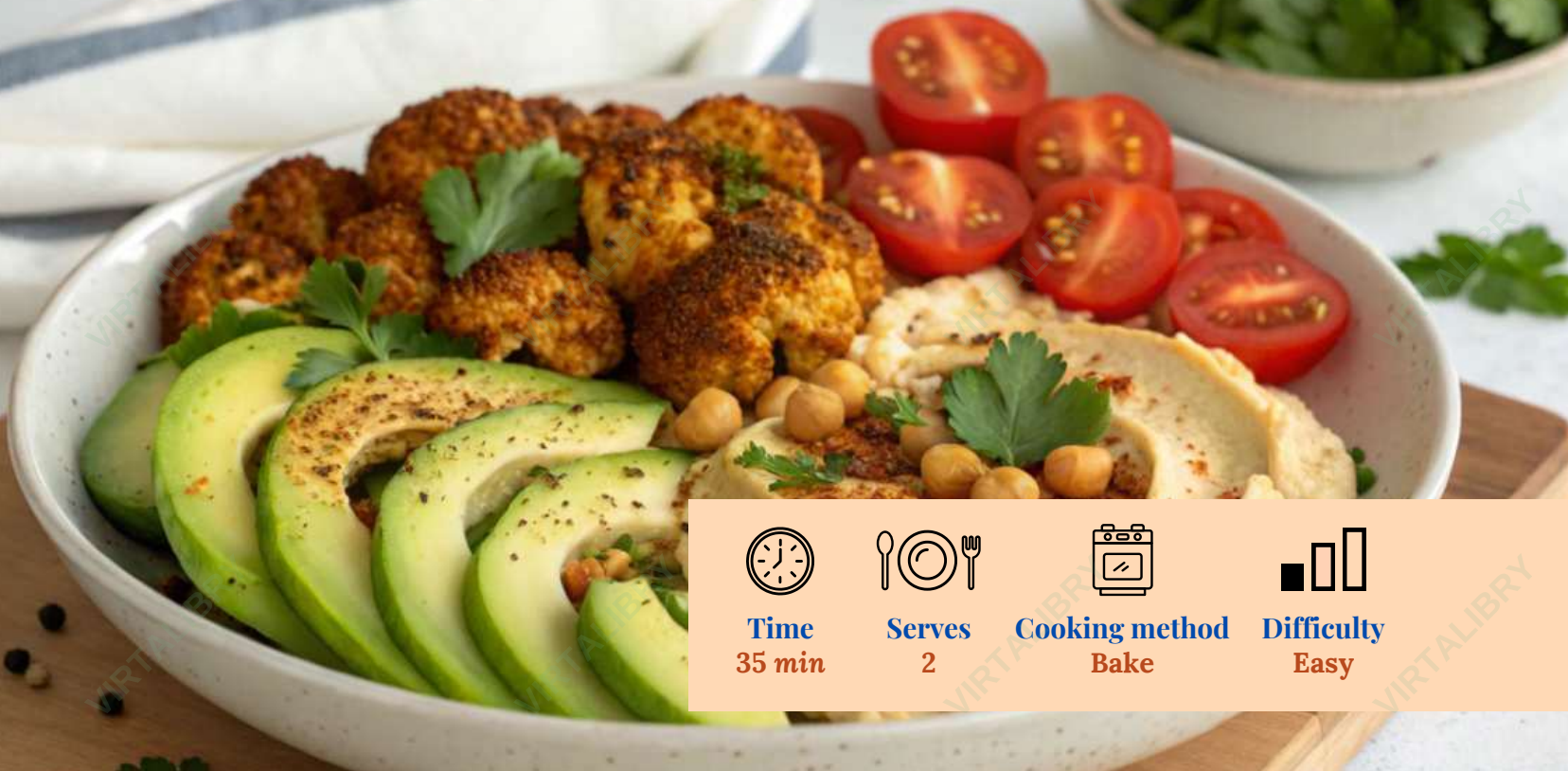
Ingredients

For the salad:

- 100 g cooked green or brown lentils (or canned, drained and rinsed)
- 1 medium beetroot (about 120 g), roasted or steamed, diced
- 60 g rocket or baby spinach
- 30 g feta cheese, crumbled
- 2 tbsp walnuts, chopped
- 1 tbsp fresh parsley, chopped (optional)

For the dressing:

- 1 tbsp olive oil
- 1 tbsp balsamic vinegar or fresh lemon juice
- ½ tsp Dijon mustard
- A pinch of sea salt and black pepper



Time
35 min



Serves
2



Cooking method
Bake



Difficulty
Easy

Spicy Roasted Cauliflower and Hummus Plate

Method

- Preheat the oven to 200°C (fan 180°C/gas mark 6). Line a baking tray with parchment paper.
- In a bowl, toss the cauliflower florets with olive oil, smoked paprika, cumin, turmeric, cayenne, salt, and pepper. Spread evenly on the tray.
- Roast for 25–30 minutes, turning once halfway, until golden and slightly crisp at the edges.
- To serve, spread the hummus on each plate and top with the warm roasted cauliflower, avocado slices, cherry tomatoes, cucumber, and fresh herbs.
- Serve immediately, with a squeeze of lemon juice if desired for extra brightness.

Smart Swaps and Tips for 50+:

- **Spice-sensitive?** Omit the cayenne and reduce the smoked paprika to ¼ tsp.

Nutritional Snapshot: Calories: 360; Protein: 10 g; Carbohydrates: 28 g; Fat: 24 g; Fibre: 9 g; Salt: 0.28 g; Potassium: 720 mg; Cholesterol: 0 mg;

Ingredients

For the cauliflower:

- 1 small head of cauliflower (about 400 g), cut into florets
- 1 tbsp olive oil
- ½ tsp smoked paprika
- ¼ tsp ground cumin
- ¼ tsp ground turmeric
- A pinch of cayenne pepper
- Sea salt and black pepper, to taste

For the plate:

- 120 g classic or roasted red pepper hummus
- ½ avocado, sliced
- 80 g cherry tomatoes, halved
- 80 g cucumber, sliced
- Fresh parsley or coriander
- lemon wedge (Optional)



Time
25 min



Serves
2-3



Cooking method
Boil



Difficulty
Easy

Broccoli and Almond Cream Soup

Method

- If not pre-soaked, boil the almonds for 5 minutes, then drain and rinse.
- In a saucepan, heat the olive oil over a medium heat. Sauté the shallot and garlic for 2–3 minutes until fragrant.
- Add the broccoli, courgette, turmeric, salt, and pepper. Stir well.
- Pour in the stock and bring to a gentle boil. Reduce the heat, cover, and simmer for 10–12 minutes until the vegetables are tender.
- Add the almonds and blend the soup with a hand blender until smooth and creamy.
- Return to the pan if needed, adjust the seasoning, and add lemon juice to taste. Serve warm.

Smart Swaps: Add a pinch of ground ginger or white pepper for extra warmth and depth of flavour.

Nutritional Snapshot: Calories: 230; Protein: 8 g; Carbohydrates: 15 g; Fat: 15 g; Fibre: 5 g; Salt: 0.20 g; Potassium: 520 mg; Cholesterol: 0 mg;

Ingredients

- 150 g broccoli florets
- 1 small courgette, chopped (about 120 g)
- 30 g raw unsalted almonds (soaked for 2+ hours or boiled for 5 minutes)
- 1 small shallot or ¼ yellow onion, chopped
- 1 garlic clove, minced
- 1 tbsp olive oil
- 500 ml low-sodium vegetable stock (or filtered water)
- 1 tbsp nutritional yeast
- ¼ tsp ground turmeric
- Sea salt and black pepper, to taste
- A squeeze of lemon juice (optional, to brighten)



Time
22 min



Serves
2



Cooking method
Fry



Difficulty
Easy

Thai-Inspired Chicken Lettuce Wraps

Method

- Heat the oil in a frying pan over a medium heat. Add the garlic, ginger, and turmeric. Cook for 30 seconds until fragrant.
- Add the minced chicken and cook for 6–7 minutes, breaking it apart with a spatula, until fully cooked through.
- Stir in the grated carrot, water chestnuts, spring onion, tamari, lime juice, and sesame oil. Cook for 1–2 minutes more.
- Spoon the mixture into lettuce leaves and top with fresh herbs and any optional toppings.
- Serve straight away as hand-held wraps, or plated with a fork and knife.

Smart Swaps and Tips for 50+:

- **For more brain fuel:** Add avocado slices to the wrap.

Nutritional Snapshot: Calories: 290; Protein: 27 g; Carbohydrates: 7 g; Fat: 17 g; Fibre: 3 g; Salt: 0.28 g; Potassium: 580 mg; Cholesterol: 75 mg;

Ingredients

- 225 g minced chicken
- 1 tsp avocado oil or olive oil
- 1 garlic clove, minced
- ½ tsp freshly grated ginger
- ¼ tsp ground turmeric
- 1 small carrot, grated (about 50 g)
- 30 g water chestnuts or cucumber, finely chopped
- 1 spring onion, chopped
- 1 tbsp gluten-free tamari
- 1 tsp fresh lime juice
- ½ tsp sesame oil
- Fresh basil or coriander, to garnish

For serving:

- 6–8 crisp butter lettuce or romaine leaves



Time
40 min



Serves
3-4



Cooking method
Bake



Difficulty
Moderate

Roasted Veggie and Goat's Cheese Quinoa Bake

Method

- Preheat the oven to 190°C (fan 170°C/gas mark 5). Lightly grease or line a small baking dish (about 20 × 20 cm).
- Toss the courgette, pepper, onion, and tomatoes with olive oil, oregano, salt, and pepper. Spread on a baking tray and roast for 15 minutes until softened.
- In a mixing bowl, combine the cooked quinoa, roasted vegetables, eggs, goat's cheese, and flaxseed. Stir gently to mix.
- Pour the mixture into the prepared dish and smooth the top.
- Bake for 25–30 minutes, or until set and lightly golden.
- Leave to cool slightly before serving. Garnish with fresh herbs.

Nutritional Snapshot: Calories: 295; Protein: 13 g; Carbohydrates: 24 g; Fat: 16 g; Fibre: 4 g; Salt: 0.26 g; Potassium: 540 mg; Cholesterol: 95 mg;

Ingredients

- 175 g cooked quinoa (about 55 g uncooked)
- 100 g courgette, chopped
- ½ red pepper, chopped
- 60 g red onion, chopped
- 80 g cherry tomatoes, halved
- 1 tbsp olive oil
- ¼ tsp dried oregano
- Sea salt and black pepper, to taste
- 2 eggs, lightly beaten
- 40 g goat's cheese, crumbled
- 1 tbsp ground flaxseed
- Fresh basil or parsley, to garnish



Time
35 min



Serves
3-4



Cooking method
Boil



Difficulty
Easy

Moroccan-Spiced Chickpea Stew

Method

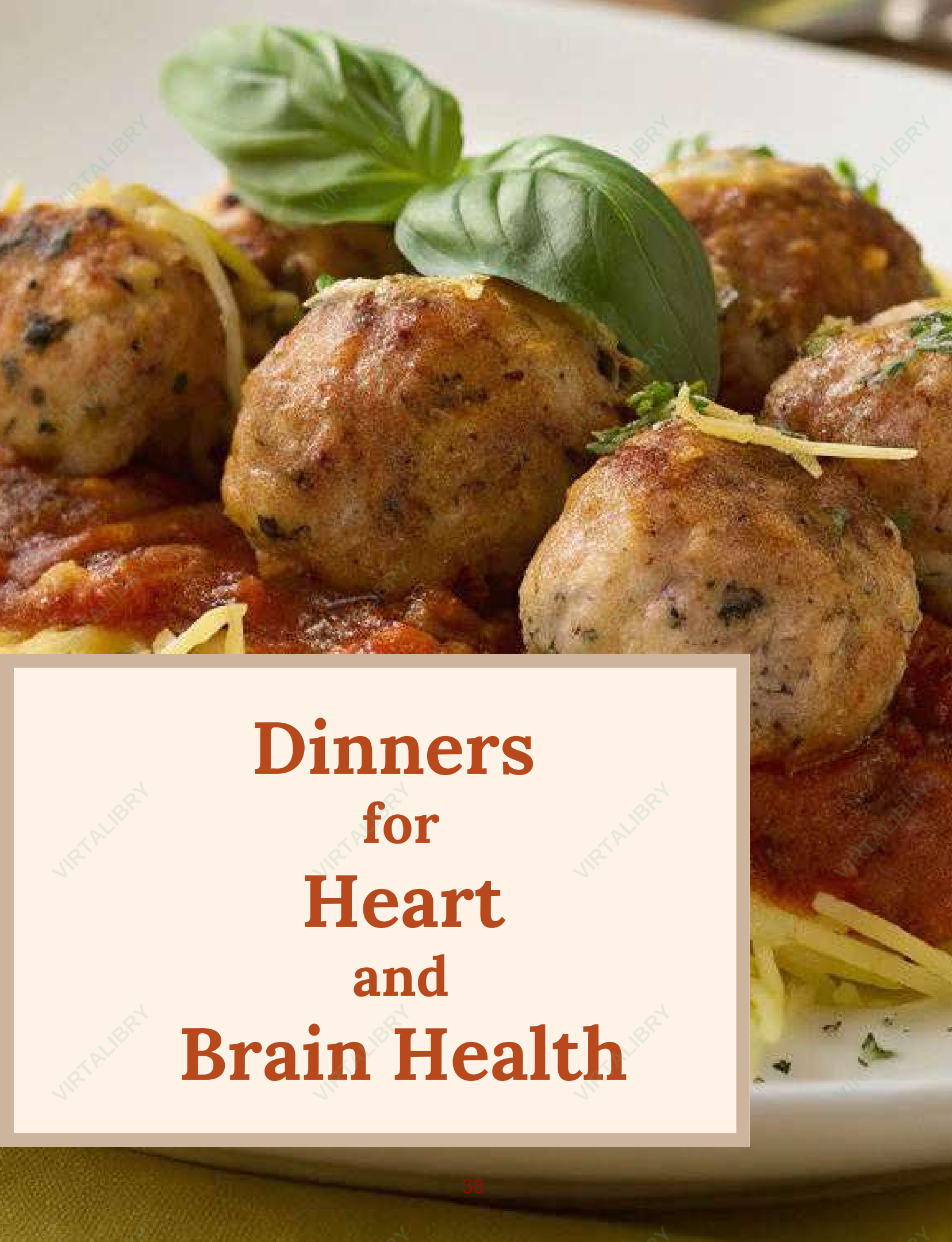
- Heat the olive oil in a large saucepan over a medium heat. Add the onion and garlic and sauté for 2–3 minutes until fragrant.
- Add the carrot and red pepper and cook for another 3–4 minutes, stirring occasionally.
- Stir in the spices and cook for 1 minute to release their flavour.
- Add the chickpeas, chopped tomatoes, and vegetable stock. Bring to a gentle simmer.
- Reduce the heat, cover, and cook for 15 minutes. Stir in the spinach or kale during the last 3 minutes of cooking.
- Season with salt, pepper, and lemon juice. Garnish with fresh parsley and serve warm.

