

Module 14 Resources

One Day Eating for Mental Fitness

- Eating for mental health doesn't have to be hard, or taste bad. In this episode we reviewed just a few of my favorite brain healing recipes that highlight the nutrients and foods we have been discussing.
- I hope this course inspires you to begin using dishes like these to power your brain for optimal mental health and mental fitness.
- Be sure to download the sample recipes in the resources section of this module to start feeding your mental health today.