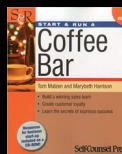


READING LIST

➔ Run a Coffee Bar

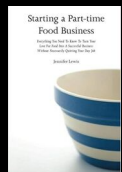


By Tom Matzen & Harrison

A comprehensive guide on what to expect when owning and operating this type of business, this book includes everything from choosing a unique identity to roasting, making, and serving coffee, espresso, and tea. The book includes sections on organic and Fair Trade coffee, recipes for specialty coffees, and forms to help you with the day-to-day logistics of running a coffee bar.

.....

➔ Starting a Part-time Food Business

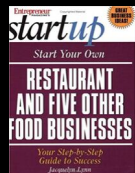


By Jennifer Lewis

Written for anyone who wants to start a small part-time or full-time food business on a limited budget, this comprehensive book provides the road-map to help you realize your dream. This book also chronicles the stories of seven entrepreneurs who started their own small food businesses in their free time using limited resources.

.....

➔ Start Your Own Restaurant (and Five Other Food Businesses)



By Jacquelyn Lynn

In this book you will find everything you need to consider when starting your own restaurant, pizzeria, coffeehouse, delicatessen, bakery, or catering business. Interesting interviews with successful eatery owners show how others have made their food businesses successful.

.....

FOOD THAT HELPS YOUR BRAIN

By Dr. Rubina Shaheen



As a scientific fact, our brain contributes to only 2% of our body weight but it absorbs 20% of our total calorie intake. To function properly, it needs a constant supply of glucose and fat. The one mistake we make is eating fast food and foods rich in sugar, which releases glucose instantly which results in a sugar high and increase in productivity but then but then the sugar level drops just as suddenly as it occurred causing a slump. To keep your brain active throughout the day and to increase your productivity, consider eating healthier.

Breakfast:

For breakfast try eating:

- Yogurt, as it contains probiotics, proteins, minerals which improves the digestive system and hydration.

- Blueberries, which are jam-packed with antioxidants and help improve memory and motor functions and help fight stress.

- Bananas, as they have the perfect amount of glucose, i.e. 25 grams in each, as it is the exact amount that the brain needs.

- Eggs, which contain choline which increases the size of neurons, boosting memory.

Lunch:

Having lunch at the office doesn't have to mean fast food. Try packing



lunch which includes:

- Leafy Greens, as they are filled with minerals, phytonutrients, and vitamins.
- Almonds, which have phenylalanine which is amazing for mental health – it helps increase the amounts of mood-boosting neurotransmitters; dopamine, adrenaline, and noradrenaline.
- Olive Oil, which contains monosaturated fat which slows down the aging of brain cells.
- Salad, in which you can combine all the above ingredients, plus a few more of your favorite vegetables.
- Whole Wheat Bread, to accompany your salad – and pair it with meat, eggs or some other protein.

Dinner:

For dinner, opt for a well-balanced meal.

- Fish, as it will provide you with Omega-3 fatty acids, iron, and vitamins.
- Brown Rice, or some other whole grains, which contain vitamins.
- Eggplant, which enhances communication between brain cells and other molecules.

Reprint: sdi/e3449

DR. RUBINA SHAHEEN IS A MEDICAL DOCTOR AND A REGULAR CONTRIBUTOR AT STARTUP INSIDER.

MOVIES TO WATCH



➔ Chef (2014)



By Jon Favreau

Chef is a perfect little film in its own right, but for restaurateurs it's even more special. Food truck entrepreneur Chef Carl (Jon Favreau) is a character who starts his own business, stands up for himself, surprises and satisfies customers with his cooking, does what he's good at, and ignores the words of spiteful critics.

.....

➔ Bridesmaids (2011)



By Paul Feig

Throughout the movie, she struggles to accept this failure and lets it control other aspects of her life. The reality is that many restaurants fail, but watching this movie inspires us that your life isn't over even if your restaurant's doors close for good.

.....

➔ Burnt (2015)



By John Wells

Adam Jones (Bradley Cooper) is a chef who destroyed his career with drugs and diva behavior. He cleans up and returns to London, determined to redeem himself by spearheading a top restaurant. As a result of his improved attitude and teamwork, the restaurant receives its third Michelin star. At the end, he sits down to eat the meal with the kitchen crew, who are his new family.

.....