

### ♥ Optimising Neurotransmitters:

- Berries, especially blueberries (these boost dopamine)
- Lemons
- Spinach
- Buckwheat
- Broccoli and cauliflower
- Chicken/Turkey (boosts serotonin due to tryptophan)
- Seafood
- Bananas
- Eggs
- Oily fish - mackerel/salmon
- Walnuts and almonds
- Crab
- Fermented foods like kimchi

### ♥ Optimising gut health:

- Fermented foods
- Stinky cheeses
- Nuts
- Legumes, wholegrains, oats
- Extra virgin olive oil
- Pre/probiotics
- Kefir
- Natural yogurt
- Organic fruit and veg
- Drink lots more water

### ♥ Optimising Energy:

- Brown rice
- Sweet potatoes
- Lentils
- Chickpeas
- Quinoa
- Oats
- Eggs
- Fish - salmon/mackerel/tuna
- Red meat (organic)
- Green, leafy veg - spinach/kale
- Bananas
- Avocados
- Nuts (avoid sweet/salty)
- Seeds - flaxseeds/pumpkin/sunflower/chai
- Beans

### ♥ Optimise a strong immune system:

- Garlic
- Red peppers
- Citrus fruits
- Carrots
- Berries - blueberries (polyphenol/flavonoid to fight cell damage)
- Beetroots
- Artichokes
- Green tea
- Pomegranates
- Turmeric
- Ginger
- All dried spices
- Yoghurt
- Extra virgin olive oil
- Dark chocolate (over 80% cocoa)

### ⊗ AVOID!

- Cakes
- Sweets
- Biscuits
- Bagels
- White bread
- Plain pasta
- Pizza
- Alcohol
- Sugary drinks
- Energy drinks
- Processed foods
- Caffeine, antibiotic use

