NeuroGems

EMPOWERING HEALTH

NOURISHING WELL

with Multiple Sclerosis

A practical, anti-inflammatory nutrition handbook for people living with multiple sclerosis and the people who care for them

Foundations · The NeuroGems MS plate

Food and MS symptoms · Planning and easy meals

Goal setting and trackers · The NeuroGems kitchen

NeuroGems · Empowering Health

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Welcome to the NeuroGems family

Food can't cure MS, but it is one of the most powerful tools you have to calm inflammation, support your energy, and feel more like yourself.

This handbook brings together what the leading MS nutrition experts agree on, in a way that is realistic for everyday life. It is not an extreme diet. It is a steady, nourishing way of eating that you can adapt to your tastes, your family table, and your energy on any given day.

Start small. Choose one change, try it for a week, notice how you feel, and build from there.

How to use this handbook

Start with Part 1 A short look at why food matters in MS and what the experts agree on.	**Use the MS plate** Part 2 shows what to add in, what to leave out, and what to go easy on.
Go to your symptoms Part 3 has practical tips for fatigue, heat, bladder, bowel, bones and more.	**Track and cook** Part 5 has goal-setting pages and trackers. Part 6 has recipes.

> **An important note**
> This handbook supports, and does not replace, your medical care. Keep taking your medications as prescribed, and talk with your neurologist or NeuroGems practitioner before starting supplements or making major changes to your diet.

What's inside

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Part 1: Foundations

WHY FOOD MATTERS IN MS

MS is an autoimmune condition. The food you eat every day talks directly to your immune system.

Inflammation and oxidative stress

In MS, the immune system mistakenly attacks myelin, the protective coating around nerves. Two processes drive much of the damage:

Inflammation	Oxidative stress
When immune cells in the brain and spinal cord are over-activated, they release substances that harm nerve cells.	Unstable molecules called free radicals build up faster than the body can clear them and damage cells. Ageing, toxins and stressed mitochondria (the cell's energy factories) all add to the load.

The good news: **antioxidants** and **omega-3 fats** from food help calm both. That's why they're at the heart of this handbook.

The gut–immune–brain connection

About 70% of your immune system lives around your gut. The trillions of bacteria there (your microbiome) help train the immune system and keep the gut lining strong. When the gut lining is weakened by processed food, sugar, stress, or poor sleep, it can let through particles that stir up the immune system. Feeding your gut well with plants, fibre and fermented foods is one of the best ways to support a calmer immune response.

What the experts say

Several doctors and researchers have developed eating plans for MS. They differ in the details, but agree on more than you might expect.

Approach	The basics
Mediterranean and MIND	Vegetables, fruit, whole grains, beans, nuts, olive oil, and fish. This pattern has the most evidence.
Overcoming MS (Prof. George Jelinek)	Plant-based whole foods plus seafood, no meat or dairy, omega-3s, vitamin D and sunlight, exercise and daily meditation.
Wahls Protocol (Dr. Terry Wahls)	A modified Paleo approach built around 9 cups of vegetables a day: 3 cups of leafy greens, 3 cups of colourful vegetables and 3 cups of sulphur-rich ones such as broccoli, cabbage, onions and mushrooms. Plus quality meat and fish, with no dairy or gluten.
Swank diet (Dr. Roy Swank)	Very low in saturated fat, with fish and plant oils. One of the earliest MS diets, followed for decades.
Best Bet Diet (Dr. Ashton Embry, Canada)	Built around gut health and food sensitivities: no dairy or gluten, plenty of vegetables, fruit and fish, plus vitamin D.

In a clinical trial comparing the Wahls and Swank diets, both reduced fatigue and improved quality of life in people with relapsing-remitting MS.

> **Where the experts agree**
>
> - Fill your plate with vegetables and fruit, in every colour.
> - Eat fish, and get plenty of omega-3 fats.
> - Eat a wide variety of plants to feed a diverse gut microbiome.

- Leave out dairy and highly processed foods.
- Cut back on refined sugar, fried foods, and poor-quality oils.
- Keep your vitamin D at a healthy level.
- Move your body, manage stress, and don't smoke (smoking is linked with faster MS progression).

The NeuroGems approach

We build on this common ground in a way that's realistic to live with: a dairy-free, mostly plant-based way of eating with a wide variety of plants, rich in antioxidants and omega-3s, with fish often, clean meat and poultry in moderation, and gluten-free as the anti-inflammatory ideal to work toward. No single diet suits everyone, so your NeuroGems practitioner can help you fine-tune it for you.

