

Boost your brain power + lose up to 8lb



No single food is going to ensure a healthy brain, and it's your overall diet and lifestyle choices that are likely to have the

greatest influence. Research has shown how the best diet strategy for brain health is similar to that for heart health so sticking to a Mediterranean style of eating may be very beneficial – which means lots of plant-based foods (beans, pulses, wholegrain, fruits and veggies), healthy fats (avocado, olive oil, oily fish, nuts and seeds) and limiting your intake of meat.

However, certain foods included in this overall diet seem to be particularly rich in health-giving components. Omega-3 is found in oily fish and has been linked to lower blood levels of beta-amyloid – the protein that forms damaging clumps in the brains of people with Alzheimer's. Berries are rich in flavanoids, which are natural pigments that act as antioxidant in the body and, according to research, help improve memory. Green leafy vegetables have also been shown to be brain-friendly foods as they are rich in vitamin K, lutein, folate and beta carotene – research has suggested these foods may help to slow cognitive decline.

Many of these foods have been included in this plan which is also designed to help with weight loss.

ROB HOBSON'S FOUR-WEEK DIET PLAN
WILL HELP YOU KEEP YOUR MIND
SHARP, AND LOSE WEIGHT.

Week 1 & 3

MONDAY

Breakfast

2 boiled eggs served with 1 slice of toasted multigrain bread topped with 1 tsp butter.

Lunch

Combine 1 cooked chicken breast (sliced) with 125g ready-to-eat quinoa, 50g rocket, 50g spinach (sliced), 50g mange tout (blanched and sliced), 1 tbsp golden sultanas, chopped chives and coriander, lemon juice and 1 tsp olive oil.

Dinner

Soak two wooden skewers in water. Cut 1 large skinless salmon fillet into 4 cubes. On each skewer add 2 cubes of salmon and 3 large king prawns. Heat the grill to medium and cook the skewers for 10 mins turning occasionally. Serve the skewers with a salad of 100g cooked quinoa, 4 cherry tomatoes (halved), ½ red pepper (diced), ¼ cucumber (seeded and diced), chopped parsley, chopped coriander, lemon juice, salt and pepper.

Snack

Combine 2 tbsp of tahini with a squeeze of lemon juice and pinch of salt. Serve with 100g lightly blanched tenderstem broccoli.

TUESDAY

Breakfast

150g low fat Greek yoghurt topped with 1 handful of blueberries and 1 tbsp of sunflower seeds.

Lunch

1 slice of dark rye bread spread with ½ avocado (mashed) and lime juice. Top with ½ red pepper (thinly sliced) and slices of cooked chicken breast. Plus 1 handful of berries.

Dinner

Heat 1 tbsp oil in a saucepan and add ½ onion (chopped) frying for 6 mins to soften and brown. Add ½ carrot (finely diced), ½ celery stick (sliced) and ½ red pepper (finely diced) frying for 5 mins. Now add 1 garlic clove (crushed), 1 tbsp ginger (grated) and ½ red chilli (chopped) and cook for another 5 mins. Add 100g canned pinto beans, 50g canned black beans, 50g canned red kidney beans, ¼ tin of cherry tomatoes, ¼ tsp chilli powder, ¼ tsp paprika and 50ml water then simmer for 25 mins until beans are soft. Serve with salad of ¼ avocado, red onion (finely chopped), lime juice, salt and coriander.

Snack

1 dark rye crispbread spread with 1 tbsp reduced fat hummus and cucumber slices.

WEDNESDAY

Breakfast

50g high-fibre breakfast cereal with 200ml milk (dairy or alternative) and topped with 4 dried apricots (chopped) and 1 tbsp chopped walnuts.

Lunch

Spread 2 tbsp of beetroot hummus over 1 slice of toasted multigrain bread and top with 50g of cubed feta cheese. Also handful of berries and 25g cashew nuts.

