



Fridge raider

TV PRESENTER JULIA BRADBURY, 55,
ON HER EATING HABITS



How much do you spend?

Easily £200 a week, sometimes more. We buy a lot from local suppliers – our grocers, the butcher, the farmers' market, and the health food shop. I prioritise fresh and local whenever possible, so it does add up, but I see it as an investment in our health.

Describe your daily diet...

Breakfast is steamed veg, like broccoli, courgette, leeks, or cabbage – whatever's seasonal. I drizzle with Hunter & Gather extra virgin olive oil, and I'll add leftover chicken or fish, or sometimes venison burgers. Afterwards, I'll have blueberries with nuts and seeds, coconut yogurt, kefir and flaxseeds. I don't have lunch if my breakfast is big, but if I'm filming, I'll pack boiled eggs, avocado, sauerkraut and fruit. Dinner could be teriyaki chicken, grilled salmon with ginger and spring onions, lamb chops or chicken sausages once a week.

Anything you refuse to eat?

I've really had to train myself to eat oily fish. Mackerel I can manage now, but sardines are tough.

Dinner party dish?

I like lots of little dishes so everyone can find something they enjoy. It's usually mezze-style – chicken drumsticks, veggie rice, homemade pesto, French beans tossed in soy or miso, red pepper dips and steamed veg.

● Julia Bradbury is an ambassador for real food brand Hunter & Gather (hunterandgatherfoods.com).

● Her new book, *Hack Yourself Healthy: Reclaim Your Health To Boost Your Energy, Clear Your Mind And Live A Long, Vibrant Life* (£22) is out now

INSIDE JULIA'S FRIDGE

- Eggs
- Avocados
- Manchego
- Mozzarella
- Organic Sauerkraut
- Coconut kefir
- Venison burger
- Tomatoes
- Free-range organic chicken
- Peppers
- Salmon
- Apples
- Blueberries
- Walnuts
- Sunflower seeds
- Pumpkin seeds
- Cabbage
- Leeks
- Cucumber
- Cashews
- Kale
- Courgette
- Coconut milk



'Coconut kefir sits really well with me, it's my go-to dairy-free option'



'I keep opened nuts and seeds in the fridge or freezer so they stay fresher'



SNACK OF CHOICE



ROAM BARS

I always carry one of these protein bars for eating on-the-go.

FAVOURITE TIPPLE



SENTIA SPIRITS

Professor Nutt's alcohol-free GABA tastes great with no hangover.

COMFORT FOOD



POPCORN

I pair it with good-quality dark chocolate, usually 75-85%. It's bliss.

BY HELENA HOLDSWORTH, PICTURES: WERONIKA GOLES, SHUTTERSTOCK GETTY