

ONE
SEED.
ONE
HABIT.
ONE
DAY AT A
TIME.

KAGE  ROOT

STAY ROOTED

DISCIPLINE
PROGRESS
FREEDOM
A BRIGHTER
TOMORROW

ROOTED FOOD AUTUMN

EAT WITH THE SEASON • FUEL A STRONGER YOU



REAL FOOD
REAL ENERGY



SIMPLE MEALS
REAL LIFE



SUPPORT
YOUR GOALS

*More Than Food
A Stronger You.*



NOURISH YOUR BODY | SUPPORT YOUR TRAINING | FEEL BETTER EVERYDAY

A SEASONAL GUIDE TO SIMPLE, REAL FOOD
FOR A STRONGER, HEALTHIER YOU



SEASONAL CHOICES



SIMPLE MEALS



PRACTICAL IDEAS



REAL RESULTS

STAY ROOTED.

CHAPTER 1

AUTUMN STARTS AT THE ROOTS.

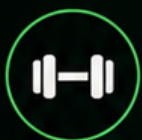
SAME ROOTS. A NEW SEASON.

Autumn is a time of change. The days get shorter, the weather turns colder, and life often gets busier. It's a season that can test our energy, motivation and routine — but it can also be one of the best times to reset, refuel and build stronger habits.

This guide is here to help you make simple, realistic food choices that support your training, your recovery and your everyday life. No extreme diets, no quick fixes — just real food, practical ideas and a seasonal approach that works.

**REAL FOOD**

NOURISH
YOUR BODY

**REAL ENERGY**

FUEL
YOUR TRAINING

**REAL LIFE**

SUPPORT
YOUR GOALS

**THE KAGE ROOT APPROACH**

We keep it simple: eat real food, support your training, look after your recovery and make choices you can stick with. It's not about perfection, it's about progress — one better choice at a time.

ONE SEASON. ONE STEP. A STRONGER YOU.

WHAT YOU'LL FIND INSIDE

- 1 SEASONAL FOODS**
What's in season in the UK this autumn.
- 2 BUILD YOUR PLATE**
A simple, balanced approach.
- 3 MEAL IDEAS**
Easy breakfasts, lunches and evening meals.
- 4 SNACKS & SWAPS**
Simple ideas for everyday.
- 5 SHOPPING LIST**
A practical list to keep it easy.
- 6 AUTUMN ROOT CHALLENGE**
Small actions, real results.

*Good Food
Stronger Days.*



**BETTER FOOD FUELS
A BRIGHTER TOMORROW.**

STAY ROOTED.

CHAPTER 2

WHAT'S IN SEASON

AUTUMN IN THE UK

Eating seasonally can make everyday meals simpler and more varied. These are useful UK autumn choices - not rules. Frozen and tinned produce can be just as practical when fresh options are expensive or unavailable.

VEGETABLES

- Squash and pumpkin
- Carrots, parsnips and beetroot
- Sweet potatoes and potatoes
- Cabbage, kale and cauliflower
- Leeks, onions and mushrooms
- Brussels sprouts later in the season

FRUIT

- Apples and pears
- Plums
- Blackberries
- Damsons
- Grapes
- Frozen berries for easy breakfasts

OTHER STAPLES

- Oats and wholegrains
- Beans, lentils and chickpeas
- Eggs
- Fish, poultry, tofu or lean meat
- Nuts and seeds
- Greek-style yogurt or alternatives

KEEP IT PRACTICAL.

Choose foods you enjoy, can afford and will actually use. A seasonal guide should make life easier - not turn shopping into another job.

EASY AUTUMN COMBINATIONS

- Roasted root vegetables + chicken or chickpeas + wholegrain rice
- Porridge + apple + cinnamon + yogurt
- Soup + wholegrain bread + a protein side
- Baked potato + beans or tuna + crunchy seasonal salad

BEFORE YOU TRY A RECIPE

Check every ingredient for allergies or intolerances (for example, nuts, milk, eggs, wheat, fish and soya). Adapt recipes to your dietary needs. If unsure, check with a qualified professional.