Part 2: The NeuroGems MS plate

ADD IN · LEAVE OUT · GO EASY ON

Focus first on what you're adding. When your plate fills up with nourishing foods, there's naturally less room for the rest.

Add in	Leave out
Vegetables at every meal, especially leafy greens, broccoli, cauliflower and Brussels sprouts · berries and colourful fruit · wild salmon, sardines and mackerel · walnuts, flax, chia, hemp and pumpkin seeds · beans and lentils · olive oil and avocado · herbs and spices such as turmeric, ginger and cinnamon · green tea · sauerkraut and kimchi	Dairy (milk, cheese, yogurt, butter, ice cream) · highly processed packaged foods · fried foods · sugary drinks and sweets · poor-quality oils such as canola, corn and soybean · processed meats such as deli meats and hot dogs

Go easy on, and work toward leaving out	Clean meat and poultry
Gluten (wheat, barley, rye) · red meat: choose clean, grass-fed cuts a couple of times a week · fattier cuts of meat and poultry skin · alcohol	Choose organic or grass-fed when you can, lean cuts, and gentle cooking (baking, stewing, roasting) rather than charring or deep-frying.

Your plate at a glance

½ **Colourful vegetables** **leafy greens, cruciferous vegetables, peppers, carrots, beets**	**¼** **Protein** fish, eggs, clean poultry or meat, lentils, beans, tofu
	¼ **Whole grains or starchy vegetables** quinoa, brown rice, oats, sweet potato, squash

Plus: a drizzle of olive oil or a few slices of avocado, and berries or fruit on the side.

Load up on antioxidants

Antioxidants protect your cells from damage and help calm inflammation. They're found mainly in plants: fruit, vegetables, herbs, spices, cacao and green tea.

Food	Easy ways to add more
Berries: blueberries, strawberries, raspberries, cherries	Stir into oatmeal, blend into smoothies, keep frozen berries on hand
Cruciferous vegetables: broccoli, cauliflower, Brussels sprouts	Add to egg scrambles, soups and stir-fries, or roast a big tray
Turmeric	Add to soups, curries, marinades and dressings, with black pepper

Ginger	Grate into soups, stir-fries, marinades and tea
Cinnamon	Sprinkle on oatmeal, smoothies and baking
Cacao and green tea	A cacao smoothie, a few squares of dark chocolate, a cup of green tea

Get your omega-3s

Omega-3 fats are part of the body's own anti-inflammatory system, and your body can't make them, so they have to come from food.

Source	Easy ways to add more
Wild salmon, sardines, mackerel	Have fish 2–3 times a week: baked, grilled or flaked into a salad
Walnuts	Add to oatmeal, salads and baking
Chia, flax and hemp seeds	Stir into oatmeal, smoothies, chia pudding and coconut yogurt
Flaxseed oil	Blend a spoonful into a smoothie or dressing (don't heat it)

Many people with MS also take an omega-3 supplement. Ask your NeuroGems practitioner which type and amount is right for you.

Vitamin D and sunlight

Low vitamin D is linked with MS, and many Canadians run low, especially in winter. Ask your doctor to test your vitamin D, along with vitamin B12, which helps build and protect myelin, and to recommend a supplement dose if you need one. Safe sunlight helps too: about 15 minutes on bare skin a few times a week in the warmer months.

Going gluten-free: something to work toward

Many MS experts, including Dr. Terry Wahls and Dr. Ashton Embry, recommend leaving out gluten (wheat, barley, and rye), and many people with MS feel better without it. At NeuroGems, we see gluten-free eating as part of an anti-inflammatory lifestyle and the ideal to work toward. You don't have to get there overnight: take it step by step, or try a 3–6 month gluten-free trial and notice how you feel.

Step	What to do
1. Swap your staples	Switch to gluten-free bread, pasta and crackers, and oats labelled gluten-free.
2. Build on naturally gluten-free foods	Quinoa, brown rice, potatoes, sweet potatoes, buckwheat and millet.
3. Bake the NeuroGems way	Use almond, oat or gluten-free 1:1 flour in your favourite recipes.
4. Notice how you feel	Track your energy and symptoms in the food and energy log in Part 5.