Turmeric, cumin, cinnamon, and ginger provide powerful anti-inflammatory and circulation-boosting compounds.

Nutritional Snapshot: Calories: 280; Protein: 11 g; Carbohydrates: 34 g; Fat: 10 g; Fibre: 9 g; Salt: 0.28 g; Potassium: 670 mg; Cholesterol: 0 mg;

Ingredients

- 1 tbsp olive oil
- ½ yellow onion, diced
- 2 garlic cloves, minced
- 1 medium carrot, diced
- ½ red pepper, chopped
- 1 tsp ground cumin
- ½ tsp ground turmeric
- ½ tsp ground cinnamon
- ¼ tsp smoked paprika
- ¼ tsp ground ginger
- A pinch of cayenne pepper
- 1 × 400 g tin chickpeas, drained and rinsed
- 1 × 400 g tin chopped tomatoes
- 240 ml vegetable stock
- 60 g spinach or kale
- Sea salt and black pepper
- 1 tbsp fresh lemon juice
- Fresh parsley, to garnish



Dinners for Heart and Brain Health



Time
25 min



Serves
2



Cooking method
Bake



Difficulty
Easy

Lemon Garlic Prawns with Roasted Asparagus

Method

- Preheat the oven to 200°C (fan 180°C/gas mark 6).
- Place the asparagus on a baking tray, toss with 1 tsp olive oil, a pinch of salt, and pepper. Roast for 10–12 minutes until tender.
- Meanwhile, place the prawns in a bowl with olive oil, garlic, lemon zest, lemon juice, smoked paprika, salt, and pepper. Toss well.
- Heat a frying pan over a medium heat. Sauté the prawns for 2–3 minutes on each side, until pink and opaque.
- Arrange the roasted asparagus on plates, top with the warm prawns, and garnish with parsley or almonds if desired. Serve immediately.

Asparagus is rich in vitamin E, folate, and glutathione, which support nerve protection and healthy ageing.

Nutritional Snapshot: Calories: 280; Protein: 26 g; Carbohydrates: 8 g; Fat: 16 g; Fibre: 4 g; Salt: 0.36 g; Potassium: 550 mg; Cholesterol: 150 mg;

Ingredients

- 10–12 medium raw prawns, peeled and deveined (tails on or off)
- 1 tbsp olive oil
- 1 garlic clove, minced
- ½ tsp lemon zest
- 1 tbsp fresh lemon juice
- ¼ tsp smoked paprika
- Sea salt and black pepper, to taste
- 1 bunch of asparagus, trimmed (about 200 g)
- 1 tsp extra-virgin olive oil (for asparagus)

Optional garnish:

- Chopped parsley or toasted almonds



Time
25 min



Serves
2



Cooking method
Bake



Difficulty
Easy

Miso-Glazed Cod with Steamed Broccoli

Method

- Preheat the oven to 200°C (fan 180°C/gas mark 6).
- In a small bowl, whisk together the miso paste, maple syrup (or honey), vinegar, tamari, sesame oil, ginger (if using), and lemon zest until smooth.
- Place the cod fillets on a baking tray lined with parchment paper. Spoon the glaze over each fillet.
- Bake the cod for 12–15 minutes, or until opaque and flaking easily with a fork.
- Meanwhile, steam the broccoli for 4–5 minutes until just tender. Season with sea salt, a squeeze of lemon juice, and a drizzle of olive oil, if desired.
- Serve the cod alongside the steamed broccoli.

Why It Supports Brain, Heart & Longevity Health:

Broccoli provides vitamin C, fibre, and sulforaphane – powerful anti-inflammatory and detoxifying agents.

Nutritional Snapshot: Calories: 290; Protein: 30 g; Carbohydrates: 9 g; Fat: 14 g; Fibre: 4 g; Salt: 0.34 g; Potassium: 750 mg; Cholesterol: 55 mg;

Ingredients

- 2 cod fillets (about 140–170 g each)
- 1 tbsp white or yellow miso paste
- 1 tsp maple syrup or raw honey
- 1 tsp rice vinegar or apple cider vinegar
- 1 tsp gluten-free tamari or coconut aminos
- ½ tsp sesame oil
- ½ tsp freshly grated ginger
- ½ tsp lemon zest

For the broccoli:

- 200 g broccoli florets
- A pinch of sea salt
- 1 tsp olive oil (optional)
- A squeeze of fresh lemon juice



Time
50 min



Serves
3-4



Cooking method
Bake



Difficulty
Moderate

Baked Aubergine Parmesan

Method

- Preheat the oven to 200°C (fan 180°C/gas mark 6). Line a baking tray with parchment paper.
- Sprinkle the salt over the aubergine slices and leave for 15 minutes to draw out excess moisture. Pat dry with kitchen paper.
- In one bowl, whisk the egg. In another, mix the breadcrumbs, Parmesan, oregano, garlic powder, and turmeric.
- Dip each aubergine slice into the egg, then coat with the breadcrumb mixture. Place on the prepared tray.
- Lightly drizzle or spray with olive oil. Bake for 20 minutes, turning halfway.
- Remove the tray, spoon a little marinara sauce on top of each slice, and sprinkle with mozzarella. Return to the oven for 10–15 minutes, until golden and bubbling.
- Garnish with fresh basil and serve warm, ideally over quinoa.

Nutritional Snapshot: Calories: 240; Protein: 9 g; Carbohydrates: 20 g; Fat: 13 g; Fibre: 5 g; Salt: 0.32 g; Potassium: 450 mg; Cholesterol: 30 mg;

Ingredients

- 1 medium aubergine, sliced into 1 cm rounds
- ½ tsp sea salt
- 100 g gluten-free breadcrumbs
- 25 g Parmesan cheese, grated
- ½ tsp dried oregano
- ½ tsp garlic powder
- ¼ tsp ground turmeric
- 1 large egg (or flax egg*)
- 120 ml unsweetened marinara sauce
- 60 g mozzarella, shredded (dairy or plant-based)
- 1 tbsp olive oil
- Fresh basil, to garnish

*Flax egg:

- 1 tbsp ground flaxseed + 2½ tbsp warm water, left to sit for 5 min.



Time
55 min



Serves
3



Cooking method
Bake



Difficulty
Moderate

Turkey and Courgette Meatballs with Spaghetti Squash

Method

- Preheat the oven to 200°C (fan 180°C/gas mark 6). Slice the spaghetti squash in half lengthways and scoop out the seeds.
- Rub the cut sides with olive oil, season lightly, and roast face down on a baking tray for 30–35 minutes.
- Meanwhile, mix all the meatball ingredients in a bowl. Roll into 2.5 cm balls (makes about 10–12 small meatballs).
- Place the meatballs on a parchment-lined baking tray. Bake for 15–18 minutes, turning once, until golden and cooked through.
- Use a fork to shred the spaghetti squash into strands. Warm the marinara sauce in a small saucepan.
- Plate the squash, top with the meatballs and marinara, and garnish with basil or nutritional yeast.

Nutritional Snapshot: Calories: 310; Protein: 26 g; Carbohydrates: 14 g; Fat: 17 g; Fibre: 5 g; Salt: 0.29 g; Potassium: 750 mg; Cholesterol: 70 mg;

Ingredients

- 225 g minced turkey
- 60 g courgette, grated
- 1 garlic clove, minced
- 1 tbsp fresh parsley
- 1 tbsp almond flour or ground flaxseed (as a binder)
- ¼ tsp onion powder
- ¼ tsp ground turmeric
- Sea salt and black pepper

For the spaghetti squash:

- 1 small spaghetti squash (about 1.2–1.4 kg)
- 1 tbsp olive oil
- Sea salt and black pepper
- A pinch of Italian seasoning

For serving:

- 120 ml marinara sauce
- Fresh basil, chopped



Time
30 min



Serves
3-4



Cooking method
Boil



Difficulty
Easy

Coconut Curry with Chickpeas and Spinach

Method

- In a medium saucepan or deep frying pan, heat the oil over a medium heat. Sauté the onion for 4–5 minutes until softened.
- Add the garlic and ginger and cook for 1 minute. Stir in the turmeric, cumin, and smoked paprika.
- Add the chickpeas and coconut milk. Simmer gently for 10 minutes to allow the flavours to develop.
- Stir in the spinach and carrot and cook for 3–5 minutes until the greens have wilted.
- Remove from the heat, add the lime juice, and season with salt and pepper.
- Serve warm, either on its own or over quinoa or brown rice. Garnish with coriander and chilli flakes, if desired.

Smart Swaps and Tips for 50+:

- **No chickpeas?** Use lentils or white beans instead.

Nutritional Snapshot: Calories: 310; Protein: 10 g; Carbohydrates: 22 g; Fat: 20 g; Fibre: 7 g; Salt: 0.26 g; Potassium: 630 mg; Cholesterol: 0 mg;

Ingredients

- 1 tbsp olive oil or avocado oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 1 tsp freshly grated ginger
- 1 tsp ground turmeric
- ½ tsp ground cumin
- ½ tsp smoked paprika
- 1 × 400 g tin chickpeas, drained and rinsed
- 1 × 400 ml tin full-fat coconut milk
- 60 g baby spinach
- 1 small carrot, grated
- Juice of ½ lime
- Sea salt and black pepper, to taste
- Fresh coriander and red chilli flakes, to garnish

Optional serving:

- Cooked quinoa or brown rice



Time
23 min



Serves
2



Cooking method
Sear



Difficulty
Moderate

Seared Tuna Steak with Avocado and Sesame Slaw

Method

- In a bowl, toss together the cabbage, carrot, sesame seeds, vinegar, sesame oil, ginger, and salt. Set aside to marinate.
- Pat the steaks dry. Rub with sesame oil, pepper, garlic powder, and a little sea salt.
- Heat a frying pan over a medium-high heat. Sear the tuna for 2–3 minutes on each side, depending on preference (rare to medium). Remove from the pan and allow to rest.
- Slice the avocado and drizzle with lime juice to prevent browning.
- Plate the sesame slaw, top with the tuna steak and avocado slices, and sprinkle with fresh coriander or spring onion. Serve warm or at room temperature.

Nutritional Snapshot: Calories: 420; Protein: 34 g; Carbohydrates: 9 g; Fat: 26 g; Fibre: 6 g; Salt: 0.26 g; Potassium: 890 mg; Cholesterol: 50 mg;

Ingredients

- 2 wild-caught tuna steaks (about 150–170 g each)
- 1 tbsp sesame oil
- ½ tsp ground black pepper
- ½ tsp garlic powder
- Sea salt, to taste

For the sesame slaw:

- 100 g red cabbage, shredded
- 50 g carrot, shredded
- 1 tbsp sesame seeds
- 1 tbsp rice vinegar
- 1 tsp toasted sesame oil
- 1 tsp freshly grated ginger
- A pinch of sea salt

For the avocado garnish:

- 1 ripe avocado, sliced
- Juice of ½ lime
- Fresh coriander or spring onion, to garnish



Time
40 min



Serves
2



Cooking method
Grill



Difficulty
Moderate

Grilled Chicken with Pomegranate Glaze and Wild Rice

Method

- Preheat a grill or grill pan to a medium-high heat.
- Rub the chicken with olive oil, garlic powder, smoked paprika, salt, and pepper. Grill for 6–7 minutes on each side, or until fully cooked through. Leave to rest.
- Meanwhile, place the pomegranate juice, balsamic vinegar, and honey in a small pan. Simmer over a medium heat for 10–12 minutes, or until reduced to a syrup. Stir in the thyme if using.
- Drizzle the glaze over the grilled chicken.
- Toss the cooked wild rice with parsley, olive oil, lemon zest, and sea salt. Serve as a base for the chicken.

Pomegranate juice provides powerful polyphenols that help reduce oxidative stress and inflammation.

Nutritional Snapshot: Calories: 420; Protein: 36 g; Carbohydrates: 26 g; Fat: 18 g; Fibre: 3 g; Salt: 0.28 g; Potassium: 620 mg; Cholesterol: 70 mg;

Ingredients

For the chicken:

- 2 boneless, skinless chicken breasts (about 300 g total)
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp smoked paprika
- Sea salt and black pepper

For the pomegranate glaze:

- 120 ml 100% pomegranate juice
- 1 tsp balsamic vinegar
- 1 tsp honey (or maple syrup)
- ½ tsp thyme (or rosemary)

For the wild rice:

- 125 g cooked wild rice
- 1 tbsp fresh parsley, chopped
- 1 tsp olive oil
- Zest of ½ lemon
- A pinch of sea salt



Time
30 min



Serves
2



Cooking method
Fry



Difficulty
Moderate

Moroccan-Spiced Lamb Chops with Mint Yoghurt Sauce

Method

- In a small bowl, mix the olive oil with all the spices. Rub onto the lamb chops. Leave to marinate for 30 minutes at room temperature or refrigerate for up to 4 hours.
- Meanwhile, mix together the yoghurt sauce ingredients and chill until ready to serve.
- Heat a grill pan or frying pan over a medium-high heat. Cook the lamb chops for 4–6 minutes per side, depending on doneness (medium-rare to medium). Leave to rest for 5 minutes.
- Serve warm with a spoonful of mint yoghurt sauce and an optional side of roasted vegetables or cauliflower mash.

Smart Swaps and Tips for 50+:

- Add roasted carrots or sautéed greens for extra fibre and vision support.

