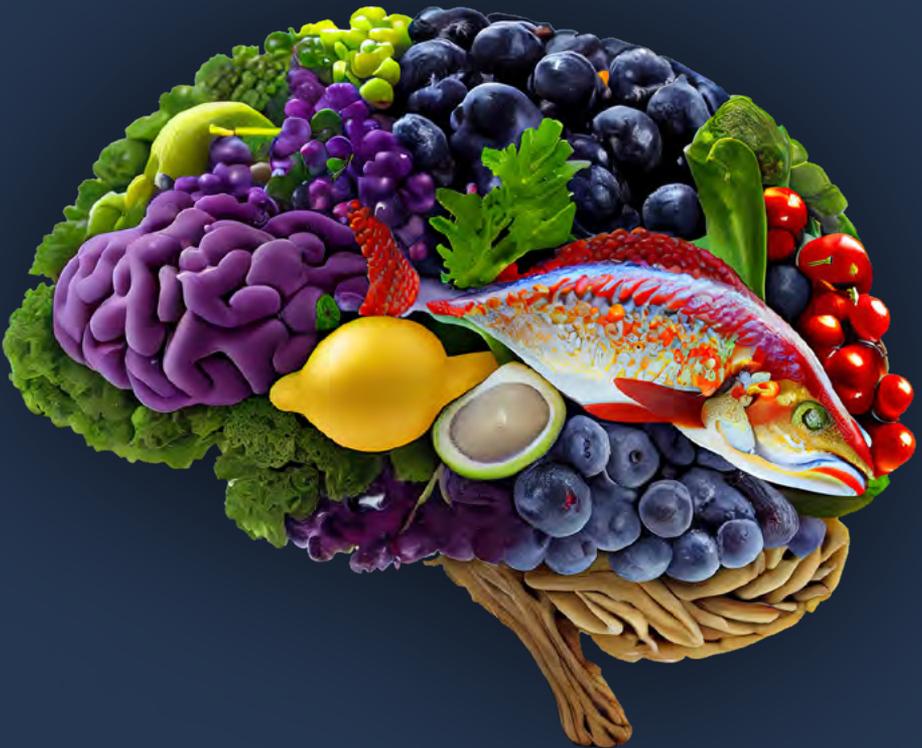


A Med Student's
Brain Food Cookbook

Recipes to boost your study performance



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How „brain foods“ can help your brain (and you) reach your full study potential:

- **Berries** contain flavonoids that enhance performance on cognitive tasks
- **Turmeric** contains curcumin which can help reduce anxiety
- **Salmon** is a source of omega-3 fats which support healthy brain function
- **Avocados** contain monounsaturated fats, contributing to healthy blood flow to your brain
- **Leafy greens** may slow age-related cognitive decline
- **Whole grain foods** make sure your energy levels stay up
- **Dark chocolate's cocoa** flavonoids may improve attention, learning, and memory
- **Walnuts** have been shown to be associated with better cognitive performance
- **Chicken and parmesan** contain tryptophans which help your body synthesize melatonin, potentially improving your sleep quality

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Mixed-Berry Yogurt Parfait



Ingredients

- 1 cup mixed berries (like strawberries, blueberries, raspberries, and blackberries)
- 1 cup Greek yogurt (or any yogurt of your choice)
- 2 tablespoons honey or maple syrup (optional, depending on your preference for sweetness)
- 1/2 cup granola (choose a low-sugar variety for a healthier option)
- A few mint leaves for garnish (optional)

Preparation

Wash the berries thoroughly. If using strawberries, you can slice them into halves or quarters. In a glass or a jar, start with a layer of Greek yogurt at the bottom. Drizzle a little honey or maple syrup over the yogurt if you want some added sweetness.

Add a layer of mixed berries on top of the yogurt. Sprinkle a layer of granola over the berries. The granola adds a nice crunch and makes the parfait more filling. Repeat the layers until the glass or jar is filled. Typically, two sets of each layer create a good balance of flavors and textures.

Top with a few mint leaves for a fresh, flavorful garnish. Enjoy your berry parfait immediately, or refrigerate it for up to an hour before serving.

Breakfast recipe 2

Turmeric-Latte



Ingredients

- 1 cup of milk (dairy or plant-based like almond, coconut, or oat)
- 1 teaspoon of turmeric powder
- 1/2 teaspoon of ground cinnamon
- 1/4 teaspoon of ground ginger (or a small piece of fresh ginger)
- A pinch of black pepper (to enhance turmeric absorption)
- Honey or sweetener of choice, to taste

Preparation

In a small saucepan, heat the milk over medium heat until it's warm but not boiling. Add the spices and stir well to combine. If using fresh ginger, grate it directly into the saucepan. Let the mixture simmer for a few minutes and keep stirring. Remove from heat, strain if you used fresh ginger. Add honey or your preferred sweetener to taste, and stir well.

Optional: For a frothy latte, blend the mixture for a few seconds before serving.

