

# Mediterranean FATTY LIVER *Cookbook*

**28-Day Healing Plan with Easy Recipes,  
Shopping Lists, Color Photos, and Liver-  
Cleansing Drinks to Support Lasting Health**

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**2025**

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# Introduction

## HEALING A TIRED LIVER: MY STORY, YOUR GUIDE

**Dear Reader, I've been where you are.** There was a time when I woke up drained before the day even began.

Meals that used to feel normal left me heavy, bloated, and sluggish for hours. Like many, I blamed stress, age, or just being “busy” – until routine checkups revealed something I wasn't prepared for: **NAFLD—non-alcoholic fatty liver disease.**

### MORE THAN JUST RECIPES — YOUR GUIDE TO REAL CHANGE

This book isn't just another cookbook. It's a complete guide and companion for anyone ready to:

- Gently reduce liver fat and support metabolic health
- Boost energy and digestion naturally without harsh or unsustainable extremes.
- Create sustainable habits that naturally fit into your daily life, rather than silently adding stress to it.

### WHAT YOU'LL FIND INSIDE

- 1 **A 28-day Mediterranean meal plan**, carefully crafted to lower liver fat, support hormone balance, and make healthy eating easier.
- 2 **Over 80 simple recipes** – family-friendly, tasty, and accompanied by **weekly shopping lists**.
- 3 **A special Detox Drinks** section helps support your journey naturally.
- 4 There's also a **QR code** inside the book to **download and print shopping lists** for your convenience – whether at home, at work, or on the go.
- 5 **Offers practical tips and real-life strategies** to help you develop healthy habits gradually – without guilt, fear, or perfectionism.

This book is about progress, not pressure.

It's about **healing, not hustling.**

**One day, one meal, one thoughtful choice at a time –  
your journey to better health starts here.**

*Warmly, Victoria Bennet*

I didn't realize my liver was silently struggling. Fatty liver often develops quietly, **without apparent symptoms at first.** But eventually, the body starts sending signals you can't ignore. That's precisely what happened to me.

**I knew I had to make a change, but I wasn't sure where to start.**

### WHY EXTREME DIETS DIDN'T WORK

At first, I tried the usual quick fixes: strict keto, fasting without guidance, skipping meals to “**rest my liver.**” However, these extremes left me feeling even more exhausted, overwhelmed, and stressed, **both physically and emotionally.** Like many people, I realized that unsustainable plans don't work in real life, especially when you're balancing work, family, and daily demands.

**I needed something gentler and more practical.**

### HOW I FOUND A BETTER WAY

Eventually, I discovered a more effective path: the Mediterranean Fatty Liver Diet. It wasn't another strict or punishing plan – it was a shift toward balance and real nourishment. Whole foods, healthy fats, gentle carbs, plenty of vegetables, lean proteins, and meals that were both satisfying and simple.

**My digestion improved**, my energy returned, and my lab results began to show improvement. For the first time, eating felt peaceful, not like a battle. **And it worked because I focused on consistency, not perfection.**



# Chapter 1

## DIET BASICS FOR YOUR HEALTH

### WHAT IS FATTY LIVER AND WHY IS IT DANGEROUS

#### WHY IT MATTERS

Sometimes it just feels normal: rushing through meals, having shallow sleep, a heavy head by late afternoon, and the urge to lie down right after eating. However, a lab test comes back, and the results reveal something subtle yet real: fat accumulation in the liver.

#### WHAT IS FATTY LIVER, SIMPLY EXPLAINED

Non-alcoholic fatty liver disease (NAFLD) occurs when fat accumulates in liver cells. It's often linked to high blood sugar, insulin resistance, and chronic inflammation. In the early stages, it shows no apparent symptoms, but it can affect digestion, concentration, mood, and energy.

**Today, one in three adults has NAFLD.** Most people discover it by chance during routine tests. Behind these statistics is a key truth: liver health is more influenced by daily choices than by age or genetics. That means there's something you can do.

#### WHY DIET COMES FIRST, NOT MEDICATION

There is no single medication that reverses NAFLD. And even when treatments become available, food will remain the foundation. **Every meal either eases the liver's workload or adds to its burden.** Whole foods, healthy fats, fiber, and a consistent meal schedule help the liver recover. Food isn't about restriction – it's about care.

#### WHAT FAT IN THE LIVER CAN LEAD TO

- **Higher risk of type 2 diabetes** as insulin resistance and **belly fat** begin to shift metabolism.
  - **Persistent fatigue and poor sleep** that last for weeks, even after rest and early nights.
  - **Hormonal imbalance, inflammation, and mood swings** that disrupt energy levels.
  - **Gradual liver damage** with steady progression toward fibrosis and an increased risk of cirrhosis.
- Healing the liver doesn't require force – it asks for rhythm. When meals are steady and warm, the body responds. This is a path of attention, not perfection.

#### What helps, even before a diet starts:

- **Eat on a regular schedule**
- **Use olive oil, greens, legumes, and fish**
- **Take gentle walks after eating**
- **Eat with awareness and calm**

Fatty liver disease often begins without symptoms, but recovery can bring clarity, including improved digestion, increased energy, and calmer mornings.

**Even when the liver stays silent, the body speaks, through fatigue, sleep, and digestion. As care returns, so does clarity, lightness, and the sense that the day has truly begun.**

# WHY CHOOSE THE MEDITERRANEAN DIET?

## FROM CRETE, GREECE, AND SOUTHERN ITALY

Sometimes the best solution isn't new – it's familiar. The Mediterranean way of eating was shaped not in laboratories, but in everyday homes. It grew from routines **where meals were shared, food followed the seasons, and no one hurried to finish.**

It isn't a strict diet. It's a way of eating that developed naturally – gently, steadily, and over time.

In the Mediterranean, this way of eating wasn't a trend. Generations grew up on sun-grown vegetables, olive oil pressed nearby, lentils, fish, and herbs from their gardens. Health wasn't measured – it was lived, around family tables, with balance built into each meal.

## COMPARED TO OTHER APPROACHES

Many diets bring fast results, but few last. Strict rules, tracking, exclusions – they wear people down.

The Mediterranean model is softer. It fits into life instead of pushing against it.

**Meals follow a rhythm, not a schedule.**

**No food groups are banned.**

**Olive oil, legumes, and fish come first.**

**Portions stay moderate, naturally.**

**Meals are calm, not rushed.**

It welcomes variety. It doesn't aim for perfection.

That's why it stays – not for a month, but for years.

Helps

## WHAT THIS APPROACH OFFERS

The Mediterranean pattern works gently.

It doesn't push or punish – it simply supports the body's natural ability to find balance. With time and consistency, it truly promotes health and real change.

### 1 Regular meals

Eating at regular times helps regulate blood sugar levels more smoothly, supports liver function more consistently, and reduces the urge to snack impulsively.

### 2 Soothing ingredients

Whole grains, seasonal vegetables, legumes, and olive oil gently reduce internal inflammation, ease metabolic strain, and lighten the liver's daily load over time.

### 3 No extremes

You don't need to track every bite or eliminate entire food groups rigidly – this pattern fits daily life calmly, offering flexibility without causing extra pressure.

### 4 Sustainable rhythm

Energy levels stabilize, digestion becomes more comfortable, and hormones begin to balance.

## WHY IT SUPPORTS THE LIVER

The Mediterranean diet wasn't explicitly designed for liver health, but **it naturally meets the liver's primary nutritional needs.** Balanced meals, healthy fats, and easy digestion help the liver function better and recover.

There's no overload from sugar or saturated fats, no sudden spikes, no strain, just steady energy and comfort.

Vegetables, legumes, grains, and olive oil offer anti-inflammatory compounds and steady energy.

**The liver processes less waste and gradually starts to restore its natural metabolic and cleansing functions.**

This approach regulates the internal environment, allowing hormones to remain more stable and balanced.

Glucose levels stabilize, offering a steady energy source, and metabolism establishes a consistent rhythm. For those recovering from fatty liver or inflammation, this isn't just a diet – it's a calm foundation for healing.

**Real nourishment doesn't ask for effort you don't have. It brings steadiness and makes space for the body to heal – not all at once, but with trust.**



# WHAT TO EAT TO SUPPORT OUR LIVER

## THE POWER OF SIMPLICITY

The liver recovers best in calm, steady, supportive environments. **It doesn't require perfection – just consistent, nourishing meals.** Avoid sudden extremes and focus on the quiet feeling that the body is finding its rhythm. Food can be beautifully straightforward, as long as it brings lasting ease and gentle steadiness.

## FOODS THAT SUPPORT THE LIVER

### Fish

Light and nourishing protein that's easy to digest and highly satisfying. Fatty fish provide omega-3s, which actively reduce inflammation and support metabolism.

### Fresh herbs and leafy greens

Their delicate flavor isn't just for taste – it refreshes the senses. They stimulate digestion, support bile flow, and offer a sense of clarity and freshness with each bite.

### Whole grains

Grains such as millet, bulgur, and brown rice add texture to dishes. They help regulate blood sugar, support a healthy gut, and provide long-lasting energy for the liver.

### Olive oil

A source of healthy fat that improves every meal. It helps with nutrient absorption and supports cellular health.

### Nuts

Almonds, walnuts, and hazelnuts are rich in healthy fats, minerals, and plant compounds. They support liver health, overall well-being, and have a calming effect.

### Vegetables

Especially warm, seasonal ones. They add volume, fiber, and healing plant compounds that gently assist liver repair.

## THE PLATE PRINCIPLE

Imagine a plate. **Half of it holds** warm, seasoned **vegetables** – eggplant, zucchini, or roasted peppers.

**One quarter is filled with protein**, such as fish, lentils, or eggs. **The last quarter belongs to a whole grain.** This structure creates balance: nourishment without overload, support without pressure, stability without confusion.



## WHAT TO REDUCE

Some ingredients disrupt gentle recovery. Avoiding them altogether isn't always realistic; yet, gradually reducing intake can make a significant difference.

- 1 **Sugar** – Causes sudden blood sugar spikes and ongoing inflammation that affects metabolism.
- 2 **Processed foods** – Packaged with hidden sugars, poor-quality fats, and artificial additives that steadily overwhelm digestion and burden the liver.
- 3 **Red meat** – Heavy to digest and enzyme-demanding, placing steady, prolonged pressure on the liver's recovery and detoxification system.
- 4 **Alcohol** – Causes stress on the body's rhythm, metabolic pathways, and blocks cells' healing.

Each slight reduction lightens the load and gives the liver more room to repair.

### The body's quiet response:

- **Clearer mind, steadier energy**
- **Lightness in the body**
- **Stable appetite, no sudden cravings**
- **A calm sense of things being in place**

The Mediterranean way provides the liver with precisely what it needs: warmth, genuine ingredients, and a steady rhythm. This style of eating gently lowers liver fat and creates space for lasting repair.

**The Mediterranean way offers steady support – simple meals, familiar ingredients, and a sense of inner clarity.**

Feels

# EVERYDAY SUPPORT AND KITCHEN STRATEGIES

A calm kitchen makes healthy choices feel natural. Keeping the counter clear, organizing pantry staples, and storing herbs and lemons in a visible location encourages simplicity. With fewer distractions, it's easier to prepare balanced meals, even when tired.

Some tools save time and effort without sacrificing taste. A countertop grill adds warmth to vegetables and fish. A steamer softens greens while keeping them fresh.

A blender makes quick soups or spreads that feel comforting, nourishing, and deeply satisfying.

Quiet helps create calm, steady kitchen momentum.

Boosts

**Countertop grill for vegetables and fish**

**Steamer for quick, tender greens**

**Blender for smooth soups, dips, and sauces**

**Glass containers to store cooked food**

## THE ART OF A THOUGHTFUL CART

A short grocery list brings more order than a packed fridge. Find it in the book – and download it anytime via QR code. Choose a **few vegetables** that store well, such as zucchini or carrots. Add **one leafy green, one whole grain, one type of fish or egg, and one protein-rich snack** like nuts.

This way, every item has a role, and no one is forgotten on the back shelf. Shopping with intention means less waste, less pressure, and more clarity. When food is bought for an honest and straightforward purpose, it's far more likely to be used intentionally. **And when the fridge is spacious, clean, and thoughtfully arranged, the mind often feels the same clarity.**

## GROCERY CART FOR THE WEEK

- **2–3 kinds of vegetables** that store well for a long time and cook quickly include carrots, zucchini, pumpkin, beetroot, sweet potato, and cauliflower.
- **1–2 leafy greens** to refresh meals, give a color, and aid digestion: spinach, romaine, arugula, or chard.
- **1–2 proteins** that are easy and nourishing: fresh fish, eggs, canned sardines, or cooked lentils.
- **1 whole grain** that adds substance and flavor to meals: millet, buckwheat, quinoa, or brown rice.
- **Healthy fats** that enhance flavor, provide satiety, support liver health, and promote fullness include extra-virgin olive oil, walnuts, almonds, and tahini.
- **Citrus fruits**, like lemons or oranges, add incredible flavor, brightness, and freshness to dressings.
- **1 fermented product** to support gut health gently: natural yogurt or a small jar of sauerkraut.

## SHIFTING FROM WILLPOWER TO RHYTHM

Routine is gentler than discipline. Eating at regular times creates structure. Gentle habits help the body settle into a rhythm. When meals come easily, the liver has less to process – and more room to heal.

**It's not about effort. It's about preparing life to welcome care.** There's no need for daily decisions. Once the kitchen is set up and habits are in place, most choices are already made. A sense of order brings comfort, and that comfort becomes a guide.

**Consistency isn't about trying harder. It's about making the path easier to follow.**



# MOVEMENT AND EMOTIONAL BALANCE

In Mediterranean life, movement happens naturally – walking to the market, tending to the garden, enjoying a quiet stroll after dinner. For the liver, such a balance brings daily relief. Let's explore how light activity and emotional ease can create a safe ground for healing.

## 1 GENTLE MOVEMENT, DEEP BENEFITS

Light activity supports the liver in a quiet, lasting way. Walking, stretching, or dancing creates a flow that helps nutrients reach cells and waste to leave the system.

When the body is in motion, circulation improves – and so does resilience. Unlike intense workouts, which can raise stress hormones, this slow energy allows the liver to perform its cleansing work with less strain.

## 2 REDUCING CORTISOL THROUGH RHYTHM

Cortisol affects blood sugar, digestion, and the body's ability to recover. **When stress levels are high, the liver takes on additional tasks.** That's why daily habits – like walks, quiet breathing, and steady rest – matter deeply.

A short walk in the morning, a moment of stillness in the afternoon, and deep rest at night form a rhythm. In this rhythm, the nervous system settles. And when the nervous system calms, the liver follows.

## 3 MOVEMENTS THAT SUPPORT THE LIVER

**A 20–30 minute walk outdoors** helps restore healthy circulation, clears the mind with ease, and aids in gradually balancing metabolism.

**Gentle morning or evening stretches** keep muscles relaxed and responsive, reducing internal tension that quietly accumulates during long periods of stillness.

**A few minutes of slow dance** – even in the kitchen – can shift the mood and lift energy, offering emotional release without added strain or pressure.

**Climbing stairs at a calm pace** supports the heart and vessels, improves stamina over time, and builds strength.

**Water-based movement**, whether swimming or taking a warm bath, soothes the nerves and helps cool the system, especially in states of inner heat or agitation.

There's no pressure to perform – just a gentle return to movement. With each soft motion, the liver gets a signal of safety, and from there, healing starts.

## 4 SUPPORTING THE MIND AND THE BODY

Emotional stress affects the entire body. It constricts breathing, raises cortisol levels, and makes digestion more difficult. The liver shoulders much of this load.

**Creating calm for the mind also reduces the body's stress.** Tools that promote mental clarity, such as writing, spending time in nature, prayer, or meditation, are part of effective care.

When feelings are acknowledged and supported with care, the body no longer has to bear them alone. Healing deepens through gentleness, never through pressure.



