

The Mental Health & Diet Link

By

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Introduction

Have you ever heard the saying, "we are what we eat?" You have probably heard this, and for some reason, this is one of the most ignored facts today. We all love to have a snack or two every now, a night enjoying pizza, a cup of chocolate for the road, and a nice bottle of soda every time we see a vending machine. Unfortunately, these harmless-looking eating habits are the major causes of many deaths, with one in five deaths caused by poor diets.

Looking at overall health, food is one of the most important factors we need to consider, and this includes our mental health. This is because the food you consume does not simply pass through the digestive system; rather, it becomes a part of us, affecting everything about us from our physical, mental, and emotional health.

A poor diet affects every part of the body, from the crown of your head to the sole of your feet, leading to diseases like heart disease, diabetes, obesity, brain disorders, and high blood pressure. So, improving what you eat can contribute to optimal brain health and can also help to improve your reasoning.

Also, we look at certain neurologic and psychiatric conditions like dementia and depression. We look at them as natural things related to our environment and certain conditions we have no control over when in fact, these factors are increased by unhealthy diets.

"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition."

— Thomas Edison

So, what do we do? Do we just state the facts and hope for the best? Or do we take on a healthy diet that would improve our cognitive functions? Of course, the latter is the best option. In this book, *"the mental and health and diet link,"* we are going to be taking a look at the importance of a proper diet for improved mental health. We will also list additional tips to improve your mental health and recipes you can prepare to make sure you will be on the right track for good health.

Before we go any further, you need to understand that nothing we say here will make any difference on its own. This might sound strange, but it is the truth. Nothing we say here is going to make any difference without *"Action."*

Your mind plays a big factor in whether or not you can live life to the fullest, and you owe it to yourself to live right. So, as we go through the pages of this book together, make sure you take the necessary actions and make your diet as healthy as possible.

As a young man or woman who wants to live healthily and in the right frame of mind, this book will set you on a course of health, one which you would enjoy for a long time. However, for older individuals battling certain mental conditions and are concerned about their overall mental wellbeing, it is never too late to make a change, and the content of this book is that change.

Welcome to a world of improved mental health, and from me to you, I say congratulations because getting this book is the first step to better mental health. Let's go.

Part 1

The Important Facts

This chapter is filled with facts and information that can push your drive for a healthier mind.

Chapter 1

Benefits of a Healthy Diet to the Brain

An optimist is a person who starts a new diet on Thanksgiving Day.

- Irv Kupcinec

Without a doubt, the first thing we need to consider is "**importance.**" If we can see the importance of eating right and relate it to our daily lives, it would build our confidence to make eating right a lifestyle. Junk food is sweet, really sweet, but sweet is not all there is when it comes to a good diet.

Eating healthy has a lot of benefits to the mind, a lot of which might surprise you. In this section, we will be looking at some of the health benefits of eating right to make you understand what we want to achieve in this book.

A Healthy Diet Boosts your Mood

There is a significant relationship between the food you eat and your mood. Even though studies show that everyone reacts differently to their food, eating a healthy and well-balanced diet can dramatically improve your mood. So, if you find yourself feeling down every time, you need to change your diet.

"Let food be thy medicine, thy medicine shall be thy food." – Hippocrates

A Healthy Diet Reduces Symptoms of Depression

Just like every organ in the body, the brain reacts to everything that we eat and drink. For the brain to remain sharp and sound, we ought to consume healthy foods which contain necessary minerals and vitamins. So, if you do not provide your brain with the nutrients needed, your brain capacity would begin to deteriorate and lead to mental health conditions like depression. A healthy diet is not the cure for depression, but it definitely would help reduce the symptoms.

A Healthy Diet Increases Your Brain Functions

Eating healthy and nutritious foods can improve your brain functions. As a result, we see many people thriving in their endeavors, and we think they are just gifted. Meanwhile, most of these people make it a point of reference to eating right, and their brains deliver the goods when they need it.

A Healthy Diet Improves Your Energy Level

Another thing your healthy diet does for you improves your energy levels. If you eat a well-balanced diet with vegetables, refined carbs, and other nutrients, your energy levels are always on the rise. One of the better ways to enjoy your healthy diet is taking smaller portions frequently rather than eating bulkier portions.

