

The GOOD. Granola bowl

For when hunger hits before mealtime: keeps you full for hours, keeps your blood sugar steady and feeds your gut bacteria.

How to build the bowl

- 100 g of kefir (soy yoghurt works too)
- 100 g of frozen berries
- a splash of almond milk, for creaminess
- 2 to 3 tablespoons of GOOD. Granola
- at most 1 teaspoon of honey, drizzled over
- Optional: 1 scoop of **protein powder** for extra building blocks



WHY THIS WORKS

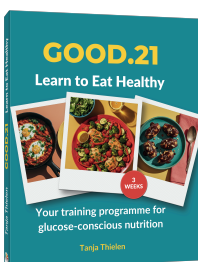
The fibre absorbs fluid and forms a gel in your stomach: your food leaves your stomach more slowly, the glucose enters your blood gradually and you stay full for hours. Your gut bacteria turn it into compounds that prompt your gut wall to release satiety hormones, among them your body's own GLP-1.

The batch: GOOD. Granola

10 min of mixing · 625 g, enough for 7 days for 2 people · keeps airtight for 2 weeks

- 150 g oat flakes (gluten-free)
- 175 g buckwheat flakes
- 50 g coconut chips
- 100 g apple fibre
- 50 g chia seeds
- 50 g hemp seeds
- 50 g flaxseed (whole)
- 5 tsp cinnamon
- 2 tbsp maca powder
- 2 tsp cardamom

Mix all dry ingredients well in a large bowl and store in a well-sealed jar. Done.



GOOD.21

More recipes and the whole glucose-aware rhythm, step by step over 21 days:
your-good-life.com/good21

Your scale is **lying**.

Muscle weighs more than fat. As you get stronger, your weight can go up while you get healthier; the scale calls that gaining. This number tells the truth about the fat that actually matters:

1 Measure the narrowest part of your waist.

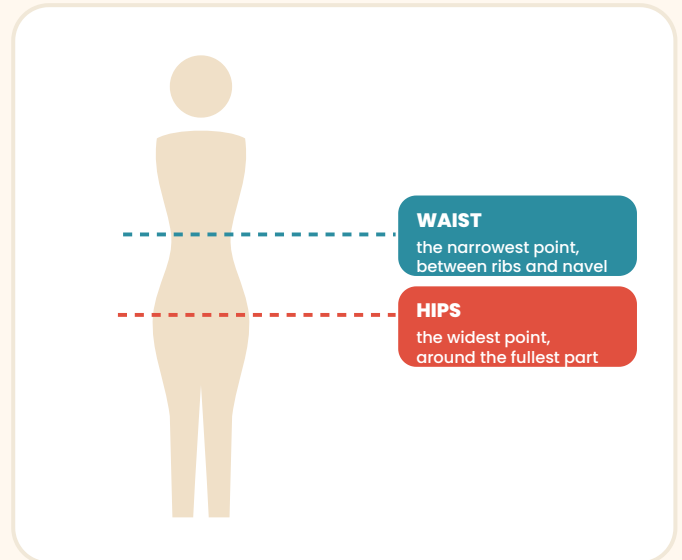
Say 80 cm.

2 Measure the widest part of your hips.

Say 100 cm.

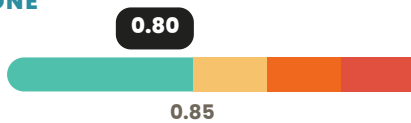
3 Divide waist by hips.

$80 \div 100 = 0.80$



HEALTHY ZONE

Women



Men



Why this number: the deep fat around your organs is the fat linked to health risk; the fat just under your skin is normal storage. A scale adds everything up; this ratio shows where the fat sits. Green means healthy (WHO).

MY MEASUREMENTS

Date	Waist	Hips	Waist ÷ hips

Keep the tape flat and snug, never tight.
Stand relaxed, breathe out normally, then look.