



## **Study Meal Plan for Maximum Focus**

### **Breakfast (Kickstart Your Brain)**

1. Oatmeal with Nuts & Berries – Slow-releasing carbs + antioxidants for focus.
2. Scrambled Eggs on Whole-Grain Toast + Avocado – Protein & healthy fats for sustained energy.
3. Greek Yogurt with Honey & Chia Seeds – Probiotics & omega-3s for brain health.

### **Mid-Morning Snack (Quick Energy Boost)**

1. Banana with Peanut Butter – Natural sugars & healthy fats for focus.
2. Handful of Almonds & Walnuts – Omega-3s for memory retention.
3. Dark Chocolate & Green Tea – Caffeine + antioxidants for

alertness. @stationvidya



## **Lunch (Fuel Your Brain for Long Study Hours)**

Grilled Chicken/Paneer with Quinoa & Veggies – Protein + fiber for steady energy.

Salmon or Tuna Sandwich on Whole-Grain Bread – Omega-3s for cognitive function.

Lentil Soup with Whole-Grain Roti & Salad – Plant-based protein for brainpower.



## **Afternoon Snack (Beat the Study Slump)**

Smoothie (Banana + Berries + Yogurt + Nuts) – Nutrient-dense & refreshing.

Hummus with Carrot & Cucumber Sticks – Protein & fiber for a slow energy release.

Boiled Eggs with a Handful of Sunflower Seeds – Rich in choline & omega-3s.  
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## **Dinner (Light & Nutritious to Avoid Brain Fog)**

Grilled Fish/Chicken with Steamed Veggies & Brown Rice – Balanced macronutrients.

Vegetable Stir-Fry with Tofu & Whole-Grain Noodles – Brain-fueling complex carbs.

Spinach Dal with Brown Rice & Curd – Iron-rich meal for mental clarity.

## **Late-Night Study Snack (Keep Your Brain Awake, Not Your Stomach!)**

Warm Almond Milk with a Pinch of Turmeric – Helps with relaxation & memory. @stationvidya

Handful of Trail Mix (Nuts, Seeds, Dark Chocolate, Dried Fruits) – Brain-boosting goodness.

Apple Slices with Peanut Butter – Keeps sugar levels stable for late-night focus.



## **Hydration Tips**

Drink plenty of water (aim for 8-10 glasses/day).

Include herbal teas (chamomile, peppermint) for relaxation.

Avoid too much caffeine close to bedtime to prevent sleep issues.

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