NeuroGems

EMPOWERING HEALTH

NOURISHING WELL

with Parkinson's

A practical nutrition handbook for people living with Parkinson's and the people who care for them

Foundations · Food and symptoms · Everyday wellness
Planning and shopping · Cooking and eating
Goal setting and trackers · The NeuroGems kitchen

NeuroGems · Empowering Health

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Welcome to the NeuroGems family

A Parkinson's diagnosis brings a lot of new information at once. Food is one place you can start making a difference today, in your own kitchen, at your own pace.

This handbook gathers what we know about eating well with Parkinson's into one place. It is not a strict diet or a list of rules. It is a set of practical tools: ways to support digestion, energy, strength, and mood, to make meals easier when symptoms get in the way, and to keep the pleasure, culture, and connection that food brings.

You do not need to read it all at once or change everything. Most people get the most from it by choosing one small step, trying it for a week, and building from there.

How to use this handbook

Start with what matters now Use the contents below and go straight to the topic that feels most pressing, whether that is constipation, low appetite, or meal planning.	**Try one small thing** Each section ends with ideas to try. Pick one, not five. Small, repeated steps add up.
Use the worksheets Part 6 has a goal-setting page and simple trackers. Print them or copy them into a notebook.	**Bring it to your team** Write down patterns and questions as you notice them, and share them with your NeuroGems team, neurologist, dietitian, or pharmacist.

An important note

No food or supplement is a cure for Parkinson's. But research, including Dr. Laurie Mischley's study of more than 1,000 people living with Parkinson's, links everyday food choices with how quickly symptoms progress. Good nutrition also supports how you feel day to day: digestion, energy, strength, mood, and how well your routine works with your medication. Always speak with your healthcare team before making major changes to your diet, starting a supplement, or changing when you take medication.

What's inside

Part	Topic	What you'll find	Page
1	Foundations	The gut–brain connection, what the research says, and the Healthy Plate	5
2	Food and your symptoms	Constipation, protein and levodopa, low blood pressure, weight and muscle	10
3	Everyday wellness	Appetite, fatigue, smell, cravings, sleep, saliva and mealtime conversations	17
4	Planning and shopping	Simple weekly planning, the grocery cart, labels, pantry and backup meals	23
5	Cooking and eating	Easier prep, helpful tools, safer mealtimes, swallowing and oral health	27
6	Your toolkit	Problem solving, who can help, SMART goals and printable trackers	31
7	The NeuroGems kitchen	Morning habits and nourishing recipes chosen for Parkinson's	39

Part 1: Foundations

BUILDING A FLEXIBLE FOUNDATION

The aim is a way of eating that is nourishing, realistic and enjoyable, not a perfect diet.

There is no single Parkinson's diet

Every person with Parkinson's is different: symptoms, medications, culture, appetite, budget and other health conditions all shape what works. What nutrition can do is support many of the areas that matter most in daily life:

Gut health and constipation Fibre, fluids and regular meals help keep digestion moving.	**Hydration and blood pressure** Fluids and meal size can ease dizziness for some people.	**Weight, muscle and strength** Enough protein and energy protect mobility and independence.
Energy, mood and bones A varied, colourful diet supports overall well-being.	**Meals and medication** For some people, meal timing affects how well levodopa works.	**Enjoyment and connection** Food is also comfort, culture, memory and time with others.

The gut–brain connection

Your gut and brain are in constant conversation through nerves, hormones, immune signals and the trillions of bacteria that live in your digestive tract (your microbiome).

- Constipation and other digestive changes are common in Parkinson's and can appear years before movement symptoms.
- What you eat shapes your microbiome. Fibre-rich plant foods such as vegetables, fruit, beans, lentils and whole grains feed beneficial bacteria.
- Research into the gut and Parkinson's is active and promising, but still developing.

> **What this means for you**
> Caring for your gut matters now, for comfort, appetite, and a more predictable medication routine. Whether it can change the course of Parkinson's is not yet known, and researchers are working on it.

Why nutrition research can feel confusing

You will see headlines about superfoods and special diets. It helps to know why the science is hard to pin down:

Challenge	Why it matters
Long timelines	Changes in Parkinson's unfold over years, so studies need to run for a long time.
Measuring diet	Most studies rely on food records or questionnaires, which are never exact.
Individual differences	Medications, symptoms, genetics, and the microbiome vary from person to person.
Study design	Many findings show an association, not cause and effect.

The practical answer is to look at the overall pattern of evidence and choose foods that support your general health, rather than changing your diet based on a single headline.

Common questions

Question	Short answer
Can food slow Parkinson's?	There is no cure, but Dr. Laurie Mischley's research found that people who ate more fresh vegetables, fresh fruit, nuts and seeds, olive oil and non-fried fish progressed more slowly. Food is one of your most powerful tools.
Should I avoid protein?	Usually no. Enough protein is important for muscle and strength. See Part 2 if you notice protein affecting your medication.
Should I avoid dairy?	Yes. In Dr. Laurie Mischley's research, milk, cheese, yogurt, and ice cream were linked with faster progression, so NeuroGems recommends a completely dairy-free diet. Every recipe in Part 7 is dairy-free.
Do I need to eat organic?	Eating plenty of fresh fruit and vegetables matters most. When you can, choose organic for the produce on the Environmental Working Group's Dirty Dozen list to lower pesticide exposure.
Should I go vegan?	A plant-based diet can be healthy, but it has not been shown to be better for Parkinson's. Plan carefully for protein.
What about keto?	There is not enough evidence to recommend it routinely.

When in doubt

Avoid extremes, keep your protein up, and check with your healthcare team before any major change.

Mediterranean and MIND-style eating

These patterns have the strongest practical support. Think of them as a pattern rather than a cuisine: you can follow them with the foods and flavours of your own culture and family table.