Nutritional Snapshot: Calories: 470; Protein: 35 g; Carbohydrates: 5 g; Fat: 33 g; Fibre: 2 g; Salt: 0.24 g; Potassium: 620 mg; Cholesterol: 85 mg;

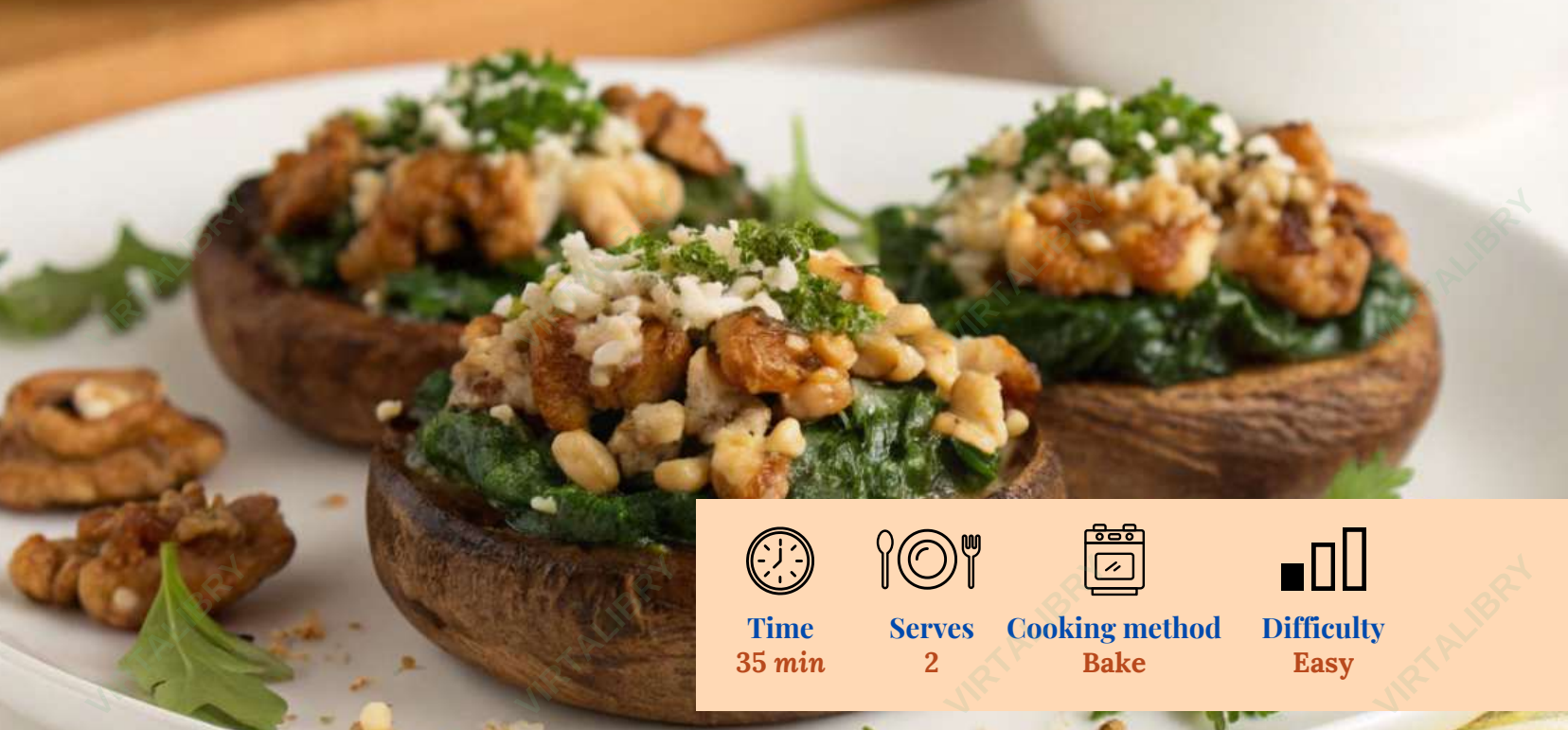
Ingredients

For the lamb:

- 4 small lamb loin chops (about 115 g each)
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp ground cinnamon
- ½ tsp smoked paprika
- ½ tsp ground turmeric
- A pinch of cayenne pepper
- Sea salt and black pepper, to taste

For the mint yoghurt sauce:

- 120 g Greek yoghurt
- 1 tbsp fresh mint, chopped
- ½ small garlic clove, finely grated
- Juice of ¼ lemon
- A pinch of sea salt



Time
35 min



Serves
2



Cooking method
Bake



Difficulty
Easy

Stuffed Portobello Mushrooms with Spinach and Walnuts

Method

- Preheat the oven to 190°C (fan 170°C/gas mark 5). Lightly brush the mushroom caps with olive oil and place gill-side up on a parchment-lined baking tray.
- Heat 1 tbsp olive oil in a frying pan over a medium heat. Sauté the shallot for 2–3 minutes until translucent. Add the garlic and stir for 30 seconds.
- Add the spinach and cook until wilted. Remove from the heat. Stir in the walnuts, flaxseed, cheese (if using), salt, and pepper.
- Spoon the mixture evenly into the mushroom caps.
- Bake for 18–20 minutes, until the mushrooms are tender and the tops are slightly golden.
- Garnish with parsley or lemon zest and serve warm.

Smart Swaps and Tips for 50+:

- **No cheese?** Use mashed avocado with a little lemon juice for creaminess.

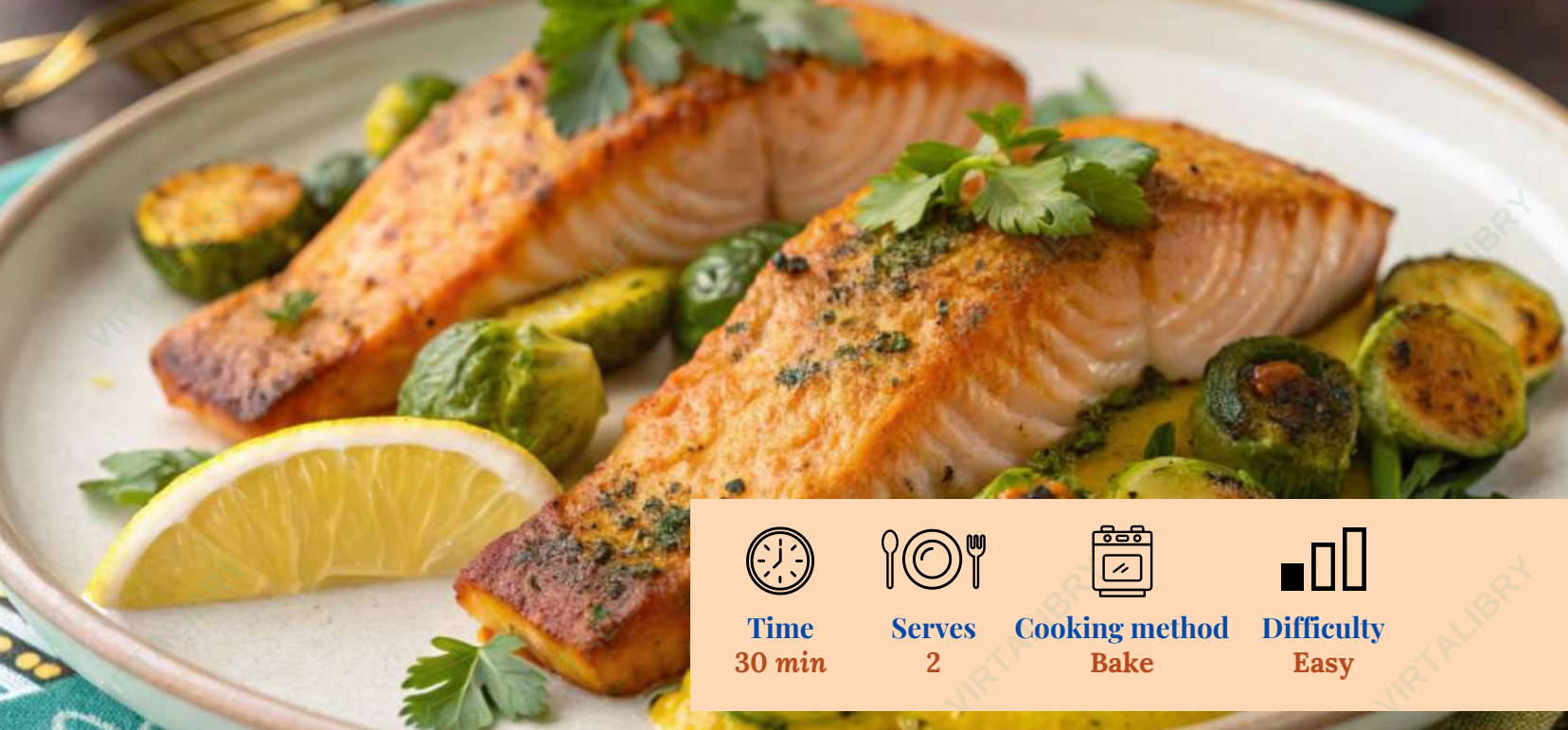
Nutritional Snapshot: Calories: 310; Protein: 10 g; Carbohydrates: 12 g; Fat: 25 g; Fibre: 5 g; Salt: 0.22 g; Potassium: 620 mg; Cholesterol: 15 mg;

Ingredients

- 4 large Portobello mushroom caps, stems removed and cleaned
- 1 tbsp olive oil (plus extra for brushing)
- 1 small shallot, finely diced
- 2 garlic cloves, minced
- 90 g baby spinach
- 40 g walnuts, chopped
- 30 g goat's cheese or plant-based feta, crumbled (optional)
- 1 tbsp ground flaxseed (for an omega-3 boost)
- Sea salt and black pepper, to taste

Optional garnish:

- Fresh parsley, chopped
- Grated lemon zest



Time
30 min



Serves
2



Cooking method
Bake



Difficulty
Easy

Turmeric and Ginger Roasted Salmon with Brussels Sprouts

Method

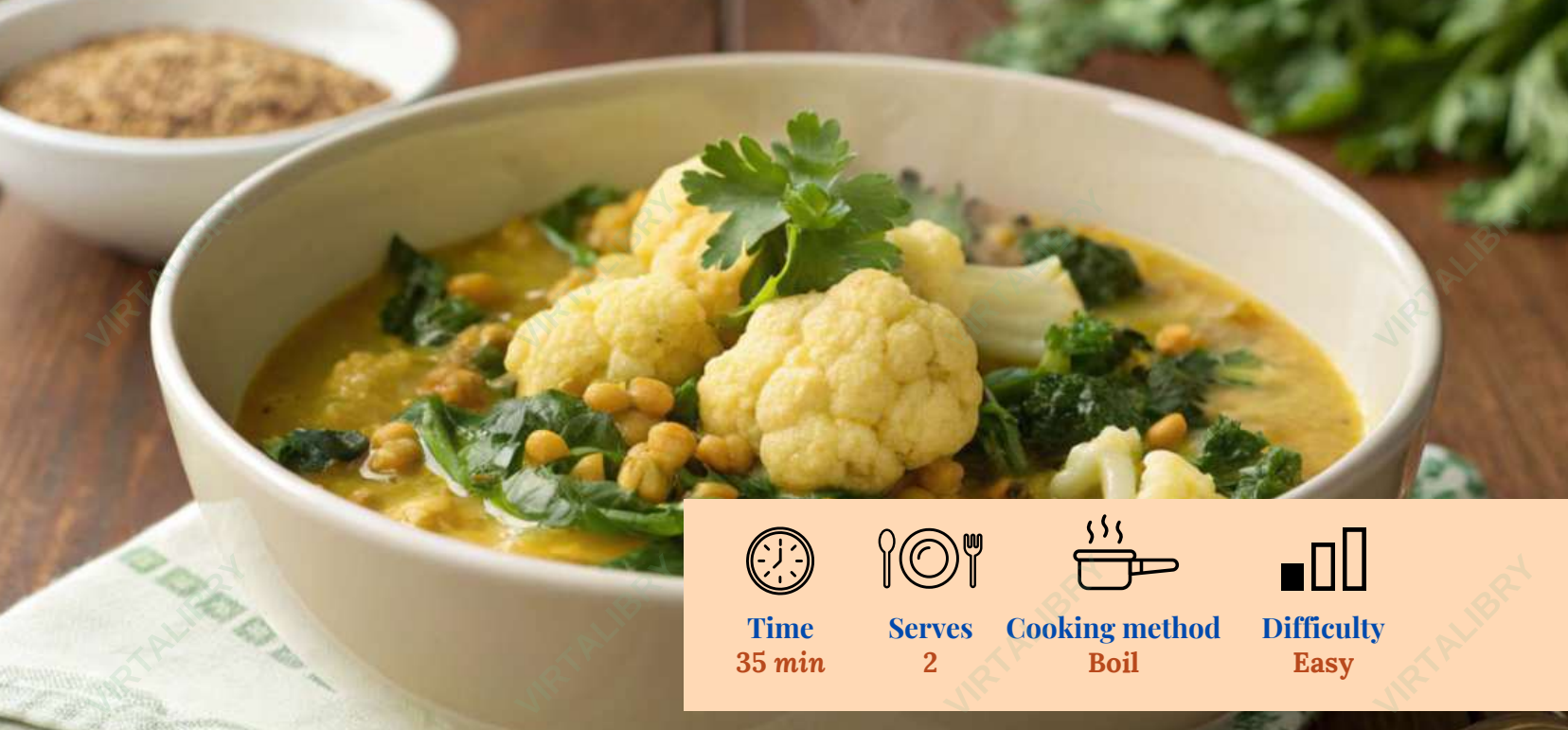
- Preheat the oven to 200°C (fan 180°C/gas mark 6). Line a baking tray with parchment paper.
- In a bowl, toss the Brussels sprouts with ½ tbsp olive oil, a pinch of turmeric, salt, and pepper. Spread on one side of the tray.
- Pat the salmon dry and place it next to the sprouts. In a small bowl, mix the remaining olive oil, turmeric, ginger, garlic, lemon zest, and lemon juice. Rub this mixture evenly over the salmon fillets.
- Roast for 18–20 minutes, or until the salmon flakes easily with a fork and the sprouts are golden and crisp at the edges.
- Serve warm. Optional: garnish with chopped parsley or an extra wedge of lemon.

Brussels sprouts are rich in detoxifying glucosinolates, fibre, and vitamin K, which supports brain health.

Nutritional Snapshot: Calories: 420; Protein: 34 g; Carbohydrates: 10 g; Fat: 27 g; Fibre: 4 g; Salt: 0.16 g; Potassium: 680 mg; Cholesterol: 65 mg;

Ingredients

- 2 wild-caught salmon fillets (about 120–140 g each)
- 200 g Brussels sprouts, trimmed and halved
- 1½ tbsp olive oil, divided
- 1 tsp ground turmeric
- 1 tsp freshly grated ginger (or ½ tsp ground)
- 1 garlic clove, minced
- Zest of ½ lemon
- 1 tbsp fresh lemon juice
- Sea salt and freshly cracked black pepper, to taste



Time
35 min



Serves
2



Cooking method
Boil



Difficulty
Easy

Cauliflower, Lentil & Spinach Stew with Coconut-Lemon Broth

Method

- Heat the oil in a medium saucepan over a medium heat.
- Add the onion and garlic and sauté for 3–4 minutes until translucent.
- Stir in the cauliflower and turmeric and cook for a further 2–3 minutes.
- Pour in the stock and bring to a gentle simmer; cook for 10–12 minutes until the cauliflower is tender.
- Add the lentils, spinach, and coconut milk; simmer for another 5 minutes.
- Stir in the lemon juice, season with salt and pepper, and serve warm, garnished with herbs if desired.

