

JENNIE GOUGH
NUTRITION & EATING PSYCHOLOGY

REWIRE YOUR FOOD BRAIN

CAPSULE KITCHEN

PANTRY

Eggs
Tinned fish (tuna, sardines, salmon)
Protein powder (e.g. Neat Nutrition)
Tamari/soy sauce
Pesto
Harissa paste
Extra virgin olive oil
Coconut oil
Raw organic apple cider vinegar
Seeds/Munchy seeds
Sweet potatoes
Wholegrain rice
Butternut squash
Oats
Nuts (almonds, pecans, walnuts)
Bananas
Dates
Dark chocolate
Honey
Almond butter
Green tea/herbal tea
Sourdough bread
Ground flaxseed
Cocoa powder
Vegetable or chicken stock

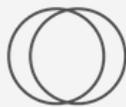
FRIDGE

Spinach
Watercress
Apples
Broccoli
Green beans
Carrots
Tomatoes
Mushrooms
Red/spring onions
Sweet peppers
Iceberg lettuce
Avocados
Cucumber
Celery
Salmon fillets
Chicken
Hummous
Almond milk
Natural yoghurt
Olives

FREEZER

Frozen berries

To make a dressing for salads mix 1 part apple cider vinegar with 3 parts extra virgin olive oil plus a little honey e.g. 1/4 cup ACV + 3/4 cup EVOO + 2 tsp honey. Mix in a jar and store in pantry



JENNIE GOUGH
NUTRITION & EATING PSYCHOLOGY

REWIRE YOUR FOOD BRAIN

SNACKS

Apple or celery with nut butter or 10-15 nuts
Green smoothie - make with spinach, cucumber, celery, apple, avocado, water & ice
1-2 dates or 2-3 squares of dark chocolate
Natural yoghurt with 1 tbsp crushed toasted nuts & drizzle raw honey
Hard boiled egg
Fruit smoothie – almond milk, ice, frozen fruit, yoghurt & ½ banana
Vegetable batons (carrot, cucumber, sweet pepper, celery) with hummous
Chocolate balls (see recipe listed in the Quick & Easy Snacks handout)
Olives
Banana

BREAKFASTS

Omelette with onions, mushrooms and spinach
Poached or scrambled eggs on sourdough toast
Overnight oats/Bircher muesli - mix oats, yoghurt, almond milk, honey, frozen berries in a bowl & leave in the fridge overnight
Avocado on sourdough toast topped with Munchy seeds
Green smoothie or fruit smoothie

LUNCHESES/DINNERS

Baked sweet potato with tinned tuna/salmon - tuna/salmon, yoghurt, chopped onions
Chicken wrap - grated carrot, avocado, hummous/yoghurt wrapped in lettuce leaves
Pesto salmon with wilted spinach & rice
Harissa chicken with green beans & butternut squash (mix harissa & yoghurt for a marinade)
Salmon with soy sauce served with broccoli & rice
Chicken and vegetables stir fried in soy sauce served with rice
Watercress soup
Pick 'n' mix salad - any combination of the following:

VEGETABLES

Spinach leaves
Iceberg lettuce
Onion
Cucumber
Celery
Tomatoes
Sweet peppers
Grated carrot
Cooked green beans
Roasted butternut squash
Sweet potato

PROTEIN

Chicken
Eggs
Sardines
Tuna
Salmon fillet

HEALTHY FATS

Olives
Extra virgin olive oil
Avocado
Nuts
Seeds/Munchy seeds
Ground flaxseed