CHAPTER 3

BUILD YOUR PLATE

SIMPLE. BALANCED. REAL LIFE.

You do not need to weigh every ingredient. Use this as a flexible starting point and adjust for your appetite, activity, preferences and goals.

1. PROTEIN

- Chicken, turkey, fish or eggs
- Beans, lentils, chickpeas or tofu
- Greek-style yogurt, cottage cheese or alternatives

2. VEGETABLES & FRUIT

- Aim for variety across the week
- Use fresh, frozen or tinned options
- Let seasonal produce do some of the work

3. CARBOHYDRATES

- Potatoes or sweet potatoes
- Oats, rice, wholegrain pasta or bread
- Choose more around harder training if useful

4. FATS & FLAVOUR

- Olive oil, nuts, seeds or avocado
- Herbs, spices, garlic and lemon
- Use sauces and dressings to make meals enjoyable

THE SIMPLE CHECK:

Protein? Colour? A useful carb? Some flavour? If yes, you have the bones of a solid meal.

CHAPTER 4

AUTUMN BREAKFASTS

SIMPLE IDEAS TO START YOUR DAY RIGHT

PROTEIN PORRIDGE

- Oats + milk
- Greek-style yogurt
- Apple or berries
- Cinnamon
- Nuts or seeds

EGG & VEG MUFFINS

- Eggs
- Spinach
- Peppers
- Onion
- A little cheese if wanted

AUTUMN YOGURT POT

- Greek-style yogurt
- Oats
- Cooked apple or pear
- Cinnamon
- Seeds

FAST OPTION

- Wholegrain toast
- Eggs or cottage cheese
- Piece of fruit
- Black coffee, tea or water

PREP ONCE

- Cook apples or pears in batches
- Make egg muffins for several days
- Portion oats and seeds into jars
- Keep frozen berries on hand

ROOTED RULE:

The best breakfast is the one that suits your morning and helps you stay consistent. It does not have to look perfect.

CHAPTER 5

WORK & MEAL-PREP LUNCHES

REAL FOOD FOR REAL LIFE

CHICKEN AUTUMN WRAP

- Chicken
- Mixed leaves
- Roasted vegetables
- Greek-style yogurt dressing
- Wholegrain wrap

AUTUMN GRAIN BOWL

- Brown rice or quinoa
- Roasted squash
- Kale or spinach
- Chickpeas or chicken
- Olive oil + lemon

SOUP + PROTEIN

- Vegetable or lentil soup
- Eggs, chicken, tuna or beans
- Wholegrain bread
- Fruit on the side

THE 15-MINUTE PREP SYSTEM

BUILD THREE THINGS

- Cook one protein in bulk
- Roast one tray of seasonal vegetables
- Prepare one carb base such as potatoes, rice or quinoa
- Mix and match them through the week so lunch does not feel identical every day

CHAPTER 6

AUTUMN EVENING MEALS

WARMING. NOURISHING. REAL FOOD.

ONE-PAN CHICKEN & ROOTS

- Chicken thighs or breast
- Carrots, parsnips and onions
- Small potatoes
- Olive oil, garlic and herbs
- Roast until cooked through

BEEF OR LENTIL AUTUMN STEW

- Lean beef mince or lentils
- Carrot, celery and onion
- Tomatoes
- Herbs and stock
- Serve with potatoes or wholegrain bread

SALMON WITH ROASTED VEG

- Salmon fillet
- Broccoli or kale
- Squash or sweet potato
- Lemon and herbs
- Rice or potatoes if wanted

QUICK VEGGIE BOWL

- Beans or chickpeas
- Roasted seasonal vegetables
- Wholegrain rice
- Yogurt-herb dressing
- Seeds for crunch

COOK ONCE. EAT TWICE.