### Ways to Gently Calm Stress

- **Breathe slowly, feel your body soften.**
- **Take a quiet walk without goals.**
- **Write or talk to clear thoughts.**
- **Touch plants, wood, or flowing water.**

Caring for the liver isn't a race. It's a quiet return to natural rhythms. These small choices create a sense of safety in the body and foster trust in the process.

**Your body remembers balance. A twenty-minute walk, a moment of calm, a deep rest at night – each is a message of safety.**

Cues



# FLAVOR WITHOUT HEAVY ADDITIONS

**Mediterranean meals stay lively without sugar or creamy sauces.** Garlic, lemon, and herbs add brightness without overworking the liver. Even a simple lentil stew becomes richer with a splash of vinegar or the addition of slow-roasted vegetables.

**This type of flavor is both tasty and safe because the liver doesn't have to process additives or hidden fats.**

## FIVE EVERYDAY FLAVOR BOOSTERS

Mediterranean cooking keeps meals satisfying without relying on added sugar or creamy dressings.

- 1 **Add garlic to warm dishes** to enhance richness and depth. Sautéed in olive oil, garlic creates a savory foundation for grains, soups, or vegetables.
- 2 **Use lemon juice to freshen grains and greens.** A splash of lemon adds brightness and helps the body absorb nutrients from plant-based foods.
- 3 **Sprinkle oregano on vegetables before roasting.** Rub them gently with olive oil and oregano – it brings a warm, earthy aroma and enhances depth.
- 4 **Include a bit of vinegar in sauces or salads.** A dash of vinegar boosts the flavor and balances the sweetness in dressings, adding zest and brightness.
- 5 **Roast onions, peppers, or eggplant for sweetness.** Roasting releases natural sugars, softens the texture, and adds richness without the need for added sugar.

## HYDRATION AND THE LIVER

Water and light broths don't require effort from the liver – they work with it, quietly and consistently.

**Simple habits make staying hydrated easier:** a marked bottle on your desk, a teapot on the stove, or a tall glass while preparing lunch. Choose a method that fits your routine. Warm water, herbal infusions, or even cool broth from lunch can all help provide gentle support.

Drinking enough doesn't have to be complicated. It's about paying attention to what your body needs – and respecting it in small ways throughout the day.

**Small choices influence how we feel every day. The liver responds best to kindness, not extremes.**

## GENTLE DETOX DRINKS FOR DAILY SUPPORT

A special part of this book invites you to try simple detox drinks that easily fit into your everyday life.

**They refresh, hydrate, and support the liver without effort.** These are not magic solutions, but excellent moments and small rituals that bring relief.

Cucumber water, herbal infusions, citrus slices in still water – all these drinks give the body what it needs: light hydration, natural flavor, a break from sugar.

**The point is regularity and gentleness, not extremes.**

## DRINKS TO INCLUDE — AND AVOID

Start your day with warm water and lemon to gently stimulate your digestion. Sip calming herbal teas, such as chamomile or mint, and enjoy still water with cucumber, ginger, or citrus for refreshing hydration – homemade vegetable broths provide comforting nourishment anytime.

Limit

**Sugary juices and soda**

**Alcoholic drinks**

**Ready-made detox teas with laxative herbs**

**Carbonated flavored waters**

Learning to taste differently can become a subtle joy. Instead of chasing sweetness, the focus shifts to depth.



## COMMON MISTAKES AND HOW TO AVOID THEM

It's tempting to treat liver care like a sprint – quick, strict, and dramatic. But apid restrictions and detoxes often end with burnout or cravings.

**A slower start, accompanied by a clear and gentle plan, helps create lasting, meaningful changes.**

### I OVERCOMPLICATE — AND BURN OUT

Sometimes care shifts into control. Instead of feeling better, you just end up exhausted. On the Mediterranean coast, meals are relaxed, recipes are straightforward, and rest is part of the day. If your plan feels overwhelming, it's time to simplify, and take a gentle step back.

### I DON'T FEEL ANYTHING

But the body does. It's common to expect quick sensations – more energy, better sleep, lighter digestion. However, internal systems need time to adjust. Just because you don't feel change immediately, doesn't mean nothing important is quietly, steadily happening. Gentle consistency always works deeper than force.

### I ATE CAKE — IT'S ALL RUINED

One high-sugar meal doesn't erase weeks of consistent care. What matters is what you do afterward. A calm return to your routine is more important than feeling guilty or forcing sudden, rigid changes. Progress isn't always straight. A good day often follows a tough one, and both are part of the healing process. Each decision presents an encouraging opportunity to move forward. Being kind to your body gently involves being flexible with care, rhythm, and quiet consistency. **The liver remembers more than one meal – it responds to patterns, not just moments.**

### I COMPARE MYSELF TO OTHERS

In healing, comparison pulls you away from balance. Your liver doesn't follow others' timelines. It works at your pace, with your body, based on your unique history. Any progress is deeply personal – it doesn't have to reflect someone else's pace, rhythm, or journey. Comparison distracts from the body's signals.

### WHEN THE DIET ISN'T THE RIGHT FIT

Most people find this approach helpful, but some situations require medical guidance. Avoid significant changes if:

- **There's a history of eating disorders**
- **You're pregnant, breastfeeding, or recovering from illness**
- **You take medications processed by the liver**

In such cases, consult your doctor before starting any treatment. Adjustments are still possible – just ensure they suit your current condition.

### WHAT HELPS YOU STAY GROUNDED

Liver healing isn't dramatic. Daily routines are more effective than intense short-term efforts.

- **Plans based on your rhythm**
- **Regular mealtimes that anchor the day**
- **Warm food when comfort is needed**
- **Kindness over comparison, always and again**
- **Taste, satiety, and lightness in balance**

Choose one or two changes each week and stay committed to them.

**Gentle habits, repeated daily, build the strongest foundation for long-term change.**

# Chapter 2

## CHAPTER 2. BREAKFASTS

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# BREAKFASTS







## FRIED EGGS IN TOMATO SAUCE

### Ingredients:

- 4 fresh eggs (8 oz/220 g)
- 4 medium fresh tomatoes (10 oz/280 g)
- 1 small red bell pepper (4 oz/115 g)
- 1 small yellow bell pepper (4 oz/115 g)
- 1 medium red onion (5 oz/140 g)
- 2 cloves of garlic
- 2 tsp olive oil (10 g)
- 0.5 tsp ground turmeric (1 g)
- Salt and black pepper, to taste
- Fresh parsley (0.2 oz/6 g), for serving
- Fresh basil (0.2 oz/6 g), for serving



Calories: 320 | Fats: 22 g |  
Protein: 16 g | Carbs: 12 g |  
Sugar: 7 g | Fiber: 3 g

### Instructions:

- 1 Wash tomatoes, bell peppers, and onions thoroughly. Peel the onion and garlic. Cut the tomatoes and peppers into small pieces and the onion into half rings. Finely chop the garlic.
- 2 Heat the olive oil in a large frying pan over medium heat. Add the onion, garlic, and bell pepper. Sauté for 5–7 minutes, stirring often, until the vegetables are softened and fragrant.
- 3 Add the chopped tomatoes, turmeric, salt, and pepper. Simmer, uncovered, for 8–10 minutes, stirring occasionally, until the sauce thickens naturally and the flavours meld.
- 4 Reduce the heat to low. Use a spoon to make four small wells in the sauce. Carefully crack one egg into each well. Cover the pan and cook gently over low heat for 4–6 minutes, or until the whites are fully set and the yolks remain soft, creamy, and perfectly to your liking.
- 5 Sprinkle the eggs and sauce generously with freshly chopped parsley and basil. Add a light pinch of salt and pepper, if desired. Serve immediately while hot to enjoy the rich, fresh flavors and aromas.

# OATMEAL PORRIDGE WITH BOILED EGGS AND SALAD

## Ingredients:

- 0.5 cup rolled oats (1.75 oz/50 g)
- 1 cup water (240 ml)
- 2 large eggs (4 oz/115 g)
- 1 small cucumber (4 oz/115 g)
- Mozzarella cheese (2 oz/55 g)
- 0.25 small red onion (1 oz/30 g)
- 8 black pitted olives (1 oz/30 g)
- Salt and black pepper, to taste
- 1 tbsp chopped fresh dill (2 g), for serving
- 1 tbsp chopped parsley (2 g), for serving
- 1 tbsp lemon balm (2 g), for serving

## Instructions:

- 1 Rinse the cucumber, onion, and herbs under cold water. Peel the onion. Thinly slice the cucumber and onion, and dice the mozzarella into small cubes.
- 2 Boil the eggs for 4-6 minutes, then cool under cold water, gently peel, and halve lengthwise.
- 3 Cook oats with water and a small pinch of salt over medium heat for 5-6 minutes until creamy. Remove from heat and let rest, covered, for 1 minute.
- 4 Mix cucumber, mozzarella, olives, onion, and fresh herbs in a bowl. Season with salt and pepper to taste.
- 5 Serve warm porridge in bowls with egg halves, fresh salad, and a generous sprinkle of fresh herbs on top.

Calories: 330 | Fats: 18 g | Protein: 17 g |  
Carbs: 22 g | Sugar: 3 g | Fiber: 3 g



SERVES 2

8 MIN

15 MIN



SERVES 2

10 MIN

18 MIN

# SPINACH PANCAKES WITH SALMON

## Ingredients:

- 2 cups fresh spinach (60 g)
- 2 large eggs (4 oz/115 g)
- Soft cream cheese (4 oz/115 g)
- Lightly salted salmon (4 oz/115 g)
- 1 cup plant-based milk (240 ml)
- 0.75 cup rice flour (90 g)
- 1.5 tbsp olive oil (22 ml)
- 1 tbsp chopped fresh dill (2 g)
- 1 tbsp chopped fresh parsley (2 g)
- 1 tbsp chopped lemon balm (2 g)
- Salt and black pepper, to taste
- 4 pitted olives (15 g/0.5 oz), for serving

## Instructions:

- 1 Wash spinach. In a blender, mix it with eggs, plant milk, rice flour, oil, salt, and pepper until smooth.
- 2 Heat the pan over medium. Cook 0.25 cup batter per pancake for 2-3 minutes per side. Keep warm.
- 3 Slice salmon thinly. Mix cream cheese with fresh herbs, garlic, and season to taste.
- 4 Spread the herb cream cheese mixture evenly over each pancake. Then top with fresh salmon slices.
- 5 Arrange pancakes on plates. Garnish with fresh herbs and black olives. Serve immediately.

Calories: 310 | Fats: 18 g | Protein: 22 g |  
Carbs: 17 g | Sugar: 2 g | Fiber: 3 g

BREAKFASTS

15

# EGG OMELETTE WITH ASPARAGUS



## Ingredients:

- 4 large eggs (8 oz/230 g)
- 8 spears fresh green asparagus (5.6 oz/160 g)
- Soft cream cheese (3 oz/85 g)
- 1 tbsp olive oil (15 ml)
- 0.25 cup coconut milk (60 ml)
- 1 cup fresh arugula (30 g)
- 1 tsp chopped thyme (1 g)
- Salt and pepper, to taste

## Instructions:

- 1 Rinse asparagus thoroughly, trim woody ends, and cut into 2-inch (5 cm) pieces. Pat dry with a towel to remove moisture.
- 2 Whisk eggs with coconut milk, thyme, salt, and pepper until smooth. Let it rest 2 minutes to aerate the mixture slightly for a fluffier omelet.
- 3 Heat half the olive oil in a skillet. Sauté asparagus 3–4 minutes, stirring, until tender and browned. Transfer to a plate and keep warm.
- 4 Add the remaining olive oil to the skillet. Pour in egg mixture, cook gently for 4–5 minutes until nearly set.
- 5 Place the omelette on a plate. Top 1 half with half of the fried asparagus and cheese, cover with the other half of the omelette, and top with the remaining asparagus, cheese, and arugula. Serve warm.

Calories: 320 | Fats: 24 g | Protein: 18 g | Carbs: 6 g | Sugar: 2 g | Fiber: 2 g



# OAT PORRIDGE WITH BERRIES

## Ingredients:

- 1 cup rolled oats (90 g)
- 2 cups coconut milk (480 ml)
- 0.5 cup fresh blueberries (75 g)
- 0.5 cup fresh raspberries (60 g)
- 1 medium banana (4 oz/120 g)
- 1 tbsp honey (21 g)
- 0.25 cup chopped hazelnuts (30 g)
- 1 tsp ground cinnamon (2.6 g)
- Salt, to taste
- Fresh mint leaves (0.1 oz/3 g), for serving

## Instructions:

- 1 Rinse blueberries and raspberries gently under cold water and drain thoroughly and carefully. Peel and slice the banana into thin rounds.
- 2 In a medium saucepan, bring the coconut milk and a pinch of salt slowly to a gentle boil over medium heat. Stir occasionally and continuously.
- 3 Add oats and cinnamon; cook uncovered, stirring frequently and gently, until soft and thickened – about 7–8 minutes over low heat.
- 4 Remove the thickened mass from the heat. Slowly add the honey and carefully stir it in very gently until thoroughly and evenly combined.
- 5 Serve warm, topped with fresh berries, banana slices, chopped hazelnuts, and fresh mint leaves. Enjoy the taste, aroma, and brightness of the dish.

Calories: 350 | Fats: 15 g | Protein: 6 g | Carbs: 52 g | Sugar: 21 g | Fiber: 7 g



# NUTRITIOUS BREAKFAST WITH SALMON

## Ingredients:

- Lightly cured salmon (4 oz/115 g)
- 1 medium fresh cucumber (8 oz/225 g)
- 4 large eggs (8 oz/230 g)
- 1 ripe avocado (7 oz/200 g)
- 2 tbsp chopped fresh dill (6 g)
- 2 tbsp chopped fresh parsley (6 g)
- 1 tbsp chopped fresh lemon balm (3 g)
- 1 tbsp chopped fresh cilantro (3 g)
- 1 tsp freshly grated lemon zest (2 g)
- 1 tbsp fresh lemon juice (15 ml)
- 1 tbsp extra virgin olive oil (15 ml)
- 0.25 cup raw cashews (30 g)
- 1 tbsp flax seeds (10 g)
- 10 fresh basil leaves (0.2 oz/6 g)
- 0.25 cup microgreens (10 g)
- Salt and freshly ground black pepper, to taste
- 4 lemon wedges, for serving



## Instructions:

- 1 Place eggs in a pot with cold water, bring to a boil, then simmer gently for 4-6 minutes. Cool under cold running water, peel carefully, and cut in half.
- 2 While the eggs cook, cut the cucumber into thin slices, cut the avocado in half, chop the fresh herbs, and finely grate the lemon zest. Carefully set aside for later serving.
- 3 Place the diced salmon, thinly sliced cucumber, avocado halves, and egg halves. Top with chopped herbs, lemon zest, microgreens, and a drizzle of olive oil.
- 4 Whisk together lemon juice, olive oil, salt, and pepper until well combined. Drizzle evenly over the plates. Sprinkle with flax seeds and chopped cashews just before serving.
- 5 Serve with fresh lemon wedges on the side. Enjoy warm or at room temperature to savor the best flavor.

**Calories: 360 | Fats: 27 g | Protein: 22 g |  
Carbs: 10 g | Sugar: 3 g | Fiber: 6 g**



# STRAPATSADA WITH TOMATOES

SERVES 2

5 MIN

12 MIN

Ingredients:

- 4 large eggs (8 oz/230 g)
- 2 medium soft tomatoes (8 oz/225 g)
- Feta cheese (3 oz/85 g)
- 1 tsp fresh lemon juice (5 ml)
- 1 tsp dried oregano
- 1 small onion (3 oz/85 g)
- 1 tbsp olive oil (15 ml)
- Salt and freshly ground black pepper, to taste
- 1 cup fresh basil leaves (30 g), for serving

## Instructions:

- 1 Rinse tomatoes thoroughly under cold water, core. Peel and finely chop the onion carefully and set aside neatly for later use.
- 2 Heat the olive oil in a nonstick skillet over medium heat. Sauté the onion until translucent. Add the sieved tomatoes and cook over low heat.
- 3 Whisk eggs with lemon juice, salt, and pepper. Pour into tomatoes and cook gently, stirring, until softly scrambled (3–4 minutes). Add oregano.
- 4 Remove the pan from the heat. Gently fold in diced feta and chopped basil, stirring lightly to combine well and evenly distribute flavors.
- 5 Serve immediately, garnished with extra fresh basil if desired. Enjoy warm for the best, freshest flavor possible and delightful aroma.

