



AYLESTONE SCHOOL

In federated partnership with Broadlands Primary
School and Withington C.P. School

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PIXL POWER TO PERFORM – COOKING RECIPES

PiXL Power to Perform is all about what students are eating and how we can use food to enhance their performance, concentration and energy.



Resources available will include:

- 20 recipes designed especially by chef Mark Lloyd, all including ingredients that will enable students to feel fuller for longer and perform well.
- Videos for students showing them step by step how to cook the dishes – each video shows Mark Lloyd cooking the dish.

We hope that by using these resources, students may find a way through a very tough and daunting period and be better prepared in handling the pressure and stress that comes with it. Perhaps some of these ideas will help create a mindset where they believe that they can achieve whilst also showing them how to do it.

This booklet contains all the recipes that Mark has designed for PiXL – click [here](#) to view.

Happy cooking!