Plant diversity: the biggest win

If you remember one thing from this handbook, make it this: **eat a wide variety of plants.** Each plant feeds different gut bacteria, and a diverse microbiome supports a calmer immune system. A simple goal many people find fun is to aim for **30 different plants a week**. Vegetables, fruit, beans, lentils, whole grains, nuts, seeds, herbs and spices all count. Fibre matters too: researchers at Rutgers University found signs of gut inflammation and lower bacterial diversity in people with MS, and note that MS is far less common in countries where people eat more fibre.

Mix it up Buy a different vegetable or fruit each time you shop.	**Use blends** Mixed greens, frozen vegetable medleys, mixed beans and seed mixes count as several plants at once.
Herbs and spices count A sprinkle of parsley, cumin, or turmeric adds to your total.	**Keep a tally** Use the plant tracker in Part 5 and watch your number grow.

Start here (pick one)

- Add one extra vegetable to lunch and dinner every day.
- Swap dairy milk for almond or oat milk.
- Have salmon or sardines twice this week.
- Add a spoon of ground flax or chia to your breakfast.
- Ask your doctor to check your vitamin D.
- Count how many different plants you eat this week.
- Swap one gluten-containing staple for a gluten-free one.

Part 3: Food and MS symptoms

PRACTICAL SUPPORT FOR EVERYDAY CHALLENGES

MS affects everyone differently. Use the sections that match what you're experiencing right now.

Fatigue

Fatigue is one of the most common and frustrating MS symptoms. Food can't fix it alone, but steady energy from food makes a real difference. Light can help too: in a small study, sitting in front of a **10,000-lux light box for 30 minutes a day for two weeks** reduced MS fatigue. It's low-risk and especially helpful in Canadian winters; ask your practitioner whether it's right for you.

Eat regularly Meals and snacks at steady times keep blood sugar and energy levels steady.	**Pair your plate** Combine protein, fibre and healthy fat at each meal instead of sugary or white-flour foods.	**Stay hydrated** Even mild dehydration adds to tiredness. Keep a water bottle within reach.
Cook on good days Batch-cook when you have energy and freeze portions for harder days.	**Make it easy** Pre-cut vegetables, frozen berries, cooked chicken, and hard-boiled eggs save effort.	**Sit to prep** Prepare food at the table instead of standing at the counter.

Heat sensitivity

Many people with MS find symptoms flare temporarily when they get hot. Food and drink can help you stay cool:

- Sip cold water, iced herbal tea or smoothies through the day.
- On hot days, choose cooler meals such as salads, chilled soups and grain

bowls.
- Keep frozen grapes or frozen berries as a cooling snack.
- Avoid very hot, heavy meals in the heat of the day.

Bladder changes

It can be tempting to drink less, but that can make bladder symptoms worse and adds to fatigue and constipation.

- Drink steadily through the day rather than large amounts at once.
- Ease off fluids in the 2 hours before bed if you wake at night to use the bathroom.
- Notice whether caffeine, fizzy drinks, alcohol or artificial sweeteners irritate your bladder.
- Talk to your doctor about ongoing bladder symptoms. Help is available.

Bowel health and constipation

Constipation is common in MS because of slower nerve signals to the gut, less movement and sometimes medications.

Fibre Vegetables, fruit, beans, lentils, oats, chia and flax. Increase slowly.	**Fluids** Fibre works best with plenty of water.	**Warm start** Warm water with lemon or a herbal tea first thing in the morning.
Movement A walk or gentle stretching helps the bowel move.	**Routine** Give yourself unrushed time each morning, with feet on a small stool.	**Prunes** 2–3 prunes in the morning, chewed well, or stewed.

Bone health

MS can raise the risk of weaker bones because of less weight-bearing movement, low vitamin D, and steroid treatments. Without dairy, it's important to get calcium from other foods:

- Leafy greens such as kale, bok choy and collards
- Tahini, sesame seeds and almonds
- Tofu made with calcium (check the label)
- Sardines and salmon with soft bones
- Calcium-fortified almond or oat milk

Pair calcium with vitamin D, and keep moving: weight-bearing exercise helps keep bones strong.

Weight changes

Some people gain weight with less movement or steroid treatment; others lose weight when fatigue or swallowing makes eating harder. A vegetable-rich plate with protein at each meal helps in both directions. If weight is changing without you trying, let your NeuroGems team know.

