

Gordon Ramsay's Future Food Stars: Where to buy the contestant's products

Bola Adegbenro - Jitterbug: [Jitterbug.life](https://www.jitterbug.life)



Bola Obileye

Presenters & Brands | Presenters

Press

Bola Adegbenro is a health coach hailing from Hertfordshire. In 2016, after a recent health scare, she decided to ditch sugary soft drinks, instead blending her own alternatives at home. What she concocted was an apple cider vinegar seltzer. And in 2019, Jitterbug was born.

This premium seltzer soft drink brand merges real fruit juice with apple cider vinegar, and the website says that there's no sugar, no artificial sweeteners, no artificial flavourings and "no nasties". The drinks are sold in packs of 5 or 12, and there are three different flavours on offer: orange jive apple cider vinegar seltzer (from £14.40, [Jitterbug.life](https://www.jitterbug.life)); lemonade swing apple cider vinegar seltzer (from £14.40, [Jitterbug.life](https://www.jitterbug.life)); or berry hop sparkling apple cider vinegar seltzer (from £14.40, [Jitterbug.life](https://www.jitterbug.life)). You can also buy the cans on their own from Holland & Barrett (£2.29, [Hollandandbarrett.com](https://www.hollandandbarrett.com)).

FREE METRO

HOME

LOOKING GREEN
 Green is a beautiful and versatile color for your home. From a fresh green to a deep forest green, there are many shades to choose from. This season, try a vibrant green for your living room walls or a classic green for your kitchen cabinets. For more inspiration, visit [metro.co.uk](#).

GETTING DRINKING (IN)
 There's nothing better than a cold drink on a hot day. This season, try a refreshing green drink like our new Green Lemonade. It's made with natural lemons and is perfect for any occasion. For more drinks, visit [metro.co.uk](#).

MILKING IT
 There's nothing better than a fresh cup of milk. This season, try our new Green Milk. It's made with natural green tea and is perfect for any occasion. For more drinks, visit [metro.co.uk](#).

SHAKE ATTACK
 There's nothing better than a fresh shake. This season, try our new Green Shake. It's made with natural green tea and is perfect for any occasion. For more drinks, visit [metro.co.uk](#).

AYRTON
 Replacing beautiful timber windows & doors, beautifully.

SOFFY
 There's nothing better than a fresh soffly. This season, try our new Green Soffly. It's made with natural green tea and is perfect for any occasion. For more drinks, visit [metro.co.uk](#).

CELEBRATES VEGANISM WITH VIBRANT HOMEWARE, FOOD AND DRINK.

BARRED LUNCH
 There's nothing better than a fresh lunch. This season, try our new Green Lunch. It's made with natural green tea and is perfect for any occasion. For more drinks, visit [metro.co.uk](#).

SET THE BAR
 There's nothing better than a fresh bar. This season, try our new Green Bar. It's made with natural green tea and is perfect for any occasion. For more drinks, visit [metro.co.uk](#).

WEEK OUT
 There's nothing better than a fresh week out. This season, try our new Green Week Out. It's made with natural green tea and is perfect for any occasion. For more drinks, visit [metro.co.uk](#).

The HOT List

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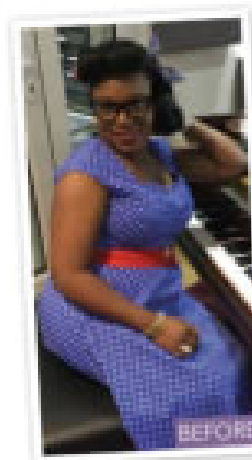
I've gone from DRAB TO FAB!

Mollie Obileye, 45, from London, credits the ketogenic diet and being more active for helping her lose almost four stone.

