



Venue Catering Suggestions.

Our goal is to provide our participants with nourishing, nutrient-dense foods to optimise concentration and cognition. Our food philosophy is to eat a diet rich in plant-based foods, incorporating plenty of colours, lean proteins, wholegrain carbohydrates and minimal consumption of highly-processed and packaged foods.

Foods we Recommend	
Lean, High-Quality Proteins	<ul style="list-style-type: none"> • Free-range eggs, grilled organic or free-range chicken breast, grilled grass-fed beef, lamb, organic bacon (fat trimmed) • Salmon or ocean trout (fresh or smoked) or white fish (fresh, sourced in Australia) • Vegetarian options: Tofu or legumes (beans, chickpeas or lentils) • Full-fat plain Greek yoghurt (such as Chobani) or coconut yogurt • Milk from full-fat to light or plant based such as oat, almond and soy milk
Vegetables	All vegetables and salads – e.g. spinach, avocado, tomatoes, mushrooms etc.
Wholegrain/ Low GI Carbohydrates	<ul style="list-style-type: none"> • Brown rice, quinoa, Barley, Bulgur wheat • Sweet potato, grilled corn • Oven-baked, low sugar muesli (fruit-free) • Wholegrain or sourdough bread or wraps
Fruit	All fruit and berries, variety is best
Drinks	<ul style="list-style-type: none"> • Still or Sparkling water • Coconut water or Kombucha • Coffee or tea • Milk from full-fat to light or plant based such as oat, almond and soy milk
Foods to Avoid	
	<ul style="list-style-type: none"> • Bottled fruit juices or soft drinks • Pastries, biscuits, cakes • Deep fried foods • Creamy dressings (such as Caesar salad) • High fat meats (such as brisket)



Menu Suggestions

Breakfast	<ul style="list-style-type: none"> • Breakfast wraps on wholegrain wraps: eggs, organic bacon (fat trimmed), avocado, roasted mushrooms, spinach • Breakfast salad cups: cooked quinoa, baby spinach, roasted mushrooms, fresh tomatoes and avocado with soft boiled egg. Dressing of extra virgin olive oil, lemon juice, salt, pepper and fresh parsley • Wholegrain mini bagel halves spread with light cream cheese, smoked salmon slices, avocado and fresh herbs & lemon juice • Vegetarian option: wholegrain wrap with roasted mushrooms, spinach, avocado and scrambled tofu, roast pumpkin & goats cheese frittata
Lunch	<ul style="list-style-type: none"> • Wood roasted chicken with cabbage, apple, cumin and walnut slaw • Baked salmon fillets with gem/cos lettuce, pomegranate, walnuts and chardonnay vinegar dressing • Marinated, grilled grass-fed beef with spiced cauliflower, chickpeas and mint yoghurt dressing • Tofu or legume with wood roasted pumpkin, cumin, pomegranate, coriander and lime
Snack	<ul style="list-style-type: none"> • Fresh fruit smoothies using whole fruits, Greek yoghurt, coconut water and fresh coconut pieces or almonds, no honey/added sugars • Homemade energy/bliss balls made with wholefoods only, nuts, seeds, dates, no added sugar • Mini frittata bites (no pastry) • Grilled chicken or tofu Vietnamese rice paper rolls • Mediterranean mezze platter (no processed meats): crudites, tzatziki, babaganoush, hummus dips, wholegrain pita bread triangles (toasted), olives, hard cheese, dolmades
Dinner	<ul style="list-style-type: none"> • Pan fried white fish with peach, shaved fennel, parmesan, raisins and pine nuts • Grilled grass-fed beef with bulgur wheat tabouli salad • Ahi poke bowl (selection of chicken, salmon, tofu)