

The Unsurpassed Superfood Power Series



Targeted Ways to Boost your Child's Performance
Set 1 **The Mega Memory Power Boost**
Preparing for Tests and Exams



Cinnamon

Pancakes
Dried fruit
French toast



Walnuts

Roasted
Fresh
Muffins



Tuna &
Salmon

Seared
Sushi
Fish Cakes



Broccoli

Steamed
Lasagna
Fritters



Avocado

Sandwich
Salad
Dip



Saffron
Spice

Casserole
Risotto
Rice



Vanilla
Milk

Warmed
Smoothie
Ice-cream



Berries

Fresh
Fruit salad
Muffins



Eggs

Boiled
Omelet
Sandwich



Celery

Fresh
Salad
Juice

✓ Top Tips

- ✓ Drink plenty of water
- ✓ Get quality sleep every night
- ✓ Reduce stress by doing something fun
- ✓ Take small breaks often
- ✓ Exercise daily
- ✓ Do breathing exercises or yoga to relax

Avoid



- ✗ Fried foods
- ✗ High sugar snacks in excess
- ✗ Energy drinks
- ✗ Coffee
- ✗ Sugary fizzy drinks