A Healthy Diet Builds Your Self-Esteem

Self-esteem is all about the way you perceive yourself and the only way to improve your self-esteem is to eat the right foods to make you feel good about yourself. The mind and the body are one entity, and the smooth functioning of the brain and the body improve your overall sense of wellness. Therefore, if you eat healthily, you would like what you see in the mirror, and you would eventually have enhanced self-esteem.

Bottom Line

Your brain is the most complex part of the body, and for the part of the body with such complexity and importance, you need to make sure that it is working fine. Think of the brain like the brain box of a car; no matter how perfect everything is, every other part of the body cannot function without the brain box in good condition. I am not placing less relevance on the other parts of the body, as they are also important, but for the brain, which is the body's control center, you need to make sure you take good care of it.

*"Sorry, there's no magic bullet. You gotta eat healthy and live healthy to be healthy and look healthy.
end of story."*

– Morgan Spurlock

Chapter 2

Nutrients that are Good for Brain Health

"If you keep good food in your fridge, you will eat good food."

– Errick Mcadams

Moving on, we need to take a more detailed look at some of the essential nutrients for the brain. These are some of the essential nutrients that can help develop the brain and keep it healthy for the young and maintain mental health for older individuals.

The brain is just about 3% of our entire body weight but as small as it is, it takes about 17% of the energy in your body. So, if your brain must function properly, there are certain nutrients you must not lack. This chapter will be looking at some of the important nutrients the brain needs for proper functionality and good overall health.

Zinc

For improved memory and thinking capacity, you need to take foods rich in Zinc. It also has added benefits, improving cell growth and strengthening the immune system, making it possible for the body to ward off diseases and sicknesses. Other added benefits of zinc are fertility and improved vision, making it a nutrient we need to make a part of your diet.

Balance is critical because, with too much zinc in the body, you find it weakening your immune system, causing you to get more tired doing just little to nothing. Foods like seafood, potatoes and lamb are some of the best ways to get zinc into the system for the brain and the entire body.

B-Vitamins

For better mood and improved mental performance, the brain requires a lot of B-Vitamins. This nutrient improves memory and reduces the chances of diseases like dementia. In addition, other conditions like PMS, anxiety, stress, depression, and heart diseases are warded by the consumption of Vitamin B.

Many countries, particularly the United States, lack Vitamin B and do not even know it. Meanwhile, there are a lot of foods like cauliflower, kale, spinach, and other greens that contain B-Vitamins which improve brain functions.

"Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies, and lack of physical exercise."

– Mike Adams

Omega-3 Fatty Acid

Omega-3 nutrients are needed in the diet to improve and enhance intellectual performance. Unfortunately, many people find themselves in positions where they keep forgetting things within the blink of an eye. One minute they remember, and the next minute, they forget, and they think it is due to age. This is a sign that they lack Omega-3 Fatty Acids.

Omega-3, the fatty acid, has a positive effect on memory. It tends to reduce symptoms of dementia and Alzheimer's disease and helps individuals struggling with ADHD. An omega-3 fatty acid is mainly

found in fish, chia seed, walnuts, and flaxseed. Unfortunately, many Americans have diets rich in Omega-6 acid and not Omega-33 acid, which has to change for improved memory.

Lycopene

Not a popular name in the mouths of many but very important for brain function. Lycopene is an antioxidant that helps to prevent ailments like Alzheimer's disease. Aside from the brain-related benefits of Lycopene, it also helps detox the blood vessels, especially those blood vessels around the neck and heart. You get a lot of Lycopene from red vegetables and fruits like watermelon, red carrot, tomatoes, and bell pepper.

Vitamin K

Another nutrient required to improve brain power and cognitive functions is Vitamin K. Many people well overlook this Vitamin. Still, it is essential for enhancing blood movement in the blood vessels of the entire body. So, with improved blood vessels, functionality organs like the brain and heart can function well. You can find Vitamin K in leafy vegetables like spinach, basil, chili powder, and collard greens.

Vitamin E

Another important antioxidant we are going to be taking a look at is Vitamin E. One peculiar thing to the brain is a cognitive decline as we grow older. Still, there is improved memory with consuming foods rich in Vitamin E. Additional benefits of Vitamin E are healthy skin and eyes and cell protection. Even though this is a nutrient people get a lot of, those who lack it have cognitive declines and digestive problems. Foods rich in Vitamin E are seeds, nuts, avocado tofu, and leafy greens.

"Those who think they have no time for healthy eating will sooner or later have to find time for illness."