Calories: 280 | Fats: 20 g | Protein: 18 g | Carbs: 6 g | Sugar: 4 g | Fiber: 2 g



SERVES 2

10 MIN

12 MIN

# TUNA WITH FRESH VEGETABLES

Ingredients:

- 1 fresh tuna steak (8 oz/225 g)
- 1 cucumber (8 oz/225 g)
- 1 ripe avocado (7 oz/200 g)
- 4 cherry tomatoes (4 oz/120 g)
- 1 tbsp olive oil (15 ml)
- 2 cups lettuce leaves (60 g)
- 1 tbsp lemon juice (15 ml)
- 1 tbsp toasted sesame seeds (9 g)
- Salt and freshly ground black pepper, to taste

## Instructions:

- 1 Rinse the tuna steak and pat it dry. Wash vegetables. Slice the cucumber thinly. Quarter cherry tomatoes. Peel, pit, and slice avocado. Tear lettuce.
- 2 Heat a nonstick pan over medium-high heat. Season the tuna and roll in 0.5 tbsp sesame seeds. Cook 2–3 minutes each side for medium-rare. Rest.
- 3 In a large bowl, combine cucumber, cherry tomatoes, avocado, and lettuce. Drizzle with lemon juice and olive oil. Toss gently to combine.
- 4 Cut the rested tuna steak into thin strips. Place on top of the salad. Sprinkle the remaining half of the toasted sesame seeds over the top.
- 5 Serve immediately, seasoning with extra salt and pepper if needed. Enjoy your fresh and nutritious meal! Perfect for a light, healthy lunch.

Calories: 345 | Fats: 22 g | Protein: 30 g | Carbs: 10 g | Sugar: 3 g | Fiber: 6 g





SERVES 2

5 MIN

18 MIN



# PANCAKES WITH SPINACH AND SOUR CREAM

Ingredients:

- 1 small zucchini (5 oz/140 g)
- 1 cup fresh spinach leaves (30 g)
- 2 large eggs (3.5 oz/100 g)
- 3 tbsp oat flour (20 g)
- 3 tbsp coconut milk (45 ml)
- 1.5 tbsp olive oil (22 ml)
- 1 tsp lemon juice (5 ml)
- 2 tbsp low-fat sour cream (45 g)
- Salt and freshly ground black pepper, to taste
- 1 tbsp chopped green onion (5 g), for serving

### Instructions:

- 1 Wash the zucchini, spinach, and green onions, and thoroughly dry them with paper towels. In a blender, grind them to a smooth puree consistency.
- 2 In a large bowl, whisk the eggs. Add grated zucchini, spinach, oat flour, coconut milk, olive oil, lemon juice, salt, and pepper. Stir until well combined.
- 3 Heat a non-stick skillet over medium heat with olive oil. Drop spoonfuls of batter onto the pan and flatten. Cook 3–4 minutes per side, until golden brown.
- 4 Arrange pancakes on plates. Top each serving with a dollop of sour cream and sprinkle with chopped green onion, freshly ground pepper, and lemon zest.
- 5 Serve warm. These savory pancakes are perfect for a wholesome breakfast or light lunch.

Calories: 305 | Fats: 19 g | Protein: 11 g |  
Carbs: 20 g | Sugar: 4 g | Fiber: 3 g

# CREAMY GREEN SHAKSHUK

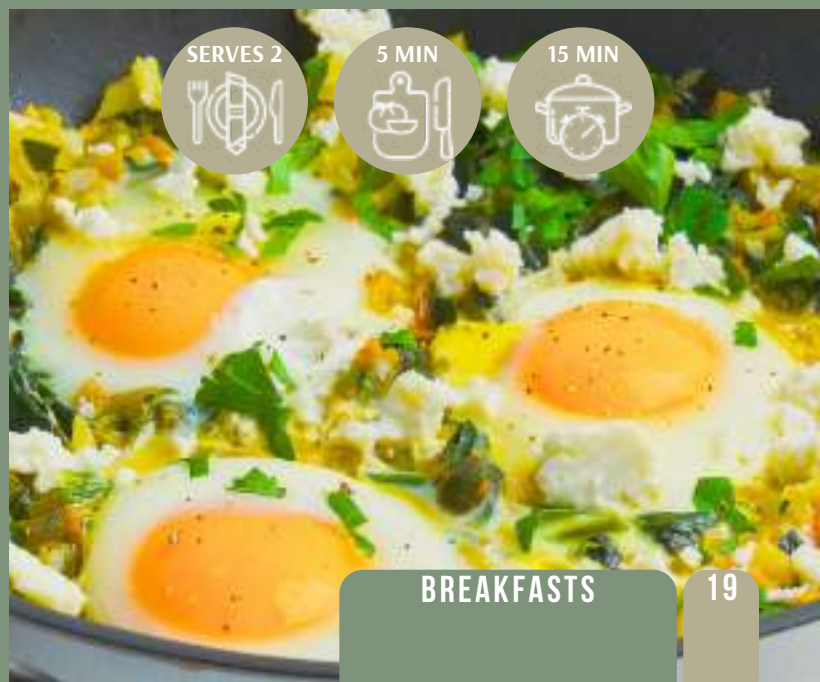
Ingredients:

- 4 cups fresh spinach (4 oz/115 g)
- 4 large eggs (7 oz/200 g)
- 1 small yellow onion (3 oz/85 g)
- 1.5 tbsp olive oil (22 ml)
- 2 tbsp cream cheese (30 g)
- 1 tsp lemon zest (2 g)
- 2 tbsp chopped fresh parsley (10 g)
- 0.5 tsp dried thyme (1 g)
- Salt and freshly ground black pepper, to taste

### Instructions:

- 1 Peel and finely chop the onion. Rinse the spinach and parsley. Zest half a lemon. Set aside.
- 2 In a non-stick skillet, heat olive oil over medium heat. Add onion and cook for 3–4 minutes until soft. Then stir in thyme, salt, and freshly ground pepper.
- 3 Add spinach in batches and cook until fully wilted. Make 4 small wells, crack in the eggs, cover, and cook for 4–5 minutes until the whites are just set.
- 4 In the last minute, gently fold in cream cheese and lemon zest, slowly and carefully letting the cheese soften completely without fully melting at all.
- 5 Remove from heat. Generously sprinkle with fresh parsley and ground pepper. Serve warm with crusty bread or soft pita for dipping and enjoyment.

Calories: 325 | Fats: 24 g | Protein: 17 g |  
Carbs: 8 g | Sugar: 3 g | Fiber: 2 g



SERVES 2

5 MIN

15 MIN





## BREAKFAST WITH SHRIMPS AND QUAIL EGGS

### Ingredients:

- 6 shrimps (6 oz/170 g)
- 8 quail eggs (5 oz/140 g)
- 1 small avocado (5 oz/140 g)
- 1 small cucumber (4 oz/115 g)
- 4 cherry tomatoes (2 oz/60 g)
- 2 cups fresh spinach (60 g)
- 10 pitted olives (1 oz/30 g)
- 2 tbsp chopped walnuts (30 g)
- 1 tbsp olive oil (15 ml)
- 1 tbsp black and white sesame seeds (9 g)
- 0.25 cup microgreens (7 g)
- Salt and freshly ground black pepper, to taste
- 2 lemon wedges, for serving



Calories: 340 | Fats: 22 g |  
Protein: 24 g | Carbs: 9 g |  
Sugar: 3 g | Fiber: 5 g

### Instructions:

- 1 Rinse shrimp and pat dry. Wash spinach, cucumber, cherry tomatoes, and microgreens thoroughly. Peel and slice the avocado. Slice the cucumber and quarter cherry tomatoes. Chop walnuts finely.
- 2 Boil water in a pot. Add quail eggs, cook 4 minutes, cool, peel. Set aside. Heat olive oil in a skillet over medium heat. Sauté shrimp 2–3 minutes per side until pink. Season with salt and pepper.
- 3 Divide fresh spinach, cucumber, cherry tomatoes, tender avocado, olives, crunchy walnuts, and vibrant microgreens among two plates. Drizzle olive oil and season with salt and pepper.
- 4 Carefully add boiled shrimp and quail egg halves to the vegetables. Sprinkle generously with a mixture of black and white sesame seeds to give the dish a delicious texture and flavor.
- 5 Serve immediately with lemon wedges for squeezing. Enjoy a fresh, nutritious breakfast!

# PUMPKIN WAFFLES WITH FRIED EGG

## Ingredients:

- 0.25 pumpkin (7 oz/200 g)
- 0.5 cup almond flour (4 oz/115 g)
- 2 large eggs (3.5 oz/100 g)
- 1 tbsp fresh lemon juice (15 ml)
- 1 small avocado (5 oz/140 g)
- 4 cherry tomatoes (2 oz/60 g)
- 1 cup fresh arugula (20 g)
- 1 tbsp olive oil (15 ml)
- 0.5 tsp paprika (1 g)
- Salt and freshly ground black pepper, to taste

## Instructions:

- 1 Peel and dice the pumpkin, then steam or boil it until soft. After cooking, let it cool slightly before using.
- 2 In a bowl, thoroughly mash the pumpkin with 1 egg, almond flour, lemon juice, paprika, salt, and pepper until a smooth batter forms (about 3 minutes).
- 3 Preheat the waffle iron and lightly oil the surface. Cook the batter in 2 batches, about 4 minutes each, until golden brown and fully cooked through.
- 4 While the waffles cook, heat olive oil in a skillet over medium heat and carefully fry 1 egg sunny side up, seasoning it with salt and pepper (about 5 minutes).
- 5 Slice the ripe avocado into thin slices and halve the tomatoes. Serve waffles with fried egg, avocado, arugula, and tomatoes. Drizzle with olive oil.

Calories: 310 | Fats: 22 g | Protein: 14 g |  
Carbs: 18 g | Sugar: 4 g | Fiber: 6 g



SERVES 2

10 MIN

15 MIN



SERVES 2

5 MIN

8 MIN

# FRENCH OMELETTE WITH SALMON

## Ingredients:

- 4 large eggs (200 g/7 oz)
- 4 slices salted salmon (4 oz/115 g)
- 1 tsp fresh lemon juice (5 ml)
- 1 tbsp olive oil (15 ml)
- Salt and ground black pepper, to taste
- 2 tbsp cream cheese (30 g), for serving
- Fresh basil leaves (1 oz/30 g), for serving

## Instructions:

- 1 Carefully separate the egg yolks from the whites. Whisk the yolks thoroughly with fresh lemon juice, salt, and pepper until smooth. In another bowl, gently whisk the whites until slightly frothy.
- 2 Heat olive oil in a non-stick skillet over medium heat. Pour in yolks, tilting the pan to spread evenly, and cook 2–3 minutes until just set.
- 3 Carefully spoon the egg whites on top. Cover and cook for 1–2 minutes, until the whites are soft, tender, and moist but not dry at all.
- 4 Using a spatula or wide knife, carefully slide the cooked omelette gently onto two plates, keeping it intact, smooth, and perfectly shaped.
- 5 Evenly arrange salted salmon slices over each omelette. Sprinkle cream cheese, garnish with basil, and serve immediately for the freshest flavor.

Calories: 330 | Fats: 25 g | Protein: 22 g |  
Carbs: 2 g | Sugar: 1 g | Fiber: 1 g

# Chapter 3

## CHAPTER 3. SIDE DISHES AND SOUPS

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# SIDE DISHES AND SOUPS





# FIG SALAD WITH CHEESE AND WALNUTS

## Ingredients:

- 4 fresh figs (6 oz/170 g)
- 1 cup arugula (20 g)
- 1 cup baby spinach (30 g)
- 1 cup romaine lettuce (30 g)
- Goat cheese, crumbled (2 oz/60 g)
- 0.25 cup walnuts (30 g)
- 1 tbsp honey (15 ml)
- 1 tbsp olive oil (15 ml)
- 2 tsp white balsamic vinegar (10 ml)
- Sea salt and freshly ground black pepper, to taste

SERVES 2



5 MIN



8 MIN



Calories: 360 | Fats: 26 g |  
Protein: 10 g | Carbs: 20 g |  
Sugar: 14 g | Fiber: 4 g

## Instructions:

- 1 Rinse and gently pat dry the fresh figs, mixed greens, and romaine lettuce. Trim the stems if needed. Quarter the figs lengthwise and chop the romaine into bite-sized pieces for easier serving.
- 2 Place a small dry skillet over medium heat. Add the walnuts and toast for 2 to 3 minutes, stirring occasionally, until golden and fragrant. Remove from heat and carefully transfer them to a plate. Let the toasted walnuts cool completely before adding them to the salad for a perfect crunch.
- 3 In a large salad bowl, combine the arugula, baby spinach, and chopped romaine lettuce. Drizzle with extra virgin olive oil and white balsamic vinegar. Season the mixture lightly with sea salt and freshly ground black pepper. Toss everything gently until the leaves are evenly coated and glossy.
- 4 Divide the dressed greens evenly between two serving plates. Arrange the fig quarters on top in a circular pattern. Scatter the cooled toasted walnuts and crumble soft goat cheese over the salad.
- 5 Just before serving, drizzle a small amount of honey over each plate for a touch of sweetness. Serve immediately and enjoy this elegant, fresh, and beautifully balanced salad.





SERVES 2

5 MIN

35 MIN



## GAZPACHO GREEN FRESH COLD SUMMER SOUP

Ingredients:

- 1 large cucumber (7 oz/200 g)
- 1 small green bell pepper (4 oz/115 g)
- 1 small ripe avocado (5 oz/140 g)
- 1 small garlic clove
- 0.25 small white onion (1 oz/30 g)
- 2 tbsp chopped fresh parsley (8 g)
- 2 tbsp chopped fresh cilantro (8 g)
- 2 tbsp fresh lemon juice (30 ml)
- 2 tbsp olive oil (30 ml)
- 0.5 cup cold water (120 ml)
- Salt, to taste

### Instructions:

- 1 Wash all vegetables and herbs. Peel the cucumber and avocado, and remove seeds from the bell pepper.
- 2 Set aside a few small cubes of avocado, cucumber, bell pepper, and 1 tbsp each of fresh cilantro and parsley for garnish to be used later on.
- 3 Place remaining cucumber, bell pepper, avocado, garlic, onion, herbs, lemon juice, olive oil, water, and salt in a blender. Blend until smooth and creamy.
- 4 Chill in the fridge for at least 30 minutes to further enhance the overall delicious flavor and a pleasantly cool, refreshing texture of the dish.
- 5 Pour soup into bowls. Garnish with avocado cubes, diced vegetables, a drizzle of olive oil, and fresh herbs.

