

A top-down view of a light green bowl filled with a vibrant pink smoothie. The smoothie is topped with a generous amount of dark chia seeds, several slices of fresh banana, and a few strawberries. The bowl is set on a light-colored, textured surface. In the background, two gold-colored spoons are visible, one slightly behind the other. The overall aesthetic is clean and fresh.

*Cryo*  
**BREEZE**

*Brain Boosters*

THESE ARE EASY TO ADD  
FOODS THAT WILL BOOST  
MEMORY, MOOD, AND  
MENTAL CLARITY

# BRAIN BOOSTING ADD-ONS

## Get Clarity

INCREASE YOUR MEALS NUTRITIONAL VALUE WITH THESE EASY TO ADD SUPER FOODS



### CACAO NIBS OR POWDER

ADD TO SMOOTHIES, OATMEAL, PROTEIN SHAKES, CHAI PUDDING, DESSERTS, OR COFFEE.



MCT OIL: CAN BE BOUGHT AS MCT ALONE BUT ALSO COCONUT OIL CONTAINS MCTS.

BLEND INTO YOUR COFFEE OR SMOOTHIE FIRST THING IN THE MORNING, COOK WITH COCONUT OIL, USE IN OATMEAL, OR USE OVER POPCORN



### TURMERIC

ADD TO SPICE UP ANY MEAT, STIR FRY, CURRY, OR SOUP. ADD TO ROASTED POTATOES OR MAKE A TURMERIC TEA.



### BLUEBERRIES

USE AS A SALAD, YOGURT, OR OATMEAL TOPPER, BLEND INTO SMOOTHIES, ADD TO BAKED GOODS, OR JUST EAT PLAIN!



### MATCHA TEA

ADD TO BAKED GOODS OR PANCAKES, BLEND INTO A SMOOTHIE, OR MAKE A LATTE.



### OLIVE OIL

USE OVER SALADS, RICE, OR PASTA. COOK ON LOW TEMPERATURES SUCH AS IN A SLOW COOKER.



### BROCCOLI SPROUTS

USE AS A SALAD TOPPER, OVER EGGS, OR ON AVOCADO TOAST. BLEND INTO SMOOTHIES. ADD TO A STIR FRY, RICE, OR PASTA DISH.



### LEAFY GREENS

BULK UP YOUR SALAD, ADD TO A SMOOTHIE, ADD TO AN OMELETTE, OR TOP AN EGG DISH. ADD INTO STIR FRIES, SOUPS, OR BLENDED SAUCES (SUCH AS PESTO).