



JENNIE GOUGH
NUTRITION & EATING PSYCHOLOGY

REWIRE YOUR FOOD BRAIN

BASIC RECIPES

BIRCHER MUESLI

Ingredients:

- 100g oats
- 100g apple puree
- 150g coconut milk
- 125g almond milk
- 80g frozen raspberries (or frozen mixed berries)
- 1 tsp honey
- 2 tsp raspberry jam
- 4 heaped tsp blended sunflower seeds
- 4 heaped tsp blended pumpkin seeds
- 4 heaped tsp Linwoods mixed seeds (optional)

Method: Mix and store in fridge to soak overnight. In the morning mix again to stir in the raspberries that have now defrosted, then serve. Makes about 4 large portions

ROASTED SWEET POTATO SALAD

Ingredients:

- 2 pre-cooked roasted sweet potatoes
- Handful baby spinach (e.g. two cups)
- 4-6 cherry tomatoes
- Quarter cup toasted pine nuts
- 1 inch of roll of goat cheese or 6 small cubes feta cheese

Method: Heat the pre-cooked sweet potatoes in the oven or microwave. Mix the remaining ingredients in a bowl. Serve with the sweet potatoes.



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CHICKEN STIR FRY

Ingredients:

- 2 chicken breasts
- 1 bag stir fry vegetables
- Pre-chopped red chilies from freezer
- Pre-chopped ginger
- Soy sauce
- 1 tbsp coconut oil
- Coriander and/or lime (optional)
- Cauliflower rice (optional)

Method: Heat coconut oil in a wok. Add in ginger and chilies and stir briefly. Chop or cut chicken breasts with scissors into pieces and add to wok. Add approx.. 1 tbsp soy sauce and mix until chicken is cooked through. Add in vegetables and serve (can add fresh chopped coriander and/or squeeze of lime). Serve with rice or cauliflower rice

CHICKEN, QUINOA AND MANGO SALAD

Ingredients:

- 1 cup pre-cooked quinoa
- 1 pre-cooked chicken breast
- ½ packet chopped mango
- ½ romano pepper, chopped
- 3 spring onions, chopped or snipped with scissors
- ½ bag rocket leaves
- Small handful of chopped fresh mint
- Juice of one lemon

Method: Combine all of the ingredients in a bowl and serve



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GREEN SMOOTHIE

Ingredients:

- 1 cup baby spinach
- ½ stick celery
- 1 inch section of cucumber, sliced in half
- ½ apple
- 3-4 leaves fresh mint
- ½ cup coconut water (optional – can just use normal water)
- ¼ cup chopped mango
- 1 cup water
- 3 ice cubes

Method: Add all ingredients to a blender and blend for approx. 30 seconds

SALMON WITH SALAD WITH GREEN BEANS

Ingredients:

- 2 salmon fillets
- 1 bag rocket salad
- ¼ cucumber sliced
- 1 avocado, sliced
- 1 packet green beans
- ¼ cup soy sauce

Method: Place salmon fillets in baking tray or foil and cook in oven for 15 minutes. Meanwhile steam or boil the green beans and add salad, avocado and sliced cucumber to plate and mix in dressing. Once salmon is cooked pour over desired amount of soy sauce and serve with the beans and salad.



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ROASTED SWEET POTATOES WITH TUNA MAYONNAISE

Ingredients:

- 1 pre-cooked roast sweet potatoes
- 1 tin of tuna
- 2 tbsp goat yoghurt
- 2 tsp mayonnaise
- 2 spring onions, chopped or snipped with scissors

Method: Heat the pre-cooked sweet potatoes in the oven or microwave. Drain the tuna and mix in the yoghurt, mayonnaise and spring onions. Add black pepper if desired. Serve tuna mixture on top of sweet potatoes.

I often make a very simple, quick and delicious lunch or dinner of roasted sweet potato (re-heated), tin of sardines, rocket leaves, chopped spring onion and drizzle of extra virgin olive oil and balsamic vinegar.

CHICKEN AND GOAT CHEESE SALAD

Ingredients:

- 1 pre-cooked chicken breast
- ½ bag mixed salad
- 1-2 tbsp crushed sunflower and pumpkin seeds
- 1 tbsp toasted nuts
- 4-6 cherry tomatoes
- 1 stick celery, chopped
- 1 inch goat cheese roll, crumbled
- Spring onions, chopped (optional)

Method: Add all ingredients to a bowl, add dressing and serve.