Cauliflower is high in choline, which supports memory.

Nutritional Snapshot: Calories: 260; Protein: 11 g; Carbohydrates: 20 g; Fat: 14 g; Fibre: 7 g; Salt: 0.24 g; Potassium: 570 mg; Cholesterol: 0 mg;

Ingredients

- 1 tbsp olive oil or coconut oil
- ½ yellow onion, finely chopped (about 60 g)
- 1 garlic clove, minced
- ½ head cauliflower, cut into small florets (about 200 g)
- 100 g cooked lentils (or canned, drained and rinsed)
- 60 g baby spinach
- 360 ml low-sodium vegetable stock
- 120 ml light coconut milk
- 1 tbsp fresh lemon juice
- ¼ tsp ground turmeric
- Sea salt and black pepper, to taste
- Fresh parsley or coriander, chopped, for garnish



Smart Snacks and Light Bites



Time
40 min



Serves
4



Cooking method
Bake



Difficulty
Easy

Turmeric-Spiced Roasted Chickpeas

Method

- Preheat the oven to 200°C (fan 180°C/gas mark 6). Line a baking tray with parchment paper.
- Pat the chickpeas dry with a clean tea towel (this is important for crispiness).
- In a bowl, toss the chickpeas with the olive oil and spices until evenly coated.
- Spread them out in a single layer on the prepared tray. Roast for 30–35 minutes, shaking halfway through, until golden and crispy.
- Leave to cool slightly before serving. Store in an airtight container for up to 3 days.

Why It Supports Brain, Heart & Longevity:

- **Turmeric helps reduce chronic inflammation and supports joint and brain health, especially when combined with black pepper.**

Nutritional Snapshot: Calories: 150; Protein: 6 g; Carbohydrates: 18 g; Fat: 6 g; Fibre: 5 g; Salt: 0.11 g; Potassium: 220 mg; Cholesterol: 0 mg;

Ingredients

- 250 g cooked chickpeas (or 1 × 400 g tin, drained and rinsed)
- 1 tbsp olive oil
- 1 tsp ground turmeric
- ½ tsp smoked paprika
- ¼ tsp ground cumin
- ¼ tsp garlic powder
- A pinch of ground black pepper (to activate turmeric benefits)
- Sea salt, to taste



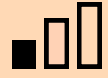
Ttime
10 min



Serves
6



Cooking method
Chill



Difficulty
Easy

Blueberry Walnut Energy Bites

Method

- In a medium bowl, mix together the oats, walnuts, blueberries, flaxseed, cinnamon, and sea salt.
- Add the almond butter, honey, and vanilla extract. Stir until well combined.
- If the mixture feels too dry, add a tablespoon of warm water.
- Roll into 2.5 cm bites using clean hands.
- Place in the fridge for 20–30 minutes to set. Store in an airtight container in the fridge for up to 1 week, or freeze for longer storage.

Smart Swaps and Tips for 50+:

- **Want less sugar?** Swap the honey for mashed banana and reduce the dried fruit by half.

Blueberries contain anthocyanins – powerful antioxidants that help preserve memory and protect neurons.

Nutritional Snapshot: Calories: 180; Protein: 4 g; Carbohydrates: 16 g; Fat: 10 g; Fibre: 3 g; Salt: 0.04 g; Potassium: 140 mg; Cholesterol: 0 mg;

Ingredients

- 100 g gluten-free rolled oats
- 60 g raw walnuts, finely chopped
- 40 g dried unsweetened blueberries
- 25 g ground flaxseed
- 60 g almond butter (or cashew butter)
- 2 tbsp honey (or maple syrup for a vegan option)
- ½ tsp ground cinnamon
- ¼ tsp vanilla extract
- A pinch of sea salt
- 1–2 tbsp warm water (as needed for binding)



Time
10 min



Serves
2



Cooking method
Chill 2 hrs



Difficulty
Easy

Spiced Pear Chia Pudding Cups

Method

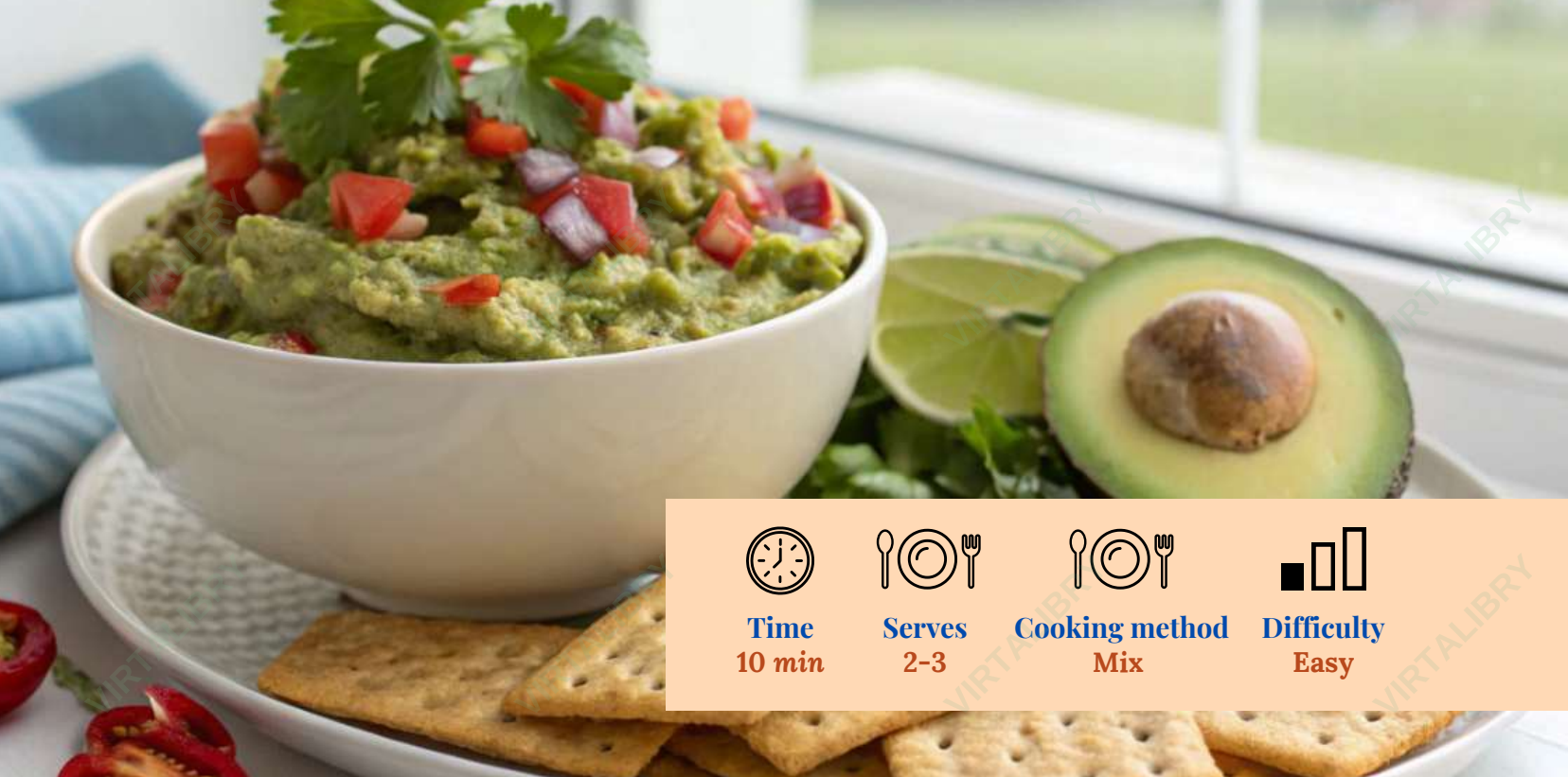
- In a medium bowl or jar, whisk together the almond milk, chia seeds, vanilla extract, maple syrup (if using), and sea salt. Leave to sit for 5 minutes, then stir again to prevent clumping. Cover and refrigerate for at least 2 hours, preferably overnight.
- In a small frying pan over a medium heat, warm the coconut oil. Add the sliced pear, ginger, and cinnamon. Cook for 5–7 minutes, stirring occasionally, until the pear is soft and lightly caramelised.
- Divide the chia pudding between two serving cups or bowls. Top with the warm spiced pear and a sprinkle of nuts for added crunch and brain-boosting fats.

Pears provide natural sweetness, soluble fibre, and antioxidants.

Nutritional Snapshot: Calories: 280; Protein: 6 g; Carbohydrates: 28 g; Fat: 14 g; Fibre: 10 g; Salt: 0.08 g; Potassium: 350 mg; Cholesterol: 0 mg;

Ingredients

- 250 ml unsweetened almond milk (or oat or coconut milk)
- 40 g chia seeds
- 1 ripe pear (Bartlett or Bosc), thinly sliced
- ½ tsp ground ginger
- ¼ tsp ground cinnamon
- 1 tsp maple syrup (or stevia/erythritol, to taste)
- 1 tsp vanilla extract
- 1 tsp coconut oil (optional, for sautéing)
- A pinch of sea salt
- Crushed walnuts or almonds, to garnish (optional)



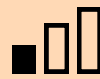
Time
10 min



Serves
2-3



Cooking method
Mix



Difficulty
Easy

Spicy Guacamole with Gluten-Free Crackers

Method

- In a medium bowl, mash the avocados with a fork until mostly smooth, leaving a few chunks for texture.
- Stir in the jalapeño, onion, tomatoes, garlic, lime juice, and cumin.
- Season with sea salt and black pepper to taste.
- Leave to sit for 5–10 minutes to allow the flavours to blend.
- Serve immediately with your favourite gluten-free crackers or fresh vegetable sticks.

Smart Swaps and Tips for 50+:

- **No crackers?** Try sliced cucumber, celery sticks, or gluten-free jicama rounds.
- Jalapeños (capsaicin) are a natural immune booster and may help support metabolism and reduce inflammation.

Nutritional Snapshot: Calories: 220; Protein: 3 g; Carbohydrates: 10 g; Fat: 18 g; Fibre: 7 g; Salt: 0.15 g; Potassium: 480 mg; Cholesterol: 0 mg;

Ingredients

- 2 ripe avocados
- 1 small jalapeño, finely chopped
- 30 g red onion, finely diced
- 80 g cherry tomatoes, quartered
- 2 tbsp fresh coriander, chopped
- Juice of 1 lime
- 1 garlic clove, minced
- ¼ tsp ground cumin
- A pinch of sea salt
- Freshly cracked black pepper, to taste
- Gluten-free seed or grain-free crackers, to serve



Time
5 min



Serves
1



Cooking method
Mix



Difficulty
Easy

Greek Yoghurt (or Coconut Yoghurt) with Ground Flaxseeds

Method

- In a small bowl, mix the yoghurt with the ground flaxseeds, cinnamon, and chia seeds, if using.
- Top with the berries, sweetener of choice, and nuts.
- Stir gently and enjoy straight away – or chill for 10 minutes to thicken.

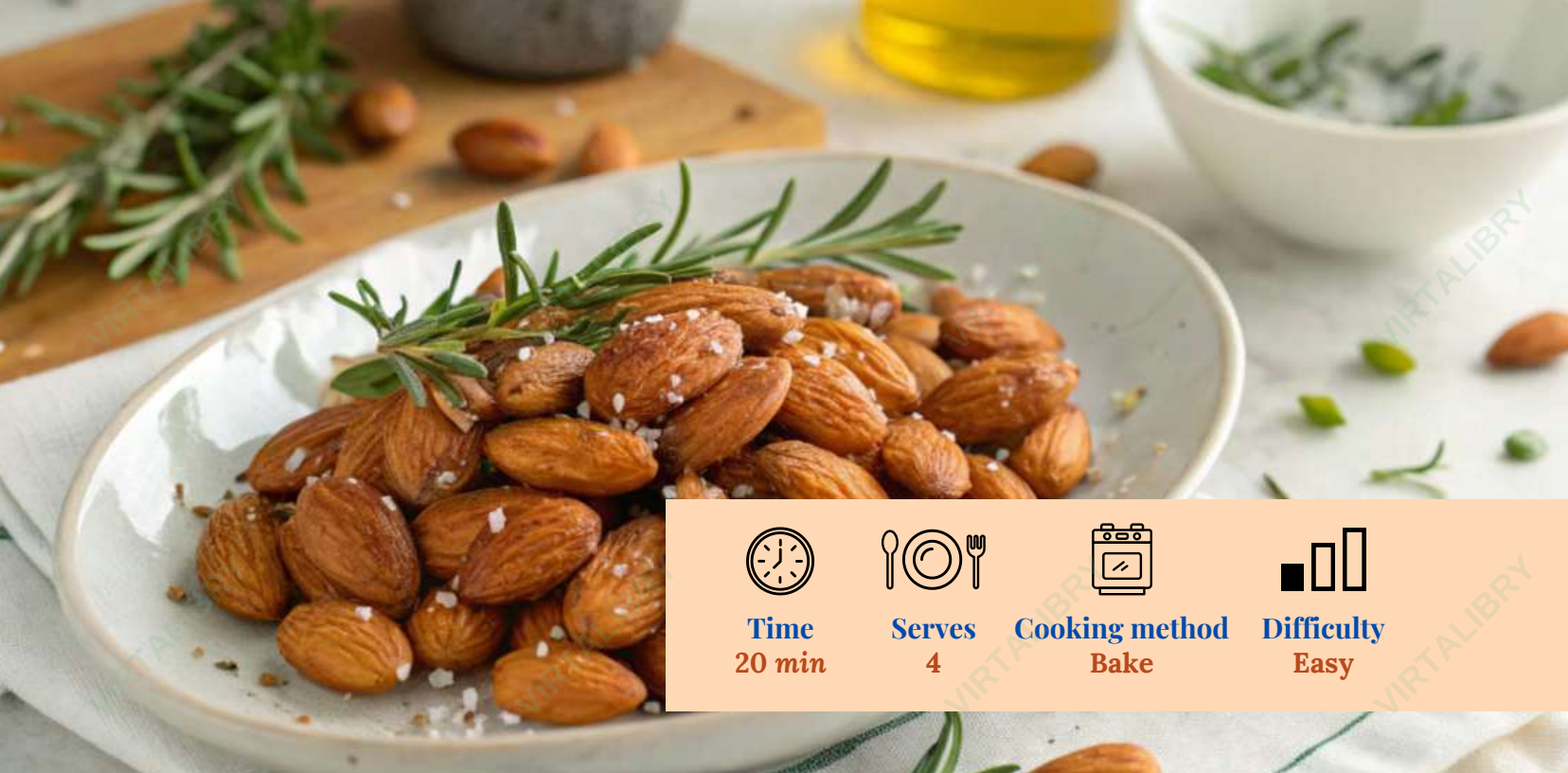
Smart Swaps and Tips for 50+:

- **Need more protein?** Use 200 g of Greek yoghurt or stir in collagen peptides.
- **Sensitive digestion?** Use ground seeds (not whole) and start with small portions.
- Greek yoghurt is rich in protein and gut-friendly probiotics, supporting digestion and immune health.
- Coconut yoghurt is a great dairy-free probiotic alternative, with MCT fats for brain energy.