– Edward Stanley

Chapter Conclusion

The mind is your weapon, a potent weapon that you can use to achieve whatever you set your mind to achieve, and these are the nutrients you need with you throughout the journey. So if you feel you were born with the best brain functions, keep it rolling by eating healthy.

It is said that those who do not have time for healthy eating should set out time and money in the nearest future to nurse the challenges that come their way in sicknesses and diseases because that is the only inevitable truth. Therefore, these vitamins and minerals mentioned here will be seen in our suggested recipes so you can begin to take practical steps to keep your mind and body healthy.

Chapter 3

Common Diet Mistakes to Avoid

"To eat is a necessity, but to eat intelligently is an art."

– La Rochefoucauld

This is another important chapter we need to face before going into the recipes we have in this book because in a bit to see results, a lot of people do too much. Some people make mistakes because they are confused. Changing your diet is not a small task, and the confusion might sometimes overwhelm them, forcing them to throw in the towel.

So, knowing what to do and knowing when to do it is as important as the diet, which is why this chapter.

"I remember when I wanted to start exercising. I set out my mind to run a long distance from and to my house which I did. I encouraged myself with music and it was pretty cool but I suffered the consequences the next day. I almost could not walk, let alone run and for almost a week, it was like I just decided to punish myself. After that day, I did not run for three months because I was overwhelmed. Meanwhile if I had taken it slowly, it would have become a habit rather than a day to remember."

So, knowing this, here are the common diet mistakes you need to avoid on your road to improving your mental health.

1. Having unreasonable expectations

This is the grand mistake a lot of people make, and you need to avoid putting yourself in this position. You want to think better; you want to see improvements to some of your mental conditions, that's great, but you need to give it time. Whatever is going to work demands patience. Which you need to have. If you are not patient enough to wait for the results you want, you are likely to get frustrated and give up.

2. Avoiding certain important nutrients

The fact remains that most people take foods that they do not necessarily like because it is not all about liking them. For example, some people take green tea not because they want it, and knowing this would assist you in making important choices. You might not like some of the foods we will be showing here, but you have to choose to take them because they are healthy and good for cognitive functionality.

3. Eating some foods too much

Just as we might avoid certain foods, we might also like to consume more food types. For example, just a while ago, we highlighted the importance of zinc, but we also pointed out that too much zinc compromises the immune system, and this just goes to show how important balance is. So this is something we will be emphasizing a lot as we go to the recipes we have in this book.

4. Avoiding your Favorite Foods

Trying to keep your brain healthy is not a call to forget some of your favorite foods. Sometimes, you have to reward yourself by setting up a pattern that allows you to take some of your favorite foods when you follow your set plans.

This helps you persist with the plan and have something to look forward to at certain times. You just need to make sure you take them in smaller portions at fewer times. This prevents it from taking away all the progress you have made.

5. Avoid Going too long Without Eating

You need to set up a plan that would make it possible to eat at the right time. A lot of people have busy schedules, and this prevents them from taking breakfast. This pushes them to take junk foods, and these take away your progress at any level. So, if you have a busy schedule, use your weekend to prepare food for the week and watch your mind shine in difficulties.

Chapter Conclusion

These are essentials you need to understand and avoid because they can either make or break your endeavors to sharpen your mind and keep your brain healthy. So take time to draft a plan that suits you and your environment and make sure you stick to it because this is the only way to get results.

"Have a bias towards action – let's see something happen now. Then, you can break that big plan into small steps and take the first step right away."

– Indira Gandhi

Part 2

The Recipes and Plans

This is the fun part with all the tasty meals you will definitely enjoy.

Breakfast

Breakfast is something you cannot take for granted. The word "breakfast" literally means the first thing you put into your mouth when you wake up from sleep. This is important for the brain and an essential for the entire day. If you make wrong choices in terms of your breakfast, then you are less likely to make good choices for the entirety of the day.

When you begin to get hungry, you will not avoid the temptations of junk food and pastries at mid-morning. From studies, we understand that your cognitive functions, memory, alertness, and brain functions are negatively affected when you skip breakfast.

As we have always heard, your breakfast is the most important meal of the day, and it should include low glycemic index carbohydrates for easy fueling of the brain, fiber, brain-boosting micro-nutrients, and good protein. So, let us take a look at some of the best breakfast meals for boosting the mind.

