

Additional Client Resources

9) Eating Out

- 9a) Restaurants
- 9b) Social Gatherings
- 9c) Portable Meals and Snacks

10) Communication

- 10a) Talk with Your Doctor
- 10b) Friends and Family

11) Simple, Flexible Recipes

- Baking
- Soups & Stews
- Hot Meals
- Side Dishes & Salads
- Snacks
- Dehydrated
- Condiments & Flavorings
- Sweets & Treats

12) Nutrition

- 12a) What is Good Nutrition
- 12b) Balanced Meal Plans
- 12c) Calcium and Vitamin D
- 12d) Multi-vitamin and Mineral Supplement

13) Mindful Topics

- 13a) Mindful Eating
- 13b) Improve Brain Fog with Mindful Habits