

To get the bowl of peanuts, Alex should say: "You will give me neither bowl."

If true, the handler will give him the blueberries, which is contradictory to truth of the statement. So the statement has to be false, which means that Irene will at least give Alex one bowl. Since the statement is false, Irene can't give Alex the blueberries, thus she must give him the peanuts.

To get both bowls, Alex should say: "You will either give me neither bowl or the bowl of peanuts."

This statement can't be wrong. Because, if the statement is false, the handler has to give the parrot either blueberries and peanuts, or just blueberries, but this is contradictory to Irene's stipulation that Alex cannot receive the blueberries if his statement is false. Thus, the statement must be true, and Irene must give Alex the blueberries. But if Alex gets the blueberries, then the statement "You will give me neither bowl is false". Thus, in order to for Alex's statement to be true, Irene has to give him the peanuts as well.