Low GI Daily Menu: Korean-Inspired Day for Spring

Monday 2 November 2026 | Korean-inspired | Recipes & method (serves 2)

Today we're taking a trip to Korea with a day of vibrant, gut-friendly flavours. Kimchi, gochujang and sesame bring bold taste while barley, brown rice and plenty of vegetables keep blood glucose steady. It's a fresh, fibre-rich way to welcome spring.

Daily total per person (approx.): 111 g carbs | 27 g fibre | 82 g protein | 1200 kcal

BREAKFAST — LOW GI

Kimchi and Spinach Egg Rice Bowl

A savoury Korean-style rice bowl topped with wilted spinach, tangy kimchi and a soft fried egg.

Prep 10 min | Cook 10 min | Serves 2
Per serve: 34 g carbs | 8 g fibre | 15 g protein | 11 g fat | 330 kcal

Ingredients

- 90 g Doongara rice, uncooked
- 2 free-range eggs
- 150 g kimchi, roughly chopped
- 100 g baby spinach
- 1 tsp sesame oil
- 1 tsp salt-reduced soy sauce
- 1 spring onion, sliced
- 1 tbsp sesame seeds

Method

1. Cook rice according to packet directions and keep warm.
2. Heat sesame oil in a non-stick pan over medium heat and wilt spinach for 1-2 minutes; season lightly with soy sauce.
3. Push spinach aside, crack in eggs and fry to your liking.
4. Divide rice between bowls, top with spinach, egg and kimchi.
5. Scatter with spring onion and sesame seeds before serving.

> Why it's low GI: Doongara rice has a low GI compared with jasmine rice, and kimchi's fermented vegetables add fibre and gut-friendly acidity without raising blood glucose.

Tip: Cook extra rice the night before and chill it; cold cooked rice reheats quickly and has an even lower GI due to resistant starch.

Drink: Warm roasted barley tea (boricha), unsweetened

LUNCH LOW GI

Beef Bulgogi Barley Bowl

Juicy marinated beef strips served over pearl barley with crunchy carrot, cucumber and spinach.

Prep 15 min | Cook 15 min | Serves 2
Per serve: 40 g carbs | 10 g fibre | 34 g protein | 13 g fat | 420 kcal

Ingredients

- 300 g lean beef rump or sirloin, thinly sliced
- 75 g pearl barley, uncooked
- 2 cloves garlic, crushed
- 1 tbsp ginger, grated
- 2 tbsp salt-reduced soy sauce
- 1 tsp gochujang paste
- 1 tsp sesame oil
- 1 carrot, julienned
- 1 Lebanese cucumber, julienned
- 100 g baby spinach

Method

1. Cook pearl barley in plenty of water for 25-30 minutes until tender; drain.
2. Mix garlic, ginger, soy sauce, gochujang and sesame oil; toss with beef and marinate 10 minutes.
3. Heat a non-stick pan over high heat and stir-fry beef for 3-4 minutes until just cooked.
4. Divide barley between bowls, top with beef, carrot, cucumber and spinach.
5. Finish with any remaining pan juices and a sprinkle of sesame seeds.

> Why it's low GI: Pearl barley is one of the lowest GI grains available and its soluble fibre helps slow glucose absorption, balancing the quick-cooked lean beef.

Tip: Marinate the beef in the morning so it's ready to cook fast at lunchtime.

Drink: Sparkling water with lime and mint

DINNER LOW GI

Gochujang-Glazed Baked Salmon with Brown Rice and Broccolini

Sticky-sweet gochujang salmon baked until flaky, served with steamed broccolini and wholesome brown rice.

Prep 10 min | Cook 20 min | Serves 2
Per serve: 37 g carbs | 9 g fibre | 33 g protein | 17 g fat | 450 kcal

Ingredients

- 2 x 150 g salmon fillets
- 1 tbsp gochujang paste
- 1 tbsp salt-reduced soy sauce
- 1 tsp sesame oil
- 1 clove garlic, crushed
- 1 tsp ginger, grated
- 80 g brown rice, uncooked
- 200 g broccolini
- 1 tbsp sesame seeds
- 1 spring onion, sliced

Method

1. Preheat oven to 200°C and line a tray with baking paper.
2. Cook brown rice according to packet directions.
3. Mix gochujang, soy sauce, sesame oil, garlic and ginger; brush over salmon fillets.
4. Bake salmon for 12-15 minutes until just cooked through.
5. Steam broccolini for 3-4 minutes until bright green and tender-crisp.
6. Serve salmon with rice and broccolini, scattered with sesame seeds and spring onion.

> Why it's low GI: Brown rice and broccolini provide slow-release carbohydrate and fibre, while the omega-3-rich salmon supports healthy fats with minimal impact on blood glucose.

Tip: Swap salmon for firm white fish like barramundi if preferred, keeping the same cooking time.

Drink: Unsweetened green tea

Why this menu helps

Each meal pairs a low GI wholegrain or legume base with lean protein and plenty of non-starchy vegetables, which slows digestion and helps prevent sharp blood glucose spikes. Fermented foods like kimchi and fibre-rich barley and brown rice support steady energy and gut health. Healthy fats from sesame oil and salmon add satiety without excess saturated fat, and all drinks are naturally sugar-free to keep the whole day balanced.

Nutrition values are estimates per serve and will vary with brands and portion sizes. Everyone's needs are different; talk to your GP, accredited practising dietitian or credentialled diabetes educator about the right amount of carbohydrate for you, and check your blood glucose as advised.