Banana Bruschetta

This is a tasty treat for the morning, and a good one for the early hours of the day. This has the essential vitamins that would push your mind to become sharper for the entire day. Remember to take a lot of water alongside this morning meal.

Prep Time: 15 mins.

Cook Time: 2 mins.

Total Time: 17 mins.

Servings: 1

Ingredients

- 1 teaspoon of honey
- 50 g strawberries or blueberries
- 100g ricotta cheese
- 20g nuts toasted in a dry frying pan
- 2 slices of wholegrain bread
- 1 small banana

Instructions

- Take your banana and berries and slice them thinly.
- Take the two slices of bread and toast it.
- Then make sure you spread ricotta on the toast and add sliced fruit.
- Finally, sprinkle the entire food with nuts and drizzle with honey.
- Serve and enjoy.

Nutrition Facts

Per Serving: calcium 40mg; iron 2mg, 297 calories; total fat 8g; sodium 196mg; carbohydrates 52g; fiber 3g; saturated fat 3g; protein 7g; vitamin c 6mg.

Sweet and Fruity Quinoa

Prep Time: 20 mins.

Cook Time: 5 mins.

Total Time: 25 mins.

Servings: 1

Ingredients

- 70g quinoa
- 100 ml milk of your choice
- 10g slivered almonds
- 1 teaspoon honey
- 2 teaspoons lemon or orange juice
- 1 small banana or pear
- 200g strawberries
- 50g blueberries

Instructions

- According to the instructions on the package, cook your quinoa and make sure you use the milk mixed with the right amount of water. Then let it cool down.
- Chop your strawberries and banana, and this should be done based on what you want.
- Once you are done chopping, mix the banana and strawberry into the quinoa.
- Serve with blueberries and almonds and then drizzle with juice and honey.

Summer Berry Bowl

This is a creamy and tasty recipe for the early times of the morning. This refreshing breakfast naturally supports the serotonin levels in the body and kills the sugar cravings that would have hampered our day. In addition, the healthy nutrients from this morning meal help to keep the mind sharp.

Prep Time: 5 mins.

Cook Time: 0 mins.

Total Time: 5 mins.

Servings: 1

Ingredients

- 200g frozen mixed berries
- 30g rolled buckwheat flakes
- 1 teaspoon honey for drizzling
- 20g mixed nuts and seeds of your choice
- 1 small banana
- 150g Greek yogurt

Instructions

- Take about 1 teaspoon of rolled buckwheat flakes, the mixed nuts and seeds, and then honey.
- Then you need to slice the banana and set half of it aside.
- Take the remainder of the ingredients and blend until smooth.
- Transfer the blended food into a bowl and then add the flakes, the banana, the nuts, and seed and then drizzle with the honey's left.

Nutrition Facts

Per: Serving: Calories: 150kcal; Sodium: 3mg; Fiber: 5g; Sugar: 15g; Carbohydrates: 32g; Protein: 4g; Fat: 1.4g.

Bircher muesli

The Bircher Muesli is a healthy and delicious way to start your day. This recipe has all the necessary elements to boost your energy levels and keep your health levels in check. Again, this is a good treat for the early hours of the day.

Prep Time: 40 mins.

Cook Time: 30 mins.

Total Time: 1hr. 10 mins.

Servings: 1

Ingredients

- 1 teaspoon honey for drizzling
- 10g walnuts
- 40g oats
- 80g apple or orange juice
- 10g pumpkin seeds

- 100g small fresh apple
- 10g dried apricots
- 10g almonds
- 150g plain or Greek yogurt
- 3 teaspoons currants or sultanas
- ½ teaspoon cinnamon

Instructions

- First, you have to place oats in a medium bowl jar and then pour over the juice.
- Then slice the walnuts, apricots, and almonds and then add to the soaked oats.
- Once you are done, add the currants, pumpkin seeds, and yogurt, and properly mix.
- Then you need to cover the mixture and refrigerate for at least three hours.
- Next, you would chop your apple.
- Finally, serve in a bowl, topped with the apple, drizzled with the honey, and sprinkled with cinnamon.

Nutritional Facts

Per serving: Calorie: 409; Fat: 15.2g; Sodium: 66.7mg, Carbohydrate: 59.8g; protein: 9g.

Fruity Pancakes

This is a brain-boosted high in omega-3 acid, protein, and fiber, and it is excellent for children, especially to start their day. Children would love it, and it would likewise boost their minds. It can serve as a morning snack before school or breakfast at school.

