



**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*



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## 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