When you cook an evening meal, make an extra portion for tomorrow's lunch. One small habit can remove a decision from the next day.

CHAPTER 7

SNACKS & SIMPLE SWAPS

SMALL CHANGES. BIG DIFFERENCE.

USEFUL SNACKS

- Fruit + a handful of nuts
- Greek-style yogurt + seeds
- Cottage cheese + apple
- Hummus + vegetable sticks
- Boiled eggs
- Homemade oat/protein bites

SIMPLE SWAPS

- Crisps -> nuts or popcorn sometimes
- Sugary drink -> water, tea or coffee
- Takeaway -> quick home-cooked version
- Highly processed snack -> fruit + yogurt
- White bread -> wholegrain when you enjoy it

NOT EVERYTHING NEEDS A SWAP.

Food is also enjoyment and social connection. The aim is to make your usual pattern stronger, not to label individual foods as 'good' or 'bad'.

EMERGENCY WORK-BAG IDEAS

- Nuts or seeds
- Oatcakes
- Fruit
- Tinned tuna or bean pouch where practical
- A reusable water bottle
- A planned snack can be easier than relying on whatever is nearby

CHAPTER 8

ONE-WEEK SHOPPING LIST

KEEP IT SIMPLE. KEEP IT REAL.

FRUIT & VEG

- Apples or pears
- Carrots
- Onions
- Sweet potatoes
- Squash or pumpkin
- Broccoli or kale
- Mushrooms
- Frozen berries

PROTEIN

- Chicken or turkey
- Eggs
- Fish
- Greek-style yogurt
- Beans or lentils
- Tofu if preferred

CARBS & EXTRAS

- Oats
- Rice or quinoa
- Wholegrain wraps/bread
- Potatoes
- Olive oil
- Nuts or seeds
- Herbs and spices

BUY FOR MEALS, NOT FOR A PERFECT FRIDGE.

Before shopping, pick two breakfasts, two lunches and three evening meals. Buy what those meals need, plus a few reliable snacks. That is enough.

BUDGET ROOTS

- Use frozen vegetables and berries when they cost less
- Beans and lentils stretch soups, stews and bowls
- Own-brand oats, rice and potatoes are useful staples
- Plan around what you already have before buying more

CHAPTER 9

AUTUMN ROOT CHALLENGE

SMALL ACTIONS. REAL RESULTS.

Pick a few actions for the next four weeks. Do not try to do everything at once. The goal is a stronger routine you can keep.

- ☐ 1. Add one seasonal fruit or vegetable to a meal each day.
- ☐ 2. Drink water regularly through the day.
- ☐ 3. Prepare tomorrow's lunch before bed twice this week.
- ☐ 4. Cook at least three meals from basic ingredients each week.
- ☐ 5. Try one new autumn recipe.
- ☐ 6. Include a useful protein source in your main meals.
- ☐ 7. Plan your food before the weekly shop.
- ☐ 8. Notice how different meals affect energy, hunger and training.

FOUR-WEEK REFLECTION

- What became easier?
- Which meal or habit will you keep?
- What will you simplify next season?

CHAPTER 10

FINAL THOUGHTS

FOOD TODAY. A STRONGER TOMORROW.

Autumn is a good time to slow down, get back to basics and focus on the things that genuinely matter: real food, consistent habits and looking after yourself.

You do not need to be perfect. Keep showing up and making small, better choices. Use this guide for ideas, adapt it to your life and leave behind anything that does not help.

STAY ROOTED

- Eat food you enjoy and can repeat
- Fuel the life and training you actually do
- Keep meal prep simple enough to survive busy weeks
- Use the seasons as a reset, not another set of rules

ONE SEED. ONE HABIT.
ONE DAY AT A TIME.

STAY ROOTED.

General wellbeing information only. Adjust for allergies, dietary needs and professional medical advice.