



This dish has been specially created by our chef, Mark Lloyd.

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Restores energy, helps brain function, increases concentration levels.

The best time to eat this dish: Evening meal before completing some revision.

Reason: This recipe contains a combination of protein, complex carbohydrates and a powerhouse of nutrients. Sweet potatoes are anti-inflammatory and contain high levels of potassium, vitamin C and A. Kale contains Omega 3s and lemon juice will cleanse your stomach and strengthen your immune system.





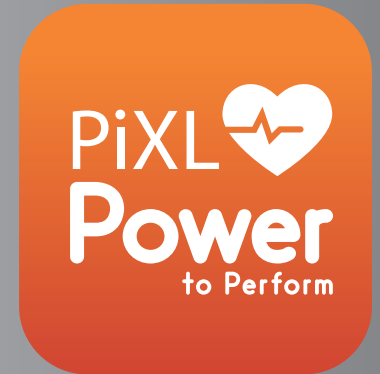
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EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Helps regulate immune system, gives instant mental energy, helps improve focus, memory and mood, helps to fight illness and combat stress. .

The best time to eat this dish: Evening meal or if you are feeling tired, stressed and not 100%.

Reason: The combination of lean protein, pak choy, garlic and coconut, all have a positive effect on memory retention due to all the phytonutrients. Packed with anti-oxidants such as Vitamin K and B vitamins to support your immune system and iron will help provide oxygen to the brain for alertness.





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EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Stimulates brain cells and improve memory, helps to relax and de-stress, gives immunity a boost.

The best time to eat this dish: Evening mid-week meal when you have a lot of work to focus on,

Reason: Chickpeas are one of the best sources of magnesium which makes them a top brain boosting food. Butternut squash contains a huge amount of vitamin A and potassium which help lower your blood pressure. All the herbs and spices contain powerful antioxidants which will keep your brain sharp and your immunity in check.



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EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Maintains energy levels, helps you to relax, builds immunity and promotes a healthy brain.

The best time to eat this dish: Friday evening or a weekend where you may spend longer amounts of time on revision or want to be able to relax.

Reason: The high amounts of iron and zinc will transport oxygen around your body quickly. The protein from lean beef and yoghurt combined with kidney beans and rice will give you slow release energy to last throughout the day. Chillies are rich in various vitamins and minerals which will help regulate blood sugar levels and can also help you to relax.

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Helps optimise the brain, improves cognitive function and increases energy levels, boosts resilience by strengthening immune cells

The best time to eat this dish: A weekend as it will increase and restore your immunity, energy levels and stabilise your blood sugar levels.

Reason: Ginger protects the brain from harmful toxins & boosts neuropathic pathways. Vitamin K found in coriander and cauliflower activates a dozen or so different proteins that perform essential functions in the body. Vitamin K has high concentrations in the brain which will help sharpen your memory and lentils increase steady, slow-burning energy due to fibre and complex carbohydrates.



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Helps regulate mood, enhances mental wellbeing and motivation.

The best time to eat this dish:

Midweek when you have exams.

Reason: Oregano and courgettes help to lower your blood pressure and improve your moods. Spinach and lemon will both strengthen your immune system and cleanse your stomach due to their alkalinity and source of fibre. Vitamin K, folate and beta-carotene are proven brain boosters which will keep your brain sharp and alert. Protein, iron, zinc and B vitamins will all help to stabilise your moods and keep you fuller for longer.



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Provides slow release energy, helps feeling calm and improves memory.

The best time to eat this dish: As a treat meal after an exam or on a weekend.

Reason: The combination of protein and carbohydrates from the beef, bacon, cheese and a wholemeal bun will all replace your used up energy stores. The kick of thyme increases omega 3s in the brain and garlic powder will support your immunity. Cucumber will re-hydrate you, tomatoes have awesome amounts of anti-oxidants and onions will improve your memory and focus.



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EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Gives a healthy energy boost, reduces stress levels and promote brain function.

The best time to eat this dish: For lunch before an exam or a period of revision.

Reason: Salmon is an excellent source of protein which is rich in omega 3s and B vitamins which work together to develop your brain function and lower your blood pressure. Pack your stir-fry full of vegetables which are high in vitamins and minerals as they will remove toxins in your blood stream, enhance your brain activity and are great stress busters.



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EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Fantastic brain booster, helps keep a healthy mind and increase mental alertness.

The best time to eat this dish: For lunch before an exam or period of revision.

Reason: Chicken, thyme and lemons will keep you full, stabilise your mood and support your immune system. Kale, quinoa, beetroot, onion and oranges are rich in vitamins and minerals making them nutrition powerhouses. They will help restore your energy, boost your focus and the iron in quinoa will increase brain function. Seeds are a superb source of fatty acids.



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EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Supplies slow release energy, elevates mood and helps sleep.

The best time to eat this dish: The evening before or after an exam.

Reason: Complex carbohydrates from the pasta mixed with the tryptophan from turkey effect your brain chemicals to regulate your mood, sleep patterns and appetite. The food combination impacts the neurotransmitter levels in the brain, increasing serotonin levels which can help reduce anxiety and make you feel calm. Garlic and olives offer a variety of health protecting benefits to boost your immunity.