

**Food guide**  
**Saturday, 19th September 2015**  
**Committee Meeting**

*EAT YOURSELF SMART and BOOST your MENTAL ENERGY  
proposed by "meet up - eat smart" food concept  
and Kongresshaus Zürich*

**Energy Lunch buffet**

**Summer salad** with **radish** and **cucumber**

\* \* \*

**Ceviche** from **Norwegian salmon**  
**lemon** and **vegetable** sauce

**Avocado** with **tomato** vinaigrette

**Vegetable curry** with **chickpeas**

Whole grain rice

\* \* \*

**Crema Catalana** with **raspberries**

*We are inviting you today to join us on a new culinary voyage of exploration. Intelligent nutrition coupled with taste: discover with the help of the colour codes which groups of effective ingredients will get you through the event without flagging. The colour codes tell you what smart ingredients the nibbles contain. We invite you to take a look at*

[www.eat-smart.ch](http://www.eat-smart.ch)

*heading to find out more about it!*

**Secondary plant substances**  
**Minerals/trace elements**  
**Proteins**

**Unsaturated fatty acids**  
**Vitamins**  
**Carbohydrates**