Dinner

Add to a pestle and mortar or small food processor 1 small handful of basil, 1 small handful of tarragon, 1 tbsp cashew nuts, 1 tsp sunflower seeds, 1 tbsp olive oil and sea salt. Blitz or pummel well to form a pesto sauce. Now add 1 yellow or green courgette (juliened with a peeler), ½ can beluga or puy lentils (drained and rinsed) and 1 tsp each of toasted pumpkin and sunflower seeds to a bowl and combine well. Add a big squeeze of lemon juice and season with salt. Add the pesto to the courgette salad and combine well. Serve with 1 small grilled chicken breast.

Snack

150g low fat plain yoghurt topped with ½ banana sliced and 2 crushed walnuts.

THURSDAY

Breakfast

Blend ½ avocado, ½ banana, 250ml almond milk, 80g frozen blueberries, 2 tbsp oats and a small handful of spinach to make a smoothie.

Lunch

Blitz ½ avocado, 1 tsp olive oil, ½ lemon (juiced), 1 tbsp chopped chives, salt and pepper in a small food processor until smooth. In a bowl add ½ can chickpeas (drained and rinsed), 1 tbsp toasted cashew nuts, 2 spring onions (finely sliced), 4 radishes (quartered), 100g cherry tomatoes (halved) and 1 large courgette (juliened with a peeler). Add the avocado dressing to the salad and combine well. Top with toasted sunflower seeds.

Dinner

In a bowl add 125g ready to eat quinoa, 2 plum tomatoes (diced), ½ yellow pepper (seeded and finely diced), ¼ small red onion (finely sliced), ¼ cucumber (peeled, seeded and sliced), ½ avocado (diced), 1 tbsp each of parsley, coriander and mint, 25g pomegranate seeds and 1 handful of rocket. In another bowl combine 1 tbsp olive oil with 1 tbsp lemon juice, 1 tsp grated ginger, 1 tsp honey, ½ garlic clove (crushed) and salt. Dress the quinoa salad and serve with grilled tofu slices (you can coat these with a blend of ½ tsp smoked paprika, 1 tsp cumin, ½ tsp ground coriander and salt before grilling).

Snack

1 tbsp guacamole with cucumber sticks.

FRIDAY

Breakfast

In a frying pan heat 1 tsp of olive oil. Add 100g mixed mushrooms (sliced) and 1 tbsp chopped tarragon then cook until tender. Serve on 1 slice of toasted multigrain bread topped with 1 tsp butter.

Lunch

Combine ½ cucumber (cored and finely diced), 2 tomatoes (seeds removed and finely diced), ¼ small red onion (finely diced), parsley (finely chopped), lemon juice and salt in a bowl. Serve with 3 small falafel, 1 tbsp reduced fat hummus and 1 dark rye cracker bread. Plus 1 handful of berries.

Dinner

Place a 2.5cm piece of cucumber (peeled, seeded and sliced), ¼ mango (cubed),

¼ papaya (cubed), 1 tsp grated ginger, ¼ small red onion (sliced), ½ lime (juiced), 1 tsp fish sauce, 1 tsp honey and salt in a bowl and combine. Using a stick blender blitz a 1cm piece of ginger (peeled and chopped), zest of ½ lime, small handful of coriander, ½ spring onion, ½ red chilli, ½ beaten egg and 1 tsp of olive oil then set aside. Now blitz one raw skinless salmon fillet (150g) in a food processor or dice finely by hand. Combine the two components together in a bowl along with 2 tsp of flour. Form the mixture into a burger shape. Heat 1 tsp of oil in a non-stick frying pan and cook the burger for 5 mins each side until cooked through. Serve with salad and 2 tbsp cooked quinoa.

Snack

25g raw cashew nuts.

SATURDAY

Breakfast

2 slices (50g) grilled halloumi cheese, 100g wilted spinach, 2 grilled tomatoes, ½ avocado and 1 slice of toasted multigrain bread.

Lunch

Preheat the oven to 180°C/Gas Mark 4. Scrub 1 medium sweet potato then roast in the oven for about 40 mins until tender. Whilst cooking prepare the filling by adding ½ can of tuna, ¼ can red kidney beans, ¼ red onion (finely diced), ¼ red chilli (finely chopped), lime juice, fresh coriander (chopped) and 1 tbsp Greek yoghurt to a bowl and mixing well. Season with a little salt. Serve filling on sweet potato and serve with salad leaves on the side.

