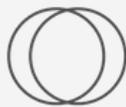


JENNIE GOUGH
NUTRITION & EATING PSYCHOLOGY

REWIRE YOUR FOOD BRAIN

QUICK & EASY SNACKS

- Apple with 10-15 nuts - choose unsalted or lightly roasted almonds, pecans, macadamias, hazelnuts, cashews, walnuts or pistachios
- Celery or apple with Pip & Nut almond or cashew nut butter
- Trail mix - mix together nuts, pumpkin and sunflower seeds, raisins and dried cranberries
- Pulsin bar
- Green smoothie - blend spinach, cucumber, apple, pineapple, avocado, water & ice
- 1-2 pieces of dried fruit e.g. medjool dates
- 2-3 squares of 70-85% dark chocolate
- Natural yoghurt with 1 tbsp crushed roasted nuts & drizzle raw honey
- Greek yoghurt with sprinkle of granola or teaspoon of jam or honey
- Pulsin protein powder mixed into water or smoothie
- Hard boiled eggs
- Fruit smoothie – almond milk, ice, frozen fruit, yoghurt & ½ banana
- Kale crisps
- Vegetable batons with dip - e.g. carrot, cucumber, sweet red pepper, celery with hummous, guacamole or tzatziki
- Cherry tomatoes or sugar snap peas
- Chocolate balls (see recipe overleaf)
- Olives
- Edamame beans
- Roasted chickpeas - drain and rinse a can of chickpeas, mix in 1tbsp soy sauce, drizzle of maple syrup or honey and sprinkle with salt or squeeze of lemon then roast in the oven until golden brown
- Any fruit - berries, apple or a pear are a particularly good choice as they're high in fibre. If weight loss is a goal then limit fruit to no more than two pieces per day
- Unsalted popcorn
- Cup of tea - e.g. Pukka mint or lemon & ginger or green tea
- A glass of water (fizzy or still) or lemon in hot water
- Replace soda drinks (Coco Cola et al) with fruit juice or cordial mixed with fizzy water



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REWIRE YOUR FOOD BRAIN

CHOCOLATE PROTEIN BALLS

Makes approx. 10-15 small balls

INGREDIENTS

4 pitted dates

1/3 cup rolled oats

1 tbsp desiccated coconut

1 tbsp unsweetened cocoa powder or raw cacao powder

1 tbsp ground flaxseed

1 tsp extra virgin coconut oil

1 tsp honey

Extra ground flaxseed, desiccated coconut or cocoa powder for rolling

METHOD

Add all ingredients to the bowl of a food processor then blend on high speed for about 30-60 seconds until the mixture is sticky in consistency – it will be crumbly but will stick together when pressed/rolled. Roll the mixture into balls and then in the extra cocoa powder/ground flaxseed/coconut. Store in an airtight container and consume within 3-5 days (they also freeze well)

NOTES

If I have time I soak the dates in little hot water for a few hours beforehand so that they are softer and a couple of teaspoons of the water to the mix which makes for a softer consistency. If you find the mixture too dry then you could also add in a small amount of coconut oil.