Choose more often	Choose less often
Vegetables and fruit · beans, lentils, nuts and seeds · whole grains and starchy vegetables · fish and other proteins · olive oil, avocado and other healthy fats · fresh herbs and spices · water and herbal tea	All dairy (milk, cheese, yogurt, butter, ice cream) · sugary drinks, soda and sweets · highly processed snack foods · fried and fast foods · large amounts of processed meats · gluten-containing grains (wheat, barley, rye) and refined grains

Dairy is the one food NeuroGems recommends leaving out completely. We also encourage working toward gluten-free eating as part of an anti-inflammatory lifestyle: make it your ideal, or try a 3–6 month gluten-free trial and notice how you feel. For everything else on the less-often list, your overall pattern matters more than any single meal.

The Healthy Plate

A simple visual for building balanced meals. Use it as a guide, not a rule: it can look different across cultures, budgets, preferences, and symptoms.

½ **Non-starchy vegetables** leafy greens, broccoli, peppers, carrots, zucchini, tomatoes	**¼** **Protein foods** fish, eggs, poultry, beans, lentils, tofu, nuts and seeds
	¼ **Whole grains or starchy vegetables** oats, brown rice, quinoa, potatoes, sweet potato

Plus: fruit on the side or with the meal, and healthy fats such as olive oil, avocado, nuts or seeds worked into the meal.

Try this week (pick one)

- Add one vegetable or fruit to a meal you already eat.
- Try one fibre-rich food such as oats, beans, lentils or berries.
- Look at one usual meal through the lens of the Healthy Plate.
- Simply notice how you feel after different meals.

Part 2: Food and your symptoms

FOOD AS SUPPORT

Symptoms, meals and medications can influence each other. The goal is to notice patterns and adjust with your care team, not to eat perfectly.

Parkinson's symptoms	Food and fluids	Medications
Constipation, nausea, low blood pressure, fatigue, appetite changes	Fibre, protein, hydration, salt, meal timing, texture	Timing, absorption, side effects, interactions

Constipation and gut health

Parkinson's can slow the nerves and muscles that move food through the digestive tract. Constipation is often caused by this slower movement, not simply by what someone eats. Slower digestion can also lead to bloating, nausea, feeling full quickly and a smaller appetite, and it can delay how quickly oral medications are absorbed.

> **Why it's worth addressing**
> Managing constipation supports comfort, appetite, nutrition and a more predictable medication routine. It is worth treating, not just putting up with.

What helps

Fibre-rich foods	Fluids through the day	Movement
Fruit, vegetables, beans, lentils, whole grains, nuts and seeds.	Regular sips keep stool softer. Water, herbal tea, soup and broth all count.	A walk or gentle stretching can help stimulate the bowel.

Warm drinks Coffee, tea, or warm water, especially in the morning.	**Regular meals** Eating at consistent times supports regularity.	**Gut-friendly foods** Aim for a small serving of fermented food twice a day (sauerkraut, kimchi, coconut kefir), plus oats, bananas and beans.

Fibre and fluids work as a pair

Fibre adds bulk and helps move things along. Fluids keep stool soft. More fibre without enough fluid can make things worse, so increase both together and build up slowly to avoid bloating.

Type	What it does	Where to find it
Soluble fibre	Dissolves in water and forms a gel that softens and normalises stool	Oats, chia and flax, beans, lentils, apples, bananas, psyllium
Insoluble fibre	Adds bulk and helps move stool through the gut	Whole grains, vegetable skins, nuts, seeds, leafy greens

Food or supplement? Whole foods give you fibre plus other nutrients. A fibre supplement can help when food alone isn't enough; psyllium has the strongest evidence. If constipation continues even with fibre, fluids, movement and regular meals, ask your healthcare team whether an over-the-counter treatment is right for you.

> **Try this week**
> Add one fibre-rich food each day and pair it with an extra glass of fluid.

Protein: strength, function and healing

Protein helps preserve muscle, which supports mobility, balance and independence. It also supports immune function and recovery from illness. Getting enough can become harder with Parkinson's because of low appetite, fatigue, chewing or swallowing changes, and the effort of preparing meals. Tremor and extra movement can also raise energy needs.

Easy ways to get enough

- Include a protein food at meals and snacks: eggs, fish, poultry, tofu, beans, lentils, hemp hearts, nuts, seeds, or nut butter.
- Make foods you already eat work harder: hemp hearts or chia at breakfast, beans in soup, nut butter on oatmeal or fruit, eggs or tofu in a grain bowl.
- When appetite is low, choose small protein-rich options such as hummus, nut butter, a smoothie with hemp hearts, or a dairy-free protein shake.
- Keep easy proteins on hand: cooked salmon, batch-cooked beans or lentils, frozen edamame, hard-boiled eggs, hummus, tofu.

Protein and levodopa: does timing matter?

After digestion, protein and levodopa can compete for the same pathways into the brain. In some people, this means a dose takes longer to work, feels weaker, or wears off sooner. In one study of 877 people taking levodopa, about 6% noticed this pattern, so most people do not need to change how they eat.

Signs to watch for	If you notice a pattern
Medication takes longer to kick in · a dose feels less effective · it wears off sooner · an occasional dose doesn't seem to work after a higher-protein meal	Don't cut protein. Talk with your neurologist and dietitian about shifting more of your protein to the evening meal, while still meeting your daily needs.

Example only, for someone who has noticed this pattern and takes levodopa three times a day. Always follow your own prescribed schedule.

Time	What happens	Notes
7:00 am	Levodopa, dose 1	About 30 minutes before breakfast
7:30 am	Breakfast	Lower-protein meal, plus fluids
8:30–9:30 am	Exercise	When you usually feel your best
12:00 pm	Levodopa, dose 2	
12:30 pm	Lunch	Lower to moderate protein
5:00 pm	Levodopa, dose 3	
5:30 pm	Dinner	Larger share of the day's protein

> **Key message**
> Protein redistribution means shifting protein, not restricting it. Work with your care team to protect both your medication response and your muscle.

Food, medication and supplements

Most people with Parkinson's do not need to avoid nutritious foods because of their medications. Food, supplements, hydration and medication can influence one another, so coordination is the key.

