

OUR FOOD

Neuroplasticity (Brain Development)

is the ability of neural networks in the brain to change through growth and reorganization.

Benefits of Neuroplasticity Enhancement

Enhancing neuroplasticity, along with physical exercise, can help ward off diseases such as Alzheimer's.

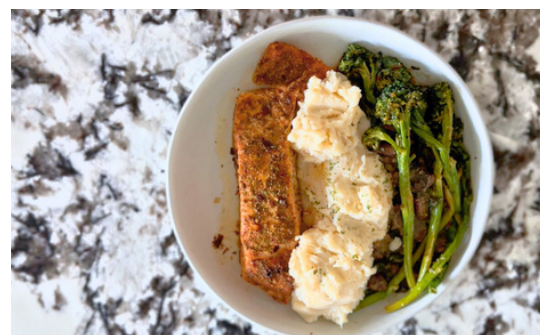
Our Food + Neuroplasticity Enhancement

Our fresh dishes that aid in boosting brain development are:

- Salmon
- Dark and leafy greens (Kale + Spinach)
- Avocados
- Tomatoes
- Turmeric
- Broccoli
- Whole Grains (Our Brown Rice)
- Garbanzo Beans
- Quinoa

All of our food is made fresh in our sanitary Los Angeles kitchen. We strictly follow all health and safety rules + regulations.

Our packaging is **eco-friendly**, using compostable and BPA free materials. We are mindful of and determined to reduce our carbon footprint.*



*Our food is plant-based rooted while still catering to meat-eating palates

FOODBYFRENCHIE.COM

Food By Frenchie Pledge

Our promise to all FBF customers is to maintain extremely kind, authentic, and sanitary business practices. We cherish cleanliness, freshness, whole foods free from soy and *limited* genetically modified organisms. It is our every intention to provide food that helps heal and fuel your body, mind, and soul. Thanks for dining with us. Please Enjoy.