Swallowing

Coughing or choking while eating or drinking, a wet-sounding voice after meals, or food feeling stuck can be signs of swallowing changes. Ask for a referral to a speech-language pathologist (SLP), who can recommend the safest textures and strategies for you.

Mood and brain fog

Omega-3 fats, colourful plants, steady blood sugar and good hydration all support the brain. Regular meals help prevent the energy dips that make brain fog worse.

Part 3 at a glance: one thing to try

- **Fatigue:** add protein to breakfast.
- **Heat:** keep a cold water bottle with you all day.
- **Bowel:** add one fibre-rich food and an extra glass of water.
- **Bones:** add one calcium-rich, dairy-free food each day.

Part 4: Planning and easy meals

MAKE THE HEALTHY CHOICE THE EASY CHOICE

When energy is limited, planning ahead protects your nutrition on the harder days.

Keep planning simple

Step	What to do
1. Look ahead	What does your week look like? Busy days, appointments, visitors?
2. Choose a few meals	Pick 3–4 dinners and a few breakfasts and snacks you'll actually eat. Repeating is fine.
3. Check what you have	Look in the fridge, freezer, and pantry first.
4. Make a list	Group items by section of the store, or use the list in Part 5.
5. Build in backup	Keep 1–2 low-effort meals ready for tired days.

Meal ideas

Meal	Ideas
Breakfast	Overnight chia pudding with berries and walnuts · scrambled eggs with spinach, mushrooms and onions · smoothie with berries, spinach, almond milk and protein powder · quinoa bowl with roasted sweet potato, greens and a poached egg
Lunch	Mixed greens with salmon, avocado and a lemon-turmeric

	dressing · lentil soup with steamed broccoli · chickpea salad with cucumber, tomato and herbs · leftover roast chicken over greens
Dinner	Baked salmon with roasted Brussels sprouts and quinoa · sheet-pan chicken with sweet potato and broccoli · tofu and vegetable stir-fry over brown rice · baked cod with roasted cauliflower and a beet and walnut salad
Snacks	Carrot sticks and chummus · coconut yogurt with berries · almond butter on apple slices · a handful of nuts and seeds · energy bites

Low-energy backups

Freezer soup	**Egg plate**	**Quick bowl**	**Smoothie**
A portion of homemade lentil or broccoli soup.	Eggs scrambled with frozen spinach, plus avocado.	Rice, leftover salmon or chicken, frozen vegetables, olive oil.	Frozen berries, greens, plant milk, hemp hearts.

Shop smart

- Choose organic for the produce on the Environmental Working Group's Dirty Dozen list when you can.
- Frozen vegetables and berries are nutritious, affordable, and save prep time.
- Use grocery delivery or pickup on low-energy weeks.
- Let a family member help with the carrying while you keep the choices.

Part 5: Your toolkit

PUTTING IT INTO PRACTICE

Small, specific steps are easier to repeat and build on.

My SMART goal

	Question	Example
S	Specific: what exactly will I do?	Add ground flax to my breakfast
M	Measurable: how often?	5 days this week
A	Achievable: is it realistic?	Yes, I have oatmeal most mornings
R	Relevant: why does it matter to me?	I want more omega-3s to support my brain
T	Time-bound: when?	Starting Monday

	My answer
Specific	
Measurable	
Achievable	
Relevant	
Time-bound	

Keep, Try, Ask

Keep: what is already helping?	Try: what am I curious to test?	Ask: where would help be useful?

My 4-week tracker

Write your goal at the top of each week and tick each day you do it.

Week 1 Goal: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun	What helped / what got in the way
☐	☐	☐	☐	☐	☐	☐	

Week 2 Goal: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun	What helped / what got in the way
☐	☐	☐	☐	☐	☐	☐	

Week 3 Goal: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun	What helped / what got in the way
☐	☐	☐	☐	☐	☐	☐	

Week 4 Goal: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun	What helped / what got in the way
☐	☐	☐	☐	☐	☐	☐	

Food and energy log

Use this for a week or two to notice patterns between what you eat and how you feel. It's especially helpful as you work toward going gluten-free.

Day	What I ate and drank	Energy (1–5)	Symptoms and notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

My 30-plants-a-week tracker

Write down each different plant you eat this week. Every vegetable, fruit, bean, grain, nut, seed, herb, and spice counts once.

#	Plant	#	Plant	#	Plant
1.		11.		21.	
2.		12.		22.	
3.		13.		23.	
4.		14.		24.	
5.		15.		25.	
6.		16.		26.	
7.		17.		27.	
8.		18.		28.	
9.		19.		29.	
10.		20.		30.	

