

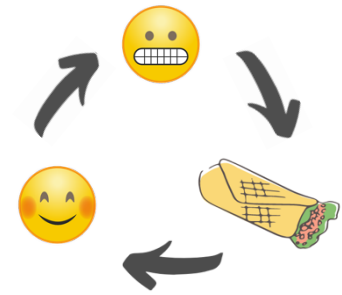
Do you need to be at your best, and you're anxious about it?

Feeling anxious may make you feel like skipping a meal, but doing this makes your body produce more adrenalin, which can make you *more* anxious!

By eating foods that contain both:

- Carbohydrates &
- 10-20 grams protein (as well as healthy fat & fiber!)

Your brain will be fueled for 2-4 hours.



10-20g of protein about an hour before the event will keep you in your smart brain

(Note: eating more than 20g of protein in one sitting does not extend this benefit)

Examples of high stakes events:

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|---|-----------------------|
| → Any situation where you want to be at your best | → Doing something new |
| → Being around people that stress you out | → Family events |
| → Being around highly emotional people | → Job interviews |
| → Work-related social events | → Test taking |
| → Going to therapy | → Public speaking |
| → Going to court | |

Some examples of high-protein snacks and meals:

Meals

- Salad, sandwich, or wrap with deli meat, chicken, beans, or tofu
- Hard-boiled eggs with carrots or bread
- Chicken or egg salad sandwich
- Tacos or burritos (with meat, beans, or tofu)
- Nut butter (peanut, almond, cashew) sandwich
- Lentil salad with quinoa and veggies

Snacks

- Handful of nuts (peanuts, walnuts, almonds, cashews)
- Cottage cheese or Greek yogurt
- Protein shakes and bars
- A few slices of deli meat with carrots or bread
- Nut butter (peanut, almond, cashew) with apple slices

