**🥗 Lunch: Mediterranean Chickpea and Kale Salad**

**Why it’s good for the brain:**

* Kale and spinach (leafy greens) are nutrient-dense, loaded with antioxidants, vitamin K, and folate, all beneficial for brain health.
* Chickpeas provide protein, fiber, and folate, reducing cerebrovascular risk.
* Olive oil provides monounsaturated fats and polyphenols that protect the brain.

**Ingredients:**

* 2 cups fresh kale, chopped (stems removed)
* ½ cup baby spinach
* ¾ cup cooked chickpeas (canned is fine, rinsed and drained)
* ¼ cup cherry tomatoes, halved
* ¼ avocado, sliced
* 2 tablespoons crumbled feta cheese (optional, limit to small amounts)
* 2 tablespoons extra-virgin olive oil
* Juice from ½ lemon
* Salt and freshly ground pepper to taste

**Instructions:**

1. In a large bowl, massage kale with olive oil and lemon juice for 2 minutes until tender.
2. Add spinach, chickpeas, tomatoes, avocado, and feta cheese (if using).
3. Toss gently to combine, season lightly with salt and pepper.