My total this week: _____ New plant I tried: _____

My shopping list

Circle or check off what you need before you shop.

Section	Items
Produce	☐ leafy greens ☐ broccoli ☐ cauliflower ☐ Brussels sprouts ☐ peppers ☐ carrots ☐ sweet potatoes ☐ berries ☐ apples ☐ bananas ☐ avocado ☐ lemons ☐ ginger ☐ garlic ☐ _____
Protein	☐ wild salmon ☐ sardines ☐ eggs ☐ chicken ☐ grass-fed meat ☐ tofu ☐ lentils ☐ dried beans ☐ chummus ☐ _____
Grains	☐ oats ☐ quinoa ☐ brown rice ☐ gluten-free bread ☐ _____
Nuts and seeds	☐ walnuts ☐ almonds ☐ chia ☐ ground flax ☐ hemp hearts ☐ pumpkin seeds ☐ tahini ☐ almond butter
Pantry	☐ olive oil ☐ avocado oil ☐ turmeric ☐ cinnamon ☐ broth ☐ green tea ☐ cacao ☐ _____
Fridge and freezer	☐ almond or oat milk ☐ coconut yogurt ☐ sauerkraut ☐ frozen berries ☐ frozen vegetables ☐ _____

Part 6: The NeuroGems kitchen

DAIRY-FREE RECIPES FOR MS

These recipes come from the NeuroGems recipe collection. They're packed with antioxidants, omega-3s and fibre, and every one is dairy-free.

Label	What it means
Antioxidants	Rich in colourful plants, herbs or spices
Omega-3	Contains fish, walnuts, chia, flax or hemp
Protein	Helps maintain muscle and steady energy
Make ahead	Good for batch cooking on high-energy days

Vibrant morning habits

- Wake at a consistent time to support your body clock, and aim for 7–8 hours of sleep.
- Start with a glass of room-temperature water and a squeeze of lemon to hydrate and wake up digestion.
- Take a few minutes for deep breathing or quiet reflection to calm the body.
- Add gentle stretching to ease stiffness and get blood flowing.
- Enjoy a warm cup of ginger or turmeric tea.
- Step outside for natural light in the cooler morning hours. It lifts mood, steadies your sleep rhythm and helps your body make vitamin D.
- Plan a few realistic goals for the day, and pace your energy.
- Note something you're grateful for, and start with a positive thought about yourself.

Breakfast

Banana Protein Shake

Omega-3 **Protein** *Hemp hearts and walnuts in a quick drink.*

Ingredients

- 1 cup almond milk
- 2 Tbsp hemp hearts
- ¼ cup raw walnuts
- 2 handfuls spinach
- 1 frozen banana
- ½ tsp Ceylon cinnamon
- ½ tsp pure vanilla extract
- 1 handful ice cubes

Method

1. Blend everything until smooth.
2. Serve immediately.

Classic Overnight Oats

Omega-3 **Make ahead** *Breakfast ready before you wake up.*

Ingredients

- ½ cup gluten-free rolled oats
- 1 tsp chia seeds
- ¾ cup almond or coconut milk
- ¼ cup coconut yogurt
- 1 tsp pure vanilla extract
- 1 Tbsp pure maple syrup
- Berries, to top

Method

1. Add everything except the berries to a mason jar and stir well.
2. Refrigerate overnight or up to 5 days.
3. Top with berries to serve.

Make-Ahead Muesli

Omega-3 **Make ahead** *Oats, nuts and seeds mixed once in a big jar, ready for weeks of easy breakfasts.*

Ingredients

- 3 cups gluten-free rolled oats
- ½ cup sliced almonds
- ½ cup raw pecans, roughly chopped
- ½ cup pumpkin seeds
- ½ cup unsweetened coconut flakes
- ½ cup raisins
- ½ cup unsweetened dried cranberries (or more raisins)
- ¼ cup chia seeds
- ¼ cup ground flaxseed
- 1 tsp Ceylon cinnamon

Method

1. Heat the oven to 350°F. Spread the oats, almonds, pecans and pumpkin seeds on a rimmed baking sheet and toast for 10–12 minutes, until they smell nutty.
2. Scatter the coconut over the top and toast for 3–5 more minutes, until lightly golden. Let it cool.
3. Tip everything into a large bowl with the chia, flax, dried fruit and cinnamon, and mix well.
4. Store in an airtight jar at room temperature for up to 1 month. Shake the jar before serving, as the seeds settle to the bottom.