I DIDN'T ALLOW myself to admit I was getting fatter. I just ignored it. I didn't have a problem, even though they say just a fiver here to my confidence, because I didn't think it was anything I was capable of achieving. For my body had other ideas. It started to reject the junk food and fatty drinks I had become dependent on. It then started coughing and choking and whatever I'd put consumed came back up or I'd vomit and spluttered out of my nose. And when we talked and because it didn't hurt, but it became difficult

being unable to sleep had doctors pointed to something seriously wrong. I was convinced I had cancer and was going to die. In February 2016, I had an endoscopy and while I waited for results, a bit of me broke. Not only my body and I'd been sitting for 16 years. I had taken my health for granted and realised that I would do better to myself. I decided I would fix my life.

Obviously, the endoscopy came back clear, but I was diagnosed with a Stage 3a cancer, which is when the upper part of your stomach pushes into the chest due to a weakness in the



lifestyle changes as obesity was a causal factor. I had never felt more motivated.

A friend suggested I try the ketogenic diet, so as I came to work, the diet is mainly proteins and low carb vegetables but cuts out processed sugar and alcohol. The Nigerian herbs and a lot of the food are easy to cook at home, but the ketogenic diet helped me discover food outside my comfort zone. It helped me learn about combining ingredients in a sustainable, healthy and healthy way. In four months, I went from 200 lbs to 160 lbs. I realised the way I used to eat was able to put me back in a period of time. It was the wrong fuel and no wonder I felt unwell.

A NEW CAREER IN FOOD

I became so excited about nutrition that I decided to study at The Health Science Academy and became an Advanced Clinical Weight Loss Practitioner. They were very busy for the College of Nutritionists in Malawi, where I qualified as a health coach and dietitian. In the years since then, I've experienced a healthy weight change in losing a deeper understanding of nutrition.

With a spring in my step, many friends asked for my secret and I started everyone to feel how I felt so I split my job as an IT consultant and started The Skinny Cook (www.theskinnycook.com) selling 100 per cent natural, convenient, healthy, healthy value meals made with focused and consistent food and application.

"I used to berate myself but now I'm kind to myself and have space to focus on the things I want to achieve."

MOLLIE'S STATS

Height: 5ft 2in
 Weight before: 200 lbs, size 18-20
 Weight now: 160 lbs, size 10

OLD DIET

Breakfast: White bread, chicken sandwich, chocolate bar, coffee and coffee.
Lunch: White rice with chicken and vegetables, another coffee.
Dinner: Beef, papaya and rice.
Snacks: Several chocolate bars and fizzy drinks throughout the day.

NEW DIET

Breakfast: Omelette, pushing worked in almond milk, with berries.
Lunch: Low carb, low carb, salad with chicken.
Dinner: Beef, papaya and rice.
Snacks: Protein balls, nuts, fruit and veg.

Current Keto recipe Monday, Feb 10 to 15. Friday, 10:00 AM to 1:00 PM. Name and email.



change. I found drinks. I know I was in a situation where my kids were being from school asking for that chocolate milk. I also ran voluntary classes and those nights were.

Then one day I had a new friend friend and I used to berate myself but now I am kind to myself. Now that I don't do all this stuff, my energy about how to feel myself from now, I have space to focus on the things I want to achieve. I've always loved to sing and dance but used to be too shy. Now, I sing in a gospel choir and every time in a gospel choir and every time in a gospel choir. I sing in a gospel choir.

I walk every where, too. Sometimes, it's a challenge, power walk. Other times, I go to walk when I can't walk. I would have had a test. People say things happen to us, but I think they happen for us. My health was the most beautiful thing that could have happened because it brought a whirlwind of positive change and helped me discover who I am capable of.

best

Naomie Okonkwo Okonkwo has been making her life. After a health scare she made herself a promise and changed her life.

I've found my fabulous!

Sitting down for a health check, I'd only had a few minutes of life, when I felt like the best days were truly mine. My doctor's words, as my husband, Steve, sat behind me and started whispering in my ear, "I've found my fabulous! I've found my fabulous! I've found my fabulous!"

"What's wrong, Naomie?" he asked. "After what I've just said, you're saying I'm not fabulous?"