Calories: 280 | Fats: 23 g | Protein: 3 g |  
Carbs: 14 g | Sugar: 5 g | Fiber: 6 g

## SPIRALIZED COURGETTE WITH AVOCADO AND TOMATO

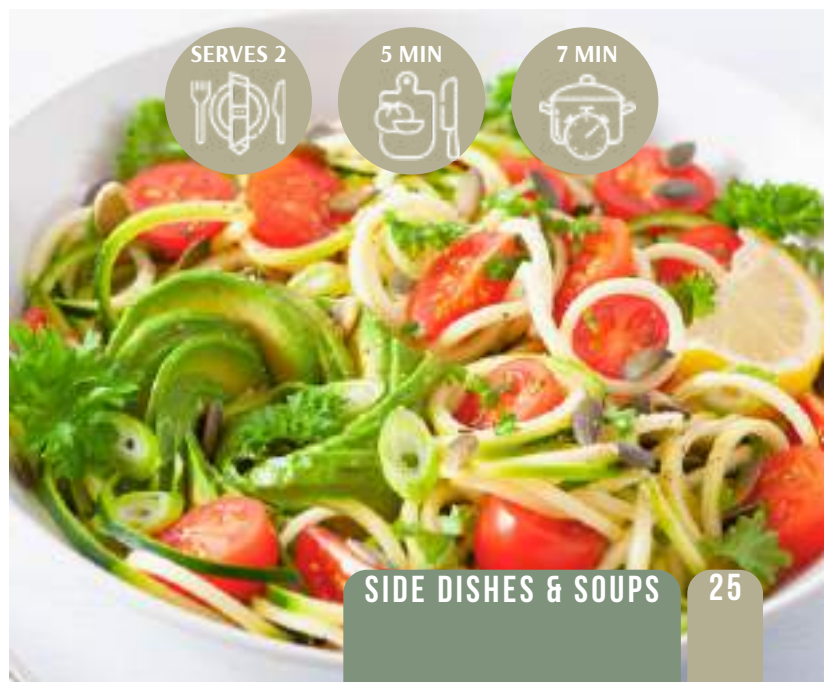
Ingredients:

- 2 medium zucchini (8 oz/230 g)
- 1 small ripe avocado (5 oz/140 g)
- 8 cherry tomatoes (4 oz/115 g)
- 2 tbsp pumpkin seeds (30 g)
- 1 tbsp walnut powder (7 g)
- 1 tbsp olive oil (15 ml)
- 1 tbsp fresh lemon juice (15 ml)
- 2 tbsp chopped fresh parsley (8 g)
- 2 tbsp chopped green onions (12 g)
- Salt and ground black pepper, to taste

### Instructions:

- 1 Wash zucchini, avocado, and tomatoes thoroughly. Spiralize into spirals to form noodles, halve the tomatoes, and slice the avocado into thin rounds.
- 2 In a small bowl, thoroughly combine the olive oil, fresh lemon juice, salt, and ground black pepper to make a light, well-balanced dressing.
- 3 Toss the zucchini noodles gently with the dressing until evenly and thoroughly coated.
- 4 Carefully fold in the avocado, cherry tomatoes, parsley, and green onions. Gently toss to combine, then sprinkle with nutmeg for aromatic flavor.
- 5 Sprinkle with pumpkin seeds for extra crunch and a delightfully rich, nutty flavor. Serve immediately to preserve the fresh taste and crisp texture.

Calories: 300 | Fats: 22 g | Protein: 7 g |  
Carbs: 18 g | Sugar: 5 g | Fiber: 9 g



SERVES 2

5 MIN

7 MIN



# GREEN BEANS WITH COTTAGE CHEESE

SERVES 2

10 MIN

15 MIN

Ingredients:

- Fresh green beans (7 oz/200 g)
- Cottage cheese, 0–2% fat (7 oz/200 g)
- 1 small garlic clove
- 2 tbsp walnut halves (20 g)
- 1 tbsp olive oil (15 ml)
- 1 tbsp fresh lemon juice (15 ml)
- 0.25 tsp ground paprika (0.6 g)
- 0.25 tsp ground turmeric (0.7 g)
- 0.25 tsp ground cumin (0.6 g)
- 0.25 tsp ground coriander (0.5 g)
- Salt and ground black pepper, to taste

## Instructions:

- 1 Trim the green beans and rinse. Blanch in boiling salted water for 5–6 minutes until crisp-tender, then drain and rinse with cold water.
- 2 While the beans are cooking, carefully peel and finely mince the fresh garlic cloves, then roughly chop the walnuts into small pieces.
- 3 Heat olive oil in a small pan. Sauté garlic for 30 seconds, then add paprika, turmeric, cumin, and coriander. Stir 30 seconds until fragrant.
- 4 In a bowl, combine toasted spices, lemon juice, salt, and pepper. Pour the mixture over the beans, which are divided into two plates.
- 5 Sprinkle the beans with pieces of cottage cheese and walnuts. Serve.

Calories: 270 | Fats: 15 g | Protein: 18 g | Carbs: 11 g | Sugar: 3 g | Fiber: 5 g



SERVES 2

5 MIN

7 MIN

# FRESH SALMON SALAD WITH ORANGE

Ingredients:

- 1 fresh salmon fillet (7 oz/200 g)
- 1 medium orange (5 oz/150 g)
- 3 tbsp pomegranate seeds (45 g)
- 1 tbsp fresh lemon juice (15 ml)
- 1 tsp balsamic vinegar (5 ml)
- 1 tbsp olive oil (15 ml)
- Fresh mint (0.1 oz/4 g)
- Fresh basil (0.1 oz/4 g)
- Fresh cilantro (0.1 oz/4 g)
- 1 cup Swiss chard (30 g)
- Salt and freshly ground black pepper, to taste

## Instructions:

- 1 Wash the fresh salmon fillet thoroughly under cold running water, then carefully cut it into small, bite-sized pieces ready for cooking.
- 2 Peel the orange carefully, then separate it into individual segments, making sure to remove all the bitter pith and any seeds for a clean, fresh taste.
- 3 Roughly chop the fresh mint, basil, cilantro, and Swiss chard leaves, combining their flavors for a vibrant and aromatic addition to your dish.
- 4 Divide the salmon, orange slices, pomegranate seeds, and chopped herbs among 2 plates. In a bowl, whisk oil, lemon juice, vinegar, salt, and pepper.
- 5 Pour this mixture over the food in the plates. Serve immediately.

Calories: 350 | Fats: 22 g | Protein: 25 g | Carbs: 12 g | Sugar: 8 g | Fiber: 4 g



# SHRIMP AVOCADO SALAD WITH LETTUCE AND ARUGULA

## Ingredients:

- 10 raw shrimp (8 oz/225 g)
- 1 medium avocado (5 oz/140 g)
- 2 cups lettuce leaves (60 g)
- 1 cup arugula leaves (30 g)
- 1 tbsp olive oil (15 ml)
- 1 tbsp fresh lemon juice (15 ml)
- 2 tbsp chopped hazelnuts (14 g)
- Salt and freshly ground black pepper, to taste
- 2 lemon wedges, for serving

SERVES 2



7 MIN



10 MIN



Calories: 360 | Fats: 26 g |

Protein: 22 g | Carbs: 12 g |

Sugar: 3 g | Fiber: 7 g

## Instructions:

- 1 Wash and peel the shrimp, removing shells and veins carefully. Bring a large pot of salted water to a boil over high heat. Add the shrimp and cook for 2–3 minutes, until pink, curled, and opaque. Drain immediately and rinse under cold water to stop cooking. Set aside in a bowl to cool completely.
- 2 While the shrimp are cooking, wash the lettuce and arugula thoroughly under cold running water to remove any dirt or grit. Pat dry using a clean kitchen towel or a salad spinner to eliminate excess moisture, ensuring the dressing will adhere well and evenly coat the greens.
- 3 Peel a ripe avocado, remove the pit, and cut it into neat wedges. Finely chop the hazelnuts for added texture and a richer nutty flavor. Set aside until you are ready to assemble the fresh salad.
- 4 In a large bowl, combine lettuce, arugula, avocado, and cooled shrimp. Drizzle with olive oil and lemon juice. Season with salt and pepper. Toss gently to preserve texture and appearance.
- 5 Serve the salad beautifully on a platter or in individual bowls. Add fresh lemon wedges and sprinkle chopped hazelnuts on top for extra crunch. Enjoy the light, refreshing mix of vibrant flavors!





SERVES 2

5 MIN

5 MIN



## FRESH RASPBERRY SALAD WITH AVOCADO

Ingredients:

- 1 cup fresh raspberries (5 oz/140 g)
- 1 medium avocado (5 oz/140 g)
- 1 cup arugula leaves (30 g)
- 1 cup fresh spinach leaves (30 g)
- Feta cheese (3 oz/85 g)
- 1 tbsp olive oil (15 ml)
- 1 tbsp fresh lemon juice (15 ml)
- Salt and freshly ground black pepper, to taste

### Instructions:

- 1 Wash fresh raspberries under cold water and lay them out to dry on a paper towel. Rinse and dry arugula and spinach thoroughly to keep the salad crisp.
- 2 Cut the ripe avocado in half, remove the pit, scoop out the flesh, and dice into even cubes, handling gently to avoid mashing for a creamy, smooth texture.
- 3 In a large bowl, combine diced avocado, arugula, spinach, and crumbled feta cheese. This mix balances sweet, creamy, peppery, and salty flavors for a delicious, refreshing salad experience.
- 4 Whisk together olive oil, lemon juice, salt, and black pepper in a small bowl until well blended, creating a smooth, tangy, and flavorful dressing.
- 5 Divide the avocado, spinach, cheese, and arugula mix between 2 plates. Top with raspberries and drizzle with the dressing. Serve immediately for a fresh taste.

Calories: 320 | Fats: 24 g | Protein: 8 g |  
Carbs: 18 g | Sugar: 6 g | Fiber: 10 g

## MINISTRONE WITH PASTA

Ingredients:

- 1 cup mixed red and white beans, soaked and drained (100 g)
- 1 medium carrot (4 oz/115 g)
- 1 stalk celery (2 oz/60 g)
- 1 medium onion (5 oz/140 g)
- 2 cloves of garlic
- 1 medium zucchini (7 oz/200 g)
- 1 medium potato (6 oz/170 g)
- 2 medium fresh tomatoes (5.3 oz/150 g)
- 2 tbsp olive oil (30 ml)
- 1 cup ditalini pasta (70 g)
- 1 bay leaf
- Salt and black pepper, to taste
- Fresh basil leaves, for serving

### Instructions:

- 1 Wash, peel, and dice all vegetables; mince garlic finely and evenly for the best flavor.
- 2 Heat olive oil in a pot, sauté onion, carrot, and celery gently for 5–7 minutes until softened.
- 3 Add garlic, cook 1 minute until fragrant; then add zucchini, potato, and tomatoes, stirring well.
- 4 Add beans, bay leaf, and 4 cups water or broth; bring to a boil, then simmer gently for 15 minutes.
- 5 Add pasta, cook 8–10 minutes until tender; remove bay leaf, season, garnish with basil, and serve.

Calories: 350 | Fats: 9 g | Protein: 15 g |  
Carbs: 50 g | Sugar: 8 g | Fiber: 12 g



SERVES 2

15 MIN

30 MIN



SERVES 2

10 MIN

25 MIN

# MASHED SWEET POTATOES



## Ingredients:

- 2 medium sweet potatoes (14 oz/400 g)
- 0.25 cup unsweetened almond milk (60 ml)
- 2 tbsp Greek yogurt (30 g)
- 1 tbsp olive oil (15 ml)
- 0.5 tsp vanilla extract
- 0.1 tsp ground nutmeg (0.25 g)
- Salt, to taste
- Ground cinnamon, for serving

## Instructions:

- 1 Wash, peel, and cut the sweet potatoes into small 1-inch (2.5 cm) chunks, making sure they are similar in size for even cooking.
- 2 Place the chunks in a saucepan, cover with water, and bring to a boil. Reduce the heat and simmer for 15–18 minutes until fork-tender.
- 3 Drain the sweet potatoes and let them sit briefly in the pot, uncovered, for 1–2 minutes to release any remaining excess surface moisture.
- 4 Add olive oil, almond milk, Greek yogurt, salt, vanilla, and nutmeg. Mash thoroughly until smooth and creamy – this takes about 5 minutes.
- 5 Serve warm, generously sprinkled with cinnamon for a fragrant, delicious, and attractive presentation, creating a comforting dish that delights the senses and brings cozy, homestyle enjoyment to every bite.

Calories: 330 | Fats: 11 g | Protein: 5 g | Carbs: 49 g | Sugar: 10 g | Fiber: 6 g

# FRESH GREEK SALAD

SERVES 2

8 MIN

8 MIN

## Ingredients:

- 12 cherry tomatoes (5.3 oz/150 g)
- 1 medium cucumber (7 oz/200 g)
- 0.5 small red onion (1.4 oz / 40 g)
- 20 black olives (2.6 oz/75 g)
- Feta cheese, cut into cubes (3.5 oz/100 g)
- 2 tbsp olive oil (30 ml)
- 1 tbsp red wine vinegar (15 ml)
- 1 tsp dried oregano (1 g)
- Salt and black pepper, to taste
- Lettuce leaves, for serving

## Instructions:

- 1 Wash all vegetables. Halve the cherry tomatoes, slice the cucumber into rounds, cut the red onion into rings, and pit the black olives.
- 2 In a large bowl, combine fresh tomatoes, crisp cucumber, thinly sliced red onion, and tangy olives to create a vibrant, flavorful salad.
- 3 Add feta cheese to vegetables and a splash of red wine vinegar. This combination brings a perfect balance of creaminess and tanginess.
- 4 Whisk together olive oil, dried oregano, salt, and black pepper. Pour this dressing evenly over the salad, then gently toss everything together.
- 5 Place the lettuce leaves on 2 plates and place the salad on them.

Calories: 280 | Fats: 22 g | Protein: 7 g | Carbs: 10 g | Sugar: 6 g | Fiber: 3 g



# GREEK CHICKEN SOUP WITH LEMON



## Ingredients:

- 1 small chicken breast (7 oz/200 g)
- 0.33 cup orzo pasta (70 g)
- 2 eggs (3.5 oz/100 g)
- 2 cups water (480 ml)
- 1 clove garlic
- 1 tbsp olive oil (15 ml)
- 1 bay leaf
- 3 tbsp fresh lemon juice (45 ml)
- Salt and black pepper, to taste
- 2 tbsp fresh dill (4 g), for serving
- 2 tbsp fresh parsley (4 g), for serving
- 6 lemon wedges, for serving

## Instructions:

- 1 Place the rinsed chicken breast in a pot with water, bay leaf, and peeled garlic. Bring to a boil, then simmer for 20 minutes until cooked through.
- 2 Remove the chicken and bay leaf. Shred the meat with two forks. Add orzo to the hot broth and cook for 8–10 minutes until tender.
- 3 Whisk eggs until foamy, then gradually whisk in lemon juice. Slowly temper the mixture with a ladle of hot broth, stir it back into the soup.
- 4 Return the chicken to the pot along with any collected juices. Heat gently for 2–3 minutes without boiling, stirring occasionally.
- 5 Season to taste and serve with fresh dill, parsley, and lemon wedges.

Calories: 320 | Fats: 12 g | Protein: 26 g | Carbs: 25 g | Sugar: 1 g | Fiber: 1 g



# BAKED CARROTS WITH SPICES

## Ingredients:

- 8 medium carrots (24 oz/680 g)
- 1.5 tbsp olive oil (22 ml)
- 0.5 tsp ground coriander (1 g)
- 0.5 tsp ground cumin (1 g)
- 0.5 tsp sweet paprika (1 g)
- 0.25 tsp ground ginger (0.5 g)
- 0.25 tsp ground cinnamon (0.5 g)
- Salt and black pepper, to taste
- 1 tbsp finely chopped fresh parsley (4 g), for serving

## Instructions:

- 1 Preheat the oven to 400°F (200°C). Wash, peel, and cut the carrots into sticks or diagonal slices to enhance the dish's appearance.
- 2 Toss the carrots thoroughly with olive oil, salt, pepper, and all the spices, ensuring each piece is wholly and evenly coated for maximum flavor.
- 3 Arrange the carrots in a single layer on a parchment-lined baking sheet to ensure even cooking and a flavorful, beautifully caramelized result.
- 4 Roast for 30–35 minutes, turning once halfway through, until the carrots become tender, lightly caramelized, and richly golden brown.
- 5 Transfer the seasoned carrots to a serving dish, generously sprinkle with freshly chopped parsley, and serve immediately while still warm.