Serve ½ cup with plant milk or coconut yogurt and fresh berries. ***Let it soak for 10 minutes,*** *or overnight in the fridge, to soften the seeds. Makes about 12 servings. Adapted from Downshiftology.*

Egg and Veggie Mini Frittatas

Protein **Make ahead** *Grab-and-go protein for low-energy mornings.*

Ingredients

- 4 cups diced vegetables (zucchini, pepper, red onion, mushrooms)
- Avocado oil
- 12 large eggs
- Salt and pepper

Method

1. Preheat the oven to 350°F. Roast the vegetables with a drizzle of oil and seasoning for 20 minutes.
2. Whisk the eggs with salt and pepper.
3. Divide the vegetables into a lined muffin tin, filling each cup ¾ full.
4. Pour the eggs over and bake for about 25 minutes, until set.

Soups and salads

Creamy Broccoli Soup

Antioxidants **Protein** *Broccoli is rich in sulforaphane; creamy without any dairy.*

Ingredients

- 1 Tbsp avocado oil
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 4 cups water
- 1 ½ cups cooked white beans
- ½ cup raw cashews
- 1 lb broccoli florets, chopped
- 1 large carrot, shredded

- Salt and black pepper

Method

1. Sauté the onion and garlic for about 5 minutes.
2. Blend the beans, water, and cashews until smooth, then add to the pot.
3. Add broccoli, carrot, 2 tsp salt, and ½ tsp pepper. Bring to a boil.
4. Cover and simmer 15–20 minutes.
5. Purée part or all of the soup and season to taste.

Lentil, Potato and Spinach Soup

Protein **Make ahead** *Hearty, freezer-friendly and full of fibre.*

Ingredients

- Avocado oil
- 3 onions
- 2 cloves garlic
- 6 carrots
- 6 potatoes
- 2 sweet potatoes
- ¼ cup tomato paste
- 1 cup green lentils, rinsed
- 4 cups vegetable broth
- 12 cups water
- 1 Tbsp salt and pepper to taste
- 4 cups spinach
- 1 tsp red wine vinegar

Method

1. Sauté onion and garlic in oil.
2. Add vegetables (except spinach), lentils, tomato paste, liquids and seasoning.
3. Boil, then simmer 45 minutes.
4. Stir in the spinach and vinegar off the heat.

Sweet Potato Quinoa Salad with Orange-Ginger Dressing

Antioxidants **Make ahead** *Colourful, filling and great for lunches.*

Ingredients

- 2 cups sweet potato in 1-inch chunks
- 1 Tbsp olive oil and salt
- 1 cup quinoa, rinsed, plus 2 cups water
- ½ head cabbage, shredded
- 2 cups carrots, shredded
- 4 cups mixed greens
- **Dressing:** ½ cup orange juice, ¼ cup apple cider vinegar, ¼ cup olive oil, 2 Tbsp honey, 1–2 Tbsp fresh ginger, 1 Tbsp whole-grain mustard

Method

1. Roast the sweet potato with oil and salt at 400°F for about 20 minutes.
2. Simmer the quinoa in the water, covered, for about 15 minutes.
3. Blend the dressing ingredients until smooth.
4. Toss everything together.

Beet Salad

Antioxidants *Beets support healthy blood flow.*

Ingredients

- 2 lbs beets
- 6 oz mixed greens
- ½ cup chopped red onion
- ½ cup chopped pecans
- **Dressing:** ¼ cup olive oil, 2 Tbsp apple cider vinegar, 1 tsp Dijon mustard, 1 heaping Tbsp honey, salt and pepper

Method

1. Wrap the beets in foil and bake at 400°F for 50 minutes; cool, peel and slice.
2. Shake the dressing ingredients in a jar.
3. Layer greens, beets, onion, and pecans and toss with dressing.

Dinners

Honey Garlic Salmon

Omega-3 **Protein** *An easy way to get fish into your week.*

Ingredients

- 2 wild salmon fillets (6 oz each)
- 2 Tbsp gluten-free soy sauce
- 2 Tbsp whole-grain Dijon mustard
- 1 Tbsp honey
- 1 clove garlic, minced

Method

1. Preheat the oven to 350°F and place salmon on a lined sheet.
2. Whisk the remaining ingredients and spoon half over the salmon.
3. Bake 18–20 minutes, until it flakes easily.
4. Pour the remaining glaze on top.

