

IS IT BRAINFOOD?

*If it's on this list,
can be eaten with your fingers
in five minutes or less,
then the answer is YES! 😊*



- Apple – sliced or quartered
- Apricot
- Asparagus
- Avocado
- Banana
- Beetroot
- Blackberries
- Blueberries
- Boiled egg
- Boysenberries
- Broccoli
- Broccolini
- Capsicum
- Carrot – preferably in sticks
- Cauliflower
- Celery
- Cheese
- Cherries
- Coconut
- Cold roast vegetables –small pieces
- Corn
- Cranberries – small handful
- Cucumber
- Custard Apple
- Dates – small handful
- Dip for dipping veggies
- Dragon fruit
- Dried fruit – very small amount
- Eggplant
- Grapes – small amount
- Greek/Natural Yoghurt for dipping veggies
- Green Beans
- Kiwifruit
- Lettuce
- Mandarin
- Mango
- Mushroom
- Nectarines
- Nuts
- Olives
- Orange
- Passionfruit
- Peach
- Pear
- Peas
- Pineapple
- Plain Popcorn
- Plum
- Pomegranate
- Protein – minimal processing
(chicken fillet strips, ham, pastrami, salami, chorizo, cabana, twiggies)
- Raspberries
- Rockmelon
- Seeds
- Snow peas
- Spinach
- Strawberries
- Sugar snap peas
- Sultanas – small handful
- Tangelo
- Tangerine
- Tomatoes
- WATER! 😊
- Watermelon

All fruit is to be fresh – not in juice please