SUNDAY

Breakfast

2 scrambled eggs (add ½ tsp ground turmeric to the mixture) with 50g smoked salmon and topped with 1 tsp toasted pumpkin seeds.

Lunch

Add 1 tbsp sunflower seeds, ¼ small white cabbage (finely shredded), 50g mange tout (sliced thinly), 1 spring onion (finely sliced), handful coriander (chopped), 2 mint leaves (sliced), ½ lemon (juiced) and 1 tbsp olive oil to a mixing bowl and combine the salad well then set aside. Heat the oven to 180°C/Gas Mark 4 and line a baking tray with parchment paper. Drain and rise 100g each of canned beluga (or puy) and red lentils then pat dry with kitchen roll. Place the lentils in a mixing bowl with ½ tsp cumin, ½ spring onion (sliced), fresh coriander and mint (chopped), zest of ½ lemon, 1 tbsp cashew nuts, ½ beaten egg and 2 tsp flour then mix well. Shape mixture into a burger and sprinkle with pumpkin seeds before cooking in the oven for 20 mins. Serve with salad.

Dinner

Preheat the oven to 200°C/Gas Mark 6. Remove the leaves from ½ a small

Dinner

Peel and remove the white pith from one ripe orange. Using a small knife cut each segment away from the dividing skin and place in a bowl along with the juice. Add the juice from ¼ lemon (30ml), 2 tbsp olive oil and sea salt then whisk with a fork. In another bowl add 1 small fennel bulb (trimmed and sliced very thinly), 1 tbsp each of chopped tarragon and coriander, and ½ tsp of toasted fennel seeds. Pour the dressing over the salad. Serve with 1 large grilled fillet of white fish such as seabass, haddock or cod.

Snack

2 oatcakes spread with 1 tbsp almond butter.

cauliflower (200g) and place the florets in a food processor then blitz to a coarse crumbly texture. Transfer the cauliflower to a lined baking tray, season with salt and pepper then roast in the oven for about 15 mins until golden but still tender. Allow the cauliflower couscous to cool then place in a bowl with 1 tbsp olive oil, ½ lemon (juiced), 2 tbsp pomegranate seeds, 1 tbsp pistachio kernels (chopped) and 1 tbsp each of chopped parsley, mint and coriander. Serve with 2 slices (50g) of grilled halloumi.

Snack

1 tbsp reduced fat hummus with carrot sticks.

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EASY DIET

Week 2 & 4

MONDAY

Breakfast

150g low fat Greek yoghurt topped with 80g blueberries and 1 tsp mixed seeds.

Lunch

Add to a bowl 125g ready to eat quinoa, 5g mint leaves (finely shredded), grated zest and juice of ½ lemon, 1 small handful of frozen peas (thawed) and 1 small handful of baby spinach leaves (finely sliced). Combine well and serve topped with 25g cubed feta.

Dinner

In a frying pan heat 1 tsp of oil then add

1 tsp sunflower seeds, ½ red onion (finely sliced) and 1 garlic clove (crushed). Fry for a few minutes to soften then add 100g lentil sprouts and ½ lemon (juiced). Fry for another minute then transfer the sprout mixture to a mixing bowl and leave to cool. Now add to the bowl 2 celery sticks (finely sliced), ½ yellow pepper (sliced), 4 radishes (quartered), handful of soya beans and 50g mange tout (sliced). Season and combine well. Serve with 120g salmon fillet (grilled).

Snack

25g walnuts.

TUESDAY

Breakfast

Preheat the grill to medium. Peel ½ a sweet potato and cut 2 slices from it lengthways (about ½cm thick). Place under the grill and cook each side for about 3 minutes until tender. Whilst the sweet potato is cooking, poach 2 eggs. Serve the eggs on top of the sweet potato 'toast'.

Lunch

Add to a bowl ½ can of cannellini beans, 1 celery stick (sliced), 5 cherry tomatoes (halved), ¼ cucumber (sliced) and ½ yellow pepper (finely chopped). Combine well. Add 1 tbsp lemon juice, 1 tbsp olive oil and sliced basil to the salad and toss. Top the salad with a 145g can of tuna (drained). Plus 1 handful of blueberries.