"No, Naomie, you're fabulous!" he said. "You're fabulous!"

My doctor's words were a wake-up call. I had been told I was overweight and my blood pressure was high. I had been told I was not taking care of myself. I had been told I was not taking care of my health.

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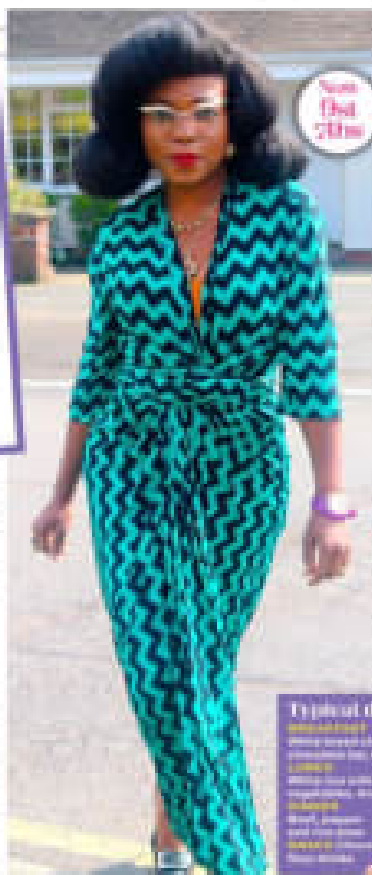
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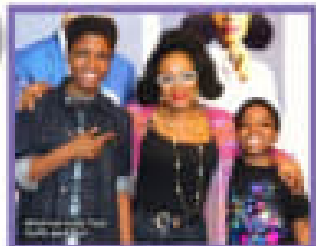


Naomie Okonkwo Okonkwo



Naomie Okonkwo Okonkwo

best for REAL LIFE



'I no longer hide from view, but rather embrace my body'

I no longer hide from view, but rather embrace my body. I have found my fabulous!

I no longer hide from view, but rather embrace my body. I have found my fabulous!

Typical day, before:	...and a day after:
Breakfast A bowl of cereal with milk and a banana.	Breakfast A bowl of oatmeal with fruit and a glass of water.
Lunch A sandwich with meat and cheese on white bread.	Lunch A salad with chicken, tomatoes, and cucumbers.
Snack A chocolate bar and a glass of juice.	Snack A piece of fruit and a glass of water.
Dinner A plate of spaghetti with meat sauce and a glass of wine.	Dinner A plate of grilled fish with vegetables and a glass of water.
Exercise None.	Exercise A 30-minute walk.

Will women-led start-ups power the UK's post-Covid recovery?



Mollie Obileye, co-founder of **Jitterbug** drinks, which makes sparkling apple cider vinegar seltzers, told *Speciality Food* she was “driven by passion to fill the world with food goodness following a health scare”.

Over a third of women are considering supplementing their income through a 'side hustle', while 14% are reconsidering their current job as a result of the pandemic.

Bola Obileye

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Will women-led start-ups power the UK's post-Covid recovery?



Almost a fifth of women are currently considering starting their own business in what **Small Business Britain** says signals a potential wave of new female-led start-ups.

Two-fifths of women (42%) said they were motivated to think about starting a business out of a passion, according to the research, commissioned to mark **International Women's Day** on 8th March. Passion is a common driver cited by women in the food and drink sector. Mollie Obileye, co-founder of **Jitterbug** drinks, which makes sparkling apple cider vinegar seltzers, told *Speciality Food* she was "driven by passion to fill the world with food goodness following a health scare".

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SPOTLIGHT ON: START-UPS

Recent research has revealed that more women and young people will be starting new businesses post-pandemic, and the food and drink industry is likely to be a major area of interest.

Women will power the UK's post-Covid recovery

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Meet three female founders...