Lemon Garlic Tilapia

Protein *Ready in under 30 minutes.*

Ingredients

- 4 tilapia fillets
- 2 garlic cloves, minced
- 2 Tbsp lemon juice, plus more
- 3 Tbsp olive oil, divided
- 1 tsp dried parsley
- 2 Tbsp fresh basil
- Salt and pepper

Method

1. Marinate the fish with garlic, 1 Tbsp oil, lemon juice, and parsley for 20 minutes.
2. Heat the remaining oil in a non-stick skillet over medium-high heat.
3. Cook 3–4 minutes per side until opaque.

4. Finish with lemon, basil, salt, and pepper.

Sheet-Pan Lemon Herb Chicken and Vegetables

Protein **Antioxidants** *One pan, little clean-up.*

Ingredients

- 4 bone-in or boneless chicken thighs (organic if possible)
- 2 sweet potatoes, cubed
- 1 head broccoli, in florets
- 1 red onion, in wedges
- 3 Tbsp olive oil
- Juice and zest of 1 lemon
- 3 garlic cloves, minced
- 1 tsp dried oregano
- ½ tsp turmeric
- Salt and pepper

Method

1. Preheat the oven to 425°F and line a large sheet pan.
2. Toss the vegetables with half the oil and season.
3. Rub the chicken with the remaining oil, lemon, garlic, oregano, turmeric, salt, and pepper.
4. Arrange the chicken among the vegetables and roast for 30–35 minutes, until the chicken is cooked through.

Lentil Veggie Burgers

Protein **Make ahead** *Freeze extras for quick meals.*

Ingredients

- 1 small onion
- 3 cloves garlic
- 1 cup grated carrots
- 2 cups cooked red lentils
- ½ cup cooked chickpeas
- 2 eggs

- 1 ¼ cups oat flour
- 2 tsp paprika
- 2 tsp salt
- Avocado oil

Method

1. Pulse onion and garlic in a food processor until fine.
2. Add carrots, lentils, chickpeas, eggs, and seasoning, then stir in oat flour.
3. Scoop into a hot, lightly oiled pan and flatten.
4. Cook until crisp on both sides.

Snacks and dressings

Sunshine Dressing

Antioxidants *Turmeric and ginger in a creamy tahini dressing.*

Ingredients

- 3 Tbsp tahini
- Juice of ½ lemon
- 1 Tbsp maple syrup
- 1–2 tsp fresh grated ginger
- ½ tsp turmeric
- ¼ tsp garlic powder
- ¼ tsp salt and black pepper
- 1–2 Tbsp warm water

Method

1. Whisk everything together, adding water to thin.

Chocolate Matcha Energy Bites

Antioxidants **Make ahead** *Cacao and green tea in a bite-sized snack.*

Ingredients

- 1 cup almonds

- ¼ tsp salt
- 1 cup Medjool dates, pitted
- 2 tsp vanilla
- ⅓ cup cocoa
- 2 Tbsp matcha powder
- 2 tsp maple syrup

Method

1. Pulse almonds and salt until roughly ground; set aside.
2. Process dates, vanilla, cocoa, and matcha until smooth, then add maple syrup.
3. Combine with almonds, adding water if crumbly.
4. Roll into balls and chill for 30 minutes.

Overnight Chocolate Chia Pudding

Omega-3 **Make ahead** *A dessert that's also rich in omega-3s.*

Ingredients

- ¼ cup cacao powder
- 3–5 Tbsp maple syrup
- Pinch of salt
- ½ tsp vanilla
- 1 ½ cups unsweetened almond milk
- ½ cup chia seeds

Method

1. Whisk cacao, maple syrup, salt, and vanilla with a little almond milk to a paste.
2. Whisk in the rest of the milk and the chia seeds.
3. Refrigerate at least 3–5 hours or overnight.

Learn more

- MS Canada: mscanada.ca
- Overcoming MS (Prof. George Jelinek): overcomingms.org
- Dr. Terry Wahls: terrywahls.com
- MS Hope and the Best Bet Diet (Dr. Ashton Embry): mshope.com

> **You're not doing this alone**
> Every nourishing meal is a step toward a calmer immune system and more energy. Keep what works, try what fits, and reach out to your NeuroGems team whenever you need support.