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NUTRITION & EATING PSYCHOLOGY

# REWIRE YOUR FOOD BRAIN

## VEGETABLES

**UNDERLINE OR HIGHLIGHT THE ONES YOU LIKE OR ARE WILLING TO TRY**

Artichoke	Celeriac	Radish
Arugula/Rocket	Fennel	Rhubarb
Asparagus	Kale	Parsnip
Aubergine	Lettuce	Swede
Beetroot	Mushrooms	Spinach
Bok choy	Mange Tout	Squashes
Broad Beans	Okra	Turnip
Green beans	Onions	Pumpkin
Runner beans	Garlic	Coquina squash
Edamame/soy beans	Leeks	Courgette
Peas	Shallot	Endive
Broccoli	Spring onion	Alfalfa sprouts
Brussel Sprouts	Romano peppers	Spaghetti squash
Butternut squash	Bell peppers	Sugar snap peas
Cabbage	Chilli peppers	Tomatoes
Carrots	Sweet potato	Potatoes
Cauliflower	Watercress	Chard
	Zucchini /courgette	Collard green
		Celery