Nutritional Snapshot: Calories: 210; Protein: 12 g; Carbohydrates: 10 g; Fat: 12 g; Fibre: 5 g; Salt: 0.06 g; Potassium: 400 mg; Cholesterol: 5 mg;

Ingredients

- 180 g plain unsweetened Greek yoghurt (or unsweetened coconut yoghurt for a dairy-free option)
- 1 tbsp ground flaxseeds
- 1 tsp chia seeds (optional, for extra fibre)
- ¼ tsp ground cinnamon
- 40 g fresh blueberries or raspberries
- 1 tsp raw honey or monk fruit sweetener (optional)
- 1 tbsp walnuts or pecans, crushed (optional)



Time
20 min



Serves
4



Cooking method
Bake



Difficulty
Easy

Roasted Almonds with Rosemary and Sea Salt

Method

- Preheat the oven to 175°C (fan 160°C/gas mark 4).
- In a mixing bowl, toss the almonds with olive oil, rosemary, salt, and any optional spices if using.
- Spread in a single layer on a parchment-lined baking tray.
- Roast for 13–15 minutes, stirring once halfway through.
- Leave to cool completely before storing in an airtight container.

Smart Swaps and Tips for 50+:

- Almonds are rich in vitamin E, magnesium, and monounsaturated fats — excellent for brain and heart health.
- Rosemary contains carnosic acid, which is linked to neuroprotective and memory-enhancing properties.

Nutritional Snapshot: Calories: 200; Protein: 6 g; Carbohydrates: 7 g; Fat: 17 g; Fibre: 4 g; Salt: 0.15 g; Potassium: 210 mg; Cholesterol: 0 mg;

Ingredients

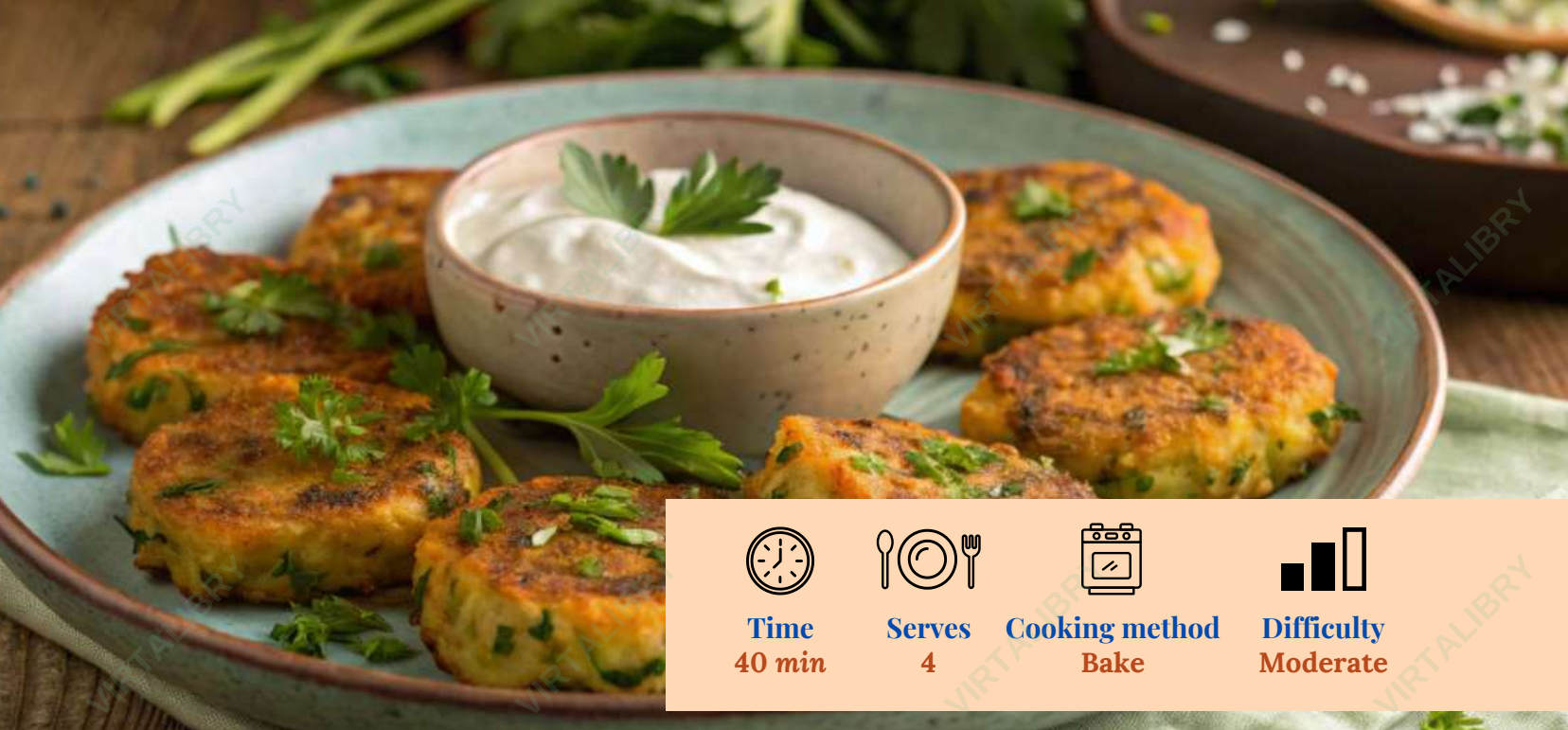
- 200 g raw almonds
- 1 tbsp extra-virgin olive oil
- 1½ tsp fresh rosemary, finely chopped (or ½ tsp dried)
- ½ tsp sea salt (or pink Himalayan salt)

Optional:

- A pinch of cayenne pepper or smoked paprika for a subtle kick

For an extra brain boost:

- Add a sprinkle of turmeric powder with a dash of black pepper for enhanced absorption



Time
40 min



Serves
4



Cooking method
Bake



Difficulty
Moderate

Courgette and Carrot Mini Fritters (Baked, Gluten-Free)

Method

- Preheat the oven to 190°C (fan 170°C/gas mark 5) and line a baking tray with parchment paper.
- In a large bowl, mix together the courgette, carrot, onion, eggs (or flax eggs), chickpea flour, flaxseed, salt, pepper, and turmeric until well combined.
- Scoop about 2 tbsp of the mixture per fritter onto the baking tray and flatten slightly with the back of a spoon.
- Lightly brush the tops with olive oil for extra crispness.
- Bake for 22–25 minutes, turning once halfway through, until golden brown.
- Serve warm with a side of Greek yoghurt dip, avocado–lime sauce, or enjoy on their own.
- **No eggs?** Use 2 flax eggs (2 tbsp ground flaxseed + 6 tbsp water, mixed and left to rest for 5 minutes).

Nutritional Snapshot: Calories: 110; Protein: 4 g; Carbohydrates: 9 g; Fat: 6 g; Fibre: 3 g; Salt: 0.18 g; Potassium: 310 mg; Cholesterol: 55 mg;

Ingredients

- 100 g courgette, grated (excess moisture squeezed out)
- 75 g carrot, grated
- 30 g red onion, finely chopped
- 2 eggs (or flax eggs for vegans)
- 30 g chickpea flour
- 2 tbsp ground flaxseed
- ½ tsp sea salt
- ¼ tsp ground black pepper
- ½ tsp ground turmeric (optional, for anti-inflammatory benefits)
- 1 tbsp extra-virgin olive oil (for brushing or drizzling)



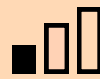
Time
10 min



Serves
10



Cooking method
Mix



Difficulty
Easy

Coconut-Cacao Energy Balls

Method

- In a food processor, pulse the almonds (or walnuts) until finely ground.
- Add the dates, desiccated coconut, cacao powder, chia seeds, vanilla, salt, and coconut oil. Blend until the mixture is sticky and well combined.
- Roll the mixture into 2.5 cm balls using your hands.
- (Optional) Roll each ball in extra desiccated coconut or crushed nuts.
- Chill in the fridge for 20 minutes before serving. Store in an airtight container for up to 1 week.

Smart Swaps and Tips for 50+:

- Raw cacao is rich in polyphenols, known for their anti-inflammatory and circulation-boosting benefits.
- **No raw cacao?** Use unsweetened cocoa powder — still high in flavonoids.

Nutritional Snapshot: Calories: 130; Protein: 3 g; Carbohydrates: 10 g; Fat: 9 g; Fibre: 3 g; Salt: 0.03 g; Potassium: 200 mg; Cholesterol: 0 mg;

Ingredients

- 90 g unsweetened desiccated coconut
- 75 g raw almonds or walnuts
- 2 tbsp raw cacao powder
- 8 soft Medjool dates, pitted
- 1 tbsp coconut oil
- 1 tbsp chia seeds
- 1 tsp vanilla extract
- A pinch of sea salt

Optional:

- ½ tsp ground cinnamon or cardamom for a flavour twist
- Nut-free version: use sunflower seeds or pumpkin seeds instead of almonds



Time
10 min



Serves
4



Cooking method
Mix



Difficulty
Easy

Beetroot Hummus with Gluten-Free Crackers or Cucumber Rounds

Method

- In a food processor, combine all the ingredients (except the garnish). Blend until smooth and creamy. For a thinner consistency, add 1–2 tbsp water if desired.
- Taste and adjust the seasoning: add more lemon for brightness, tahini for richness, or garlic for extra kick.
- Serve with gluten-free crackers or thick cucumber slices. Sprinkle with garnish before serving.

Smart Swaps and Tips for 50+:

- Instead of crackers, serve with celery sticks, jicama slices, or endive leaves.
- Beetroot is rich in nitrates, which help boost brain blood flow and support memory.
- Chickpeas and tahini provide plant-based protein and anti-inflammatory fats.

Nutritional Snapshot: Calories: 130; Protein: 4 g; Carbohydrates: 12 g; Fat: 7 g; Fibre: 4 g; Salt: 0.12 g; Potassium: 260 mg; Cholesterol: 0 mg;

Ingredients

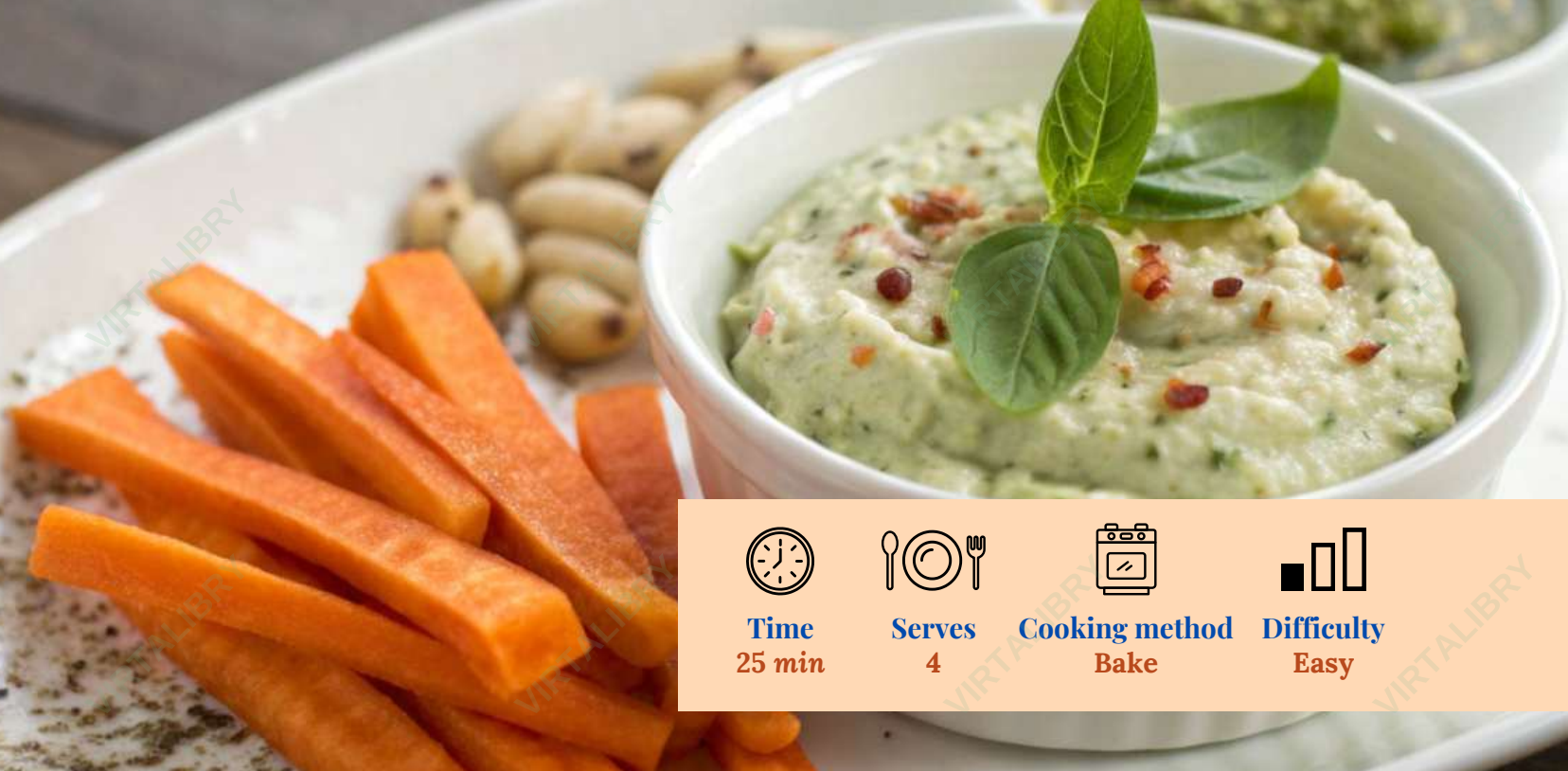
- 130 g cooked beetroot, peeled and cubed
- 250 g cooked chickpeas (or 1 × 400 g tin, drained and rinsed)
- 2 tbsp tahini
- 1 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1 garlic clove, minced
- ½ tsp ground cumin
- ¼ tsp sea salt

Optional:

- 1 tbsp plain Greek yoghurt or unsweetened coconut yoghurt, for extra creaminess

For garnish:

- Hemp seeds, fresh parsley, or black sesame seeds



Time
25 min



Serves
4



Cooking method
Bake



Difficulty
Easy

White Bean and Basil Dip with Carrot Crisps

Method

- Add all the dip ingredients to a food processor or high-speed blender. Blend until smooth, scraping down the sides as needed. Add a splash of water to reach your preferred creamy consistency. Chill for 10–15 minutes to allow the flavour to develop.
- Preheat the oven to 190°C (fan 170°C/gas mark 5). Toss the carrot slices with olive oil and seasonings. Arrange in a single layer on a parchment-lined baking tray. Bake for 12–15 minutes, turning once, until lightly crisped and golden.
- Spoon the dip into a serving bowl and enjoy with the carrot crisps. Garnish with a small basil leaf or a drizzle of olive oil, if desired.