- Tell your healthcare team before a big change: a new diet, fasting, a large change in protein or salt, or a new vitamin, supplement or over-the-counter product.
- Your pharmacist can review all your prescriptions, over-the-counter medicines and supplements together and flag possible interactions. Ask your practitioner to **check your vitamin B6 and B12** levels too, since levodopa and carbidopa can lower them over time. Ask about your **vitamin D** too, and whether supplements such as fish oil or CoQ10 are right for you.

Low blood pressure and dizziness

Parkinson's can affect the nerves that regulate blood pressure automatically. Blood pressure may drop when you stand up (orthostatic hypotension), and some medications can add to this. You might feel dizzy, light-headed, weak, foggy, or unsteady, and it can lead to falls. Blood pressure can also drop after eating, especially after a large meal.

Hydrate early and often Aim for about 8–10 cups (2–2.5 L) of fluid across the day, unless your doctor has advised otherwise. Thirst fades with age, so drink on a schedule rather than waiting until you feel thirsty, and use filtered water if you can. For some people, drinking about 2 cups of cold water	**Ask about salt** Extra salt helps some people hold on to fluid, but the right amount varies. Ask your team whether it's right for you.

quickly can help raise blood pressure.	
Keep meals smaller Large or very starchy meals can worsen symptoms. Smaller, balanced meals may feel better.	**Change position slowly** Pause between lying, sitting and standing, especially in the morning and after meals.
Avoid heat and alcohol Hot showers, hot tubs, overheating and alcohol can all make dizziness worse.	**Ask about other tools** Compression garments, raising the head of the bed and sometimes medication can help.

If night-time bathroom trips disturb your sleep, try finishing most of your fluids about 2 hours before bed while still meeting your daily total.

Unintentional weight loss

Weight loss in Parkinson's can come from higher energy needs (tremor and extra movement burn calories) and from eating becoming harder. Losing weight often means losing muscle, which affects strength and mobility. Catching it early makes a big difference.

Add energy-rich foods Olive oil, avocado, nuts and seeds, nut butter, coconut milk or coconut oil.	**Drink your calories** Smoothies, soups, plant-milk drinks or a dairy-free nutrition shake.	**Eat little and often** Small meals and snacks can feel easier than a full plate.

Choose protein	Weigh regularly	Ask for help
Include protein with meals and snacks to protect muscle.	Check every week or two to spot changes early.	Ongoing weight loss deserves support from your care team.

Part 2 at a glance: one thing to try

- **Constipation:** add one fibre-rich food and pair it with fluids.
- **Protein and levodopa:** notice whether higher-protein meals affect your medication, and write it down.
- **Low blood pressure:** track your fluids, or note symptoms after meals.
- **Weight:** add one energy-rich booster or protein snack each day.

Part 3: Everyday wellness

MAKING EATING EASIER AND MORE ENJOYABLE

Parkinson's can change appetite, energy, smell, and routines. Small, practical changes can make meals feel more inviting and less overwhelming.

Appetite and enjoyment

Many people notice that eating isn't as enjoyable as it used to be. Smell and taste, digestion, fatigue, mood, medication, saliva, and sleep can all play a part. Acknowledging this is the first step.

Boost flavour and aroma Herbs, spices, citrus, vinegar and other tangy flavours add interest.	**Eat when appetite is best** Plan your largest meal for the time of day you feel hungriest or most energetic.
Make meals appealing Colour, different textures, a nice plate and good company all help.	**Keep it easy and familiar** Keep convenient foods on hand and include favourite comfort foods when eating is hard.

> **When appetite is low, eating enough comes first.** A small meal, a nourishing drink or a snack still counts.

Apathy and fatigue

These are two different barriers that can overlap. **Apathy** is a change in motivation caused by Parkinson's affecting brain chemicals such as dopamine. It is not laziness, and it is different from depression: the hard part is getting started. **Fatigue** is a lack of physical or mental energy that makes

shopping, cooking, and even eating feel like hard work.

Create structure

- Eat at regular times. Phone alarms, a written schedule, or reminders help when appetite or motivation is low.
- Pair eating with something you already do: your morning coffee, medication, a walk, or the evening news. If you enjoy afternoon tea, let it be your cue for a snack.
- Let a family member or care partner help with reminders, one part of a meal, or putting food where it's easy to see and reach.

Make nourishment easy to reach

- Pre-washed greens, pre-cut fruit and vegetables, frozen produce, and batch-cooked beans save time and effort.
- Keep ready-to-eat proteins on hand: hard-boiled eggs, chummus, leftover salmon, rotisserie chicken, tofu, nut butter.
- Cook once, eat more than once. On a good-energy day, make extra and freeze portions for harder days.

Low-effort meals still count

Chia pudding and fruit No cooking. Add granola or nuts if you like.	**Toast, nut butter and banana** Quick, filling, and energy-rich.
Chummus, vegetables and pita Use pre-cut vegetables to save effort.	**Grain bowl with cooked beans** Grains, beans, olive oil or a sauce.

Save effort on clean-up too: one-pot meals, slow cookers, sheet-pan dinners and parchment-lined pans.

Loss of smell

Loss of smell is very common in Parkinson's. Because smell and taste are closely linked, food can taste flat, and appetite may drop. Some people find themselves reaching for sweeter or more processed foods to make up for it. Other senses can do more of the work:

Tang and acid Lemon, lime, orange and vinegars brighten food.	**Bold spices** Ginger, cinnamon, cumin, cloves, cayenne, turmeric, mint, chili.	**Savoury depth** A splash of soy sauce or coconut aminos, within your salt needs.
Texture Add crunch where safe: seeds on chia pudding, nuts on tofu.	**Temperature contrast** Pair warm and cool, such as warm falafel with cool tahini sauce.	**Colour** Leafy greens, red peppers, dark berries, and orange squash make a plate inviting.

> **Safety tip**
> Smell is a built-in warning system. Keep smoke detectors working, check expiry dates, and look carefully at food for signs of spoilage. Follow any swallowing advice you've been given before trying new textures.

Cravings

Some people with Parkinson's notice stronger cravings, especially for sweets, or more frequent thoughts about food. Changes in the brain's dopamine system and some Parkinson's medications can play a role. The goal is to understand what is behind the urge, not to eliminate cravings.

