



## Brain Health Support Program

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**Midlife  
Sh\*t Show**

Lara DiPaola

<http://midlifeshitshow.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blueberry Chia Pancakes	 Blueberry Chia Pancakes	 Blueberry Chia Pancakes	 Orange Turmeric Overnight Oats	 Orange Turmeric Overnight Oats	 Spinach & Sweet Potato Frittata	 Spinach & Sweet Potato Frittata
Snack 1	 Applesauce & Almonds	 Kiwi Yogurt Parfait	 Applesauce & Almonds	 Banana Orange Green Smoothie	 Applesauce & Yogurt	 Apples & Almonds	 Strawberry & Blueberry Parfait
Lunch	 Eggplant, Rice & Beans	 Chicken Caesar Salad Wraps	 Eggplant, Rice & Beans	 Baked Salmon with Broccoli & Quinoa	 Meal Prep Chicken & Cilantro Lime Quinoa	 Pressure Cooker Rice & Bean Burritos	 One Pot White Fish & Rice
Snack 2	 Kiwi Yogurt Parfait	 Applesauce & Almonds	 Banana Orange Green Smoothie	 Applesauce & Yogurt	 Apples & Almonds	 Strawberry & Blueberry Parfait	 Apples & Almonds
Dinner	 Chicken Caesar Salad Wraps	 Eggplant, Rice & Beans	 Baked Salmon with Broccoli & Quinoa	 Meal Prep Chicken & Cilantro Lime Quinoa	 Pressure Cooker Rice & Bean Burritos	 One Pot White Fish & Rice	 Pressure Cooker Rice & Bean Burritos

### Fruits

- 4 Apple
- 3/4 Avocado
- 3 Banana
- 1/2 cup Blueberries
- 2 Kiwi
- 1/4 Lemon
- 1 1/4 tbsps Lemon Juice
- 2 tsps Lime Juice
- 1 Navel Orange
- 1/2 cup Strawberries

### Breakfast

- 2 cups Granola

### Seeds, Nuts & Spices

- 2 cups Almonds
- 2 1/2 tbsps Chia Seeds
- 1/4 tsp Cinnamon
- 3/4 tsp Cumin
- 1/3 tsp Dried Thyme
- 1/3 tsp Oregano
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Smoked Paprika
- 3/4 tsp Turmeric

### Frozen

- 5 Brown Rice Tortilla
- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower

### Vegetables

- 4 cups Arugula
- 3 1/2 cups Baby Spinach
- 1/2 cup Basil Leaves
- 1/2 head Boston Lettuce
- 4 cups Broccoli
- 2 Carrot
- 1 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 1 1/2 Eggplant
- 1 1/2 Garlic
- 1 stalk Green Onion
- 3/4 Red Bell Pepper
- 1/2 Sweet Potato
- 1/2 Tomato
- 1 1/8 Yellow Onion

### Boxed & Canned

- 2 1/4 cups Basmati Rice
- 1 1/3 cups Black Beans
- 1 1/3 cups Cannellini Beans
- 1 cup Quinoa
- 1/2 cup Salsa

### Baking

- 1 tsp Baking Powder
- 1 tsp Nutritional Yeast
- 2 cups Oats
- 2 cups Unsweetened Applesauce

### Bread, Fish, Meat & Cheese

- 1 lb Chicken Breast, Cooked
- 1 Cod Fillet
- 10 ozs Salmon Fillet

### Condiments & Oils

- 1/4 cup Assorted Olives
- 1/2 tsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Tahini
- 1 1/2 tsps White Wine Vinegar

### Cold

- 5 Egg
- 1 3/4 cups Oat Milk
- 1 cup Orange Juice
- 4 cups Unsweetened Coconut Yogurt

### Other

- 4 cups Water



## Blueberry Chia Pancakes

3 servings

20 minutes

### Ingredients

- 1 cup Oats
- 1/2 cup Oat Milk (unsweetened, plain)
- 1 Banana (medium)
- 1 Egg (large)
- 1 tsp Baking Powder
- 1 cup Frozen Blueberries
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Extra Virgin Olive Oil

### Directions

- 1 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
- 2 Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 3 Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days, or freeze for up to two months.

**Serving Size:** One serving equals two to three 4-inch pancakes.

**More Flavor:** Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

**Additional Toppings:** Top with maple syrup, honey, cottage cheese, nut or seed butter.

**No Banana:** Use applesauce instead.

**No Oat Milk:** Use dairy or any alternative milk.

**Batter Consistency:** Add more milk if the batter is too thick, and more oats if the batter is too thin.



## Orange Turmeric Overnight Oats

2 servings

2 hours

### Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Oat Milk (unsweetened)
- 3/4 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 tbsp Chia Seeds
- 1 Navel Orange (divided)

### Directions

- 1 Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
- 2 Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**More Flavor:** Add maple syrup, honey or a pinch of sea salt.