Smart Swaps and Tips for 50+:

- **No carrots?** Serve with jicama sticks, cucumber rounds, or baked sweet potato wedges.

Nutritional Snapshot: Calories: 180; Protein: 6 g; Carbohydrates: 18 g; Fat: 9 g; Fibre: 5 g; Salt: 0.17 g; Potassium: 400 mg; Cholesterol: 0 mg;

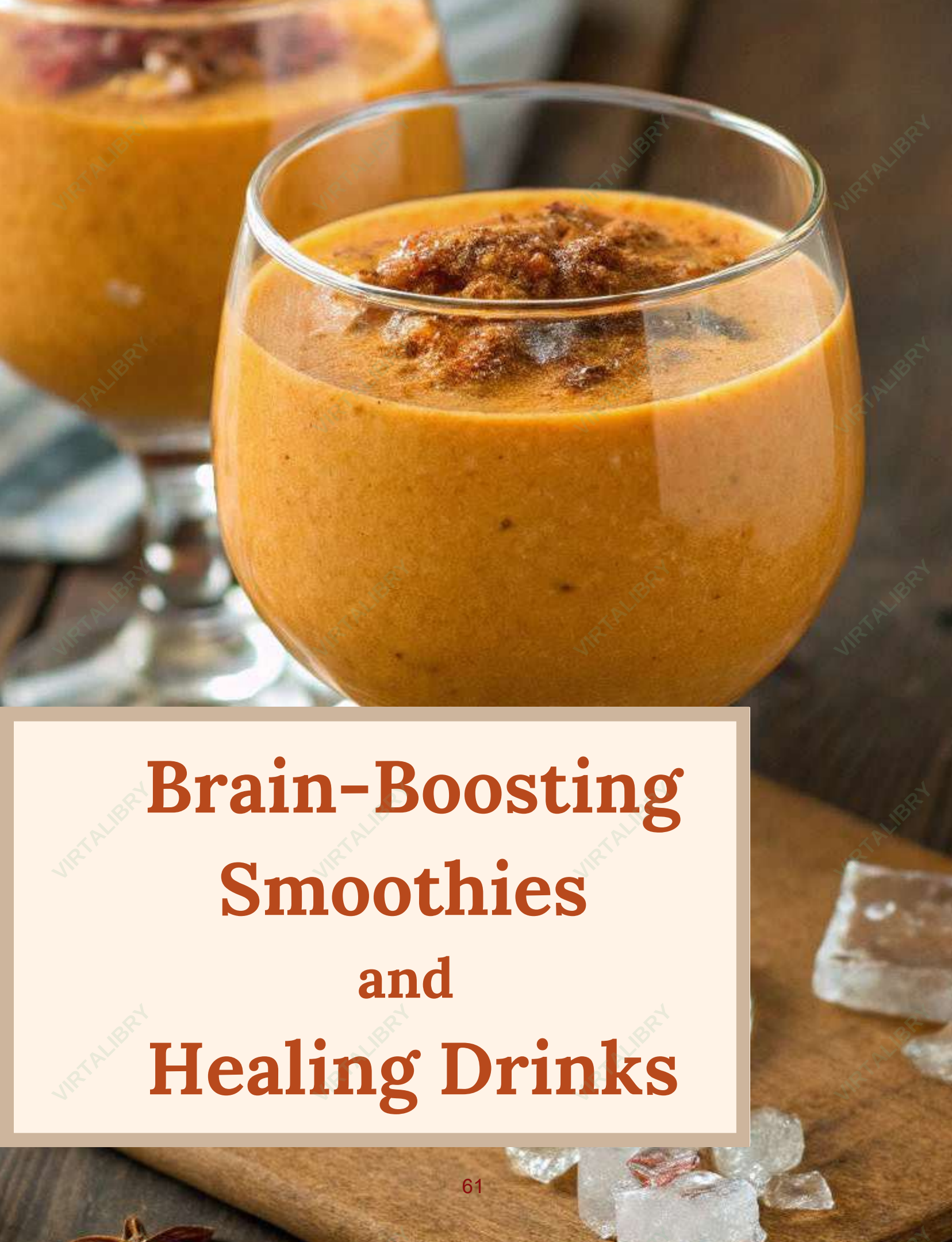
Ingredients

For the dip:

- 250 g cooked white beans, drained and rinsed
- ¼ cup fresh basil leaves
- 1 garlic clove
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- ½ tsp lemon zest
- ¼ tsp sea salt
- Black pepper, to taste
- 1–2 tbsp water

For the carrot crisps:

- 2 large carrots, peeled and thinly sliced into rounds or ribbons
- 1 tsp olive oil
- A pinch of sea salt
- A pinch of smoked paprika or turmeric

A close-up photograph of a glass filled with a vibrant orange smoothie. The smoothie is topped with a dusting of brown powder, possibly cinnamon or cocoa. In the background, another similar glass is visible, and the scene is set on a wooden surface with some ice cubes and a cinnamon stick scattered around.

Brain-Boosting Smoothies and Healing Drinks



Time
9 min



Serves
1



Cooking method
Boil



Difficulty
Very Easy

Golden Milk (Turmeric Latte) with Almond Milk

Method

- In a small saucepan, gently heat the almond milk over a medium heat. Do not bring to the boil.
- Add the turmeric, cinnamon, ginger, black pepper, and coconut oil (if using). Whisk well to combine.
- Reduce the heat to low and let the mixture simmer for 3–4 minutes, stirring occasionally.
- Pour into a mug, sprinkle with cinnamon or nutmeg, and enjoy this warming “hug in a mug” drink.

Smart Swaps and Tips for 50+:

- **No almond milk?** Use unsweetened oat or coconut milk instead.
- Ginger and cinnamon promote digestion and healthy circulation.
- Almond milk is low in calories and rich in vitamin E, which supports memory and cell protection.

Nutritional Snapshot: Calories: 65; Protein: 1 g; Carbohydrates: 6 g; Fat: 5 g; Fibre: 1 g; Salt: 0.16 g; Potassium: 150 mg; Cholesterol: 0 mg;

Ingredients

- 250 ml unsweetened almond milk
- ½ tsp ground turmeric
- ¼ tsp ground cinnamon
- ⅛ tsp ground ginger (or freshly grated, to taste)
- A pinch of ground black pepper (enhances curcumin absorption)
- 1 tsp maple syrup (or stevia/erythritol, to taste)

Optional:

- ½ tsp coconut oil (for richness and fat-soluble absorption)

Optional garnish:

- A sprinkle of ground cinnamon or freshly grated nutmeg



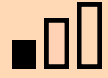
Time
5 min



Serves
1



Cooking method
Blend



Difficulty
Very Easy

Raspberry Maca Brain-Boost Shake

Method

- Add all the ingredients to a blender.
- Blend on high for 30–45 seconds until creamy and smooth.
- Taste and adjust the sweetness if needed.
- Pour into a glass, garnish if using, and enjoy chilled.

Smart Swaps and Tips for 50+:

- **Histamine-sensitive?** Replace raspberries with peeled pears or low-histamine berries such as blueberries.
- **No maca?** Use 1 tsp ashwagandha powder for stress resilience, or omit entirely.
- Raspberries are rich in anthocyanins that support memory and vascular health.
- Maca is an adaptogen traditionally used to enhance mental clarity, stamina, and hormone balance.

Nutritional Snapshot: Calories: 180; Protein: 4 g; Carbohydrates: 18 g; Fat: 10 g; Fibre: 6 g; Salt: 0.08 g; Potassium: 420 mg; Cholesterol: 0 mg;

Ingredients

- 250 ml unsweetened almond milk (or oat or hemp milk)
- 100 g frozen raspberries
- ½ small avocado (or 1 tbsp almond butter)
- 1 tsp maca powder (gelatinised for better digestion)
- 1 tbsp ground flaxseed or chia seeds
- 1–2 tsp maple syrup or 3–4 drops liquid stevia
- ½ tsp vanilla extract
- 3–4 ice cubes
- Optional garnish:
- A pinch of ground cinnamon or a few fresh mint leaves



Time
5 min



Serves
1



Cooking method
Blend



Difficulty
Very Easy

Creamy Cashew Turmeric Smoothie

Method

- Drain the soaked cashews and place all the ingredients into a high-speed blender.
- Blend for 30–60 seconds until completely smooth and creamy.
- Taste and adjust the sweetness or spice to your preference.
- Serve straight away, optionally dusted with a little cinnamon or turmeric on top.

Smart Swaps and Tips for 50+:

- **No cashews?** Use sunflower seeds or hemp seeds for a nut-free option.
- **Avoiding banana?** Replace with ¼ avocado and 1 Medjool date, or use steamed cauliflower for a lower-sugar version.
- Cashews are rich in magnesium and healthy fats, supporting mood, memory, and heart health.

Nutritional Snapshot: Calories: 210; Protein: 5 g; Carbohydrates: 18 g; Fat: 14 g; Fibre: 3 g; Salt: 0.08 g; Potassium: 400 mg; Cholesterol: 0 mg;

Ingredients

- 250 ml unsweetened cashew milk (or almond milk)
- 35 g raw cashews, soaked for 2–4 hours or overnight
- ½ frozen banana (optional, for creaminess)
- ½ tsp ground turmeric
- ¼ tsp ground cinnamon
- ⅛ tsp ground ginger
- A pinch of ground black pepper (to enhance curcumin absorption)
- 1 tsp maple syrup or 2–3 drops liquid stevia
- ½ tsp vanilla extract
- 3–4 ice cubes



Time
5 min



Serves
1



Cooking method
Blend



Difficulty
Very Easy

Blackberry Ginger Mental Clarity Smoothie

Method

- Combine all the ingredients in a high-speed blender.
- Blend for 30–60 seconds until smooth and creamy.
- Taste and adjust the sweetness if needed.
- Pour into a glass and enjoy immediately for a fresh, brain-boosting lift.

Smart Swaps and Tips for 50+:

- **No banana?** Use 2–3 pitted Medjool dates or ½ pear.
- **No beetroot?** Try 25 g grated raw carrot for gentle sweetness and beta-carotene.
- **Want more protein?** Add 1 scoop of unsweetened collagen or vegan protein powder.
- Blackberries and beetroot are rich in anthocyanins and nitrates, which support blood flow and cognitive clarity.
- Ginger helps digestion and may reduce brain fog and inflammation.

Nutritional Snapshot: Calories: 140; Protein: 3 g; Carbohydrates: 22 g; Fat: 4 g; Fibre: 6 g; Salt: 0.09 g; Potassium: 400 mg; Cholesterol: 0 mg;

Ingredients

- 180 ml unsweetened almond milk (or oat milk for extra creaminess)
- 75 g fresh or frozen blackberries
- ½ small cooked beetroot (steamed or roasted, about 40 g)
- ½ banana (for natural sweetness)
- ½ tsp freshly grated ginger (or ¼ tsp ground ginger)
- 1 tbsp ground flaxseeds
- 1 tsp fresh lemon juice
- 1 tsp honey or maple syrup
- 3–4 ice cubes



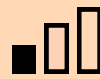
Time
5 min



Serves
1



Cooking method
Blend



Difficulty
Very Easy

Coconut Matcha Green Energy Shake

Method

- Add all the ingredients to a high-speed blender.
- Blend on high for 30–60 seconds until smooth and frothy.
- Taste and adjust the sweetness if needed.
- Serve straight away, garnished with a sprinkle of desiccated coconut or a dusting of matcha on top.

Smart Swaps and Tips for 50+:

- **No banana?** Use ½ avocado instead for creaminess and heart-healthy fats.
- **Need caffeine-free?** Replace the matcha with moringa powder for a green antioxidant boost.
- Matcha provides mild caffeine together with L-theanine for calm focus without the crash.
- Banana and vanilla add potassium and natural antioxidant sweetness.

Nutritional Snapshot: Calories: 160; Protein: 3 g; Carbohydrates: 15 g; Fat: 10 g; Fibre: 5 g; Salt: 0.08 g; Potassium: 300 mg; Cholesterol: 0 mg;

Ingredients

- 180 ml unsweetened coconut milk (carton, not canned)
- ½ frozen banana (adds creaminess and natural sweetness)
- 1 tsp matcha green tea powder (ceremonial grade, if possible)
- 1 tbsp chia seeds
- ½ tsp vanilla extract
- 1 tsp honey or monk fruit sweetener (optional)
- A handful of ice cubes

Optional:

- 1 tbsp desiccated coconut (for texture and added MCTs)



Time
5 min



Serves
1



Cooking method
Blend



Difficulty
Very Easy

Cherry Chia Sleep & Recovery Smoothie

Method

- Place all the ingredients in a high-speed blender.
- Blend until smooth and creamy.
- Pour into a glass and enjoy 60–90 minutes before bedtime.

Smart Swaps and Tips for 50+:

- **No banana?** Add 1–2 pitted dates for natural sweetness.
- **Want more protein?** Add unsweetened Greek yoghurt (if dairy is tolerated) or plant-based protein powder.
- Tart cherries are one of the few food sources of natural melatonin, which helps regulate sleep.
- Almond milk and almond butter provide vitamin E and magnesium, both vital for brain and nerve recovery.
- Cinnamon helps stabilise blood sugar, preventing nighttime dips in energy.