Calories: 333 | Fats: 9 g | Protein: 4 g | Carbs: 53 g | Sugar: 24 g | Fiber: 12 g



# SALAD WITH MUSSELS, ARUGULA AND TOMATOES

## Ingredients:

- 18 raw mussels, in shells (14 oz/400 g)
- 2 cups arugula (40 g)
- 12 cherry tomatoes (5.3 oz/150 g)
- 1 ripe avocado (6 oz/170 g)
- 1 clove garlic
- 1 tbsp extra virgin olive oil (15 ml)
- 1 tbsp lemon juice (15 ml)
- 1 tsp balsamic vinegar (5 ml)
- Salt and black pepper, to taste



## Instructions:

- 1 Scrub and rinse the mussels under cold running water, removing grit and discarding any cracked or open shells. Steam them in a covered pot over medium heat for 4–6 minutes until the shells open and the meat is tender; remove from shells and set aside.
- 2 Rinse the arugula and pat it dry to keep it crisp and fresh. Halve the cherry tomatoes to release their juicy sweetness and dice the avocado into neat cubes for a creamy texture. Drizzle the avocado with fresh lemon juice to prevent browning and preserve its bright green color.
- 3 In a bowl, gently combine the mussels, arugula, tomatoes, and avocado. Toss lightly so the ingredients mix evenly without losing their shape, creating a well-balanced salad where every bite brings together freshness and flavor.
- 4 Drizzle with olive oil and a splash of balsamic vinegar. Season with salt and freshly ground black pepper, then toss once more so that the dressing coats every piece delicately without bruising the greens or mussels.
- 5 Serve immediately while vibrant and aromatic. Enjoy this light and refreshing dish, its colorful presentation, inviting aroma, and perfect combination of tender mussels, peppery arugula, sweet tomatoes, and creamy avocado.

**Calories: 302 | Fats: 17 g | Protein: 25 g |**  
**Carbs: 12 g | Sugar: 4 g | Fiber: 5 g**





SERVES 2

10 MIN

25 MIN



## BAKED WHITE CAULIFLOWER WITH SPICES

Ingredients:

- 1 medium white cauliflower (21 oz/600 g)
- 2 tbsp extra virgin olive oil (30 ml)
- 1 tsp ground turmeric (2 g)
- 1 tsp smoked paprika (2 g)
- 0.5 tsp ground coriander (1 g)
- Salt and black pepper, to taste
- 2 tbsp fresh parsley, chopped (8 g), for serving

### Instructions:

- 1 Preheat the oven to 400°F (200°C). Wash and cut the cauliflower into evenly sized florets. Pat the florets dry with a paper towel to ensure crisp roasting.
- 2 In a large bowl, combine olive oil, turmeric, smoked paprika, ground coriander, salt, and black pepper. Mix thoroughly to create a spicy marinade.
- 3 Toss the cauliflower florets in the marinade until evenly coated with the spices and oil. Let the cauliflower sit for 10 minutes to absorb the flavors.
- 4 Spread florets on a parchment-lined baking sheet. Bake in the oven 20–25 minutes until golden, turning once for even roasting on all sides.
- 5 Remove from the oven, sprinkle with chopped parsley, and serve warm as a flavorful side dish. Enjoy immediately, or let cool slightly and serve at room temperature for a more mellow flavor.

Calories: 310 | Fats: 18 g | Protein: 6 g |  
Carbs: 30 g | Sugar: 6 g | Fiber: 10 g

## WHITE BEAN AND FISH SOUP

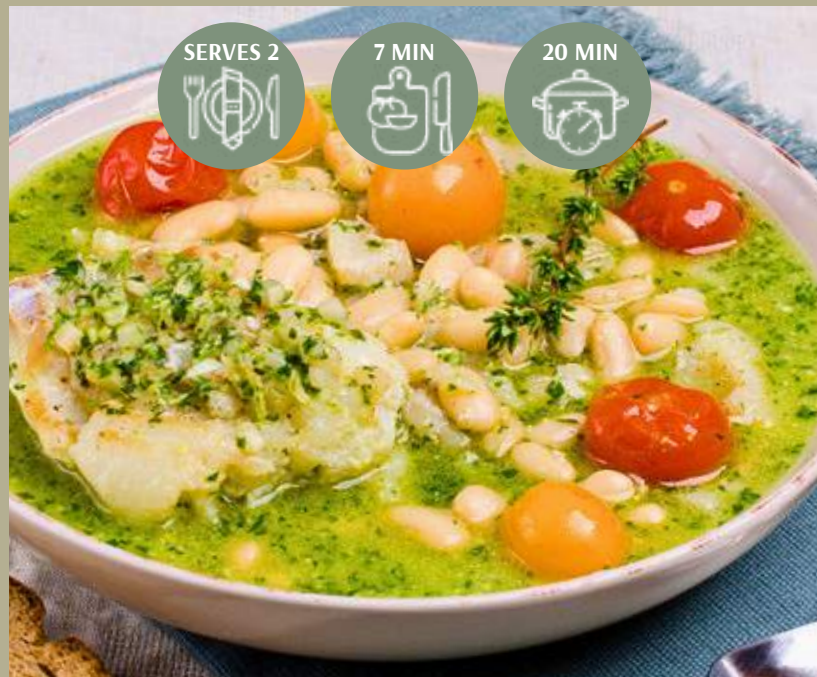
Ingredients:

- 2 cod fillets (8.5 oz/240 g)
- 8 red cherry tomatoes (3.5 oz/100 g)
- 8 yellow cherry tomatoes (3.5 oz/100 g)
- 2 cloves of garlic
- White beans, soaked overnight (2 oz/60 g)
- 1 small onion (2.5 oz/70 g)
- 2 cups water (480 ml)
- 1.5 tbsp extra virgin olive oil (22 ml)
- 1 tbsp lemon juice (15 ml)
- 3 tbsp fresh parsley, chopped (24 g)
- 1.5 tsp dried thyme (3 g)
- Salt and black pepper, to taste

### Instructions:

- 1 Rinse the cod fillets, cherry tomatoes, and fresh parsley under cold water; pat the fish dry.
- 2 Heat olive oil in a pot over medium heat. Sauté chopped onion for 3–4 minutes until translucent, then add garlic and cook 30 seconds more gently.
- 3 Add cherry tomatoes and cook 3–4 minutes until soft. Stir in white beans, thyme, salt, pepper, and water or fish broth; bring to a gentle simmer.
- 4 Add cod fillets, cover the pot tightly, and cook gently for 7–8 minutes; then break into chunks.
- 5 Stir in lemon juice and parsley, adjust seasoning to taste, then serve immediately while hot.

Calories: 316 | Fats: 10 g | Protein: 30 g |  
Carbs: 29 g | Sugar: 5 g | Fiber: 8 g



SERVES 2

7 MIN

20 MIN





## SALMON AND VEGETABLE SOUP

### Ingredients:

- 1 salmon fillet (8 oz/225 g)
- 1 potato (8 oz/225 g)
- 1 carrot (4 oz/115 g)
- 1 small onion (2.5 oz/70 g)
- 2 cloves of garlic
- 2 cups water (480 ml)
- 1 tbsp extra virgin olive oil (15 ml)
- 1 tbsp lemon juice (15 ml)
- 1 tsp lemon zest (1 g)
- 0.5 tsp ground coriander (1 g)
- Salt and black pepper, to taste
- 2 tbsp fresh dill, chopped (8 g), for serving

SERVES 2



10 MIN



25 MIN



Calories: 360 | Fats: 15 g |  
Protein: 30 g | Carbs: 22 g |  
Sugar: 5 g | Fiber: 4 g

### Instructions:

- 1 Rinse the salmon fillet, potato, carrot, and fresh dill thoroughly under cold running water. Pat the salmon dry carefully with a clean, absorbent paper towel before cooking. Cut it into pieces.
- 2 Heat olive oil in a medium pot over medium heat until shimmering. Sauté the chopped onion for 3–4 minutes until soft and translucent. Add minced garlic and cook gently for 30 seconds until fragrant.
- 3 Add diced potatoes, sliced carrots, ground coriander, salt, and pepper. Pour enough water or vegetable broth to cover. Bring to a boil, then simmer for 15 minutes until vegetables are tender.
- 4 Place the sliced salmon gently into the pot with lemon zest and a splash of water. Cook over low heat for 6–8 minutes until the salmon flakes easily with a fork and is cooked through.
- 5 Stir in fresh lemon juice, taste and adjust seasoning as needed, then ladle the hot soup into serving bowls. Garnish each bowl generously with chopped fresh dill before serving for a burst of flavor.

# Chapter 4

## CHAPTER 4. FISH AND SEAFOOD

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## FISH AND SEAFOOD





## OCTOPUS TENTACLES WITH BOILED POTATOES

### Ingredients:

- 2 octopus tentacles (7 oz/200 g)
- 8 baby potatoes (10 oz/300 g)
- 6 cherry tomatoes (3 oz/85 g)
- 1 red bell pepper (4 oz/115 g)
- 1 clove garlic
- 2 tsp olive oil (10 g)
- 1 handful Swiss chard (30 g)
- Salt and black pepper, to taste
- Microgreens (1 oz/30 g), for serving
- 2 lemon wedges, for serving

SERVES 2



20 MIN



45 MIN



Calories: 340 | Fats: 10 g |  
Protein: 27 g | Carbs: 32 g |  
Sugar: 6 g | Fiber: 5 g

### Instructions:

- 1 Rinse octopus tentacles under cold water. Bring salted water to a boil, then simmer gently. Cook the tentacles for 40–45 minutes until tender. Drain, transfer to a plate, and let cool before searing.
- 2 While the octopus is cooking, scrub the baby potatoes thoroughly under running water and halve them if they are large to ensure even cooking. Boil in lightly salted water for 10–12 minutes until tender but still firm to the bite. Drain well, allow excess moisture to evaporate, and set aside.
- 3 Peel and thinly slice the red onion. Core, seed, and finely chop the red bell pepper. Finely chop the garlic to release its flavour. Rinse and roughly chop the chard, discarding any thick stems.
- 4 Heat 1 tsp olive oil in a frying pan over medium heat. Sauté the garlic, onion, and bell pepper for 3 to 4 minutes, until softened and fragrant. Add the chard; cook for 3 to 4 minutes, until wilted and heated through. Season with salt and pepper, then remove from heat.
- 5 Heat the remaining olive oil in a large pan over high heat. Sear the octopus tentacles for 1–2 minutes per side until nicely golden and slightly crisp. Serve warm with tender baby potatoes, lightly sautéed veggies, whole tomatoes, fresh microgreens, and a lemon wedge.

# TUNA STEAK WITH SALSA

## Ingredients:

- 2 tuna steaks (10 oz/280 g total)
- 0.5 avocado (4 oz/115 g)
- 0.5 cucumber (4 oz/115 g)
- 0.5 red bell pepper (3 oz/90 g)
- 1.5 tbsp olive oil (22 ml)
- 1 tbsp lime juice (15 ml)
- 0.2 tsp cumin (0.5 g)
- 0.3 tsp smoked paprika (0.5 g)
- Salt and pepper, to taste
- 2 green onions (1 oz/30 g), for serving
- 4 lime wedges, for serving

## Instructions:

- 1 Rinse produce and tuna. Pat tuna dry. Dice avocado, cucumber, and bell pepper. Slice green onions.
- 2 In a bowl, combine avocado, cucumber, and bell pepper. Add fresh lime juice, ground cumin, smoked paprika, salt, and pepper. Stir gently and set aside.
- 3 Brush the tuna gently with 1 tbsp extra virgin olive oil. Season generously with sea salt and freshly ground black pepper on both sides before cooking.
- 4 Preheat the grill to medium-high heat. Grill the tuna for 2–3 minutes per side, or until perfectly seared on the outside but tender and juicy on the inside.
- 5 Serve the tuna topped with fresh salsa, garnished with chopped green onions and lime wedges.

Calories: 325 | Fats: 18 g | Protein: 32 g |  
Carbs: 9 g | Sugar: 4 g | Fiber: 4 g



# COD FILLET WITH ROASTED SWEET POTATO

## Ingredients:

- 2 cod fillets (10 oz/280 g)
- 1 medium sweet potato (10 oz/280 g)
- 1.5 tbsp olive oil (22 ml)
- 2 cloves of garlic
- 1 tbsp lemon juice (15 ml)
- 1 tsp paprika (2.5 g)
- Salt and black pepper, to taste
- Fresh parsley (0.5 oz/15 g), for serving
- 2 lemon wedges, for serving

## Instructions:

- 1 Rinse the cod fillets and sweet potato under cold water. Peel the sweet potatoes and cut them into thin sticks. Peel and finely chop the garlic.
- 2 Preheat oven to 400°F (200°C). Toss sweet potatoes with oil, paprika, salt, and pepper. Roast 25–30 minutes, turning once, until tender.
- 3 Brush cod fillets with the remaining 0.5 tbsp olive oil and fresh lemon juice. Season generously with sea salt and freshly ground black pepper.
- 4 Place cod fillets on a parchment-lined baking tray. Bake in the oven at 400°F (200°C) for 12–15 minutes, or until the fish flakes easily with a fork.
- 5 Plate the cod with roasted sweet potatoes. Sprinkle chopped garlic over the potatoes, garnish with fresh parsley and lemon wedges. Serve warm.

Calories: 340 | Fats: 14 g | Protein: 32 g |  
Carbs: 20 g | Sugar: 5 g | Fiber: 4 g

# TIGER PRAWNS IN GARLIC-PARSLEY BUTTER

## Ingredients:

- 14 raw tiger prawns, shell-on (14 oz/400 g)
- 2 tbsp olive oil (30 ml)
- 1 clove garlic
- Zest of 0.5 lemon
- 1 tsp lemon juice (5 ml)
- 1 tbsp chopped fresh parsley (4 g)
- Salt and freshly ground black pepper, to taste
- 1 sprig rosemary (0.2 g), for serving
- 4 lemon wedges, for serving



## Instructions:

- 1 Rinse the shrimps whole under cold water and pat dry, leaving the shells intact. Finely chop the garlic and parsley, and remove the zest from the lemon. Set aside all the prepared ingredients for later use.
- 2 In a small bowl, combine olive oil, garlic, lemon zest, lemon juice, parsley, salt, and black pepper. Strip the leaves and chop the rosemary finely. Mix until well blended, then set aside as a dipping sauce. Allow the flavors to meld for about 5 minutes before serving for optimal flavor.
- 3 Heat a large skillet over medium-high heat. Arrange the prawns in a single layer, making sure they are not overcrowded. Lightly season with salt and pepper. Drizzle with a bit of olive oil for extra flavor.
- 4 Sear the prawns for 3–4 minutes per side until pink, opaque, and slightly browned. Spoon any pan juices generously over the prawns before serving immediately for enhanced flavor and aroma.
- 5 Divide the shrimp among the plates. Serve immediately with the prepared garlic-herb sauce, adding lemon wedges for juice. Garnish with extra parsley for freshness. Pair with crusty bread to soak up the sauce. Enjoy while warm, wonderfully fragrant, and flavorful.

Calories: 320 | Fats: 14 g | Protein: 30 g |  
Carbs: 2 g | Sugar: 1 g | Fiber: 1 g



# SQUID STUFFED WITH VEGETABLES

SERVES 2

10 MIN

28 MIN

## Ingredients:

- 2 large squids (14 oz/400 g)
- 0.25 zucchini (2 oz/60 g)
- 0.5 small carrot (1.5 oz/40 g)
- 1.5 tbsp green peas (15 g)
- 1.5 tbsp green beans (15 g)
- 1 tbsp olive oil (15 ml)
- 0.25 red bell pepper (2 oz/60 g)
- 1 tbsp parsley, chopped (4 g)
- Salt and pepper, to taste
- 2 lettuce leaves (0.5 oz/15 g), for serving
- 4 lemon wedges, for serving

## Instructions:

- 1 Preheat oven to 425°F/220°C. Finely dice zucchini, carrot, and red pepper. Thinly slice green beans. Let rest. Prepare peas and gather ingredients.
- 2 Heat half the oil in a skillet over medium heat. Sauté carrots and beans for 2 to 3 minutes. Add zucchini, pepper, and peas, and season. Cool.
- 3 Clean the squid, wash and dry it. Make several transverse cuts on the carcass. Salt and pepper the outside and inside.
- 4 Fill bodies two-thirds with vegetables; secure with a toothpick. Place on tray, brush with remaining oil; bake 10-12 minutes at 425°F/220°C.
- 5 Rest 2 minutes. Sprinkle with parsley and serve on lettuce leaves with lemon wedges for extra freshness and vibrant presentation.