**Additional Toppings:** Crushed nuts, hemp seeds, coconut flakes, or nut butter.



## Spinach & Sweet Potato Frittata

2 servings

25 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 Sweet Potato (medium, peeled and cut into small cubes)
- 1 1/2 cups Baby Spinach (chopped)
- 4 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 3 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 4 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

**Additional Toppings:** Salsa, hot sauce, or ketchup.

**No Spinach:** Use kale or swiss chard instead.



## Applesauce & Almonds

3 servings

5 minutes

### Ingredients

1 1/2 cups Unsweetened Applesauce  
3/4 cup Almonds (raw or roasted)

### Directions

1 Serve the applesauce with the almonds. Enjoy!

### Notes

**Leftovers:** Refrigerate the applesauce in an airtight container for up to four days.

**More Flavor:** Add cinnamon.

**Nut-Free:** Use pumpkin seeds or sunflower seeds instead of almonds.

**Additional Toppings:** Add chopped fruit, hemp seeds, or yogurt.



## Banana Orange Green Smoothie

1 serving

5 minutes

### Ingredients

1 Banana (medium, frozen)  
1/2 Apple (medium, peeled and chopped)  
1 cup Baby Spinach  
1/2 cup Frozen Cauliflower  
1/2 cup Orange Juice (freshly squeezed)  
1/2 cup Water

### Directions

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Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Spinach:** Use kale instead.

**No Frozen Cauliflower:** Omit or use zucchini or more apple instead.

**Orange Juice:** Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.



## Eggplant, Rice & Beans

3 servings

35 minutes

### Ingredients

1 1/2 Eggplant (cut in half lengthwise)  
3 tbsps Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper (to taste)  
3/4 cup Basmati Rice  
1/3 Yellow Onion (chopped fine)  
1 1/2 Garlic (cloves, smashed)  
1 1/3 cups Cannellini Beans (drained, rinsed, and pat dry with paper towel)  
1/3 tsp Oregano  
1/3 tsp Dried Thyme  
3/4 tsp Lemon Juice

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Using a sharp knife, score the cut sides of the eggplant in a crosshatch pattern about one inch deep, being careful not to cut into the skin. Drizzle with half the oil and season with salt and pepper. Place on the baking sheet and bake for 25 minutes, until charred and cooked through.
- 3 Meanwhile, cook the rice according to package directions.
- 4 In a large skillet, heat the remaining oil over medium heat. Once hot, add the onion and cook for three minutes and then add the garlic, beans, oregano, and thyme. Cook until the beans are somewhat browned and getting crispy, about five minutes and then remove from the heat.
- 5 Divide the rice onto plates and top with the eggplant and beans. Squeeze the lemon juice over top. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container in the fridge for up to three days.

**Serving Size:** One serving is half an eggplant, half a cup of rice, and half a cup of beans.

**Additional Toppings:** Top with shaved parmesan, chili flakes, or toasted walnuts or pumpkin seeds.



## Kiwi Yogurt Parfait

2 servings

5 minutes

### Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1 cup Granola
- 2 Kiwi (peeled, diced)

### Directions

- 1 Layer the yogurt, granola, and kiwi in a jar. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Nuts, shredded coconut, hemp seeds, or chia seeds.



## Applesauce & Yogurt

2 servings

5 minutes

### Ingredients

2 cups Unsweetened Coconut Yogurt

1/2 cup Unsweetened Applesauce

### Directions

- 1 Scoop the yogurt into a bowl and top with applesauce. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**More Flavor:** Add cinnamon.

**Additional Toppings:** Add chopped fruit, crushed nuts, hemp seeds, granola, or chia seeds.

**No Yogurt:** Use oatmeal instead.



## Almonds

2 servings

2 minutes

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### Ingredients

1/2 cup Almonds (raw)

### Directions

- 1 Place in a bowl and enjoy!

### Notes

**Leftovers:** Store in an airtight container in the pantry.

**More Flavor:** Roast, toast and/or season with salt.



## Apples & Almonds

3 servings

5 minutes

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### Ingredients

3 Apple (sliced)  
3/4 cup Almonds

### Directions

- 1 Core apple and cut it into slices. Serve with almonds.



## Strawberry & Blueberry Parfait

2 servings

5 minutes

### Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1 cup Granola
- 1/2 cup Strawberries
- 1/2 cup Blueberries

### Directions

- 1 Layer the yogurt, granola, strawberries, and blueberries in a jar. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Additional Toppings:** Nuts, nut butter, seed butter, chia seeds, hemp seeds, or shredded coconut.



## Chicken Caesar Salad Wraps

2 servings

15 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 tbsp Tahini
- 1 tbsp Lemon Juice
- 1/2 tsp Dijon Mustard
- 1 tsp Nutritional Yeast
- 1/8 tsp Sea Salt (divided)
- 1 tbsp Water
- 1/2 head Boston Lettuce
- 2 Brown Rice Tortilla
- 1/2 Tomato (chopped, seeds removed)
- 8 ozs Chicken Breast, Cooked (chopped into cubes or slices)

### Directions

- 1 Add the olive oil, tahini, lemon juice, mustard, nutritional yeast, sea salt and water to a jar. Shake vigorously to combine until smooth and creamy.
- 2 Place a few leaves of lettuce in a tortilla, and add the tomato. Place the chicken on top and drizzle with the tahini caesar dressing. Wrap and repeat until all the wraps are made. Enjoy!

