

The GOOD. recipe card

Same food, different order. Two recipes for your kitchen wall.



1 Veg first

2 Then protein and fat

3 Carbs last



GOOD. Bowl

Build from the bottom up, eat from the top down.

At the bottom, eaten last: 100 to 150 g cooked quinoa, brown rice or potato (2 to 3 serving spoons).

Next layer: 150 to 180 g chicken, fish or tofu, or 3 eggs with a big spoonful of Greek yoghurt.

On top, plenty of it: salad leaves and raw veg (pepper, cucumber, grated carrot) plus steamed veg (broccoli, green beans, edamame).

To finish: 2 tbsp dressing and a sprinkle of sesame seeds.

Sesame tahini dressing (serves 4)

3 tbsp tahini · 2 tbsp tamari · 1 tbsp sesame oil · juice of 1 lemon. Whisk together, then add warm water a spoonful at a time until it pours. Keeps for 5 days in a screw-top jar in the fridge.



GOOD. Kimchi

Makes 1 large jar. Start your meal with a small bowlful.

- 1 Chinese leaf cabbage (about 1 kg)
 - 2 tbsp coarse sea salt, non-iodised
 - 1 carrot, cut into thin strips
 - 4 spring onions, chopped
 - 3 cm fresh ginger, grated
 - 1 pear, grated
 - 1 tbsp tamari (Japanese soy sauce, usually wheat-free; regular soy sauce works too)
 - 1 tsp sweet paprika and a pinch of chilli flakes
1. Cut the cabbage into 3 cm pieces, toss with the salt and leave for 2 hours, turning it now and then.
 2. Rinse the cabbage well and squeeze out the liquid.
 3. Mix the rest of the ingredients into a paste and toss it through the cabbage.
 4. Pack everything tightly into a clean jar so the liquid rises above the cabbage. Leave it on the worktop for 2 to 3 days with the lid resting loosely on top, and press it down once a day.
 5. Then into the fridge: it keeps for weeks and gets a little tangier every week.

Tip: Cook potatoes, rice or pasta a day ahead and let them cool. Some of the starch turns into resistant starch, even after reheating. And eat new potatoes with their skins on for extra fibre.