Calories: 320 | Fats: 12 g | Protein: 38 g | Carbs: 10 g | Sugar: 5 g | Fiber: 3 g



SERVES 2

10 MIN

15 MIN

# ROASTED ATLANTIC SALMON OVER SEASONAL VEGETABLES

## Ingredients:

- 2 Atlantic salmon fillets (10 oz/280 g)
- 1 small avocado (4 oz/115 g)
- 0.5 cup green peas (115 g)
- 0.5 red bell pepper (3 oz/90 g)
- 1.5 tbsp olive oil (22 ml)
- 1 tbsp lemon juice (15 ml)
- 0.5 tsp garlic powder (1.5 g)
- 0.5 tsp paprika (1 g)
- Salt and pepper, to taste
- Lime and parsley, for serving

## Instructions:

- 1 Rinse and pat dry salmon fillets. Season with garlic powder, paprika, salt, and pepper. Drizzle with 1 tbsp olive oil and lemon juice. Rest 10 minutes.
- 2 Heat a grill pan with olive oil over medium heat. Cook the salmon on each side for 4-5 minutes. Let's sit for 5 minutes.
- 3 Steam peas for 3-4 minutes, until tender and vibrant, for enhanced natural sweetness. Then drain, season lightly, and set aside for serving.
- 4 Mix avocado, peas, and pepper with 0.5 tbsp olive oil, salt, and pepper until everything is evenly coated, aromatic, and delicious. Toss gently.
- 5 Serve salmon over the salad. Garnish with parsley and lime wedges. Serve immediately with warmth, joy, and comfort.

Calories: 300 | Fats: 22 g | Protein: 30 g | Carbs: 13 g | Sugar: 5 g | Fiber: 4 g



# GRILLED SALMON STEAK WITH GARDEN VEGETABLES

## Ingredients:

- 2 salmon steaks (10 oz/280 g)
- 1 cup broccoli florets (100 g)
- 0.5 cup baby carrots (85 g)
- 0.5 cup baby corn (85 g)
- 0.5 cup green beans (85 g)
- 0.5 cup sugar snap peas (85 g)
- 1.5 tbsp olive oil (22 ml)
- 1 tbsp fresh lemon juice (15 ml)
- Salt and black pepper, to taste
- 2 lemon wedges, for serving

SERVES 2

7 MIN

25 MIN

Calories: 360 | Fats: 20 g |  
Protein: 33 g | Carbs: 12 g |  
Sugar: 4 g | Fiber: 4 g

## Instructions:

- 1 Rinse all vegetables under cold water thoroughly. Trim ends from green beans and sugar snap peas carefully. Peel carrots if needed. Pat dry the fresh salmon steaks gently with paper towels.
- 2 Bring a steamer to a rolling boil over medium-high heat. Steam fresh broccoli, baby carrots, baby corn, green beans, and sugar snap peas for 7–8 minutes until fork-tender yet still vibrantly crisp and full of color. Carefully remove the vegetables and set aside on a warm plate.
- 3 Rub the salmon steaks evenly with 1 tbsp olive oil, fresh lemon juice, sea salt, and freshly ground black pepper. Let them rest at room temperature while preheating the grill pan over medium heat.
- 4 Heat a clean grill pan over medium heat with the remaining 0.5 tbsp olive oil. Cook the salmon carefully for 4–5 minutes on each side until golden brown and fully cooked through.
- 5 Carefully place the stewed vegetables on a plate and place the fried salmon next to them. Garnish with fresh lemon wedges for extra bright flavor. Serve immediately while still warm.





SERVES 2   15 MIN   20 MIN

## HALIBUT WITH FRESH FRUIT SALSA

Ingredients:

- 2 halibut fillets (10 oz/280 g)
- 1 ripe mango (7 oz/200 g)
- 1 ripe peach (6 oz/170 g)
- 1 tbsp fresh cilantro, chopped (4 g)
- 1 tsp lemon zest (2 g)
- 1 tbsp fresh lemon juice (15 ml)
- 1.5 tbsp olive oil (22 ml)
- Salt and pepper, to taste

### Instructions:

- 1 Peel and dice the mango and peach into small cubes. Mix with chopped cilantro, lemon zest, lemon juice, 0.5 tbsp olive oil, salt, and pepper. Set aside.
- 2 Rinse and dry the halibut. Place fillets in a baking dish, drizzle with 0.5 tbsp olive oil, and season with salt and pepper for optimal taste and texture.
- 3 Preheat the oven to 400 °F (200 °C). Bake the halibut for 15–18 minutes, until the fish is opaque and flakes easily with a fork for a perfect finish.
- 4 Carefully remove the baking dish from the hot oven. Spoon the fresh, vibrant fruit salsa onto each serving plate, then top with the baked halibut fillets.
- 5 Serve the halibut with fresh fruit salsa immediately while it's hot to enjoy its flavor and aroma fully, for a memorable experience with every delightful bite.

Calories: 336 | Fats: 18 g | Protein: 29 g |  
Carbs: 13 g | Sugar: 12 g | Fiber: 3 g

## BAKED HAKE WITH VEGETABLES

Ingredients:

- 2 hake fillets (10 oz/280 g)
- 1 cup broccoli florets (100 g)
- 1 cup cauliflower florets (100 g)
- 6 radishes (3 oz/85 g)
- 6 asparagus spears (3 oz/85 g)
- 1 cup microgreens (30 g)
- 1 tbsp olive oil (15 ml)
- 1 tsp Dijon mustard (5 g)
- 0.5 tsp turmeric powder
- 1 tsp sea salt (6 g)
- 0.5 tsp freshly ground black pepper (1 g)
- 6 lemon wedges, for serving

### Instructions:

- 1 Rinse vegetables and hake, pat dry. Cut broccoli and cauliflower, halve radishes, trim asparagus.
- 2 Mix olive oil, Dijon mustard, turmeric, sea salt, black pepper, and lemon zest in a small bowl.
- 3 Preheat oven to 400°F (200°C). Place hake in dish, drizzle marinade, bake 15–18 minutes until flaky.
- 4 Arrange broccoli, cauliflower, radishes, asparagus, and microgreens beautifully on serving plates. Drizzle lightly with olive oil and a pinch of salt.
- 5 Place baked hake on plates with fresh vegetables. Garnish with lemon wedges. Serve immediately.

Calories: 330 | Fats: 13 g | Protein: 33 g |  
Carbs: 10 g | Sugar: 4 g | Fiber: 5 g



SERVES 2   10 MIN   25 MIN

# BAKED DORADO WITH LEMON

SERVES 2

12 MIN

25 MIN

Ingredients:

- 2 small whole dorado (10 oz/280 g)
- 1 lemon (4.5 oz/130 g)
- 1 lime (4 oz/115 g)
- 2 sprigs fresh rosemary (4 g)
- 1 tbsp olive oil (15 ml)
- 1 tbsp fresh lemon juice (15 ml)
- 1 tsp smoked paprika (2 g)
- 1 tbsp soy sauce (15 ml)
- Salt and black pepper, to taste

## Instructions:

- 1 Rinse the dorado under cold running water and pat it thoroughly dry with paper towels to ensure optimal cooking results and a crisp, golden finish.
- 2 In a bowl, whisk together olive oil, lemon juice, soy sauce, smoked paprika, salt, and pepper, then generously brush the fish with the marinade.
- 3 Heat a grill pan over medium heat and lightly brush with olive oil to prevent sticking, ensuring smooth, consistent results from start to finish.
- 4 Grill the dorado for 5–7 minutes on each side, until the flesh is opaque and flakes easily with a fork, for consistent results.
- 5 Transfer the fish to serving plates, garnish with lemon, lime wedges, and fresh rosemary. Serve immediately while hot to enjoy its rich flavor, delicate texture, and unique aroma.

Calories: 360 | Fats: 18 g | Protein: 40 g | Carbs: 3 g | Sugar: 1 g | Fiber: 1 g



SERVES 2

5 MIN

8 MIN

# GRILLED SCALLOPS IN CREAMY SAUCE

Ingredients:

- 10 large scallops (8 oz/225 g)
- 1.5 tbsp olive oil (22 ml)
- 2 cloves of garlic
- 0.5 cup low-fat cream (120 ml)
- 1 tbsp fresh lemon juice (15 ml)
- 2 tbsp dry white wine (30 ml)
- 1 tsp lime zest (2 g)
- 2 tbsp fresh parsley, chopped (8 g)
- Salt and pepper, to taste

## Instructions:

- 1 Rinse scallops gently under cold running water and pat dry thoroughly. Season evenly with salt and freshly ground black pepper.
- 2 Heat olive oil in a grill pan over medium-high heat. Add scallops and grill for 2 minutes per side until golden and opaque. Remove and set aside.
- 3 In the same pan, reduce the heat to medium. Sauté garlic for 1 fragrant minute. Add white wine, reduce by half (2–3 minutes). Stir in cream, lemon juice, and lime zest. Simmer gently until slightly thickened.
- 4 Carefully return the scallops to the pan, toss them with the sauce, and heat through gently for 1 minute before serving.
- 5 Plate scallops, drizzle with creamy sauce, garnish with fresh parsley, citrus zest, and a lemon wedge. Serve immediately.

Calories: 290 | Fats: 14 g | Protein: 25 g | Carbs: 5 g | Sugar: 2 g | Fiber: 1 g





# BAKED MACKEREL WITH BRUSSELS SPROUTS

Ingredients:

- 2 whole fresh mackerel (12 oz/340 g)
- 20 brussels sprouts (10 oz/280 g)
- 1.5 tbsp olive oil (22 ml)
- 1 tsp smoked paprika
- 1 tbsp fresh lemon juice (15 ml)
- 1 tsp salt (6 g)
- 0.5 tsp black pepper (1 g)

## Instructions:

- 1 Rinse the mackerel thoroughly under cold water and pat dry with paper towels. Thoroughly under cold water, wash the Brussels sprouts, removing any damaged or yellow outer leaves.
- 2 Rub mackerel inside and out thoroughly with olive oil, salt, pepper, and smoked paprika for full flavor. Set aside to marinate briefly.
- 3 Preheat oven to 400°F (200°C). Toss Brussels sprouts with a generous drizzle of olive oil, salt, and pepper. Spread evenly on a baking tray.
- 4 Place the mackerel on the baking tray with sprouts. Roast everything together for 15 minutes until the fish is cooked through and the sprouts are golden.
- 5 Remove the fish from the oven, then drizzle fresh lemon juice evenly over the fish and sprouts. Plate attractively and serve immediately while hot.

**Calories: 350 | Fats: 22 g | Protein: 32 g |**  
**Carbs: 10 g | Sugar: 2 g | Fiber: 4 g**

# GARLIC BUTTER MUSSELS WITH LEMON ZEST

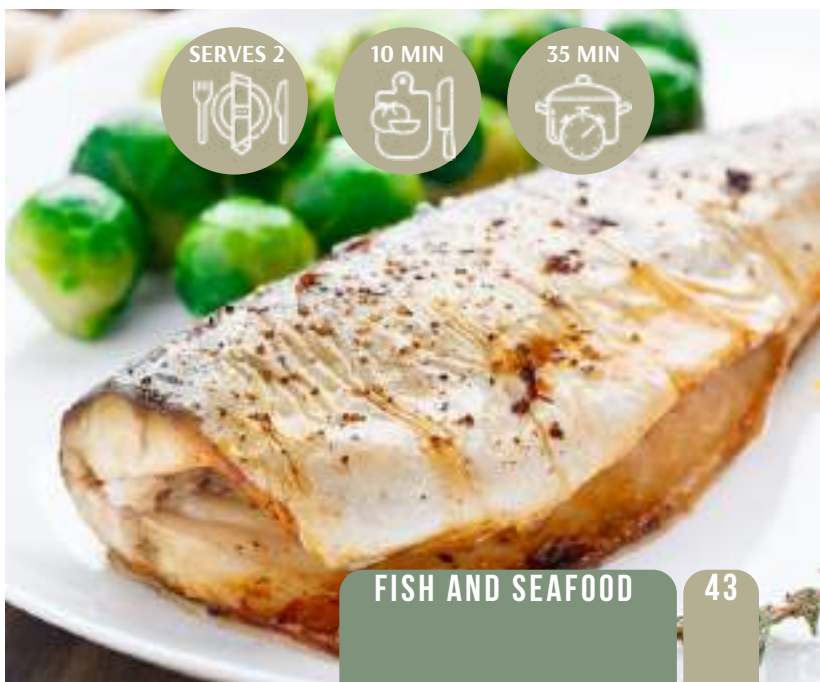
Ingredients:

- 35 fresh mussels in shells (16 oz/450 g)
- 1 tbsp olive oil (15 ml)
- 1 tbsp unsalted butter (14 g)
- 2 cloves garlic
- 1 tbsp fresh lemon juice (15 ml)
- 1 tsp lemon zest (2 g)
- 2 tbsp fresh parsley, chopped (8 g)
- Salt and black pepper, to taste
- 2 lemon wedges, for serving

## Instructions:

- 1 Rinse the mussels under water. Scrub the shells and pull off the beards toward the hinge. Discard any with cracked shells or those that stay open when tapped.
- 2 Heat olive oil in a large, deep skillet over medium heat. Add minced garlic and cook for 1–2 minutes until fragrant but not browned.
- 3 Add the cleaned mussels to the skillet. Pour in the lemon juice and sprinkle over the zest. Cover and steam for 5–6 minutes until the mussels open.
- 4 Uncover, remove the mussels from their shells, then season with salt and freshly ground black pepper. Gently stir to combine the flavors.
- 5 Place the mussels on plates. Sprinkle with parsley and garnish with lemon wedges and zest. Serve hot.

**Calories: 310 | Fats: 17 g | Protein: 25 g |**  
**Carbs: 10 g | Sugar: 1 g | Fiber: 1 g**



SERVES 2   15 MIN   11 MIN

SERVES 2   10 MIN   35 MIN

# TILAPIA WITH SPINACH AND CAPERS

SERVES 2

8 MIN

20 MIN



## Ingredients:

- 2 tilapia fillets (12 oz/340 g)
- 4 cups fresh spinach (120 g)
- 1 tbsp olive oil (15 ml)
- 2 tbsp capers, drained (20 g)
- 0.5 cup coconut milk (120 ml)
- 2 cloves of garlic
- 1 tbsp fresh lemon juice (15 ml)
- 0.25 cup dry white wine (60 ml)
- 0.25 tsp saffron threads
- Salt and black pepper, to taste
- 2 tbsp fresh parsley, chopped (8 g), for serving

## Instructions:

- 1 Rinse tilapia fillets and pat dry. Wash and chop spinach. Soak the saffron in 1 tbsp warm water to release its color and flavor.
- 2 Heat olive oil in a large skillet over medium heat. Sauté minced garlic until fragrant (about 1 min). Add spinach and cook until wilted (2–3 min).
- 3 Pour in white wine, coconut milk, lemon juice, and saffron with soaking water. Stir in capers. Simmer gently 3–4 minutes to blend flavors.
- 4 Nestle tilapia fillets into the sauce, cover, and cook over medium-low heat for 6–7 minutes, or until fish flakes easily. Season with salt and pepper.
- 5 Transfer tilapia and sauce to plates. Garnish with fresh parsley. Serve immediately, optionally with steamed rice or crusty bread.