Prep Time: 20 mins.

Cook Time: 5 mins.

Total Time: 25 mins.

Servings: 1

Ingredients

- 150g apple
- 50g blueberries
- 80 ml cow's milk
- 1 teaspoon honey
- 1 large or two small eggs
- 2 teaspoons extra virgin olive oil

- 30g almond meal

Instructions

- Whisk the egg, and then continue the process as you gradually add almond meal, milk, and oil.
- Grate the apple and add to the mixture we just finished above with half the blueberries.
- Heat a dry non-stick frying pan over average heat.
- Cook the pancakes one after the other until lightly golden on both sides, and make sure you turn them only once.
- Serve them topped with the remaining blueberries and a drizzle of honey.

Nutrition Facts

Per Serving: Cholesterol: 47mg; Sodium: 122mg; Fiber: 6g; Sugar: 6g; Calories: 225kcal; Carbohydrates: 33g; Protein: 9g; Fat: 7g; Saturated Fat: 2g.

Tomato and avocado bruschetta

This is a mid-morning recipe to keep your brain going when you need a jump start. With the help of fresh herbs, tomatoes, and the lovely avocado, you have the right tools to keep you going right before lunchtime. This is a child and adult-friendly recipe.

Prep Time: 20 mins.

Cook Time: 5 mins.

Total Time: 25 mins.

Servings: 1

Instructions

- 1 large Roma tomato
- 10g fresh herbs
- black pepper and salt
- 2 teaspoons dukkah
- 2 slices of heavy bread
- 60g ricotta or cottage cheese
- 100g avocado

Instructions

- The first thing you need to do is thinly slice the tomato and mash the avocado.

- Then toast the bread and spread with the ricotta while it is still hot.
- Then top the mix with the fresh herbs, sliced tomato, and mashed avocado, then season with salt, pepper, and dukkah.
- Serve immediately and enjoy.

Nutrition Facts

Per serving: Calories: 131; Saturated Fat: 1.6g; Carbohydrates: 14.6g; Fiber: 3.2g; Protein: 2.8g; Sugar: 1.3g; Sodium: 121mg; Fat: 7.3g.

Lunch

Lunch is all about boosting your performance. When you have an important event, or you are faced with events like important business meetings in the middle of the day, you need a performance boost. The last thing you want to have in your stomach is a snack that leaves you nauseous throughout the day or a mid-day cup of coffee which boosts you up at some point and then leaves you all sluggish for the remainder of the day.

Your lunch needs to be in such a way that you have your brain functions all fired up with a low-glycemic load, healthy fats, and the right blend of protein. For your mind to remain sharp throughout the day, you need your lunch having a touch of carbs and healthy fat and, of course, a high dose of protein.

Open Mediterranean sandwich

This is an easy lunch you can prepare in minutes. This recipe is packed with the right level of nutrients you need for your mid-day adventures. It has fresh vegetables and hummus, enough to keep your afternoon activities easy. It is also healthy, which is good for the body as well as the mind.

Prep Time: 15 mins.

Cook Time: 5 mins.

Total Time: 20 mins.

Servings: 1

Ingredients

- 2 teaspoons extra virgin olive oil
- Feta and fresh herbs
- 50g red capsicum
- 50g zucchini
- salt and dried rosemary
- 2 teaspoons balsamic vinegar
- 2 teaspoons dukkah
- 1 large slice whole meal sourdough bread
- 50g red onion
- 1 tablespoon hummus
- 50g pumpkin

Instructions

- First, you need to Preheat the oven to 200C.
- Slice the zucchini, capsicum, and onion.

- Peel your pumpkin and then slice it.
- Place the sliced vegetables in a medium roasting tin.
- Then sprinkle with the olive oil, balsamic vinegar, and sprinkle with rosemary and salt.
- Bake the entire thing for 12 minutes, then add the bread to the oven for 3 minutes to toast it.
- Spread the bread with the hummus, then top with the baked vegetables and sprinkle with the dukkah.

Nutrition Facts

Per serving: Calories: 146; Saturated Fat: 0.5g; Carbohydrates: 22.5g; Fiber: 7g; Protein: 7g; Sugar: 5.14g; Sodium: 276mg; Fat: 4.3g.

Moroccan chickpea salad

This salad is a light recipe filled with spices, flavors, and ingredients good for healthy living. A salad can help you revitalize your energy levels, and this is best taken after a nap. This way, you would not feel sleepy and tired after waking up. Instead, you would have the proper energy levels.

