



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

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Helps improve mood, regulates blood pressure and stabilises blood sugars.

The best time to eat this dish: At lunchtime before an exam or afternoon of revision.

Reason: Haddock is high in protein, low in fat and packed full of essential B vitamins. All the nutrients in this dish are useful for helping our bodies stay energised and motivated. Omega 3s stimulate brain function and increase your concentration. Wholemeal bread or buns will maintain your energy levels for longer and enhance your memory function.





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EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Provides slow release energy and stress relief.

The best time to eat this dish:

When you feel tired, stressed and need a healthy, feel good energy boost.

Reason:

Cod contains a variety of important nutrients specially the omega 3s and B vitamins which are a good source of energy and can lower blood pressure. Yoghurt is made up of good probiotics which will help you feel good and give you energy. Gherkins keep your body hydrated and flush out toxins which can make you feel rejuvenated. Potatoes are high in fibre, phytonutrients and anti-oxidants all of which promote cell health and help us respond to stress. Spring onions are loaded with vitamin C and K which will help lower your blood pressure, reduce stress and tiredness.





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EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Full of great brain food and helps concentration levels, keeps moods under control, feel fuller for longer.

The best time to eat this dish: A treat meal after an exam when you still have revision to complete.

Reason: Eggs are brilliant for keeping you fuller for longer and maintaining your energy levels. They are a great brain food and when coupled with spinach and tomatoes it is jam packed with anti-oxidants and an array of vitamins and minerals. This recipe will restore your energy and provide you with omega 3s to support your brain function.



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Helps elevate mood, prevents energy highs and crashes.

The best time to eat this dish:

At lunchtime before an afternoon exam or before a revision session.

Reason: Courgettes and aubergines will help beat stress by reducing your blood pressure. Pasta will help to maintain your blood sugars and keep your energy levels constant. Onions, tomatoes and peppers all contain high amounts of antioxidants, improve your blood flow and therefore brain functions like memory and focus. Complex carbohydrates along with oregano will improve your mental wellbeing.





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EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Energises you over a long period, makes you feel great boosts memory and promote healthy brain cells.

The best time to eat this dish: For lunch or an evening meal during peak exam period.

Reason: High in protein from the chicken and the yoghurt which will keep you full, give you energy and make you feel good. Tortillas are high in fibre and complex carbohydrates for more sustained energy and the iron content will help blood move oxygen around your body. Avocado is a superfood rich in stress relieving B vitamins, potassium and healthy fats.



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EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Boosts memory recall, increases concentration levels, enhances immunity.

The best time to eat this dish: During revision for lunch or an evening meal.

Reason: Pork contains iron and potassium which can help with cognitive development. Butternut squash has potassium and high levels of Vitamin A to boost your immune function and help lower blood pressure. The Omega 3s in spinach will help brain function and increase your concentration levels. Apples, sage and oregano are an excellent combination for your mental wellbeing.





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EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Improves energy levels, moods and resistance to stress, boosts immune system.

The best time to eat this dish: Evening meal during the exam period and possibly feeling tired or run down.

Reason: Sweet potatoes, red cabbage and parsley are high in vitamin C, D, iron and are powerful antioxidants for your immune system. They contain magnesium which is the relaxation and anti-stress mineral. Apples help to enhance your memory function and pork will promote brain health. The overall combination of proteins and complex carbohydrates will provide you with a source of energy.





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EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Keeps you hydrated, cleanses the stomach, provides steady energy release.

The best time to eat this dish: Lunch time before an exam or revision session.

Reason: Cucumber will re-hydrate you and flush out bodily toxins. Tomatoes, onion and chilli will help your brain to function optimally and enhance your memory and focus. Coriander, mint and lemon will all cleanse and soothe your stomach if you are feeling sick or nervous. Tortillas contain fibre which will help you feel fuller for longer especially when mixed with fresh vegetables and chicken. Paprika and cumin are rich in vitamin C and iron which will also help keep your immune system strong.



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EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Maintains blood sugar levels, improves mood, mental alertness and promote brain functioning.

The best time to eat this dish: Lunchtime before an exam or revision session.

Reason: Eggs and tuna are both high quality protein sources and contain B vitamins, minerals, iron and zinc for improved mental functioning and immunity. Tuna and anchovies are high in omega 3s which are essential nutrients for your brain. Green beans are rich sources of vitamins A, C, and K as well as omega 3s, again making them an awesome vegetable.



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

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Boosts brain power, combats stress and enhances immunity.

The best time to eat this dish:

For lunch or an evening meal in the middle of your exam period.

Reason: Tuna is an amazing source of protein which can lower your blood pressure, improve your immune system and boost your circulation all of which support optimal functioning. Beetroot contains heaps of vitamins, minerals and iron which will enhance your focus and reduce blood pressure. Feta cheese is nutrient rich and contains B vitamins to help keeps your brain functioning.