1. **Pause and check in.** Are you hungry, bored, stressed, or just thinking

about food?

2. **Honour the craving.** If you still want it, it's okay to have it.
3. **Add balance.** Pair a treat with protein or fibre, such as chocolate with a handful of nuts.
4. **Eat regularly** so you don't become overly hungry.
5. **Make nourishing choices easy** by keeping washed fruit and nuts visible.

For care partners	When to follow up
Focus on what can be **added** rather than taken away. Avoid "you can't" and "you should."	If cravings become new, unusually intense, or compulsive, especially after a medication change, speak with your neurologist.

Sleep

Poor sleep makes fatigue and mood harder the next day. Food can't solve every sleep problem, but a steady routine helps.

During the day	After noon	Evening	Close to bed
Balanced meals at consistent times	Be thoughtful about caffeine if it affects your sleep	Finish larger meals about 3 hours before bed; avoid late alcohol and sugary foods	A small, light snack if needed; ease off fluids 2 hours before bed if night-time bathroom trips are an issue

Sleep-friendly snacks

Kiwi slices Small studies suggest kiwi before bed may help some people sleep better.	**Tart cherry** Mixed into coconut yogurt, almond milk or a smoothie. Evidence is modest but encouraging.	**Warm oats with almond milk** A small bowl made with almond or oat milk is gentle and comforting.

Talk with your healthcare team about restless legs (ask whether iron and ferritin should be checked) and about sudden sleepiness during the day, which can be linked to some Parkinson's medications.

Changes in saliva

Drooling Often a swallowing issue, not too much saliva. Swallow on purpose at regular intervals and sit upright. A speech-language pathologist (SLP) can suggest strategies, and your team can discuss other treatments if needed.	**Dry mouth** Can come from Parkinson's or medication. Add moisture with sauces, broth, olive oil or coconut yogurt; sip water if safe; try saliva-substitute sprays or gels and sugar-free lozenges; avoid alcohol-based mouthwash.

Talking about food

Invisible symptoms such as loss of smell, low appetite, fatigue, or dry mouth can make it hard for others to understand why eating is difficult. A few words can change the whole mealtime.

Instead of...	A care partner might try...	The person with Parkinson's might say...
"That has too much sugar."	"Are you looking for a quick energy boost, or is your sweet tooth calling?"	"I'm craving something sweet. Could we add something filling with it?"
"You need to finish your protein."	"Would a protein smoothie be easier while wesit on the porch together?"	"Chewing feels hard right now. A smoothie might be easier."
"Why aren't you eating? I cooked for an hour."	"Is the texture tricky today, or is your appetite just quiet?"	"I appreciate the meal. My appetite is low today."

Part 4: Planning and shopping

A HEALTHY PLATE BEGINS BEFORE THE KITCHEN

A little planning lowers the daily load of deciding what to eat, and makes sure nourishing food is on hand when energy is low.

Hold on to what matters

Meals carry memory, culture, family, comfort and independence. As Parkinson's changes appetite, energy, or movement, planning helps protect the parts of eating you care about most, whether that's family dinners, your own cooking, or a cherished holiday dish.

Keep planning simple

Step	What to do
1. Look ahead	What does your week actually look like? Busy days, appointments, visitors?
2. Choose a few meals	Pick a few meals and snacks you will realistically eat. You don't need seven different dinners.
3. Check what you have	Look in the fridge, freezer, and pantry first.
4. Make a list	Group items by section of the store.
5. Build in backup	Add 1–2 low-effort meals for harder days.

> **Repetition is a strategy.** Having the same easy breakfast every day is not a failure. It saves energy for the things that matter.

From Healthy Plate to grocery cart

Vegetables and fruit Fresh first, frozen as backup	**Whole grains and starches** Oats, brown rice, quinoa, whole-grain pasta, potatoes	**Protein foods** Fish, poultry, eggs, tofu, beans, lentils, nuts
Healthy fats Olive oil, avocado, nuts and nut butter, seeds	**Flavour boosters** Herbs, spices, citrus, vinegar, sauces	**Easy backups** Homemade soup in the freezer, premade grains, cooked beans

Choose fresh foods most often

Dr. Laurie Mischley's research found that fresh vegetables and fresh fruit were linked with slower progression, while canned fruits and vegetables were linked with faster progression. Make fresh produce the base of your week, and keep frozen fruit and vegetables as a backup for low-energy days. Instead of canned beans, cook a big pot of dried beans or lentils and freeze them in portions, or buy beans in glass jars.

Make shopping work for you

Shop at your best time Quieter hours, or when your energy and medication are working well.	**Choose the easier store** A smaller store may be less tiring than a large supermarket.
Use delivery or pickup Less walking and carrying.	**Share the task** A care partner can shop or carry while you keep the choices.

Make the budget work

- Store brands are usually just as nutritious.
- Seasonal produce often costs less.
- Compare unit prices (cost per 100 g or per serving), not package prices.
- Use the freezer for bread, cooked grains, leftovers, fish, and produce.
- Lean on budget staples: dried beans and lentils, oats, eggs, seasonal produce, frozen vegetables.

Reading labels

Use labels to compare products and answer a question, not to judge a food as good or bad.

Look at	Why
Serving size	All the numbers refer to this amount, which may not be what you eat.
% Daily Value	A quick guide: 5% or less is a little, 15% or more is a lot.
Fibre	Often look for more.
Sodium, saturated fat, sugars	Often look for less, unless your team has advised more salt for low blood pressure.

Pantry and freezer backups

Grains and starches Oats, brown rice, quinoa, pasta, whole-grain crackers	**Beans, lentils and fats** Dried beans and lentils, nuts, seeds, olive oil, coconut oil

Jarred and boxed	Flavour
Tomatoes in glass jars, boxed broth, coconut milk	Herbs, spices, garlic, lemon juice, mustard, vinegar

A few backup meals for low-energy days: homemade lentil soup from the freezer with gluten-free toast · eggs and frozen spinach · rice with leftover salmon and frozen vegetables · granola with almond milk and berries.