### Notes

**Leftovers:** All ingredients are best stored separately, and away from the dressing. Refrigerate the dressing for up to one week.

**Serving Size:** One serving is equal to one wrap.

**Additional Toppings:** Add sliced or cubed avocado.

**More Flavor:** Season the chicken with herbs and spices like oregano, thyme, garlic powder and onion flakes.



## Baked Salmon with Broccoli & Quinoa

2 servings

20 minutes

### Ingredients

10 ozs Salmon Fillet  
Sea Salt & Black Pepper (to taste)  
4 cups Broccoli (sliced into small florets)  
1 tbsp Extra Virgin Olive Oil  
1/2 cup Quinoa (uncooked)  
3/4 cup Water  
1/4 Lemon (sliced into wedges)

### Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

### Notes

**Leftovers:** Store covered in the fridge up to 2 days.

**Speed it Up:** Cook the quinoa ahead of time.

**Vegan:** Use tofu steaks instead of salmon fillets.



## Meal Prep Chicken & Cilantro Lime Quinoa

2 servings

15 minutes

### Ingredients

- 1/2 cup Quinoa (uncooked)
- 1/4 cup Cilantro (chopped)
- 2 tsps Lime Juice (to taste)
- 1/8 tsp Sea Salt (to taste)
- 4 cups Arugula (packed)
- 2 Carrot (small, chopped)
- 8 ozs Chicken Breast, Cooked (sliced)
- 1 stalk Green Onion (sliced)

### Directions

- 1 Cook the quinoa according to the package directions and let cool.  
;
- 2 Toss the quinoa with cilantro, lime juice, and salt.  
;
- 3 Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Use balsamic vinegar or your dressing of choice.

**Additional Toppings:** Cherry tomatoes, avocado, crushed almonds, hemp seeds, or pumpkin seeds.



## Pressure Cooker Rice & Bean Burritos

3 servings

30 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 3/4 Yellow Onion (chopped)
- 3/4 Red Bell Pepper (chopped)
- 1 1/2 tps Smoked Paprika
- 3/4 tsp Cumin
- 1/8 tsp Sea Salt
- 1 1/3 cups Black Beans (cooked, rinsed)
- 3/4 cup Basmati Rice
- 1/2 cup Salsa
- 1 1/8 cups Water
- 3 Brown Rice Tortilla
- 3/4 Avocado (mashed, optional)

### Directions

- 1 Turn your pressure cooker to sauté mode and add the oil. Add the onion and bell pepper and cook, stirring often for one to two minutes. Then add the smoked paprika, cumin, and salt and continue cooking until softened, about two to three more minutes. Deglaze the pot with a splash of water if needed. Turn the sauté mode off.
- 2 Add the beans, rice, salsa, and water and stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for five minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
- 3 Layer the bean and rice mixture onto your tortilla and top with mashed avocado, if using. Fold in the sides and roll into a burrito.
- 4 Heat a non-stick pan over medium heat and add your burrito seam side down and cook for two to three minutes, then flip and cook the other side for one to two minutes, until slightly browned. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is equal to one burrito.

**More Flavor:** Add minced garlic and/or chili powder when cooking the onions and peppers. Add cilantro to the mashed avocado.



## One Pot White Fish & Rice

2 servings

20 minutes

### Ingredients

- 3/4 cup Basmati Rice (rinsed)
- 1 cup Water
- 1 cup Cherry Tomatoes (chopped)
- 1 1/2 tsps White Wine Vinegar
- 1/2 cup Basil Leaves (torn, divided)
- 1/4 cup Assorted Olives
- Sea Salt & Black Pepper (to taste)
- 1 Cod Fillet (cut into pieces)

### Directions

- 1 In a large pan over high heat, add the rice and water. Cover with a lid and bring to a boil, then lower to a simmer.
- 2 Meanwhile, combine the tomatoes, white wine vinegar, half the basil, olives, salt, and pepper in a bowl.
- 3 Open the lid, and arrange the pieces of cod in the pan, pushing them into the rice. Scatter the tomato-basil mixture ovetop and cover with the lid again. Simmer for 10 to 15 minutes, or until the rice and fish are both cooked through. Add more water if needed to cook the rice.
- 4 Garnish with the remaining basil, divide evenly between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 to 2 cups.

**More Flavor:** Use olive tapenade or pesto instead of assorted olives.

**Additional Toppings:** Red pepper flakes and/or a drizzle of olive oil.

**No Cod:** Use haddock, tilapia, salmon, or shrimp.

**No White Wine Vinegar:** Use red cooking wine, lemon juice, apple cider vinegar, or balsamic vinegar instead.

**Fillet Size:** One fillet is equal to 231 grams or 8 ounces.