



**Set the scene.**  
Art print, from  
£6.50, [etsy.com/uk/shop/AttikiArt](https://www.etsy.com/uk/shop/AttikiArt)

**A generous plug.**  
Ceramic oil bottle, £14,  
[gardentrading.co.uk](https://www.gardentrading.co.uk)

**Brighten up your larder.**  
Pasta jar, £5.99,  
[homesense.com](https://www.homesense.com)

**Mix and froth.**  
Metal whisk,  
£4, [habitat.co.uk](https://www.habitat.co.uk)

**Service with a smile.** Wooden  
spoons, £9.99,  
[homesense.com](https://www.homesense.com)

**Just right.** Wooden  
spaghetti  
measure,  
£9.99,  
[kitchencraft.co.uk](https://www.kitchencraft.co.uk)

**Use your loaf.**  
Bread bin, £30,  
[thegreyworks.com](https://www.thegreyworks.com)

**Appliance yourself.**  
Geepas rice  
cooker, £27.99,  
[wayfair.co.uk](https://www.wayfair.co.uk)

**For sizzle!**  
Frying pan with  
board, £9.99,  
[kitchencraft.co.uk](https://www.kitchencraft.co.uk)

**Primo piatto.** Ceramic pasta  
bowls, £10  
each, [knowandlove.co.uk](https://www.knowandlove.co.uk)

**Unique essential.**  
Colander, £39.50,  
[souschef.co.uk](https://www.souschef.co.uk)

**Season to taste.**  
Salt and pepper  
pots, £12, [gardentrading.co.uk](https://www.gardentrading.co.uk)

**Baking hot.** Enamel  
roasting dish, £22,  
[gardentrading.co.uk](https://www.gardentrading.co.uk)

## Hail whole grains!

FROM muesli and paella to rye bread, cooking and eating the right carbs, including healthy, unrefined grains, is easy when you have everything to hand.

Stock up on brown rice and pasta, oats, quinoa, buckwheat, millet and rye. Include dried beans, split peas and pulses to be soaked for soups and stews. Try to buy the least processed option for best nutrition and, if your budget allows, organic is good. Add non-starchy veggies and an array of frozen and fresh fruit to the mix and you're on your carb-conscious way.

## Meal planning



**Do you want to reduce your mental load around what to cook every night?** Five Dinners is a meal-planning service for easy, stress-free meals run by chef Theo Michaels (pictured). Get a new meal plan every week with one shopping list, so you have all you need for five main meals, saving you time and money, and lowering your food waste.

**Reader offer**  
'Psychologies' readers get a 50% discount on an annual subscription until 15 March 2021 with code 'WELLBEING' at [fivedinners.com](https://www.fivedinners.com)

## Treats and staples

**Right carbs.** Organic brown teff flour, £7.30, [tobiiteff.co.uk](https://www.tobiiteff.co.uk); Jason's Sourdough Grains & Seeds bread, £1.80, [marksandspencer.com](https://www.marksandspencer.com); Deli Kitchen flatbreads, £1.35, [sainsburys.co.uk](https://www.sainsburys.co.uk); Foodologie plant pot, £2.40, [tesco.com](https://www.tesco.com); Three Spirit non-alcoholic spirit, £24.99, [threespiritdrinks.com](https://www.threespiritdrinks.com); Podberry pea snacks, £1 per pack, [eatpodberry.co.uk](https://www.eatpodberry.co.uk); Nomo Caramel Choc bar, £0.90, [waitrose.com](https://www.waitrose.com)

## FIND YOUR BALANCE *Tasty recipes for a healthful plate*



1



2



3



4

**1 7 Ways: Easy Ideas For Every Day Of The Week** by Jamie Oliver (Penguin, £26) **2 Doctor's Kitchen 3-2-1** by Rupy Aujla (Harper Thorsons, £16.99) **3 Eat Better Forever** by Hugh Fearnley-Whittingstall (Bloomsbury, £26) **4 The Happy Health Plan** by David and Stephen Flynn (Penguin, £16.99)