Using AI tools to help plan

Tools such as ChatGPT, Claude, or Gemini can help brainstorm simple meals, turn them into a grocery list, or suggest ways to use what's already in your fridge. The more specific you are, the more useful the answer. For example:

> *"Give me 3 simple Mediterranean-style dinners for two. Keep active prep under 15 minutes, use mostly pantry or frozen foods, make everything dairy-free, and include one meal with lentils. Then make one grocery list organised by produce, protein, grains, pantry, and freezer."*

Use AI as a planning assistant only. Questions about swallowing, medication timing, restricting protein or salt, and supplements belong with your care team.

Part 5: Cooking and eating

SAFER, EASIER, MORE COMFORTABLE

How meals are prepared, served, and eaten affects comfort, independence, and safety. The goal is to keep you in the kitchen and at the table, with less effort.

Making meal prep easier

Think **task → barrier → adaptation**. Before giving up a part of cooking you enjoy, see if the task can change.

Sit for part of it Prep, mix, peel, or assemble at the table or on a sturdy stool.	**Gather first** Bring ingredients and tools within reach before you start.
Break it into stages Prep one part earlier in the day and finish later.	**Use your best window** Do tasks needing coordination when your movement is best.

Same meal, easier route

If this is hard...	Try this
Chopping or grip	Pre-cut or frozen produce, flaked cooked fish, microwaveable grains, kitchen shears, or a helper for that one step
Using utensils	Foods that are easier to scoop, plus a plate with a lip, non-slip mat, or adapted utensil
Chewing	Make the same meal softer and moister: tender vegetables, moist fish, sauces, mashed sides
Swallowing safely	Follow the texture and liquid plan from your speech-language pathologist. Don't guess.

Cook once, eat more than once

Double a soup, grain dish or protein when you have energy. Freeze portions flat in freezer bags or in containers that are easy for you to open. Reheat in glass or oven-safe containers.

Make the kitchen work for you

- Keep the dishes, pots, and ingredients you use most in the easiest places to reach.
- Set up one prep zone with your cutting board, utensils and seasonings together.
- Use a tray, basket or small rolling cart to move several items at once.
- Keep paths clear, counters uncluttered, and lighting good.

Helpful tools

The right tool makes a task easier without taking away independence. An occupational therapist (OT) can help match tools to your needs.

Task	Tools to consider
Opening	Electric can opener, jar opener or grip aid
Chopping	Food chopper, kitchen shears, adaptive cutting board
Cooking	Slow cooker, rice cooker or sheet pans
Stabilising	Non-slip mat, heavier bowl
Eating	Thick-handled, weighted or rocker utensils; plates and bowls with a lip
Drinking	Two-handled, weighted or lidded cups (ask your OT or SLP which is safest for you)
Clean-up	Parchment or foil, dishwasher-safe tools, one-pot meals

Safer mealtimes

Upright and supported Sit in a supportive chair with feet flat on the floor.	**Everything within reach** Set up food, drinks, utensils, and napkins before you begin.
Enough time Rushing makes eating harder. Pause if you get tired.	**Fewer distractions** A calm setting helps you focus on chewing and swallowing.

Could swallowing be changing?

Swallowing changes can be gradual and easy to miss. They may affect liquids, solids, or both.

During a meal	With food or pills	Over time
Coughing, choking or frequent throat clearing; a wet or gurgly voice; food left in the mouth	Food or pills feeling stuck; needing several swallows per bite; avoiding certain textures	Meals taking much longer; eating less; weight loss; repeated chest infections

Bring it up early

If you notice a new or ongoing pattern, ask for a referral to a speech-language pathologist (SLP). They can assess your swallow, sometimes with a video X-ray or a small camera, and recommend exactly which textures and drinks are safest. Don't change textures or thicken drinks on your own: unnecessary restrictions can reduce enjoyment, eating and hydration.

Keep the same meal on the table

If a texture change is recommended, adapt the form while keeping familiar flavours and the experience of eating together. Taco night can become a soft bowl with extra salsa and mashed avocado; chicken and vegetables can be shredded with gravy and mashed potatoes; pasta night can have extra sauce. Ask: what do you miss most about this food, the flavour or simply eating what everyone else is eating?

Oral health is nutrition care

Comfortable teeth, gums and dentures make it easier to chew a wide variety of foods. Dry mouth, pain, sores or loose dentures can quietly reduce appetite and intake. Your mouth matters for your brain too: research by Martha Carlin and others links gum-disease bacteria to inflammation that may affect Parkinson's, so caring for your teeth and gums is part of caring for your brain.

- An electric toothbrush or built-up handle reduces effort. Sit at the sink if standing is tiring. Rinse your mouth well with water after every meal, and choose an alcohol-free mouth rinse.
- Floss picks, interdental brushes, or a water flosser can be easier than regular floss.
- Keep supplies together and visible, and accept help with just the hard step.
- See your dentist for pain, bleeding gums, mouth sores, loose teeth, or dentures that don't fit well.

Part 6: Your toolkit

PUTTING IT INTO PRACTICE

You don't need every strategy, only the ones that help you. This section turns ideas into small, trackable steps.

When something gets harder, start with the barrier

Ask	Think about
1. What changed?	Appetite, fatigue, constipation, movement, swallowing, planning
2. What matters most?	Comfort, nutrition, independence, family meals, less effort
3. What can we adapt?	The food, the task, timing, setting, tools, routine, or support
4. Who can help?	Your NeuroGems team, dietitian, SLP, OT, neurologist, dentist, pharmacist, family

> **Example: dinner is taking much longer**
> **What changed:** dinner is slow and exhausting. **What matters:** eating enough and still sitting with family. **What to adapt:** simpler prep, more time, easier-to-manage foods. **Who can help:** an OT for tools, an SLP for chewing and swallowing, a dietitian if weight drops.

Who can help

Concern	Who to ask
Weight, appetite, supplements, food and medication questions	Your NeuroGems team, a registered dietitian, your neurologist or family doctor, your pharmacist
Swallowing, saliva, coughing at meals	Speech-language pathologist (SLP)
Kitchen tools, utensils, energy-saving strategies	Occupational therapist (OT)
Movement, strength, balance	Physiotherapist
Teeth, gums, dentures	Dentist
Practical support, caregiving, connection	Your NeuroGems team, social worker, support groups

Motivation can follow action

You don't have to wait until you feel motivated. Small actions build momentum.