Calories: 320 | Fats: 18 g | Protein: 30 g | Carbs: 8 g | Sugar: 2 g | Fiber: 2 g



SERVES 2

7 MIN

23 MIN



# SEARED HALIBUT WITH CARROT MEDLEY

## Ingredients:

- 2 halibut fillets (10 oz/280 g)
- 6 rainbow carrots (6 oz/170 g)
- 2 celery stalks (4 oz/115 g)
- 1 small garlic clove
- 8 asparagus spears (6 oz/170 g)
- 1 tbsp olive oil (15 ml)
- Salt and pepper, to taste
- 2 cherry tomatoes (2 oz/60 g), for serving
- Fresh basil leaves (0.2 oz/6 g), for serving

## Instructions:

- 1 Rinse thoroughly and prepare fresh carrots, celery, asparagus, ripe cherry tomatoes, and garlic cloves carefully before cooking.
- 2 Heat 1 teaspoon olive oil in a frying pan over medium heat; gently sauté the carrots and celery for 5 minutes until they begin to soften.
- 3 Add fresh asparagus and minced garlic; cook 5 more minutes until tender. Season generously with salt and freshly ground pepper.
- 4 Heat remaining olive oil; season fillets well and sear halibut skin-side down for 4 minutes, then carefully flip and cook 3–4 minutes until done.
- 5 Plate the warm vegetables, top with seared halibut, and garnish with fresh basil leaves and cherry tomatoes. Serve immediately while hot.

Calories: 335 | Fats: 14 g | Protein: 38 g | Carbs: 14 g | Sugar: 6 g | Fiber: 4 g





## RED SNAPPER WITH PINEAPPLE PICO DE GALLO

### Ingredients:

- 2 red snapper (10 oz/280 g)
- 1 cup fresh pineapple (140 g)
- 1 medium tomato (5 oz/140 g)
- 0.25 red onion (1.5 oz/45 g)
- 1 small chili pepper (5 oz/15 g)
- 1.5 tbsp olive oil (22 ml)
- 1 tbsp fresh lime juice (15 ml)
- 2 tbsp fresh cilantro, chopped (8 g)
- Salt and pepper, to taste
- Lemon wedges, for serving



Calories: 340 | Fats: 16 g |  
Protein: 32 g | Carbs: 14 g |  
Sugar: 10 g | Fiber: 2 g

### Instructions:

- 1 Rinse the red snapper under cold running water to remove any impurities. Pat them completely dry with paper towels. Season both sides generously with salt and freshly ground black pepper. Let the red snapper rest at room temperature for 10 minutes to allow the seasoning to absorb.
- 2 Heat 1 tbsp olive oil in a skillet over medium-high heat. Cook red snapper 3–4 minutes per side until browned and cooked through. Remove and rest for 5 minutes.
- 3 Peel the fresh pineapple, cut it into not very thick slices, and fry it on both sides in a grill pan for 1-2 minutes. Dice the tomato into similar-sized pieces. Finely chop the red onion, deseeded chili pepper, and fresh cilantro. Combine all these chopped ingredients in a mixing bowl.
- 4 Add 1 tbsp of fresh lime juice and the remaining 0.5 tbsp of olive oil to the pineapple mixture. Season with salt and freshly ground black pepper to taste. Gently toss everything together to create a fresh, vibrant pineapple pico de gallo salsa.
- 5 Serve the rested red snapper with the pineapple pico de gallo on the side. Garnish each plate with fresh lemon wedges for an extra burst of citrus. Serve immediately to enjoy the deep flavor, rich aroma, and delicate texture of this hot dish.

# Chapter 5

## CHAPTER 5. POULTRY AND MEAT

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# POULTRY AND MEAT





## TURKEY BREAST STUFFED WITH SPINACH AND CHEESE

### Ingredients:

- 1 boneless skinless turkey breast (10 oz / 280 g)
- 3 cups fresh spinach (3 oz/85 g)
- Feta cheese (2 oz/55 g)
- 1 clove garlic
- 1 tbsp olive oil (15 ml)
- 1 tbsp lemon juice (15 ml)
- 0.25 tsp dried oregano (0.2 g)
- 0.25 tsp dried thyme (0.2 g)
- Salt and black pepper, to taste
- 6 red cherry tomatoes (2 oz/60 g), for serving
- 6 yellow cherry tomatoes (2 oz/60 g), for serving

SERVES 2



10 MIN



30 MIN



Calories: 365 kcal | Fats: 19 g  
| Protein: 36 g | Carbs: 9 g |  
Sugar: 4 g | Fiber: 2 g

### Instructions:

- 1 Rinse and chop spinach. Mince garlic. Sauté garlic in 1/2 tbsp olive oil for 1 minute, add spinach, and cook 2–3 minutes until wilted. Let cool slightly, then mix with crumbled feta.
- 2 Pat the turkey breast dry with paper towels, working gently and evenly. Cut into fillets, season both sides with salt, pepper, oregano, and thyme. Beat lightly.
- 3 Place the filling on the edge of the fillet and roll it up. Fry in the remaining 0.5 tbsp of olive oil over medium-high heat for 3–4 minutes on each side until golden brown.
- 4 Transfer the seared roll to a baking dish. Drizzle with lemon juice, cover loosely with foil, and bake in a preheated oven at 375°F (190°C) for 12–15 minutes until the center reaches 165°F (74°C). Rest 5 minutes before slicing to allow juices to redistribute for maximum tenderness and flavor.
- 5 While the turkey roll bakes, rinse and quarter the cherry tomatoes. Plate the sliced stuffed turkey roll with fresh cherry tomatoes and spinach leaves for garnish. Serve warm and enjoy immediately.



SERVES 2

15 MIN

70 MIN



# ROASTED MEAT AND VEGETABLES

Ingredients:

- Beef (10 oz/280 g)
- 1 carrot (4 oz/115 g)
- 1 small onion (2.5 oz/70 g)
- 2 tomatoes (6 oz/170 g)
- 0.5 yellow bell pepper (2 oz/57 g)
- 0.5 red bell pepper (2 oz/57 g)
- 0.5 medium zucchini (3 oz/85 g)
- 2 cloves of garlic
- 2 tbsp olive oil (30 ml)
- 1 tsp fresh thyme leaves (0.5 g)
- Salt and black pepper, to taste
- Fresh basil leaves (3 g), for serving

## Instructions:

- 1 Wash and clean all vegetables thoroughly. Cut bell peppers into slices, zucchini and carrots into rounds, and chop an onion and garlic.
- 2 Preheat oven to 400°F (200°C). Toss veggies and garlic with 1 tbsp olive oil, salt, pepper, and thyme evenly and thoroughly. Spread on a baking sheet.
- 3 Cut beef into chunks, season with salt and pepper, then toss thoroughly with remaining olive oil.
- 4 Add beef to veggies and roast 30–35 minutes, stirring once gently, until fully cooked.
- 5 Rest a few minutes, plate carefully, garnish with fresh basil, and serve warm immediately.

Calories: 360 kcal | Fats: 15 g | Protein: 35 g |  
Carbs: 18 g | Sugar: 6 g | Fiber: 4 g

# VITELLO TONNATO WITH CAPER AND LEMON ZEST

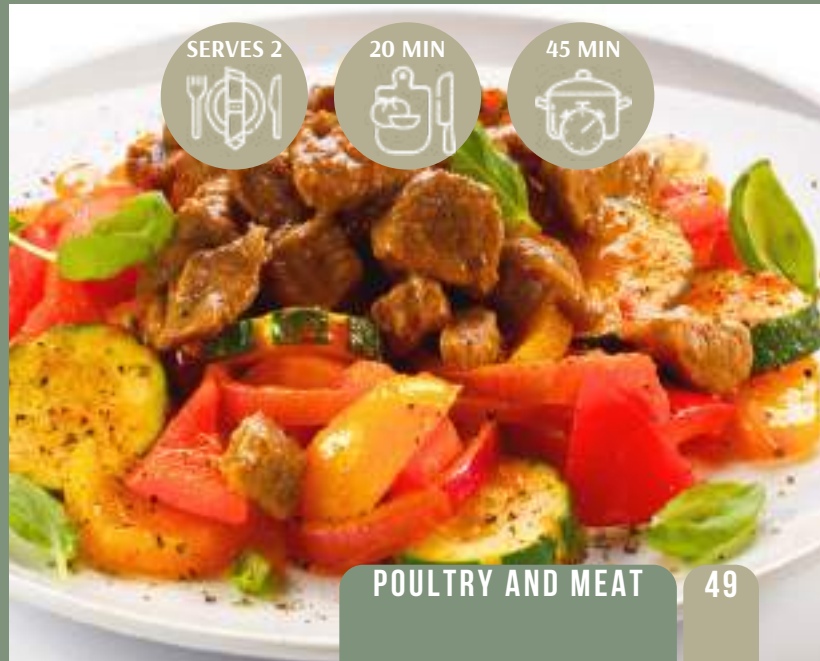
Ingredients:

- Veal tenderloin (10 oz/280 g)
- 1 carrot (4 oz/115 g)
- 1 small onion (2.5 oz/70 g)
- 1 celery stalk (2 oz/60 g)
- 5 black peppercorns (0.1 g)
- Canned tuna in oil, drained (4 oz/115 g)
- 4 anchovy fillets (0.6 oz/16 g)
- 2 tbsp capers (30 g)
- 2 egg yolks
- 2 tbsp lemon juice (30 ml)
- 1 tsp lemon zest (1 g)
- 3 tbsp olive oil (45 ml)
- 3 tbsp plain yogurt (45 g)
- Salt and black pepper, to taste

## Instructions:

- 1 Rinse the veal and bake with vegetables at 350°F (180°C) for 60–75 minutes, until tender. Cool.
- 2 Blend tuna, anchovies, egg yolks, and lemon juice. Stir in olive oil and yogurt, then season.
- 3 Pour the prepared rich and aromatic sauce evenly and carefully, keeping portions balanced, into two plates.
- 4 Cut the cooked and cooled veal into thin slices and carefully place them on plates on top of the sauce.
- 5 Garnish the veal and sauce with capers and lemon zest. Serve chilled or at room temperature.

Calories: 355 kcal | Fats: 22 g | Protein: 38 g |  
Carbs: 5 g | Sugar: 3 g | Fiber: 1 g



SERVES 2

20 MIN

45 MIN



POULTRY AND MEAT

49

# CHICKEN SHASHLIK

SERVES 2

15 MIN

70 MIN

Ingredients:

- 2 chicken breast fillets (12 oz/340 g)
- 2 medium tomatoes (7 oz/200 g)
- 1 medium onion (3 oz/85 g)
- 1 tsp paprika (2 g)
- 2 tbsp olive oil (30 ml)
- 0.5 tsp ground cardamom (1 g)
- Salt and black pepper, to taste
- 2 tbsp fresh parsley (8 g), for serving
- 1 tbsp fresh basil (4 g), for serving
- 1 tbsp fresh dill (4 g), for serving

## Instructions:

- 1 Wash the chicken fillet, fresh ripe tomatoes, and onion thoroughly. Peel the onion and cut all ingredients into bite-sized chunks.
- 2 In a large bowl, toss chicken chunks with olive oil, aromatic spices, chopped onion, and fresh tomatoes; marinate in the fridge for 1 hour.
- 3 Preheat the grill or grill pan over medium-high heat. Carefully thread chicken, onion, and tomato pieces alternately onto skewers.
- 4 Grill the shashlik skewers for 6–8 minutes per side until the chicken is fully cooked through, tender, juicy, and slightly charred to perfection.
- 5 Remove from the grill, sprinkle with fresh herbs. Serve immediately.

Calories: 320 kcal | Fats: 14 g | Protein: 38 g | Carbs: 6 g | Sugar: 4 g | Fiber: 2 g



SERVES 2

10 MIN

50 MIN

# STUFFED PAPRIKA WITH MEAT

Ingredients:

- 2 red bell peppers (12 oz/340 g)
- 8 oz (225 g) ground beef
- 0.5 cup cooked rice (90 g)
- 1 small onion (2.5 oz/70 g)
- 1 medium carrot (4 oz/115 g)
- 0.25 cup shredded cheese (30 g)
- 2 fresh tomatoes (7 oz/200 g)
- 2 cloves of garlic
- 2 tbsp olive oil (30 ml)
- 1 tsp paprika (2 g)
- Salt and black pepper, to taste
- 2 tbsp chopped green onion (8 g), for serving

## Instructions:

- 1 Wash peppers, tomatoes, green onions, and carrots. Peel and finely chop onion, garlic, and carrot. Halve peppers, remove seeds.
- 2 Sauté onion, garlic, and carrot in oil (5 minutes), add beef (7 minutes), season, stir in tomatoes and rice, cook 3 minutes.
- 3 Preheat oven to 375°F (190°C). Stuff the pepper halves with the vegetable and meat mix, pressing gently. Place upright in a baking dish.
- 4 Drizzle with remaining oil, cover with foil, and bake for 25 minutes. Remove foil, top with cheese, and bake 5 minutes more until golden.
- 5 Remove from oven, sprinkle with green onions, and serve warm.

Calories: 350 kcal | Fats: 18 g | Protein: 32 g | Carbs: 15 g | Sugar: 6 g | Fiber: 5 g



50

POULTRY AND MEAT



SERVES 2

20 MIN

30 MIN



## MEATBALLS WITH GREENS

Ingredients:

- Ground turkey (9 oz/250 g)
- 1 small egg (1.75 oz/50 g)
- 2 cloves of garlic
- 1 small onion (2.5 oz/70 g)
- 0.25 cup rice (1.8 oz/50 g)
- 2 medium fresh tomatoes (7 oz/200 g)
- 1 tbsp olive oil (15 ml)
- 0.5 tsp paprika (1 g)
- 0.5 tsp cumin (1 g)
- Salt and black pepper, to taste
- 2 tbsp chopped fresh parsley (8 g), for serving

### Instructions:

- 1 Rinse the rice thoroughly in cold water and boil until entirely done (about 12-15 minutes). Meanwhile, peel and finely chop the small onion and garlic. Blend the tomatoes with salt and fresh ground pepper.
- 2 In a large bowl, combine the ground turkey, cooked rice, egg, garlic, onion, paprika, cumin, salt, and pepper. Mix thoroughly and form small meatballs.
- 3 Heat the olive oil in a frying pan over medium heat. Brown the meatballs on all sides, turning them carefully, for about 6-8 minutes total.
- 4 Add the tomatoes, cover, and simmer over low heat until softened and the meatballs are cooked through, about 12-15 minutes, stirring occasionally.
- 5 Let it sit for 2-3 minutes to allow the flavors to meld. Garnish with chopped fresh parsley and serve hot to enjoy the richness of this dish fully.

Calories: 340 kcal | Fats: 13 g | Protein: 30 g |  
Carbs: 20 g | Sugar: 5 g | Fiber: 3 g

## DELICIOUS CHICKEN PICCATA

Ingredients:

- 2 Chicken breast fillet (12 oz/340 g)
- 0.25 cup all-purpose flour (30 g)
- 2 tbsp olive oil (30 ml)
- 0.3 cup dry white wine (80 ml)
- 2 tbsp fresh lemon juice (30 ml)
- 2 tbsp capers, drained (20 g)
- Salt and black pepper, to taste
- 6 lemon wedges, for serving
- 2 tbsp fresh parsley (8 g), for serving

### Instructions:

- 1 Pat the chicken dry, cut the fillet into thin pieces, beat them, season with salt and pepper, then lightly roll in flour, shaking off the excess.
- 2 Heat olive oil over medium-high heat and fry chicken patties 3-4 minutes per side until golden and cooked; remove and keep warm.
- 3 Add the white wine, lemon juice, and capers to the same pan. Cook, stirring, for 3 to 4 minutes to allow the alcohol to evaporate and the flavors to meld.
- 4 Return the chicken to the pan, pour in the sauce, and cook for 2 minutes more to warm through and fully infuse the delicious flavors.
- 5 Transfer the chicken to a plate, spoon over the sauce generously, garnish with fresh parsley and lemon wedges, and serve immediately.

