

Cheap, easy recipe and batch cooking inspiration to help save time and sneak in more vegetables:

The Doctor's kitchen recipes are really flavoursome, most can be cooked in big batches to freeze and lots are all done in one pot:

<https://thedoctorskitchen.com/thrifty-cooking-in-the-doctors-kitchen>

<https://thedoctorskitchen.com/recipes>

The Academy of Culinary Nutrition has lots of batch cooking tips on this page, with links to a wide variety of different meals, lots of which can be cooked in a slow cooker to even more time saving:

<https://www.culinarynutrition.com/healthy-batch-cooking-101/>

This link has a wide variety of batch cooking recipes from famous chefs and cooks:

<https://thehappyfoodie.co.uk/articles/recipes-for-batch-cooking-and-freezing>

Scientific references:

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Caspani, G. and Swann, J. (2019) Small talk: microbial metabolites involved in the signalling from microbiota to brain. *Current Opinion in Pharmacology*, 48(2019), p.99-106. *PubMed* [Online]. Available at: <https://pubmed.ncbi.nlm.nih.gov/31525562/>

Dinan, T. and Cryan, J. (2017) The Microbiome-Gut-Brain Axis in Health and Disease. *Gastroenterology Clinics of North America*, 46(1), p.77-89. *PubMed* [Online]. Available at: <https://pubmed.ncbi.nlm.nih.gov/28164854/>

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Yuan, H. and Silberstein, S. D. (2016) Vagus Nerve and Vagus Nerve Stimulation, a Comprehensive Review: Part 1. *Headache*, 56(1), p.71-78. *PubMed* [Online]. Available at: <https://pubmed.ncbi.nlm.nih.gov/26364692/>

Please do contact me if you'd like any ideas for further reading on anything nutrition!

rebeccavincentnutrition@gmail.com

