



JENNIE GOUGH
NUTRITION & EATING PSYCHOLOGY

REWIRE YOUR FOOD BRAIN

MEAL INSPIRATION

BREAKFASTS

- Bircher muesli or overnight oats
- 2 hard boiled eggs with 8-10 roasted almonds
- Green smoothie
- Porridge made with water and almond milk – add preferred toppings e.g. dried fruit (prunes), fresh or frozen berries, drizzle of honey, almond flakes
- Homemade gluten free muesli with yoghurt or almond milk and fresh berries
- Eggs with ham or turkey slices
- Stewed fruit and plain yoghurt
- Fruit smoothie – make with Alpro plain (unsweetened) almond milk, half a banana, 3 ice cubes, ¼ cup frozen berries. Can also add in protein powder for additional protein
- Smoked salmon and scrambled eggs
- Avocado on rye bread topped with 'Munchy Seeds' (buy from supermarket or online) and a squeeze of lemon
- Omelette – have plain or with as many add-ins as you fancy e.g. mushrooms, onions, tomatoes, peppers, courgette, ham, spinach etc

NEED SOMETHING SWEET?

- Small pot of plain goat yoghurt with a sprinkle of crushed roasted almonds and a drizzle of honey
- A teaspoon of honey
- Two medjool dates
- Piece of fruit - for more sweetness go for tropical fruits e.g. pineapple, mango, grapes
- Couple of pieces of dark chocolate
- Fruit smoothie e.g. made with frozen mixed berries or frozen mango
- Plain goat yoghurt with fresh blueberries
- Stewed fruit e.g. bramley apple with sprinkle of cinnamon, plums, pears – can also add yoghurt or coconut yoghurt on the side
- Kill off the taste for something sweet by chewing some gum or brushing your teeth



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LUNCHES / DINNERS

- Stir fry with chicken, turkey, lamb, pork, beef or prawns and lots of vegetables. Use soy sauce, tamari sauce or small amount of teriyaki sauce. If you need more bulk serve with courgette spirals/ribbons or cauliflower 'rice'
- Roasted sweet potato served with tinned tuna (but the one in spring water) or tinned salmon mixed with chopped spring onion and plain yoghurt/goat yoghurt
- Chicken 'wrap' – chicken, avocado, parsley/coriander, toasted pine nuts, hummous, grated carrot all wrapped in iceberg lettuce or romaine lettuce leaves
- Courgette noodles with bolognese sauce or green pesto
- Soups – so many types to choose from! Ideally include or add in some protein
- Salad with chicken, crumbled goat cheese, avocado, cucumber, tomatoes, spring onions
- Ham hock salad – salad leaves, ham hock, grated carrot, cucumber and 'munchy seeds'
- Tuna salad (use tinned tuna or fresh tuna) with salad leaves (e.g. rocket, pea shoots, lambs lettuce, endive), onion, olives, soft boiled egg and peppers
- Greek salad – cos lettuce, crumbled feta, black olives, cucumber, tomatoes and red onion and add hummous on the side
- Waldorf salad – salad leaves, celery, sliced apple, toasted walnuts. Can add crumbled goat cheese, chicken or grilled tofu to this.
- Steak with roasted vegetables (e.g. roast squash, broccoli and peppers)
- Thai green curry made with chicken and roasted squash or Thai red curry with prawns and broccoli. Can also add peppers, sugar snaps/mange tout, asparagus, bok choy, spinach etc)
- Roasted or grilled salmon with soy sauce/coconut aminos/teriyaki sauce served on courgette noodles or with green beans or other vegetables of choice
- Buckwheat or soba noodles cooked with either chicken, vegetable or fish stock with ginger, chillis and coriander added in. Add in chicken strips, prawns or a soft boiled egg for extra protein
- Quinoa salad with roasted squash, tomatoes, onions and lime juice
- Frittata with loads of veggies (spinach, peppers, courgette, mushrooms, asparagus, tomatoes etc), herbs/garlic/onion. Can also add smoked salmon or ham
- Chicken soup - use chicken stock, chicken pieces, spring onions, chopped ginger, broccoli