Start small Choose one action that's easy enough to begin today.	**Anchor it** Attach it to something you already do.	**Make it rewarding** Add flavour, music or company.
Use support Ask someone to join, remind, shop or prep with you.	**Notice progress** Celebrate what you did, not only what's left.	**Keep, Try, Ask** Keep what's working. Try one new thing. Ask for help where you need it.

My SMART goal

A SMART goal makes your next step clear enough to actually try.

	Question	Example
S	Specific: what exactly will I do?	Have a nourishing snack with my afternoon tea
M	Measurable: how often or how much?	3 days this week
A	Achievable: is it realistic this week?	Yes, I already have tea every afternoon
R	Relevant: why does it matter to me?	I've been losing weight and want to keep my strength
T	Time-bound: when will I do it?	Starting Monday, at 3 pm

> **Instead of** "I'll eat better this week," **try** "I will pair a nourishing snack with my afternoon tea 3 days this week."

My goal

	My answer
Specific	
Measurable	
Achievable	
Relevant	
Time-bound	

My goal in one sentence:

I will...

Keep, Try, Ask

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

My 4-week small-steps tracker

Write your goal at the top of each week and tick each day you do it. At the end of the week, note what helped and what got in the way.

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
☐	☐	☐	☐	☐	☐	☐	

Daily fluids and fibre tracker

A quick way to notice patterns without turning it into another chore. Check off a box each time you drink one and note your fibre foods.

Day	Cups of fluid (aim for 8–10)	Fibre foods I ate	Bowel movement?	How I felt
Mon	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		☐ Yes ☐ No	
Tue	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		☐ Yes ☐ No	
Wed	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		☐ Yes ☐ No	
Thu	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		☐ Yes ☐ No	
Fri	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		☐ Yes ☐ No	
Sat	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		☐ Yes ☐ No	
Sun	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		☐ Yes ☐ No	

Fibre foods to choose from: vegetables (broccoli, carrots, leafy greens, peas) · fruit with the skin (apples, pears, berries) · prunes and kiwi · beans, lentils and chickpeas · oats, quinoa and other whole grains · chia, ground flax, nuts and seeds.

Add fibre slowly and drink more fluid as you go.

Meals, medication and symptoms log

Use this log for a week or two if you suspect a pattern, such as protein affecting levodopa, dizziness after meals, or low appetite at certain times. Bring it to your next appointment.

Date / time	Medication taken	What I ate and drank	How I felt (on/off, dizzy, energy, appetite)

My reusable shopping list

Keep the foods you buy often on one list. Before shopping, circle or check off what you need.

Section	Items
Produce	☐ apples ☐ pears ☐ berries ☐ bananas ☐ kiwi ☐ leafy greens ☐ broccoli ☐ green beans ☐ peppers ☐ squash ☐ sweet potatoes ☐ potatoes ☐ lemons ☐ _____
Protein	☐ eggs ☐ tofu ☐ tempeh ☐ salmon ☐ fish ☐ chicken ☐ dried beans ☐ lentils ☐ hummus ☐ nut butter ☐ _____
Grains	☐ oats ☐ whole-grain bread ☐ brown rice ☐ quinoa ☐ pasta ☐ crackers ☐ _____
Pantry	☐ jarred tomatoes ☐ broth ☐ coconut milk ☐ olive oil ☐ nuts ☐ chia/flax ☐ spices ☐ _____
Freezer	☐ frozen vegetables ☐ frozen berries ☐ frozen fish ☐ easy frozen meals ☐ _____
Drinks and flavour	☐ almond or oat milk ☐ tea ☐ coffee ☐ sparkling water ☐ lemon juice ☐ soy sauce ☐ salsa ☐ pesto ☐ _____

Part 7: The NeuroGems kitchen

NOURISHING RECIPES AND MORNING HABITS

These recipes come from the NeuroGems recipe collection. They are colourful, plant-forward and full of fibre, healthy fats and protein. Every recipe is dairy-free, and many are gluten-free, which makes them easy to share at a family table with different needs. Use them as inspiration and adapt them to your tastes and your texture needs.

Look for these labels	What they mean
Fibre	Supports digestion and regularity
Protein	Helps protect muscle and strength
Soft	Easier to chew, or easy to blend smoothly
Energy boost	Extra calories in a small amount, helpful if weight is dropping
Make ahead	Good for cooking once and eating more than once

> **A note on protein and timing**
> If you and your care team have found that protein affects how your levodopa works, plan protein-rich recipes such as shakes, frittatas, and salmon for the times of day your team recommends.

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, which lifts mood and steadies your sleep rhythm.
- Plan a few realistic goals for the day.
- Note something you're grateful for, and start with a positive thought about yourself.

Smoothies

Smoothies are an easy way to get nutrition in when appetite is low, or chewing is tiring. Add hemp hearts, ground flax, or chia for extra fibre and healthy fats. Blend all ingredients in a high-powered blender and enjoy right away.

Banana Protein Shake

Protein **Energy boost** **Soft** *Hemp hearts and walnuts add protein and healthy fats.*

Ingredients

- 1 cup almond milk (or any plant 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.

Strawberry Banana Smoothie

Fibre **Soft** *A gentle, familiar flavour with greens tucked inside.*

Ingredients

- 1 cup spinach
- 1 frozen banana
- 1 cup frozen strawberries
- 1 Tbsp hemp hearts
- 1 Medjool date
- 1 cup non-dairy milk

Method

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

Orange Mango Creamsicle Smoothie

Fibre **Soft** *Bright citrus flavour, helpful when food tastes flat.*

Ingredients

- ½ cup filtered water
- ½ large orange, peeled
- ½ frozen banana
- ¼ ripe avocado
- 1 large handful spinach

Method

1. Blend everything until smooth.

2. Serve immediately.

Breakfast

Apple Cinnamon Oatmeal Bowl

Fibre **Soft** *Oats provide soluble fibre for steady energy and regularity.*

Ingredients

- 1 large apple, cubed (leave the peel on)
- 1 tsp cinnamon
- 1 cup gluten-free oats
- 1 cup almond milk
- 1 cup water (plus ¼ cup for the apples)
- 3 Tbsp maple syrup
- Pinch of salt

Method

1. Place the apple in a pot with the cinnamon and ¼ cup water. Boil for 5 minutes, until somewhat soft.
2. Add the remaining ingredients.
3. Cook until bubbles appear and the mixture thickens.