Prep Time: 10 mins.

Cook Time: 20 mins.

Total Time: 30 mins.

Servings: 1

Ingredients

- 3 teaspoons currants
- 20g red onion
- 1 teaspoon Moroccan spices
- 150g carrot
- 10g coriander leaves
- 150g tinned chickpeas
- 50g cooked couscous

Dressing

- 2 teaspoons lemon juice
- 2 teaspoons extra virgin olive oil

Instructions

- The first thing is to peel and grate the carrot
- Then slice the onion and chop the coriander.
- After that, combine all the ingredients in a standard bowl.
- To make the dressing, mix the lemon juice and olive oil.
- Pitch the dressing through the salad.
- Serve immediately and enjoy.

Nutrition Facts

Per serving: Calories: 534; Saturated Fat: 2g; Carbohydrates: 74g; Fiber: 14g; Protein: 24g; Sugar: 14g; Sodium: 879mg; Fat: 16g.

Fresh salad with freekeh

This is another salad with African roots and the capacity to wake you right up after an afternoon nap. This contains ingredients like pomegranate seeds, spring onions, and mint, and this helps to keep the brain alive for extended periods.

Prep Time: 20 mins.

Cook Time: 5 mins.

Total Time: 25 mins.

Servings: 2

Ingredients

- 200g avocado
- 150g cooked freekeh
- 1 tablespoon fresh lemon juice
- 200g Roma tomatoes
- 1 tablespoon extra-virgin olive oil
- 20g dry-roasted nuts
- 20g fresh herbs
- 50g mixed rocket and baby spinach leaves
- 100g Lebanese cucumber
- 100g yellow capsicum
- 50g red onion

Instructions

- You have to slice the cucumber, capsicum, tomatoes, onion, and avocado to prepare this.
- Then you need to chop the herbs.
- Place the rocket and spinach mix in a large bowl, then top with the freekeh, vegetables, and herbs.
- Dress the salad with olive oil and lemon juice, and sprinkle with the nuts.

Nutrition Facts

Per serving: Calories: 298; Saturated Fat: 3g; Carbohydrates: 31g; Fiber: 5g; Protein: 10g; Sugar: 4g; Sodium: 194mg; Fat: 17g.

Salad wrap

This is a mid-day snack you can as well look forward to. Anytime in the afternoon is great for this snack, and you get the energy levels and the great taste to match.

Prep Time: 10 mins.

Cook Time: 5 mins.

Total Time: 15 mins.

Servings: 1

Ingredients

- 60g tomato
- 100g avocado
- 1 large whole meal wrap
- 20g red onion
- 3 handfuls rocket
- 20g feta
- Black pepper, to taste
- 2 teaspoons extra virgin olive oil
- 70g cooked or tinned chickpeas

Instructions

- Mash the chickpeas and avocado together with a fork and mix in the oil. Thinly slice or chop the tomato and onion.
- Lay the wrap on a flat surface, then top with the rocket and mashed chickpeas and avocado. Add the tomato and onion and crumble over the feta.
- Season with pepper, then wrap and serve.

Nutrition Facts

Per serving: Calories: 441; Saturated Fat: 9g; Carbohydrates: 27g; Fiber: 1g; Protein: 28g; Sugar: 5g; Sodium: 194mg; Fat: 25g.

Lunch lamb pita for one

This is a Mediterranean lunch style that satisfies the mind as well as the stomach. This is a recipe for the later hours of the afternoon. This would keep your mind refreshed and less fatigued for the remainder of the day.

Prep Time: 25 mins.

Cook Time: 5 mins.

Total Time: 30 mins.

Servings: 1

Ingredients:

- 20g feta cheese
- Salt and black pepper, to taste
- 1 large whole meal pita bread
- 1 handful rocket
- 1 tablespoon Greek yogurt
- 10g Kalamata olives
- 40g red onion
- 10g mint
- 100g zucchini
- ½ small Lebanese cucumber
- 50g cherry tomatoes
- 90g lamb steak
- 2 teaspoons extra virgin olive oil

Instructions

- Put your grill pan on high.
- Drizzle the lamb with half the olive oil and grill until just cooked.
- Then you set aside to rest for 2 minutes, then thinly slice.
- Slice the zucchini lengthwise and then grill for 2–3 minutes, until soft and lightly browned.
- Dice the cucumber, cut the olives and tomatoes, and slice the mint and onion.
- Warm the pita bread according to the packet instructions.
- Fill the pita with the cucumber, tomato, onion, olives, lamb, zucchini, rocket, and mint.
- Drizzle with what is left of the olive oil, and then top with a dollop of yogurt and crumble over the feta.
- Season to your taste and serve.