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THAI CHICKEN CURRY

Ingredients:

- 2 x chicken breasts
- 'Thai Taste red/green curry kit
- ½ pre-cooked butternut or coquina squash
- Fresh coriander, chopped
- Juice of 1 lime
- Fish sauce
- 1 tbsp of raw extra virgin coconut oil
- ½ romano pepper
- 1 packet sugar snaps
- Handful baby spinach (2 cups)
- 1 x courgette chopped into cubes
- Cauliflower 'rice'

Method: Melt coconut oil in a large saucepan. Add chicken and stir until meat is almost cooked through. Add Thai mix herbs and curry paste. Stir and then add in romano pepper, sugar snaps and courgette. Add coconut milk, a few drops of fish sauce and juice of one lime. Leave to cook on low heat (don't boil). Five minutes before serving, add in the spinach and gently stir in the squash so it warms through but doesn't mush up. Serve into bowls and garnish with chopped fresh coriander. Can eat this without anything additional as the squash and vegetables make it a very substantial dish but you can also serve it with rice or cauliflower 'rice'



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ROASTED SQUASH AND PINE NUT QUINOA

Ingredients:

- 1/2 pre-roasted butternut or coquina squash
- 1 cup of pre-cooked quinoa
- 1/3 of a cup of pine nuts
- 8-10 cherry tomatoes chopped in half
- juice of 1 lemon
- small handful of chopped fresh coriander
- 1/2 tbsp of extra virgin olive oil

Method: Heat pre-cooked squash in oven or microwave. Mix all ingredients in a bowl and serve.

BERRY SMOOTHIE

Ingredients:

- 1 cup unsweetened almond milk
- ½ cup goat yoghurt
- Half a banana
- ¼ cup frozen berries (e.g. mix the raspberries, strawberries, blueberries)
- 3 ice cubes

Method: Put all ingredients in the blender and blend for approx. 30 seconds

SMOKED SALMON AND SCRAMBLED EGGS

Ingredients:

- 3-4 x slices smoked salmon
- 2 x eggs

Method: Place 3-4 slices of smoked salmon onto a plate. Scramble two eggs and serve on top of smoked salmon then season with pepper.



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OMELETTE/FRITTATA

Ingredients:

- Whatever you have left in the fridge! e.g. baby spinach, ham, crumbled goat/feta cheese, tomatoes, diced courgettes, spring onions, chopped mushrooms, peppers etc
- 2-3 eggs
- 1 tsp coconut oil or olive oil

Method: Beat the eggs in a bowl and add black pepper. Heat the grill in the oven. Heat the oil in a frying pan and cook up tomatoes/mushrooms/onions/peppers. Pour mixture into the mixed eggs and briefly stir together. Add spinach if using. Then pour ingredients back into frying pan and cook. Add cheese and/or ham (if using). Ensure mixture is mostly cooked through and then place under the grill to cook the top before serving.

PRAWN COURGETTI

Ingredients:

- Courgetti (bought pre-made) or 1 x courgette spiralised or use potato peeler to peel into ribbons
- ½ packet frozen prawns
- Red chilli (pre-chopped from freezer)
- Ginger (pre-chopped from freezer)
- Soy sauce
- 1 tsp coconut oil
- Juice of one lime

Method: Heat coconut oil in a wok. Add in ginger and chilli and stir briefly. Add in prawns and cook through. Add desired amount of soy sauce (e.g. 2 tbsp) and courgetti. Add lime juice, stir and then cover if you have a lid for the wok. Cook for one more minute and then serve.



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SWEET POTATO AND COCONUT SOUP

Ingredients:

- 1 tbsp coconut oil
- 2tbsp pre-chopped onion (from freezer)
- 2 sticks celery, chopped
- 400g sweet potato, cut into chunks
- 500ml vegetable stock
- 200ml coconut milk

Method: Heat oil in a large saucepan, add onion and celery. Cook for 5 minutes until soft. Add sweet potato and cook for further 5 minutes. Stir in stock and coconut milk, season with salt and pepper and bring to the boil. Then cover and simmer for 30 minutes until potato is tender. Puree in blender until smooth.

HALLOUMI & BEETROOT SALAD

Ingredients:

- ½ apple
- 3 slices halloumi (approx. 0.5 cm thin)
- 4-5 pieces of beetroot
- ½ bag mixed salad
- 1 stick celery, chopped
- 1 avocado, sliced
- ¼ cucumber, sliced
- 1 tbsp toasted nuts
- Spring onions, chopped (optional)

Method: Add all ingredients to a bowl, add dressing and serve.