

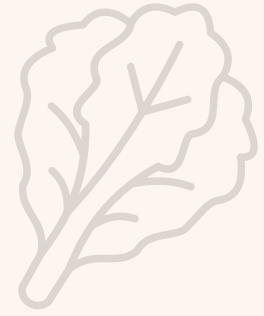
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THE SMART PREP & PAIRING GUIDE



What to eat together — and how to prepare it —
for maximum absorption

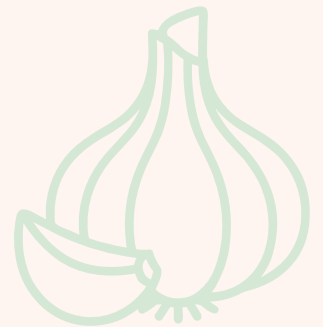
SPINACH & KALE



Pair with: Lemon juice, capsicum, or citrus

Why it works: Vitamin C converts plant-based iron into a form your body absorbs far more efficiently. Studies show absorption can increase several-fold when vitamin C is consumed alongside iron-rich plant foods. A side of capsicum or a generous squeeze of citrus at the same meal makes a real difference, especially for plant-based eaters.

GARLIC



Prep tip: Crush or chop, wait 10 mins

Why it works: Allicin, garlic's most potent antimicrobial compound, only forms when exposed to air. Heat destroys it before it can activate if you cook it straight away.

BROCCOLI



Prep tip: Chop first, wait 40 mins before cooking

Why it works: Cutting triggers sulforaphane formation, a powerful anti-inflammatory compound. Heat stops the process too soon if you cook it straight away.

TURMERIC



Pair with: Black pepper + olive oil or coconut milk

Why it works: Black pepper increases curcumin absorption by up to 2,000%. Fat helps carry it further.

TOMATOES

Prep tip: Cook them + drizzle olive oil

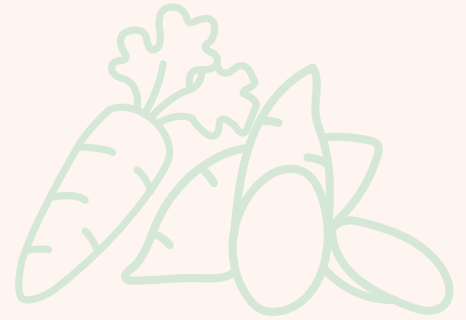
Why it works: Heat increases lycopene availability. Olive oil is needed to absorb it, as lycopene is fat-soluble.



CARROTS & SWEET POTATO

Pair with: Olive oil, tahini, or avocado

Why it works: Beta-carotene is fat-soluble. Without fat alongside it, your body absorbs very little.



MUSHROOMS

Prep tip: 15-30 mins gill-side up in sunlight

Why it works: Sunlight converts ergosterol in mushrooms into vitamin D2. This works with any variety, even store-bought white buttons. Mushrooms are the only non-animal food that can produce vitamin D.



PUMPKIN SEEDS & SUNFLOWER SEEDS

Prep tip: Soak overnight, rinse well

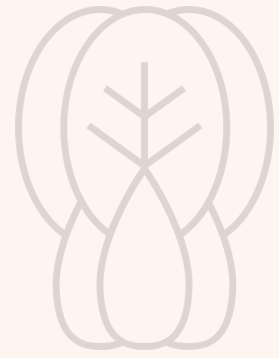
Why it works: Soaking reduces phytic acid, the compound that blocks zinc, iron, and magnesium absorption in seeds. Drain and rinse before eating or dehydrating for crunch. The evidence for soaking seeds is stronger than for tree nuts.



KALE & BOK CHOY

Pair with: Mushrooms or fortified plant milk

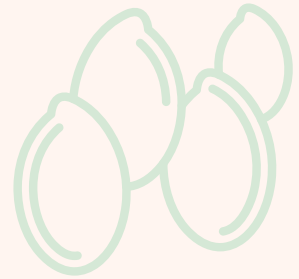
Why it works: Calcium needs vitamin D to absorb properly. Pair calcium-rich greens with vitamin D-rich foods to make the most of them.



FLAXSEED

Prep tip: Grind before eating

Why it works: Whole seeds pass through intact. Grinding unlocks the omega-3s, lignans, and gut-feeding fiber.



GREEN TEA

Prep tip: 70-80°C water + squeeze of lemon

Why it works: Boiling water destroys delicate EGCG catechins. Lemon juice helps preserve them through your digestive tract, potentially increasing their availability several-fold.



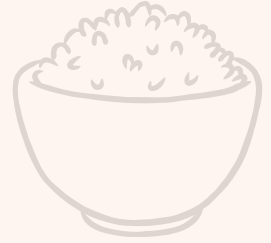
ONIONS

Prep tip: Sauté in oil or bake rather than boiling. Keep the outer layers.

Why it works: Onions are one of the richest food sources of quercetin, a powerful anti-inflammatory and natural antihistamine. Quercetin is most concentrated in the outer 2 to 3 layers, so don't over-peel. Boiling leaches up to 30% of the quercetin into the water. Sautéing, baking, or eating raw retains significantly more.



RICE, POTATOES & PASTA



Prep tip: Cook, then cool in the fridge overnight

Why it works: Cooling converts digestible starch into resistant starch, a prebiotic fiber that feeds your gut bacteria. The good news: resistant starch largely survives gentle reheating.

DRIED LENTILS & BEANS



Prep tip: 12-24 hr soak + discard the water

Why it works: Reduces phytic acid by up to 50%, unlocking iron, zinc, and magnesium your body can actually use. Also breaks down the compounds that cause gas and bloating.

Your food is already powerful. Prepare it right.