Nutrition Facts

Per serving: Calories: 300; Saturated Fat: 2g; Carbohydrates: 35g; Fiber: 7g; Protein: 21g; Sodium: 513mg; Fat: 7g.

Dinner

Dinner is like the icing on the cake and a significant determinant when it comes to which side of the bed you wake upon. The dinner recipes here are prepared to keep individuals of all ages and all conditions.

There will always be stressful situations in life, and at the end of the day, you need foods that would keep you calm rather than stress you. The recipes here produce soothing chemicals in the mind, such as dopamine and serotonin. Taking this helps you relax before you go to bed. Let's go

Lentil soup with barley and vegetables

This is a crispy salad recipe for the night. If you check out the nutritional facts, you will notice how much work it does for your mind and body through the night.

Prep Time: 25 mins.

Cook Time: 5 mins.

Total Time: 30 mins.

Servings: 2

Ingredients

- 200g red capsicum
- 2 teaspoons fennel seeds
- salt
- 2 tablespoons Greek yogurt
- 2 slices whole meal sourdough bread
- 50g celery
- 1 tablespoon lemon juice
- 1 tablespoon virgin olive oil
- ½ cup red lentils
- ¼ cup pearl barley
- 400g tinned diced tomatoes
- 1 tablespoon lemon zest
- 100g brown onion
- 1 garlic clove
- 400 ml low-salt vegetable stock
- 20g parsley, finely chopped

Instructions

- The first thing you need to do is finely chop the garlic, celery, onion, and capsicum.
- Then heat the olive oil over low heat in a medium heavy saucepan.
- Then add the fennel seeds and cook for 2 minutes.
- Add the onion, garlic, and celery and sweat for 2 minutes.
- Next, stir in the lentils and barley and cook for 3 minutes.
- Add the tomatoes and capsicum and cook, stirring gently, for 3 minutes.
- Add the stock, increase the heat to medium and bring to the boil, then reduce the heat to low and simmer, covered, for 40 minutes, until the lentils and barley are soft.
- Add the lemon zest and juice and the parsley—season with salt.
- Serve the soup with a dollop of yogurt on top and toast on the side.

Mediterranean bowl

This is an epic night recipe you would enjoy for dinner. Also known as the Buddha bowl, this dinner recipe can get you sleeping right and waking on the right side of the bed.

Prep Time: 25 mins.

Cook Time: 5 mins.

Total Time: 30 mins.

Servings: 2

Ingredients

- 100g tri-color quinoa
- 50g snow peas
- 50g zucchini
- 40g red onion
- 50g kale
- 1 small handful of parsley leaves
- 1 teaspoon dried oregano
- Bowl fillers
- lemon slices
- 20g black olives
- 20g slivered almonds
- 120g firm tofu

- 2 teaspoons extra virgin olive oil
- 1 tablespoon lemon juice
- cottage cheese
- Marinated tofu
- 100g cherry tomatoes
- 200g avocado
- 100g Lebanese cucumber
- 50g red cabbage
- 50g broccoli

Dressing

- 2 teaspoons apple cider vinegar
- 1 tablespoon lemon juice
- salt and black pepper
- 2 tablespoons Greek yogurt
- 1 tablespoon extra-virgin olive oil

Instructions

- To marinate the tofu, you would need to cut the tofu into small dice.
- Then drizzle with the olive oil and lemon juice, then toss with the oregano.
- Cover this mix and set it aside to marinate for at least 30 minutes.
- Cook the quinoa according to the packet instructions. Keep warm.
- Boil the broccoli until a little cooked.
- Cut each tomato, chop the avocado and cucumber into small dice.
- Then finely shred the cabbage and snow peas, and grate the zucchini.
- Also, thinly slice the onion and finely chop the kale and parsley.
- To make the dressing, whisk all the ingredients together in a small bowl.
- Fill two medium bowls in layers with quinoa, vegetables, and marinated tofu.
- Top each bowl with parsley, olives, and almonds—next, add lemon slices and cheese.
- Drizzle with the dressing and serve.