Nutritional Snapshot: Calories: 210; Protein: 10 g; Carbohydrates: 20 g; Fat: 10 g; Fibre: 6 g; Salt: 0.12 g; Potassium: 300 mg; Cholesterol: 0 mg;

Ingredients

- 250 ml unsweetened almond milk (or oat milk)
- 110 g frozen tart cherries
- 1 tbsp chia seeds
- 1 tbsp ground flaxseed
- ½ small banana
- ¼ tsp ground cinnamon
- 1 tsp almond butter
- ½ tsp vanilla extract
- Optional:
- 1 scoop unflavoured collagen peptides (if tolerated)



Time
5 min



Serves
1



Cooking method
Blend



Difficulty
Very Easy

Pumpkin Spice Omega-Boost Smoothie

Method

- Add all the ingredients to a blender.
- Blend until smooth and creamy.
- Taste and adjust the sweetness or spice to your liking.
- Pour into a glass and enjoy this velvety, omega-rich smoothie.

Smart Swaps and Tips for 50+:

- **No banana?** Use ¼ avocado and 1 Medjool date instead.
- **Want more protein?** Add 1 scoop of unflavoured collagen or vegan protein powder.
- Pumpkin is rich in beta-carotene, supporting brain and eye health.
- Almond milk and nut butter provide vitamin E and healthy fats.
- Banana adds natural sweetness and potassium to help regulate blood pressure.

Nutritional Snapshot: Calories: 210; Protein: 5 g;
Carbohydrates: 23 g; Fat: 11 g; Fibre: 6 g; Salt: 0.15 g;
Potassium: 500 mg; Cholesterol: 0 mg;

Ingredients

- 180 g unsweetened canned pumpkin (BPA-free)
- 250 ml unsweetened almond milk (or oat milk)
- 1 small frozen banana
- 1 tbsp ground flaxseeds (or chia seeds)
- 1 tbsp almond butter (or walnut butter)
- ½ tsp pumpkin spice blend (or ground cinnamon + nutmeg)
- 1 tsp maple syrup or monk fruit sweetener (optional)
- 1 tsp vanilla extract
- 3–4 ice cubes



Time
5 min



Serves
1



Cooking method
Blend



Difficulty
Very Easy

Tropical Turmeric Pineapple Smoothie

Method

- Add all the ingredients to a blender.
- Blend until smooth and creamy.
- Taste and adjust the lime or ginger to your preference.
- Pour into a glass, sip slowly, and enjoy a tropical, brain-boosting lift.
- **Smart Swaps and Tips for 50+:**
- **No coconut milk?** Use oat milk or macadamia milk.
- **Need more protein?** Add a scoop of unflavoured collagen or pea protein.
- **Lower sugar option?** Replace the banana with ¼ avocado and a few drops of stevia or monk fruit.
- Pineapple (bromelain) is a natural enzyme that supports digestion and immune function.
- Hemp seeds provide omega-rich plant protein and magnesium for heart and nerve health.

Nutritional Snapshot: Calories: 190; Protein: 3 g; Carbohydrates: 26 g; Fat: 8 g; Fibre: 4 g; Salt: 0.06 g; Potassium: 430 mg; Cholesterol: 0 mg;

Ingredients

- 150 g frozen pineapple chunks
- ½ banana (frozen or fresh)
- 180 ml unsweetened coconut milk (or almond milk)
- ½ tsp ground turmeric
- A pinch of ground black pepper (to boost turmeric absorption)
- ½ tsp freshly grated ginger (or ¼ tsp ground)
- 1 tbsp hemp seeds (or flaxseeds for omega-3s)
- 1 tsp fresh lime juice (optional, for brightness)
- A few ice cubes



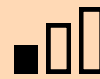
Time
5 min



Serves
1



Cooking method
Blend



Difficulty
Very Easy

Brain-Boosting Chocolate Avocado Shake

Method

- Add all the ingredients to a high-speed blender.
- Blend until smooth and creamy. Add more milk if needed to adjust the consistency.
- Pour into a glass and enjoy straight away as a nourishing brain-boosting treat.

Smart Swaps and Tips for 50+:

- **No banana?** Use 2–3 pitted dates or 1 tbsp cooked sweet potato.
- **Avoiding sweeteners?** Skip the maple syrup and use a whole frozen banana for natural sweetness.
- Avocado is rich in monounsaturated fats and folate, supporting memory and neural repair.
- Cocoa is packed with flavonoids that help improve blood flow to the brain and boost focus.
- Almond milk and almond butter provide vitamin E, which protects cognitive health.

Nutritional Snapshot: Calories: 210; Protein: 4 g; Carbohydrates: 14 g; Fat: 15 g; Fibre: 7 g; Salt: 0.10 g; Potassium: 550 mg; Cholesterol: 0 mg;

Ingredients

- ½ ripe avocado
- 250 ml unsweetened almond milk (or other plant-based milk)
- 1 tbsp unsweetened cocoa powder (or raw cacao for extra antioxidants)
- 1 tsp almond butter
- 1 tsp maple syrup or ½ tsp stevia/erythritol
- ½ frozen banana
- ¼ tsp ground cinnamon
- ½ tsp vanilla extract
- 3–4 ice cubes



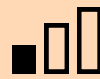
Time
5 min



Serves
1



Cooking method
Blend



Difficulty
Very Easy

Anti-Inflammatory Green Detox Smoothie

Method

- Add all the ingredients to a blender.
- Blend on high for 30–45 seconds until smooth and frothy.
- Taste and adjust with a splash more lemon juice or extra apple if you prefer added brightness or sweetness.
- Pour into a glass and enjoy chilled — ideally in the morning.

Smart Swaps and Tips for 50+:

- Spinach and celery are rich in magnesium, potassium, and chlorophyll, which support blood pressure, digestion, and inflammation control.
- Green apple provides natural pectin and polyphenols for gut health and a gentle sweetness.
- Ginger and lemon aid detoxification, circulation, and immune health.

Nutritional Snapshot: Calories: 80; Protein: 2 g; Carbohydrates: 14 g; Fat: 2 g; Fibre: 4 g; Salt: 0.07 g; Potassium: 500 mg; Cholesterol: 0 mg;

Ingredients

- 30 g fresh spinach (or baby kale)
- ½ green apple, chopped (Granny Smith or another tart variety)
- 1 celery stick, chopped
- ½ small cucumber, peeled if not organic
- 1 tbsp fresh lemon juice
- 1 tsp freshly grated ginger (or ¼ tsp ground ginger)
- 120 ml unsweetened coconut water (or plain water)
- 120 ml ice cubes

Optional:

- ½ tsp chia seeds or ground flaxseeds



Time
5 min



Serves
1



Cooking method
Blend



Difficulty
Very Easy

Blueberry Pomegranate Memory Support Smoothie

Method

- Combine all the ingredients in a high-speed blender.
- Blend until smooth and creamy.
- Pour into a glass and enjoy straight away — ideally in the morning or as a midday brain boost.

Smart Swaps and Tips for 50+:

- **No banana?** Use ½ a pear or ¼ an avocado for creaminess with less sugar.
- **Blood pressure-friendly?** Use potassium-rich coconut water instead of almond milk.
- Blueberries and pomegranate juice are rich in polyphenols and anthocyanins, which support memory, reduce oxidative stress, and enhance blood flow to the brain.
- Banana and yoghurt provide natural prebiotics and gentle protein for sustained energy.

Nutritional Snapshot: Calories: 165; Protein: 7 g; Carbohydrates: 24 g; Fat: 5 g; Fibre: 5 g; Salt: 0.08 g; Potassium: 400 mg; Cholesterol: 4 mg;

Ingredients

- 110 g frozen blueberries
- 120 ml 100% pomegranate juice (unsweetened)
- ½ ripe banana
- 60 g plain Greek yoghurt (or coconut yoghurt for dairy-free)
- 120 ml unsweetened almond milk (or oat milk)
- 1 tsp ground flaxseeds (or chia seeds)
- ¼ tsp ground cinnamon
- A few ice cubes, as needed for texture



Sweet Treats for a Clear Mind



Time
10 min



Serves
12 bites



Cooking method
Mix



Difficulty
Easy

Dark Chocolate Walnut Brain Bites

Method

- In a food processor, combine the dates, walnuts, oats, cocoa, chia seeds, flaxseed, and salt.
- Pulse until the mixture is crumbly and sticks together when pressed.
- Add the vanilla and a splash of water if the mixture is too dry. Pulse again.
- Fold in the dark chocolate chips (optional).
- Form into small, bite-sized balls.
- Chill in the fridge for 20–30 minutes before serving. Store in an airtight container for up to 1 week.

Smart Swaps and Tips:

- **No walnuts?** Use pecans or almonds for a similar texture.
- **Walnuts:** A top source of ALA omega-3s for brain ageing support.
- **Chia & Flax:** Extra fibre and essential fatty acids.

Nutritional Snapshot: Calories: 95; Protein: 2g; Carbohydrates: 11g; Fat: 6g; Fibre: 2g; Salt: 0.05g; Potassium: 140mg; Cholesterol: 0mg;

Ingredients

- 60 g raw walnuts (chopped)
- 45 g gluten-free rolled oats (or almond flour for a grain-free option)
- 3 tbsp unsweetened cocoa powder
- 10 Medjool dates, pitted
- 1 tbsp chia seeds
- 1 tbsp ground flaxseed
- ½ tsp vanilla extract
- Pinch of sea salt
- 2 tbsp dark chocolate chips (70%+ cocoa, optional)
- 1–2 tsp water, if needed for blending



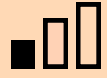
Time
25 min



Serves
12 cookies



Cooking method
Bake



Difficulty
Easy

Golden Turmeric Almond Cookies

Method

- Preheat the oven to 180°C (350°F). Line a baking sheet with baking parchment.
- In a medium bowl, combine the almond flour, bicarbonate of soda, turmeric, cinnamon, pepper, and salt.
- In a separate bowl, whisk together the melted coconut oil, maple syrup, and vanilla extract.
- Combine the wet and dry ingredients, mixing until a soft dough forms. Fold in the nuts/seeds if using.
- Scoop the dough (about 1 tbsp each) onto the baking sheet and flatten gently with your fingers.
- Bake for 12–14 minutes, or until the edges are golden. Cool before serving.

Smart Swaps and Tips for 50+:

- **Almond Flour:** Rich in vitamin E and healthy fats for brain and heart health

Nutritional Snapshot: Calories: 120; Protein: 3g; Carbohydrates: 6g; Fat: 9g; Fibre: 2g; Salt: 0.14g; Potassium: 80mg; Cholesterol: 0mg;

Ingredients

- 150 g almond flour
- ¼ tsp bicarbonate of soda
- 1 tsp ground turmeric
- ½ tsp ground cinnamon
- Pinch of black pepper
- ¼ tsp sea salt
- 60 ml maple syrup (or monk fruit syrup for low-sugar version)
- 60 ml coconut oil, melted
- 1 tsp vanilla extract

Optional:

- 2 tbsp chopped walnuts or pumpkin seeds

Smart Swaps and Tips:

- **Nut-free?** Use sunflower seed flour instead of almond flour.



Time
5 min



Serves
2



Cooking method
chill 15 min



Difficulty
Easy

Avocado Cocoa Mousse (No Sugar, Dairy-Free)

Method

- Scoop the avocado into a food processor or blender.
- Add the cocoa powder, almond milk, sweetener, vanilla, and salt. Blend until silky and smooth.
- Taste and adjust the sweetness or milk for your desired consistency.
- Optional: stir in chia seeds for extra omega-3 and thickness.
- Chill for 10–15 minutes (or serve immediately if preferred).
- Garnish and enjoy a guilt-free, brain-boosting dessert!

Smart Swaps and Tips:

- **Need sweeter?** Add 1 Medjool date or extra monk fruit for a richer taste.

Nutritional Snapshot: Calories: 160; Protein: 2g; Carbohydrates: 8g; Fat: 14g; Fibre: 6g; Salt: 0.12g; Potassium: 480mg; Cholesterol: 0mg;

Ingredients

- 1 ripe avocado
- 2 tbsp unsweetened cocoa powder
- 2–3 tbsp unsweetened almond milk (or other plant-based milk)
- 1–2 tsp monk fruit sweetener or erythritol (to taste)
- ½ tsp vanilla extract
- Pinch of sea salt

Optional:

- 1 tbsp chia seeds

Optional garnish:

- cacao nibs, desiccated coconut, or crushed walnuts



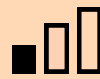
Ttime
10 min



Serves
12 bites



Cooking method
Chill 15 min



Difficulty
Easy

Pumpkin Spice Energy Bites

Method

- In a mixing bowl, combine all ingredients. Stir until fully incorporated.
- Place the mixture in the fridge for 10–15 minutes to firm up slightly.
- Scoop and roll into 2.5-cm balls using your hands or a small cookie scoop.
- Store in an airtight container in the refrigerator for up to 1 week or freeze for longer.

Smart Swaps and Tips:

- **Avoiding oats?** Use ground almonds or coconut flour instead (adjust moisture).
- **Pumpkin:** Rich in beta-carotene for brain and vision protection.
- **Spices (cinnamon, clove, nutmeg):** Natural anti-inflammatory benefits.

Nutritional Snapshot: Calories: 85; Protein: 3g; Carbohydrates: 8g; Fat: 5g; Fibre: 2g; Salt: 0.1g; Potassium: 120mg; Cholesterol: 0mg;

Ingredients

- 120 g organic pumpkin puree (unsweetened)
- 75 g gluten-free rolled oats
- 120 g almond butter (or sunflower seed butter for nut-free)
- 30 g ground flaxseed
- 2 tbsp pure maple syrup (or date syrup)
- 1 tsp pumpkin pie spice
- ½ tsp ground cinnamon
- 1 tsp vanilla extract
- Pinch of sea salt

Optional:

- 2 tbsp chopped walnuts or pumpkin seeds for crunch



Time
10 min



Serves
20 bites



Cooking method
Freeze 2-3 h



Difficulty
Easy

Frozen Yoghurt Berry Bites (Dairy-Free Option)

Method

- In a small bowl, mix the yoghurt with honey (if using) and vanilla extract until smooth.
- Spoon about 1 tsp of the yoghurt mixture into each cavity of a silicone mini muffin mould or onto a baking parchment-lined baking sheet in small rounds.
- Top each yoghurt dollop with a mix of berries and a sprinkle of chopped walnuts if desired.
- Freeze for 2–3 hours or until fully set.
- Store in an airtight container in the freezer for up to 2 weeks. Eat directly from frozen.

Smart Swaps and Tips:

- **Need more protein?** Stir in a scoop of unflavoured collagen or plant protein before freezing.
- **Yoghurt:** A source of probiotics for digestive and mental health.