Breakfast recipe 3

Mixed Berry and Banana Smoothie

Ingredients

- A mix of berries (blueberries, strawberries)
- 1 banana
- Optionally: a handful of nuts (almonds or walnuts)
- Milk or yogurt (for a vegan option, use almond or soy milk)

Preparation

Blend the berries, banana, and nuts with your choice of milk or yogurt until smooth.

Serve chilled for a refreshing, nutrient-packed snack.



Breakfast recipe 4

Avocado and Egg Whole Grain Toast



Ingredients

- Whole grain bread
- Ripe avocado
- Boiled or poached eggs
- Optional: sprinkle of seeds (chia or flaxseeds)

Preparation

Mash the avocado and spread it on toasted whole grain bread.

Top with sliced boiled or poached eggs.

Sprinkle with seeds for added nutrition.

Lunch recipe 1

Grilled Fish Tacos With Avocado and Leafy Greens

Ingredients

- Salmon or mackerel (or other fatty fish)
- Whole grain tortillas
- Sliced avocado
- Mixed leafy greens (lettuce, cabbage)
- Optional: Salsa or a squeeze of lime for flavor

Preparation

Grill the fish and flake it.

Warm the tortillas, then fill them with fish, avocado slices, and greens.

Top with salsa or lime for an extra zing.



Lunch recipe 2

Nutty Whole Grain Salad With Salmon

Ingredients

- Cooked whole grains (like quinoa or brown rice)
- Mixed leafy greens (spinach, kale)
- Grilled or baked fatty fish (salmon or trout)
- Assorted nuts (walnuts, almonds)
- Olive oil and lemon juice for dressing

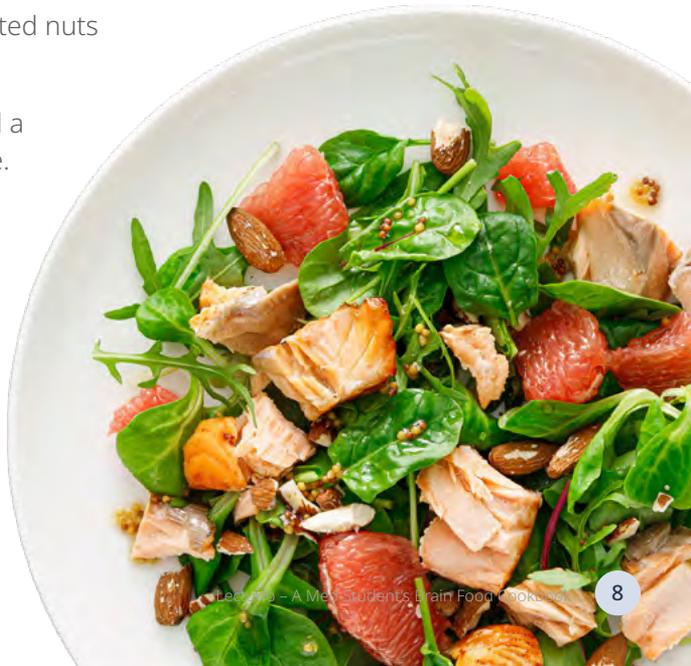
Preparation

Mix the cooked whole grains with a generous amount of leafy greens.

Top with grilled or baked salmon.

Add a handful of assorted nuts for crunch.

Dress with olive oil and a squeeze of lemon juice.



Snack recipe

Dark Chocolate and Nut Clusters

Ingredients

- Dark chocolate (at least 70% cocoa)
- Assorted nuts (almonds, walnuts, pistachios)
- Optional: dried berries

Preparation

Melt the dark chocolate.

Mix in the nuts (and dried berries if desired).

Spoon onto a parchment paper in clusters and let cool until set.



Dinner recipe

Baked Chicken Parmesan



This version of the popular classic bakes (not fries) the chicken and reduces the overall cheese to keep you from falling into a food coma, while still being delicious.

Ingredients

- 4 boneless, skinless chicken breasts
- Salt and pepper, to taste
- 1 teaspoon garlic powder and Italian seasoning
- 1/2 cup grated Parmesan cheese
- 2 cups marinara sauce (low-sodium preferred)
- Fresh basil, for garnish
- Olive oil spray

Preparation

Preheat your oven to 375°F (190°C). Pound the chicken breasts to even thickness or slice them horizontally for quicker cooking. Season with salt, pepper, garlic powder, and Italian seasoning. Lightly coat each chicken breast with grated Parmesan cheese. This will give a nice flavor and a slight crust.

Place the chicken on a baking sheet lined with parchment paper. Spray a bit of olive oil on top. Bake for 25–30 minutes, or until the chicken is thoroughly cooked and has a light golden color.

After baking, spoon marinara sauce over each chicken breast. Return the chicken to the oven for an additional 5 minutes, letting the sauce warm up and flavors meld. Garnish with fresh basil leaves and pair, for example, with steamed vegetables.

Bon appétit!

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