Dinner

Toast a small handful of raw cashew nuts

in a dry pan then set aside. Take 1 handful of broccoli and remove the florets. Cut the stalk into long strips and place in a large pan of boiling water with the florets for 1 minute then remove and rinse under cold water and leave to drain. Using the same pan of water add 100g buckwheat pasta and cook for 12 minutes until tender. Whilst pasta is cooking set a griddle or large frying pan over a high heat then char the broccoli florets on each side. Place the broccoli, pasta, cashew nuts, 1 tbsp sunflower seeds, 1 spring onion (sliced), pinch of dried chillies, salt, black pepper and 1 tbsp olive oil.

Snack

1 tbsp reduced fat hummus with 100g lightly blanched tenderstem broccoli.

WEDNESDAY

Breakfast

Take one large peach and slice half thinly and place the other half in a blender with 1 banana, 2 tbsp low fat Greek yoghurt, 50g fine rolled oats and 3 ice cubes then blitz until smooth. Pour the smoothie into a bowl and top with peach slices, fresh raspberries and 1 tsp mixed seeds.

Lunch

1 pot of fresh 'greens' soup. Place a handful of any canned beans or pulses you like into the bottom of the bowl and pour over the hot soup. Serve with two dark rye crispbreads.

Dinner

In a bowl add ½ small red cabbage (very finely sliced), ½ a 400g can chickpeas (drained and rinsed), ½ apple (very thinly sliced), small handful of tarragon (finely chopped), ½ garlic clove (finely sliced), ½ lemon (juiced), 1 tbsp olive oil, salt and black pepper. Combine well. Serve with 150g grilled chicken breast.

Snack

1 pear (sliced) drizzled with 1 tbsp runny almond butter (eg. Pip & Nut).

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THURSDAY

Breakfast

2 scrambled eggs served with 100g sautéed spinach and 1 slice of toasted multigrain bread topped with 1 tsp butter.

Lunch

Add to a bowl $\frac{1}{4}$ tin black beans (drained and rinsed), 2 tomatoes (chopped), $\frac{1}{2}$ red pepper (chopped), $\frac{1}{4}$ small red onion (finely sliced), handful of rocket and $\frac{1}{2}$ avocado (chopped). In a small bowl combine 2 tbsp lemon juice, 1 tbsp olive oil, 1 tsp grated ginger and 1 tsp honey. Dress the salad before serving.

Dinner

Preheat the grill to medium. Crush 20g toasted hazelnuts with the zest and juice of

$\frac{1}{4}$ orange and 1 tsp olive oil to form a paste. Place 1 salmon fillet (120g) under the grill for 6 mins. Remove the salmon from under the grill then spread the nut paste over the top. Grill for a further 4 mins. Whilst salmon is cooking, blanch 100g French beans for 1 min before draining and running under cold water. In a bowl add the beans, handful of rocket, 6 cherry tomatoes (halved), 4 orange segments (skinned and chopped), small squeeze of orange juice, salt and pepper. Serve salmon with salad.

Snack

125g plain yoghurt and 80g blueberries.

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FRIDAY

Breakfast

Place 150g pineapple chunks, 100ml light coconut milk, $\frac{1}{2}$ avocado, $\frac{1}{2}$ tsp turmeric, 1 tbsp raw cashew nuts and 75ml coconut water in a blender and blitz until completely smooth.

Lunch

Add to a bowl $\frac{1}{2}$ small red cabbage (finely shredded), 1 carrot (grated), $\frac{1}{2}$ apple (grated), 1 raw beetroot (grated), 2 walnuts (crushed), 1 tbsp toasted sunflower seeds, 1 lemon (juiced) and 1 tbsp olive oil. Combine well. Serve slaw alongside 150g cooked chicken breast. Plus 1 handful of berries.

