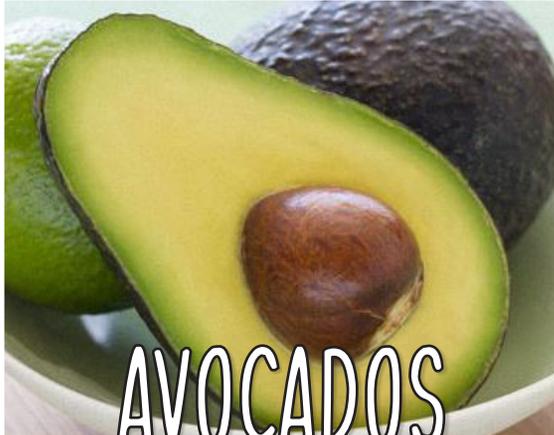


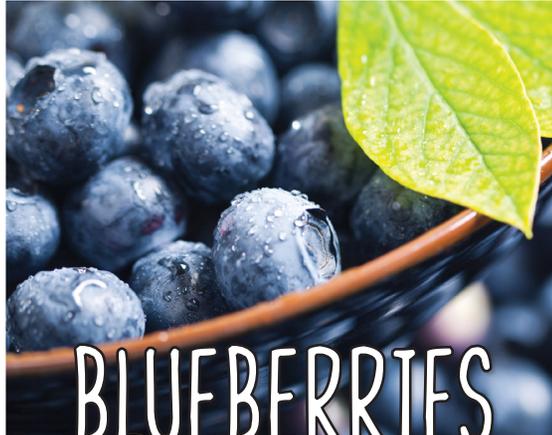
# BRAIN FOOD CHEAT SHEET

✓ REDUCE STRESS. ✓ IMPROVE MEMORY. ✓ ACE TESTS.



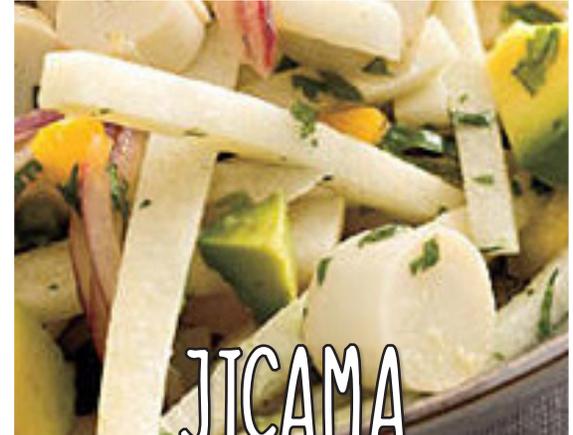
## AVOCADOS

Lower stress and boost blood flow to your brain



## BLUEBERRIES

Improve short-term memory



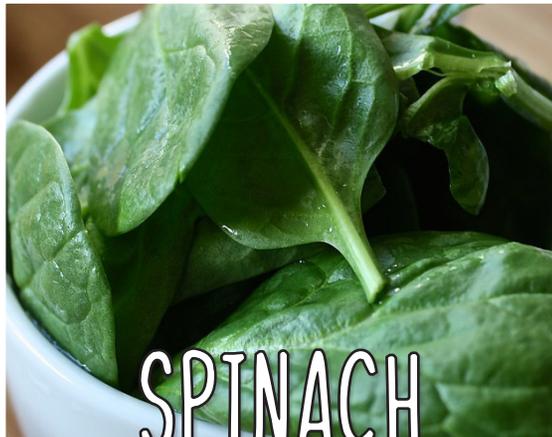
## JICAMA

Increases brain function and cognitive abilities



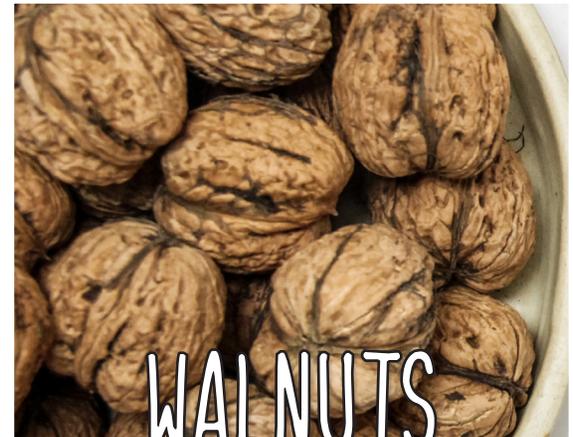
## PUMPKIN SEEDS

Boost memory and cognitive function; mood booster



## SPINACH

Boosts blood flow to your brain



## WALNUTS

Combat stress