Top with a spoon of nut butter or hemp hearts for extra protein.

Classic Overnight Oats

Fibre **Make ahead** **Low effort** *Breakfast is 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, or to taste

Method

1. Add everything to a mason jar, leaving room to stir.

2. Stir well.
3. Refrigerate overnight or for up to 5 days.

Oats thicken each day; add a splash of almond milk before serving. Make 5 jars at once for the week.

Make-Ahead Muesli

Fibre **Make ahead** **Low effort** *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 and make it*

easier to chew.

Egg and Veggie Mini Frittatas

Protein **Make ahead** *Eggs provide protein and choline for energy.*

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 and line a baking sheet with parchment.
2. Spread the vegetables on the sheet, drizzle with oil, season, and bake for 20 minutes.
3. Whisk the eggs with salt and pepper.
4. Line a muffin tin. Squeeze liquid from the vegetables and fill each cup ¾ full with vegetables.
5. Pour the eggs over the top.
6. Bake for about 25 minutes, until the centres are set.

Freeze extras and reheat for a quick protein breakfast or snack.

Protein Pancakes

Protein **Fibre** *Oats, eggs and flax for long-lasting energy.*

Ingredients

- 1 cup gluten-free oats
- 1 banana
- 2 eggs
- ½ cup egg whites (from 3 eggs)
- 4 tsp aluminum-free baking powder
- Pinch of sea salt and cinnamon
- 1 scoop protein powder
- 2 Tbsp ground flaxseed

Method

1. Blend all ingredients on medium until smooth.
2. Heat a non-stick griddle to medium.
3. Pour ¼ cup batter per pancake. Add blueberries or a few chocolate chips if you like.
4. Flip when the edges look dry, after 2–3 minutes, and cook the other side.
5. Serve with pure maple syrup.

Makes about 10 pancakes. Watch closely, as they brown quickly.

Fabulous Granola

Fibre **Energy boost** **Make ahead** *Oats, almonds and flax in a crunchy topping.*

Ingredients

- 2 cups gluten-free oats
- 1 cup almonds, broken into pieces
- 3 Tbsp coconut sugar
- 2 Tbsp flax seeds
- 1 tsp cinnamon
- Pinch of salt
- ¼ cup coconut oil
- ⅓ cup maple syrup
- 3 Tbsp almond butter
- 2 tsp vanilla extract

Method

1. Preheat the oven to 300°F and line a baking sheet with parchment.
2. Combine oats, almonds, coconut sugar, flax, cinnamon, and salt.
3. Melt the coconut oil with maple syrup, almond butter, and vanilla, and bring to a gentle boil.
4. Pour over the oat mixture and stir well.
5. Spread on the sheet and bake 20–23 minutes, stirring halfway.
6. Cool completely on the tray.

Sprinkle on coconut yogurt or chia pudding for added crunch.

Soups

Lentil, Potato and Spinach Soup

Fibre **Protein** **Soft** **Make ahead** *Lentils provide fibre, protein and vitamin B6.*

Ingredients

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

Method

1. Sauté the onion and garlic in avocado oil.
2. Add the vegetables (except spinach), lentils, tomato paste, liquids, and seasoning.
3. Bring to a boil, then simmer for 45 minutes.
4. Remove from heat and stir in the spinach and vinegar.

Freezes well. Blend part or all of it for a smoother texture.

Creamy Broccoli Soup

Fibre **Protein** **Soft** *Creamy without dairy, thanks to white beans and cashews.*

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 about 5 minutes.
2. Blend the beans, water, and cashews until very 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 3 cups of soup and stir it back in (or purée it all).
6. Season to taste.

Chickpea Noodle Soup

Fibre **Protein** **Soft** *A comforting, familiar bowl.*

Ingredients

- 1 Tbsp olive oil
- 1 yellow onion, chopped
- 3 carrots, chopped
- 3 celery stalks, chopped
- 2 garlic cloves, minced
- 1 Tbsp gluten-free soy sauce or coconut aminos
- 1 tsp dried thyme
- 1 ½ cups cooked chickpeas
- 8 cups water
- 1 cup gluten-free pasta

- Salt and black pepper

Method

1. Sauté onion, carrots, and celery until starting to soften.
2. Add garlic, soy sauce, and thyme; stir for 1 minute.
3. Add chickpeas, water, 2 tsp salt and ½ tsp pepper. Bring to a boil.
4. Simmer uncovered for 30 minutes.
5. Add pasta and cook about 10 minutes, until soft.

Lunch and dinner

Honey Garlic Salmon

Protein **Soft** **Low effort** *Salmon is rich in omega-3 fats.*

Ingredients

- 2 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 line a baking sheet with parchment. Place salmon skin side down.
2. Whisk soy sauce, mustard, honey, and garlic.
3. Spoon half the glaze over the salmon.
4. Bake 18–20 minutes, until it flakes easily.
5. Pour the remaining glaze on top.

Moist, flaky salmon is often easy to chew. Serve with mashed sweet potato and tender green beans.

Salmon Burgers

Protein **Make ahead** *A great way to use leftover cooked salmon.*

Ingredients

- 1 medium sweet potato, peeled and cubed

- 6 oz cooked wild salmon, flaked
- 1 large egg
- ⅓ cup gluten-free breadcrumbs or oat flour
- ¾ tsp cumin
- ½ tsp garlic powder
- ¼ tsp cayenne
- Salt and pepper
- Olive or coconut oil for cooking

Method

1. Pulse the sweet potato in a food processor until finely grated.
2. Add salmon, egg, crumbs, and spices; season well and pulse to combine.
3. Form 4 patties about ½ inch thick, pressing firmly.
4. Cook in oil over medium heat for 2–4 minutes per side, until golden.

