

Betsy's

BRAIN POWER

Breakfast Bowl

Fuel Your Brain. **Focus. Learn. Perform.**



WHY IT WORKS:

- ✓ Steady Energy for the Brain
- ✓ Supports Focus & Concentration
- ✓ Memory & Mood Support
- ✓ Keeps You Full & Satisfied



Betsy's Tip:

Eat this 2-3 hours before school or practice for long lasting energy and better focus!



SMART CARBS

Oats or Quinoa
(steady energy for the brain)



PROTEIN

Greek Yogurt
(builds & repairs, keeps you full)



BERRIES

Antioxidants & vitamins for brain health & memory



SEEDS

Chia, Flax, Pumpkin
(omega-3s for brain function & focus)



HERBS + FLAVOR

Mint, Cinnamon, Vanilla, Honey
(great taste + extra benefits)

Smart Carbs + Protein + Healthy Fats + Antioxidants = **Better Brain Power**