FEELING TIRED ?

Natural sugars = dates, berries & bananas!

More protein= More energy

Less energy drinks



Chicken
Turkey
Tofu
Yoghurt
Hummus
Beans,
Eggs
Nuts

More water!

Omega -3 fats

Fish, avocado, nuts & seeds

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FEELING ANXIOUS?

B-vitamins boost your brain

Leafy greens= Spinach & kale

Bluberries & raspberries

Dark chocolate, & nuts



Fruits & veggies

Feed your gut fiber

A happy gut = A happy mind

Oats
Brown rice
Lentils

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FEELING AGITATED?

Protein from animals

Dairy: Yogurts cheese Milk

Eggs

Chicken, Turkey

Beef

Avoid caffeine, & Energy drinks



Soy: Tofu & Tempeh

Hummus

Nuts & seeds

Beans: Kidney beans, Black beans, Chickpeas, Edemame

Protein from plants

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STRUGGLING TO FOCUS & REMEMBER THINGS?

Omega-3 = Brain fuel...

Wallnuts
Flaxseeds
chia seeds
Pumpkin - seeds
hempseeds

Blueberries

Fish, Algae & Seaweed



Drink more water!

Choline = Eggs, chicken, broccoli

Dark chocolate

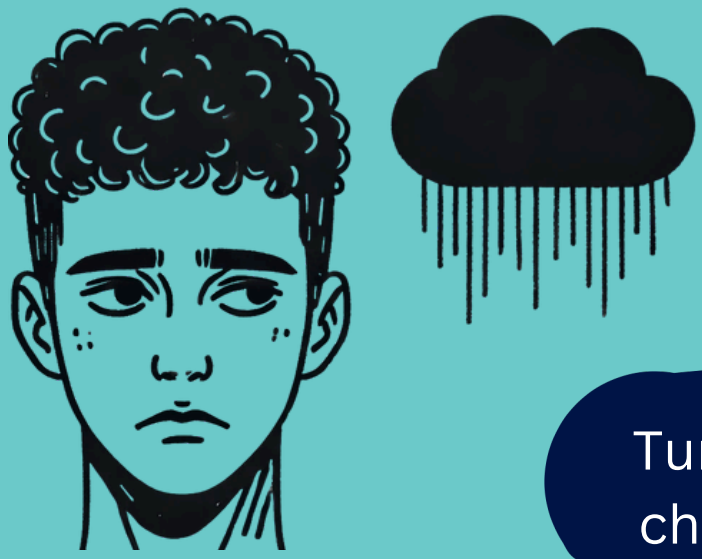
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FEELING SAD & A BIT DOWN?

Vitamin D = The sunshine vitamin

Spend time outside!

Small amounts in: Fish, eggs, mushrooms



Turkey & chicken

Yoghurt

Pineapple

Tofu

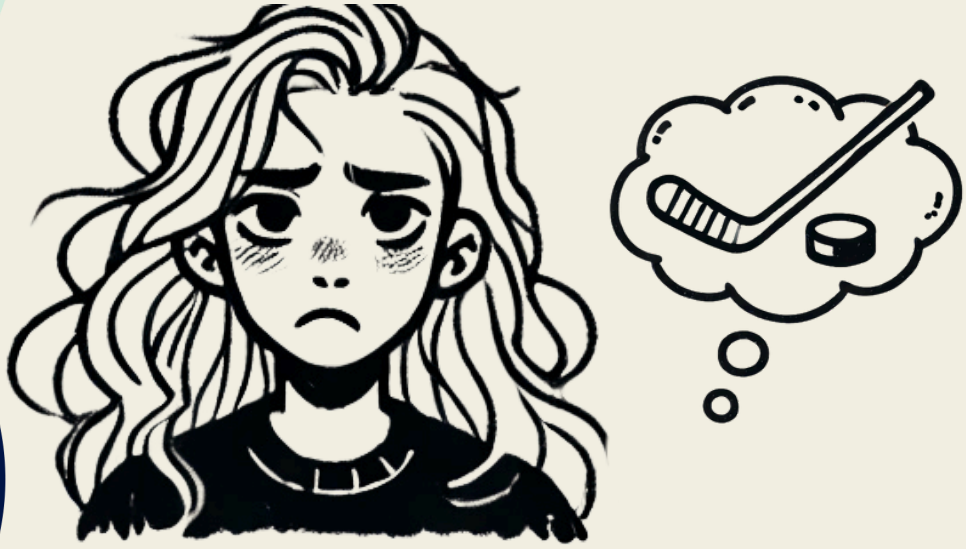
Helps your brain feel happy

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FEEL LIKE YOU CAN'T BE BOTHERED TO MOVE?

Moving your body = Feeling good!

Put on your favourite tune and shake it off !



Beetroot = Keeps you going

More carbs = more energy!

Banana,
Sweet potato
Dates
Pasta

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