



JENNIE GOUGH
NUTRITION & EATING PSYCHOLOGY

REWIRE YOUR FOOD BRAIN

Keystone #2 - Eating Well

Healthy eating doesn't need to be complicated or involve masses of exotic ingredients that you can only buy at a farmers' market that's 35 miles from where you live and only runs on the first Wednesday of the month!

Most of my clients have busy lives where spending lots of time in the kitchen preparing lengthy recipes is neither realistic nor desirable. I believe it's important that healthy eating ticks these four boxes:

1. Quick
2. Easy
3. Nutritious
4. Tasty

Upgrading What You Eat

Most of us tend to eat the same sorts of things from one week to the next. If you want to improve your health and take your diet up a level (by "diet" I mean foods you habitually eat, not a weight loss plan) then start by identifying the patterns in your food choices.

Ask yourself questions such as:

- What's always on my shopping list or in your basket at the supermarket?
- What do I grab to eat when I'm rushing around?
- What are my lazy go-to meals when I can't be bothered?
- What do I normally snack on?
- What foods do I turn to when I'm tired/hungry/stressed/bored etc?



My Plan

Reviewing your eating patterns what's the lowest hanging fruit? (excuse the pun!) By that I mean what is the one thing that would be easiest for you to change or improve? Where can you make a simple do-able upgrade to what you eat?