MOLLIE OBILEYE, CO-FOUNDER, JITTERBUG
I was not prepared for how busy a life I had for a woman, starting this new business in a crowded space. I really didn't think there was an option to run it, even though I had a lot of experience as a business owner. I was in a bit of a panic, but I always knew I was going to do it. I was in a bit of a panic, but I always knew I was going to do it. I was in a bit of a panic, but I always knew I was going to do it.

ANITA WATKINS, FOUNDER, THE LITTLE BREAD CO.
I started out by selling my homemade bread to friends and family. I was doing it for a long time and I was really enjoying it. I was doing it for a long time and I was really enjoying it. I was doing it for a long time and I was really enjoying it.

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3 WAYS START-UPS ARE TRANSFORMING THE FOOD SECTOR'S SHARED FUTURE

1 THEY'RE READY FOR THE 'NEW NORMAL'
Covid-19 has accelerated the digital divide, and...
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3 THEY KNOW HOW TO PROVIDE
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Gen Z is behind a boom in new food start-ups

Young people love food...
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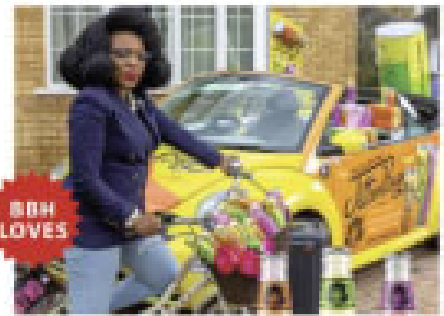
STRICTLY SPEAKING
AJ Odudo is in a good place

MATCH MAKER
Emolyne Cosmetics – lips & nails brand

SPRING GREENS
Eco-friendly beauty brands

FOREVER YOURS
Bridal Supplement

Inspirational styles for the season



Pure Pop
Apple cider vinegar has 101 health benefits: from anti-cancer effects and lowering cholesterol to aiding digestion and warding off colds – but perhaps most famously, beyond glugged gallons of the stuff to help her drop a dress size in the run-up to filming *Orange Is the New Black*, Mimi ACV is taking center stage in a stylish range of soft drinks from Mark-founded company Stratus (\$2.99 each). They are 100 per cent natural and blended with English botanicals and exotic superfoods to make a health drink that is as easy on our taste buds as it is on our health. We think so, that's why.



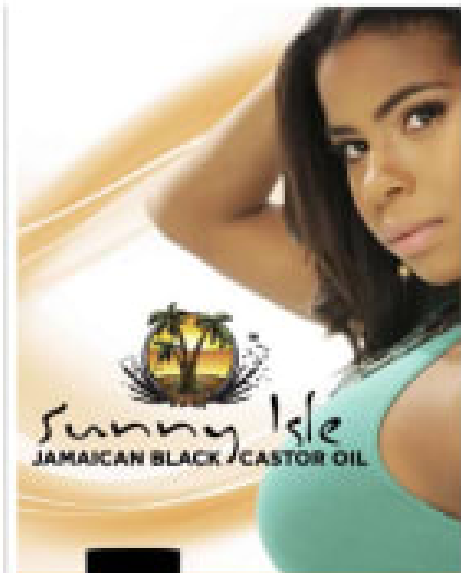
Pearly Pills
We're pimping up our grins with Whitening Toothpaste Tablets (\$7.99) from our brand folks. A plastic-free alternative to traditional paste, these tooth-based tablets are flavored with natural peppermint and try to gently whiten teeth, remove plaque and freshen breath. Now that's something to smile about.



Inside Out
Science can offer us insight into black skin – get research suggests melanin-rich tones are more likely to suffer from the condition. Want to ditch the itch? Pellamox – a new ingested supplement – has got the health world abuzz thanks to its boost of Magnesium production. This is a key enzyme acid found to strengthen and restore a healthy barrier function in the skin from the inside out, science tests found a 48 per cent improvement in



Health



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Black beauty

& hair



BBH
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Pure Pop

Apple cider vinegar has 101 health benefits; from anti-diabetic effects and lowering cholesterol to aiding digestion



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