Serve with a simple slaw of shredded carrot and cabbage, cilantro, apple cider vinegar, sesame oil, and a touch of maple syrup.

Lentil Veggie Burgers

Fibre **Protein** **Make ahead** *Lentils and chickpeas in a crisp patty.*

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 for cooking

Method

1. Pulse the onion and garlic in a food processor until finely chopped.

2. Add carrots, lentils, chickpeas, eggs, and seasoning, then stir in the oat flour.
3. Heat a thin layer of oil in a frying pan.
4. Drop large scoops into the pan and flatten into patties.
5. Cook until crisp, flip and repeat, adding oil as needed.

Lentil Salad

Fibre **Protein** **Make ahead** *Keeps well in the fridge for easy lunches.*

Ingredients

- 1 ½ cups dry green or brown lentils (or 4 ½ cups cooked)
- ¼ cup olive oil
- ¼ cup apple cider vinegar
- 1 Tbsp maple syrup
- 1 Tbsp stone-ground mustard
- 2 small cloves garlic, minced
- 2 tsp salt and black pepper
- 1 ½ cups diced cucumber
- 1 ½ cups diced red onion
- 1 ½ cups diced red pepper
- 3 celery stalks, diced
- Arugula, to serve (optional)

Method

1. Simmer the lentils in 4 ½ cups water for 15–20 minutes, until tender but firm.
2. Whisk oil, vinegar, maple syrup, mustard, garlic, salt, and pepper in a large bowl.
3. Drain and rinse the lentils under cold water.
4. Add the chopped vegetables to the dressing and toss.
5. Stir in the cooled lentils.

Sunshine Dressing

Low effort *Turmeric and ginger add bold flavour when taste feels muted.*

Ingredients

- 3 Tbsp tahini
- Juice of ½ lemon (about 2 Tbsp)
- 1 Tbsp pure maple syrup
- 1–2 tsp fresh grated ginger
- ½ tsp ground 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.
2. Taste and adjust the sweetness.

Drizzle over roasted vegetables, grain bowls, or fish to add moisture and flavour.

Snacks and treats

Chocolate Matcha Energy Bites

Energy boost **Make ahead** *Small bites that pack energy when appetite is low.*

Ingredients

- 1 cup almonds
- ¼ tsp salt
- 1 cup Medjool dates, pitted and packed
- 2 tsp pure vanilla extract
- ⅓ cup cocoa
- 2 Tbsp matcha powder
- 2 tsp maple syrup

Method

1. Pulse the almonds and salt until roughly ground; set aside.
2. Process dates, vanilla, cocoa, and matcha until smooth, then add maple

syrup and process again.
3. Combine with the almonds. Add water a tablespoon at a time if crumbly.
4. Roll into balls with wet hands and chill 30 minutes.

Honey Cinnamon Energy Bites

Fibre **Protein** **Energy boost** *Flax and chia add fibre and omega-3 fats.*

Ingredients

- ½ cup creamy almond butter
- 3 Tbsp honey
- 1 tsp vanilla
- 1 tsp cinnamon
- ½ cup flaxseed meal
- 1 Tbsp chia seeds
- ¼ cup protein powder
- 2 Tbsp chocolate chips

Method

1. Stir everything together in a bowl until well combined.
2. Roll into small balls.
3. Chill until firm and store in the fridge.

Overnight Chocolate Chia Pudding

Fibre **Soft** **Make ahead** *Chia seeds are rich in soluble fibre.*

Ingredients

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

Method

1. Whisk cacao, maple syrup, salt, vanilla, and cinnamon.

2. Whisk in a little almond milk to make a paste, then add the rest of the milk.
3. Stir in the chia seeds.
4. Cover and refrigerate for at least 3–5 hours or overnight. Keeps 5 days.

Banana Chocolate Pecan Muffins

Fibre **Energy boost** **Make ahead** *A freezer-friendly treat to share.*

Ingredients

- 2 eggs
- 4 medium ripe bananas (1 ½ cups mashed)
- 2 tsp baking soda
- ¼ cup plus 1 Tbsp coconut sugar
- ¼ cup maple syrup
- ½ tsp cinnamon
- ½ tsp salt
- 1 tsp pure vanilla extract
- ¼ cup melted coconut oil
- 1 cup gluten-free 1:1 flour
- ½ cup almond flour
- ½ cup gluten-free oats
- ⅓ cup pecans, chopped
- ½ cup mini chocolate chips

Method

1. Preheat the oven to 350°F.
2. Mash the bananas and stir in the baking soda.
3. Add eggs, coconut sugar, maple syrup, cinnamon, salt, vanilla, and coconut oil.
4. Stir in the flours and oats, then fold in the chocolate chips and pecans.
5. Divide into a lined muffin tin and bake for 20 minutes.

For gut health

Bone Broth

Protein **Soft** **Make ahead** *Warm, hydrating, and easy to sip.*

Ingredients

- 4 lbs chicken bones
- 12 cups water
- 2 Tbsp apple cider vinegar
- 1 medium onion, diced
- 1 ½ cups carrots, chopped
- 1 ½ cups leeks, chopped
- 3 bay leaves
- 3–5 sprigs fresh rosemary
- 6 garlic cloves
- 1 tsp black peppercorns

Method

1. Roast the bones at 450°F for 40 minutes, flipping halfway.
2. Place in a large pot, cover with water, add vinegar, and let sit for 30 minutes.
3. Add the vegetables and herbs, bring to a boil, then lower to a simmer.
4. Skim foam during the first 2–3 hours. Simmer up to 24 hours.
5. Strain, chill, and scrape off the solid fat. Refrigerate or freeze.

Use as a base for soups, or sip a warm mug to help with fluids.

> **You're not doing this alone**
> Small changes count. Keep what works, try what fits, and reach out to your NeuroGems team whenever you need support, ideas, or someone to help you find the next step.