Nutrition Facts

Per serving: Calories: 501; Saturated Fat: 1.9g; Carbohydrates: 75.4g; Fiber: 16.6g; Protein: 20.4g; Sodium: 693.6mg; Fat: 15.4g.

Roast vegetables and barley salad

This is a Mediterranean-styled recipe with suitable soothing properties for a healthy night's rest.

Prep Time: 10 mins.

Cook Time: 40 mins.

Total Time: 50 mins.

Servings: 1

Ingredients

- 100g button mushrooms
- extra virgin olive oil for drizzling
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 100g red capsicum
- 100g baby squash
- 120g pearl barley
- 100g grapes
- 40g cashews, toasted in a dry frying pan
- 100g baby carrots 1 small handful of herbs
- 1 trickle baby salad leaves
- 40g cheese
- 100g red onion
- 100g pumpkin

Dressing

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- black pepper and salt
- 1½ tablespoons plain yogurt
- 1 teaspoon garam masala

Instructions

- Preheat the oven to a temperature of 220C.

- Next, you need to peel the pumpkin.
- Cut the capsicum and pumpkin into tiny chunks.
- Then halve the carrots and mushrooms lengthways.
- Next, you need to cut the onion and squash into segments.
- Lay the vegetables in a roasting tin, drizzle with olive oil and scatter with the cumin and fennel seeds.
- Afterward, bake for 30 minutes until tender.
- Bring your 500 ml salted water to a boil in a large saucepan.
- Afterward, add the barley and cook for 25 minutes or until tender, then drain and keep warm.
- Meanwhile, halve each grape lengthways finely chop the nuts and herbs.
- To make the dressing, whisk all of the ingredients together in a small bowl.
- Spread the salad leaves on a large dish.
- Then top with the baked vegetables, grapes, nuts cooked barley, and herbs.
- Finally, drizzle with the dressing and serve.

Nutrition Facts

Per serving: Calories: 334; Saturated Fat: 2g; Carbohydrates: 37g; Fiber: 9g; Protein: 7g; Sodium: 14mg; Fat: 18g.

Spicy salad with farro, brussels sprouts, and chickpea crisps

Prep Time: 15 mins.

Cook Time: 45 mins.

Total Time: 60 mins.

Servings: 2

Ingredients

- 2 teaspoons cumin seeds
- 2 teaspoons fennel seeds
- 240g tinned chickpeas
- 120g farro
- 300g brussels sprouts
- 1½ tablespoons currants

- Extra virgin olive oil for drizzling

Dressing

- 1 garlic clove
- 1½ tablespoons lemon juice
- 2 teaspoons lemon zest
- salt
- 1 tablespoon virgin olive oil

Instructions

- Preheat the oven to 200C and line a baking tray with baking paper.
- Spread the chickpeas on the prepared baking tray. Drizzle with olive oil and scatter with the cumin and fennel seeds. Roast for 30 minutes or until golden and crispy.
- Meanwhile, cook the farro according to the packet instructions. Keep warm.
- Cut the brussels sprouts into segments.
- Then bring 1-liter water to a boil in a large saucepan.
- Blanch in the boiling water for a minute, then drain and toss with the currants and farro.
- Move the farro mixture to a big serving bowl where you can top it with the chickpeas.
- For the dressing, combine all the ingredients in a small bowl.
- Toss the dressing through the salad and enjoy warm.

Nutrition Facts

Per serving: Calories: 330; Saturated Fat: 1.5g; Carbohydrates: 46g; Fiber: 10g; Protein: 12g; Sodium: 14mg; Fat: 13g.

Conclusion

When it comes to the brain, it can only give what it has, and no matter how you train your mind, if you do not eat right, it would always be a challenge for you to make the most of your mental capacity.

Asides from how you think, another factor you need to take into consideration is your mental health. The rate of mental conditions today is alarming, and this is because a lot of the food we eat today are not healthy.

You have a responsibility to take care of your mind and body, and you will reap the benefits when you do so. In this book, we have been able to look at different aspects of the mental health and diet link. We have also mentioned some of the best meals that can help your mind and the nutritional value. You can create a diet time timetable for this diet and others in the same category and enjoy mental wellbeing for a long time.

I have always told people that you are what you eat, and if you want to live healthy at any position and age you find yourself, you need to eat right. I hope this book has put you in a better place to take good care of your health.