

Student Survival Guide

The food we eat has a big effect on how our mind and body works, so a basic knowledge of how to eat healthily will help you get the most out of your university experience.

If you can learn the basics of nutrition and how to cook a few simple meals, then you will be well set up to eat well on a student budget, without having to rely on beans on toast for tea every night!

Your group will discover:

- How to look after yourself when you leave home for the first time
- Nutrition tips on how to fuel your brain
- Shopping ideas
- Weekly meal planner
- Simple recipes
- Revision survival guide



contact us to find out more:

T: 07704 520257

E: emma@vital-nutrition.co.uk

www.vital-nutrition.co.uk