Dinner

Place 50g mung beans in a saucepan with 150ml of water and bring to the boil. Cover

and simmer until cooked then drain and set aside. In a saucepan heat 1 tbsp oil then add $\frac{1}{2}$ red onion (diced), 1 inch piece of ginger (grated) and 1 garlic clove. Fry for 4 mins. Now add 3 curry leaves and $\frac{1}{2}$ tsp each of curry powder, turmeric, coriander (ground) and garam masala. Fry for 1 minute more then add a splash of water and 3 tomatoes (chopped). Cook until the tomatoes are soft then reduce the heat, add another few tbsp of water and simmer for 10 mins. Now add salt, 50ml coconut milk, $\frac{1}{2}$ lime (juiced) and the cooked mung beans. Simmer for 5 mins. Serve stew with slices of cucumber and red onion.

Snack

1 boiled egg sprinkled with smoked paprika.

SATURDAY

Breakfast

Add to a bowl 50g porridge oats, 120ml fresh apple juice, 100ml milk (any type), pinch of cinnamon, zest of $\frac{1}{2}$ lime and 1 tsp honey then set aside in the fridge for 20 mins. Stir in 1 small grated apple and top with 2 crushed walnuts and fresh raspberries before serving.

Lunch

Add to a food processor $\frac{1}{2}$ 400g can of chickpeas, $\frac{1}{2}$ red onion (chopped), $\frac{1}{2}$ garlic clove (chopped), handful of flat-leaf parsley, $\frac{1}{2}$ tsp cumin, $\frac{1}{2}$ tsp ground coriander, $\frac{1}{2}$ tsp harissa paste and 1 tbsp plain flour then blitz. Form mixture into 2 patties and cook in a frying pan with a little olive oil. Serve the chickpea burgers topped with a salsa of

your choice and wrapped in iceberg lettuce.

Dinner

In a saucepan heat 1 tbsp oil. Add $\frac{1}{2}$ red onion (finely chopped), 1cm piece of ginger (grated) and 1 garlic clove (chopped). Fry for 5 mins. Now add 200ml vegetable stock, 1 stick of celery (finely sliced), $\frac{1}{2}$ carrot (diced), $\frac{1}{2}$ fennel bulb (sliced) and simmer gently for 12 mins until veggies are tender. Now add $\frac{1}{2}$ 400g can of adzuki beans (rinsed and drained), $\frac{1}{2}$ courgette (finely diced), grated zest of $\frac{1}{2}$ lemon and cook for 5 mins more. Before serving, check seasoning and add a small squeeze of lemon juice and chopped coriander.

Snack

2 tbsp guacamole with 2 sticks of celery.

SUNDAY

Breakfast

Boil one egg. Whilst the egg is cooking, add to a mixing bowl $\frac{1}{2}$ avocado (chopped), 1 tsp pumpkin seeds, chopped coriander, $\frac{1}{4}$ yellow pepper (finely diced), $\frac{1}{2}$ spring onion (finely sliced), squeeze of lemon juice and salt. Combine well. To serve, top the avocado mixture with the boiled egg.

Lunch

In a small saucepan heat 1 tsp olive oil then add $\frac{1}{2}$ small onion (finely chopped) and fry for 3 mins until soft. Now add 1 garlic clove (crushed), 20g uncooked quinoa and $\frac{1}{2}$ small carrot (finely diced) and fry for a further 5 mins stirring regularly. Next, pour in 500ml of stock, reduce the heat and simmer until the quinoa is cooked (about 12 mins). Now stir in 75g raw king prawns, small handful of baby spinach, grated zest and juice of $\frac{1}{2}$ lemon then simmer for 5 mins. Take off the heat, season with salt and add chopped parsley.

Dinner

Remove the leaves off the stalks from 150g of kale. Slice the leaves into thin strips and place in a bowl. Add a squeeze of lime juice and 1 tsp of olive oil to the kale and massage well. Add to the bowl 1 handful of finely shredded white cabbage, 1 sun-dried tomato (finely chopped), $\frac{1}{2}$ small spring onion (thinly sliced) and 1 tsp pumpkin seeds then combine well. In a separate bowl add $\frac{1}{2}$ lime (juiced), 2 tsp soy sauce (or tamari), 2 tsp groundnut oil and 25g almond butter (find a runny one) then whisk with a fork. Rub the dressing into the kale salad and serve with 1 small grilled chicken breast.

Snack

100g of blueberries and 1 tbsp mixed seeds.