

Brain Boosting Meals

Breakfast

Eggs - poached or boiled
Omelette with vegies like
spinach, tomato, mushrooms or
zucchini
Greek natural yoghurt
Fresh fruit (esp berries)
Porridge with banana & berries
Fruit free natural muesli
Weetbix/ Vita Brits

Lunch

Wholemeal sandwich/ wrap with
salad greens, grated carrot,
avocado and cucumber
Sandwich fillings: chicken,
turkey, tuna, egg
Brown rice sushi with tuna or
salmon
Salad with a can of tuna,
salmon, egg or chickpeas
Antipasto plate - Cut up fruit,
vegies, olives, cheese, boiled
egg, chicken, green leafy vege
Rice paper rolls
Mini wholemeal muffins or pita
pizzas with tomato, cheese,
spinach, salmon and tomato
Bigger serves of snack ideas!

Snacks

Boiled egg
Tin of tuna with crackers
Vegie sticks (carrot, beans,
capsicum, celery) with hommous
dip
Homemade savoury muffin
Corn cob
Steamed vegies with dip
Avocado & feta with wholegrain
crackers
Smoothie with banana, berries,
yoghurt and oatbran
Green smoothie with all your
favourite green vegies, berries
and water
Handful raw nuts (almonds,
walnuts, brazil nuts, cashews)

Easy brain food omelette recipe

Lightly beat 2 eggs & season with
salt and pepper then pour into
non-stick fry pan on medium heat.

When bottom of omelette is lightly
brown turn heat down to low and
add cheese, spinach, tomato,
mushrooms & cook for 1 minute.

Fold omelette over and slide onto
a plate. Enjoy!