Nutritional Snapshot: Calories: 30; Protein: 2g; Carbohydrates: 3g; Fat: 2g; Fibre: 1g; Salt: 0.02g; Potassium: 60mg; Cholesterol: 3mg;

Ingredients

- 250 g plain Greek yoghurt (or coconut yoghurt for dairy-free)
- 1 tbsp raw honey or maple syrup (optional, adjust to taste)
- ½ tsp vanilla extract
- 180 g fresh blueberries
- 180 g fresh raspberries or chopped strawberries
- 2 tbsp finely chopped walnuts (optional for omega-3)
- Silicone mini muffin pan or baking parchment-lined baking tray



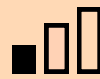
Time
10 min



Serves
12 bars



Cooking method
Chill 2 hours



Difficulty
Easy

Cashew and Date No-Bake Bars

Method

- Soften dates (if needed) by soaking them in warm water for 5 minutes and then draining.
- In a food processor, combine the cashews and dates. Pulse until crumbly and sticky.
- Add the coconut, chia/flax, cinnamon, vanilla, and salt. Pulse again until a uniform dough forms.
- If the mixture is too dry, add 1 tsp of water at a time until it sticks together when pressed.
- Press the mixture evenly into a baking parchment-lined 20x10-cm loaf tin.
- Chill in the fridge for 1–2 hours before slicing into bars.
- Store in an airtight container in the fridge for up to 7–10 days.

Nutritional Snapshot: Calories: 150; Protein: 3g; Carbohydrates: 17g; Fat: 9g; Fibre: 3g; Salt: 0.05g; Potassium: 180mg; Cholesterol: 0mg;

Ingredients

- 100 g raw cashews (unsalted)
- 170 g Medjool dates (pitted and soft)
- 25 g desiccated unsweetened coconut
- 1 tbsp chia seeds or ground flaxseed
- ¼ tsp cinnamon
- ½ tsp pure vanilla extract
- Pinch of sea salt
- 1–2 tsp water

Smart Swaps and Tips:

- **No cashews?** Substitute with walnuts or sunflower seeds.
- **More texture?** Add 2 tbsp chopped almonds or cacao nibs before pressing into the tin.



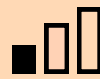
Time
35 min



Serves
6 tartlets



Cooking method
Bake



Difficulty
Easy

Lavender Honey Almond Tartlets

Method

- Preheat the oven to 180°C (350°F). Combine the almond flour, coconut oil, honey, vanilla, and salt until a dough forms. Press into mini tartlet pans (or a muffin tin with baking parchment liners). Bake for 10–12 minutes until lightly golden. Leave to cool.
- While the crusts bake, heat the almond milk in a saucepan. Add the lavender and bring to a gentle simmer. Steep for 5–7 minutes, then strain. Return the milk to the pan. Whisk in the honey and arrowroot powder. Simmer until slightly thickened (2–3 minutes). Remove from the heat, add the almond extract (if using), and leave to cool slightly.
- Pour the filling into the tartlet shells and chill for 1–2 hours until set. Garnish with sliced almonds and lavender buds before serving.

Nutritional Snapshot: Calories: 180; Protein: 4g; Carbohydrates: 9g; Fat: 14g; Fibre: 2g; Salt: 0.1g; Potassium: 150mg; Cholesterol: 0mg;

Ingredients

For the crust:

- 150 g almond flour
- 30 g coconut oil (solid, not melted)
- 1 tbsp honey (or maple syrup for vegan option)
- ½ tsp vanilla extract
- Pinch of sea salt

For the filling:

- 180 ml unsweetened almond milk
- 1 tbsp culinary dried lavender buds
- 2 tsp honey
- 1 tsp arrowroot powder or cornflour
- ¼ tsp almond extract

Garnish:

- Sliced almonds



Time
40 min



Serves
4-6



Cooking method
Bake



Difficulty
Easy

Peach and Blueberry Crumble (Gluten-Free Oats)

Method

- Preheat the oven to 180°C (350°F).
- In a medium bowl, combine the peaches, blueberries, starch, lemon juice, cinnamon, and maple syrup (if using). Toss gently.
- Spread the fruit mixture evenly in a small baking dish.
- In another bowl, mix the oats, almond flour, chopped nuts, coconut oil, maple syrup, cinnamon, and salt. Use a fork or your hands to create a crumbly texture.
- Sprinkle the topping evenly over the fruit.
- Bake for 30–35 minutes, or until the topping is golden and the fruit is bubbling.
- Leave to cool slightly. Serve warm or chilled — plain or with a dollop of unsweetened coconut yoghurt.

Peaches & blueberries: Packed with polyphenols and vitamin C to protect brain cells.

Nutritional Snapshot: Calories: 210; Protein: 3g; Carbohydrates: 24g; Fat: 12g; Fibre: 4g; Salt: 0.09g; Potassium: 200mg; Cholesterol: 0mg;

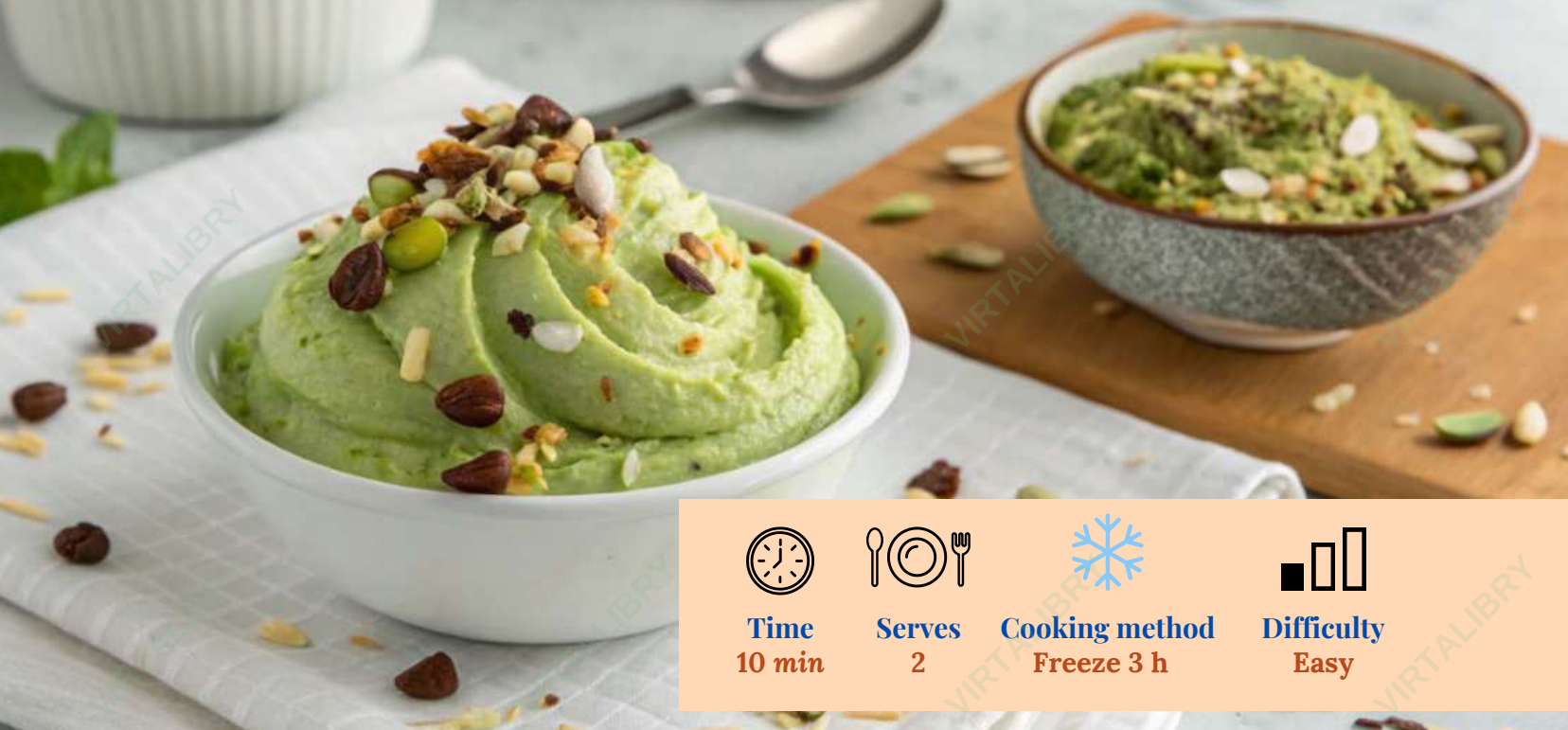
Ingredients

Fruit Base:

- 2 ripe peaches, sliced
- 180 g fresh or frozen blueberries
- 1 tbsp arrowroot starch (or cornflour)
- 1 tbsp lemon juice
- 1 tsp cinnamon
- 1–2 tsp maple syrup

Crumble Topping:

- 75 g rolled oats
- 25 g almond flour
- 25 g chopped pecans or walnuts
- 30 g coconut oil (solid)
- 1 tbsp maple syrup
- ½ tsp cinnamon
- Pinch of sea salt



Time
10 min



Serves
2



Cooking method
Freeze 3 h



Difficulty
Easy

Coconut Matcha “Nice Cream” (Banana-Free Option)

Method

- Add all ingredients to a high-speed blender. Blend until smooth and creamy.
- Taste and adjust the sweetness if needed.
- Pour the mixture into a freezer-safe container.
- Freeze for at least 3–4 hours. Leave it to sit at room temperature for 5–10 minutes before scooping.
- Serve topped with optional garnishes and enjoy!

Smart Swaps and Tips:

- **No matcha?** Try spirulina or unsweetened cacao for a similar superfood twist.
- **Need more protein?** Blend in 1 tbsp unflavoured collagen or hemp seeds.
- **Matcha:** Provides gentle caffeine, L-theanine, and EGCG for calm focus.
- **Coconut milk:** Rich in MCTs for brain fuel and healthy fats.

Nutritional Snapshot: Calories: 210; Protein: 2g; Carbohydrates: 15g; Fat: 18g; Fibre: 3g; Salt: 0.05g; Potassium: 300mg; Cholesterol: 0mg;

Ingredients

- 1½ cups full-fat coconut milk (from a can, well-stirred)
- 1 ripe frozen banana (or ½ avocado for the banana-free option)
- 1½ tsp ceremonial-grade matcha powder
- 1–2 tsp maple syrup or monk fruit sweetener, to taste
- ½ tsp pure vanilla extract

Optional:

- A pinch of sea salt

Optional topping:

- Toasted coconut flakes, cacao nibs, or chopped pistachios



Time
30 min



Serves
12 muffins



Cooking method
Bake



Difficulty
Easy

Spiced Carrot and Walnut Mini Muffins (No Refined Sugar)

Method

- Preheat the oven to 180°C (350°F). Line a mini muffin tin with paper liners or lightly grease.
- In a bowl, whisk together the eggs, oil, apple sauce, and sweetener.
- Stir in the grated carrot, almond flour, bicarbonate of soda, salt, and spices until just combined.
- Fold in the chopped walnuts and optional orange zest.
- Spoon into the muffin cups (about $\frac{3}{4}$ full).
- Bake for 18–20 minutes, or until a toothpick comes out clean.
- Cool for 10 minutes before serving. Store refrigerated for up to 5 days.

Smart Swaps and Tips:

- **No almond flour?** Use oat flour (gluten-free).
- **Carrots:** Rich in beta-carotene (vitamin A precursor) for brain and vision health.

Nutritional Snapshot: Calories: 95; Protein: 3g; Carbohydrates: 6g; Fat: 7g; Fibre: 2g; Salt: 0.15g; Potassium: 100mg; Cholesterol: 20mg;

Ingredients

- 100 g almond flour
- 50 g finely grated carrot
- 30 g chopped walnuts
- 2 eggs (or flax eggs)
- 2 tbsp olive oil or melted coconut oil
- 2 tbsp unsweetened apple sauce
- 3 tbsp maple syrup or monk fruit sweetener
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{4}$ tsp ground nutmeg
- $\frac{1}{4}$ tsp ground ginger
- $\frac{1}{2}$ tsp bicarbonate of soda
- Pinch of sea salt

Optional:

- 1 tsp orange zest for a citrus boost

Conclusion.

You're Not Starting Over — You're Returning to Yourself

You've just completed something meaningful — not just a recipe collection, but a return to steady focus, vibrant energy, and ease in your everyday rhythm.

This book was never about rules or chasing youth.

It was about nourishment — the kind that supports who you are, now.

Maybe you've noticed:

A clearer mind in the morning

A steadier sense of purpose throughout the day

A softer, more supportive way of living

Or maybe you're simply starting to feel more like yourself — and that's a beautiful place to begin.

Let this chapter remind you:

You already hold what you need.

Your strength. Your wisdom.

Your will to feel well.

This isn't a finish line — it's a gentle continuation.

One breath. One choice. One caring meal at a time.



Keep Going — and Take Your Tools With You

To make this path even easier, your bonus support tools are waiting:

◆ **Printable 28-Day Brain-Boosting Meal Plan**

◆ **Energy & Clarity Journal pages to help you track your progress**

◆ **Printable Kitchen Toolkit: Gut-Friendly Food Lists, Swaps & Portion**

Guides

Already downloaded yours? Beautiful. You're on your way.

Take what serves you, skip what doesn't — and revisit as often as you like.

Let your small shifts become quiet habits of self-care.

Let each meal remind you of your power to choose how you feel — with clarity, resilience, and intention.

You don't need perfection.

You just need to keep showing up — with kindness and care.

And if you ever need a quiet voice to remind you that you're doing beautifully — come back to these pages.

I'll be here, cheering you on from my own little kitchen.

With warmth and encouragement,

Leonora

About the Author.

Hi, I'm **Leonora Key** — and I believe that nourishing yourself well after 50 isn't about willpower or perfection.

It's about kindness. It's about rhythm. It's about choosing foods that love you back.

For me, food has always been more than just fuel.

It's a gentle tool for healing, clarity, and joyful aging — especially when life shifts, energy dips, or focus feels harder to hold.

I don't come from culinary school.

I come from a small kitchen filled with cinnamon, stories, and warmth — and a mother who taught me that healing begins with a wooden spoon and an open heart.

That's why I write cookbooks for real people who want real change.
For those seeking small, lasting shifts — made with simplicity and love.

If this book brought you peace, clarity, or even one small shift in how you care for yourself — I'm truly honored.
You're why I write.

This cookbook is part of the **EatWell 50+ series** — a collection created to nourish body, brain, and spirit in the second half of life.

If you'd like to explore more of my works, see other books in the series, or follow what's next, please visit:

<https://www.amazon.com/author/key.leonora-book>



Thank you for making space for me in your kitchen and in your story.

Stay well. Stay vibrant.

There's so much more to savor, discover, and enjoy — in your own way, and in your own time

With gratitude and care,

Leonora Key

"For everything I know about love and nourishment — thank you, Mom."