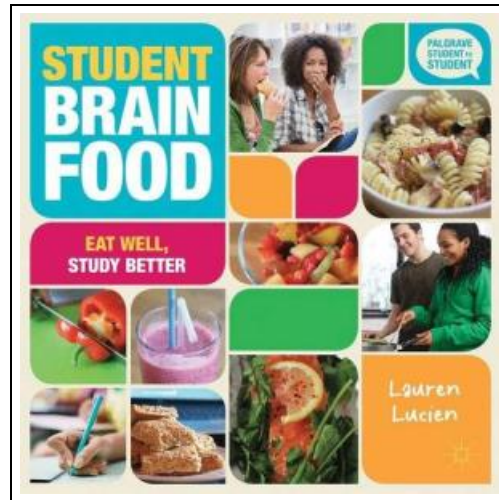


Student Brain Food: Eat Well, Study Better



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Reviews

It is one of the best publications. It is among the most remarkable publications I have read through. Your lifestyle period will change once you complete reading this article publication.
(Crystal Rolfson)

STUDENT BRAIN FOOD: EAT WELL, STUDY BETTER



Palgrave Macmillan. Paperback. Book Condition: new. BRAND NEW, Student Brain Food: Eat Well, Study Better, Lauren Lucien, A unique student cookbook, Student Brain Food shows how good nutrition and eating well can help boost academic performance. Lauren Lucien, a graduate of Kingston University, UK, started collecting recipes whilst in her final year of study. Having learned which food helped her to study better and how to plan and budget for her meals, Lauren shares her best recipes to help you fuel your body and mind for student success. Over 100 simple, tasty recipes, each come with step-by-step instructions and colour photographs. Drawing on the author's own experience, you'll find everything to support your student lifestyle - including nutritious fruit smoothies to keep you energised before a morning lecture; hearty stews and fish dishes to sustain you during assignment writing or exam time; creative recipes to make for friends or on date night, such as vodka salmon pasta and mini movie pizzas; and sweet treats to reward yourself with after completing deadlines or to take to societies. The book also includes handy information and tips on cupboard must-haves, shopping on a budget, preparing commonly used vegetables, food hygiene as well as temperature conversion charts.



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