Calories: 350 kcal | Fats: 15 g | Protein: 40 g |  
Carbs: 8 g | Sugar: 2 g | Fiber: 1 g



SERVES 2

8 MIN

20 MIN



POULTRY AND MEAT

51

# TRADITIONAL BBQ SIRLOIN STEAK

## Ingredients:

- 1 Sirloin steak, 2.5–3 cm thick (10 oz/280 g)
- 2 tsp olive oil (10 ml)
- 2 cloves of garlic
- 1 tbsp fresh rosemary, chopped (3 g)
- 1 tsp fresh thyme leaves (1 g)
- 1 tsp smoked paprika (2.3 g)
- 0.25 tsp ground cardamom (0.5 g)
- 1 tbsp balsamic vinegar (15 ml)
- 0.5 tsp honey (3.5 g)
- 0.5 tsp Dijon mustard (2.5 g)
- Coarse salt and freshly ground black pepper, to taste
- 1 small yellow onion, chopped (2.5 oz/70 g), for serving
- 1 tbsp fresh parsley, chopped (4 g), for serving

SERVES 2



5 MIN



60 MIN



## Instructions:

- 1 In a bowl, mix olive oil, garlic, rosemary, thyme, smoked paprika, cardamom, balsamic vinegar, honey, Dijon mustard, salt, and pepper. Stir in chopped parsley.
- 2 Rub the steak with the prepared marinade, add finely chopped onion, place in a small container, cover with a lid, and marinate in the fridge for 30–60 minutes.
- 3 Heat a grill pan over medium-high heat. Grill the steak for 4–5 minutes on each side until desired doneness. At the same time, grill the onion slices until golden and tender.
- 4 Wrap the finished steak loosely in foil to prevent the juices from leaking out, and set aside for 5 minutes to let it sit, cool slightly, and retain maximum tenderness and flavor.
- 5 Slice the steak against the grain. Serve sprinkled with fried onions and garnished with fresh parsley. Enjoy the rich flavor and spicy aroma of the finished dish.

Calories: 365 kcal | Fats: 18 g | Protein: 35 g |  
Carbs: 5 g | Sugar: 3 g | Fiber: 1 g



SERVES 2

10 MIN

25 MIN



## CHICKEN WITH MUSHROOM AND CREAM CHEESE

Ingredients:

- 2 skinless chicken breast fillets (10 oz/280 g)
- 5 white mushrooms (2.5 oz/70 g)
- Cream cheese (3 oz/85 g)
- 2 cloves of garlic
- 1 tbsp olive oil (15 ml)
- 0.5 tsp smoked paprika (1.2 g)
- 0.5 tsp dried thyme (0.5 g)
- Coarse salt and black pepper, to taste
- 1 tbsp chopped green onions (4 g), for serving
- 5 stems broccolini (2 oz/55 g), for serving

### Instructions:

- 1 Wash the chicken breasts, pat dry, and cut into medallions. Peel the garlic. Wipe the mushrooms clean and slice them thinly. Trim the ends of the broccolini.
- 2 Heat olive oil in a non-stick skillet over medium-high heat. Season chicken evenly with spices. Sear 3 minutes per side until golden. Remove and set aside.
- 3 In the same pan, sauté mushrooms and minced garlic for 4-5 minutes until soft. Reduce the heat, stir in the cream cheese, and cook 2 minutes until smooth.
- 4 Return the chicken to the pan, and pour the sauce generously over it. Cover with a lid and simmer over low heat for 6-7 minutes until it is cooked and juicy.
- 5 Plate chicken with sauce, top with green onions, and broccolini. Serve hot to enjoy the dish fully.

Calories: 360 kcal | Fats: 21 g | Protein: 34 g |  
Carbs: 6 g | Sugar: 3 g | Fiber: 2 g

## BAKED CHICKEN IN TOMATO SAUCE

Ingredients:

- 2 skinless chicken breast fillets (10 oz/280 g)
- 3 medium tomatoes (10 oz/280 g)
- 1 medium onion (5 oz/140 g)
- 2 cloves of garlic
- 2 tbsp olive oil (30 ml)
- 1 tsp dried oregano (1 g)
- 1 tsp dried basil (1 g)
- 0.5 tsp smoked paprika (1.2 g)
- Parmesan cheese, grated (1 oz/30 g)
- Coarse salt and black pepper, to taste
- 2 lemon wedges, for serving
- 1 tbsp chopped parsley (4 g), for serving

### Instructions:

- 1 Preheat the oven to 375°F (190°C). Peel and finely chop the onion and garlic. Dice the tomatoes.
- 2 Heat olive oil in a skillet, sauté onion and garlic for 5 minutes, then add tomatoes, herbs, spices, and cook 10 minutes until slightly thickened.
- 3 Cut the chicken breasts into strips along the grain and place in a baking dish. Pour the prepared tomato sauce evenly. Sprinkle with Parmesan.
- 4 Bake uncovered for 20 minutes, until the chicken is cooked through and the cheese is golden.
- 5 Pour sauce into bowls, and top with the baked strips. Serve with parsley and lemon wedges.

Calories: 320 kcal | Fats: 14 g | Protein: 38 g |  
Carbs: 8 g | Sugar: 5 g | Fiber: 2 g



SERVES 2

10 MIN

35 MIN



# TURKEY ROLL WITH GARLIC AND SPICES

SERVES 2

10 MIN

35 MIN

## Ingredients:

- 1 turkey breast fillet (12 oz/340 g)
- 3 cloves of garlic (0.5 oz/15 g)
- 1 tsp lemon zest (2 g)
- 2 sprigs fresh rosemary (2 g)
- 2 sprigs fresh thyme (1 g)
- 3 fresh sage leaves (1 g)
- 1.5 tbsp olive oil (22 ml)
- Salt and black pepper, to taste
- 2 tbsp fresh parsley (8 g), for serving

## Instructions:

- 1 Rinse the turkey breast under cold water and pat it dry. Peel garlic. Strip rosemary, thyme, and sage leaves. Zest the lemon using a fine grater.
- 2 Finely chop the garlic and fresh herbs. In a small bowl, thoroughly mix them with lemon zest, olive oil, salt, and pepper to make a fragrant rub.
- 3 Slice the turkey fillet horizontally, open it like a book, spread the herb mixture, roll up tightly, and secure firmly with kitchen twine or toothpicks.
- 4 Preheat the oven to 375°F (190°C). Place the turkey roll seam-side down in a baking dish and roast for 25–30 minutes until golden brown.
- 5 Let the roll rest for 5 minutes before slicing. Sprinkle with freshly chopped parsley and serve warm alongside your favorite side dishes.

Calories: 345 kcal | Fats: 18 g | Protein: 42 g | Carbs: 2 g | Sugar: 0 g | Fiber: 1 g



SERVES 2

10 MIN

15 MIN

# SALTIMBOCCA ALLA ROMANA

## Ingredients:

- 2 veal cutlets (12 oz/340 g)
- 2 slices prosciutto (1 oz/30 g)
- 6 fresh sage leaves (0.2 oz/6 g)
- 2 tbsp olive oil (30 ml)
- 0.25 cup dry white wine (60 ml)
- 2 tbsp all-purpose flour (15 g)
- 1 tbsp fresh lemon juice (15 ml)
- 1 sprig fresh rosemary (2 g)
- 1 sprig fresh thyme (1 g)
- Salt and black pepper, to taste

## Instructions:

- 1 Rinse and dry veal cutlets. Season with salt and pepper. Top each with a sage leaf and a prosciutto slice. Lightly dust with flour, shaking off excess.
- 2 Heat the olive oil with the rosemary and thyme in a frying pan over medium heat; fry the prosciutto on each side until golden, then remove with herbs.
- 3 Pour dry white wine into the hot skillet to deglaze, scraping up all browned, flavorful bits. Let the wine reduce by half over medium heat.
- 4 Stir in fresh lemon juice. Taste and adjust seasoning with salt and pepper if needed. Return cutlets to the skillet briefly to warm in the sauce.
- 5 Remove from the heat, garnish with extra fresh sage leaves, and serve hot.

Calories: 360 kcal | Fats: 20 g | Protein: 40 g | Carbs: 3 g | Sugar: 1 g | Fiber: 1 g



# CHICKEN BREAST WITH MANGO SALSA

## Ingredients:

- 2 skinless chicken breast fillets (12 oz/340 g)
- 1 ripe mango (8 oz/225 g)
- 10 cherry tomatoes (6 oz/170 g)
- 2 cups lettuce leaves (2 oz/60 g)
- 1 small red onion (3 oz/85 g)
- 1 tbsp fresh lemon juice (15 ml)
- 2 tbsp olive oil (30 ml)
- Salt and black pepper, to taste
- 2 tbsp fresh parsley (8 g), for serving

SERVES 2



8 MIN



25 MIN



Calories: 350 kcal | Fats: 14 g  
| Protein: 40 g | Carbs: 10 g |  
Sugar: 8 g | Fiber: 3 g

## Instructions:

- 1 Rinse the chicken breasts under cold water and pat them dry with paper towels to remove excess moisture. Peel and dice the mango into small, even cubes. Wash and quarter the cherry tomatoes. Peel and finely chop the red onion. Rinse the lettuce leaves well, then gently dry them.
- 2 In a medium-sized mixing bowl, toss the mango, cherry tomatoes, red onion, lemon juice, 1 tbsp olive oil, salt, and pepper to make the salsa. Set aside at room temperature to let flavors meld.
- 3 Take the remaining 1 tbsp olive oil and brush it evenly over both sides of each chicken breast. Season generously with salt and freshly ground black pepper to enhance the flavor before cooking.
- 4 Preheat the oven to 400°F (200°C). Place the seasoned chicken breasts on a lined baking tray and bake for 20–25 minutes. Cook until the chicken is thoroughly cooked, firm to the touch, and the juices run clear when pierced with a knife or fork, for optimal flavor.
- 5 Place the grilled chicken breasts on top of the fresh lettuce, then spoon a generous amount of the vibrant mango salsa over each piece. Finish by sprinkling freshly chopped parsley over the dish for added color, aroma, and freshness. Serve immediately while the chicken is warm and flavorful.



# Chapter 6

## CHAPTER 6. SNACKS AND DESSERTS

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# SNACKS AND DESSERTS







## CREME BRULEE WITH BERRIES

### Ingredients:

- 4 large egg yolks
- 1 cup unsweetened almond milk (240 ml)
- 1 tsp vanilla extract (5 ml)
- 2 tsp stevia (4 g)
- Sea salt, to taste
- 0.5 cup fresh raspberries (60 g), for serving
- 0.5 cup fresh blueberries (70 g), for serving
- Fresh mint leaves, for serving

SERVES 2



10 MIN



150 MIN



Calories: 175 kcal | Fats: 10 g |  
Protein: 5 g | Carbs: 14 g |  
Sugar: 5 g | Fiber: 2 g

### Instructions:

- 1 Preheat your oven to 325°F (160°C). In a mixing bowl, whisk the egg yolks gently until smooth and creamy. Slowly add the almond milk, pure vanilla extract, powdered stevia, and a pinch of fine sea salt while whisking continuously to combine everything thoroughly and evenly.
- 2 Pour the custard mixture evenly into two small ramekins, ensuring no spills. Place the ramekins carefully in a deep baking dish. Slowly and gently fill the dish with hot water until it reaches halfway up the sides of the ramekins, creating a perfect water bath for even baking.
- 3 Bake the custards in the preheated oven for 35–40 minutes, or until the edges are set but the center still jiggles slightly when gently shaken. Carefully remove ramekins from the water bath and let them cool completely at room temperature for about 15 minutes before serving or chilling.
- 4 Refrigerate the ramekins uncovered for at least 2 hours or until fully chilled and firm to achieve the perfect creamy texture and rich bright flavor before serving chilled.
- 5 Just before serving, sprinkle a thin layer of stevia evenly over each custard and carefully use a kitchen torch to caramelize the top until golden and crisp. Garnish beautifully with fresh raspberries, blueberries, and bright mint leaves for a refreshing touch. Serve immediately.

# AVOCADO CHOCOLATE MOUSSE TOPPED

## Ingredients:

- 1 ripe avocado (7 oz/200 g)
- 1 medium ripe banana (4 oz/115 g)
- 2 tbsp unsweetened cocoa powder (10 g)
- 4 drops liquid stevia (0.6 ml)
- 1 tsp lemon juice (5 ml)
- 0.5 tsp vanilla extract (2.5 ml)
- 2 tbsp blueberries (1 oz/30 g), for serving
- 2 fresh cherries (1 oz/30 g), for serving
- 2 tsp grated dark chocolate (85%+ cocoa, sugar-free) (0.2 oz/6 g), for serving
- 2 fresh mint leaves, for garnish

## Instructions:

- 1 Cut the avocado in half (reserving 2 small pieces), remove the pit, and scoop the flesh into a blender. Peel the banana and add it to the blender.
- 2 Add cocoa powder, lemon juice, stevia, and vanilla extract to the blender with the mixed fresh fruit.
- 3 Blend until smooth and creamy, scraping down the sides as needed. Adjust sweetness to taste.
- 4 Transfer the mousse to two small serving glasses. Cover and refrigerate for 30 minutes to firm up.
- 5 Just before serving, gently top each mousse with cherries, blueberries, a slice of avocado, grated chocolate, and a mint leaf for color and freshness.

Calories: 205 kcal | Fats: 12 g | Protein: 3 g |  
Carbs: 23 g | Sugar: 11 g | Fiber: 7 g



SERVES 2

5 MIN

120 MIN

# REFRESHING ORANGE SORBET

## Ingredients:

- 2 medium oranges (10 oz/280 g)
- 0.5 cup water (120 ml)
- 4 drops liquid stevia (0.6 ml)
- 1 tsp lemon juice (5 ml)
- 0.5 cup plain Greek yogurt (120 g)
- 4 fresh mint leaves, for serving

## Instructions:

- 1 Peel the oranges, removing the peel and as much of the white pith as possible to avoid bitterness. Separate into segments and remove any seeds.
- 2 In a blender, combine the orange segments, water, lemon juice, liquid stevia, and Greek yogurt. Blend on high speed until smooth. Stop and scrape down the sides if needed to ensure even blending.
- 3 Transfer the mixture to a container, smooth the surface, and cover. Freeze for at least 2 hours, stirring every half hour for the perfect consistency.
- 4 Remove sorbet and let stand at room temperature for 5–10 minutes. Use an ice cream scoop to form smooth, round balls of creamy dessert.
- 5 Scoop into bowls or cups and garnish with fresh mint leaves. Serve immediately for a decadent, silky treat with vibrant, fresh fruity contrast throughout.

Calories: 190 kcal | Fats: 7 g | Protein: 7 g |  
Carbs: 20 g | Sugar: 15 g | Fiber: 1 g



SERVES 2

5 MIN

35 MIN

# PIGNOLI COOKIES WITH ALMOND

SERVES 2

10 MIN

15 MIN

Ingredients:

- 0.75 cup almond flour (75 g)
- 1 large egg white (35 g)
- 0.25 tsp almond extract (1.25 ml)
- 0.25 tsp vanilla extract (1.25 ml)
- 1 tsp grated lemon zest (2 g)
- 0.1 tsp ground cinnamon (0.3 g)
- 0.1 tsp ground cardamom (0.3 g)
- 0.1 tsp powdered stevia (1 g)
- 2 tbsp pine nuts (20 g)
- Sea salt, to taste

## Instructions:

- 1 Preheat the oven to 350°F (175°C) to ensure even baking. Line a small baking sheet with parchment paper to prevent sticking.
- 2 In a medium bowl, vigorously whisk the egg white until light and frothy. Then fold in almond flour, almond and vanilla extracts, lemon zest, cinnamon, cardamom, sea salt, and stevia to form a smooth, sticky dough.
- 3 With clean, damp hands, gently shape the dough into 6 evenly sized small balls. Then carefully press pine nuts onto the surface of each ball.
- 4 Place the cookies evenly spaced on the prepared baking sheet. Bake in the preheated oven for 13–15 minutes until they turn lightly golden.
- 5 Remove from oven and let cool for at least 10 minutes before serving.

Calories: 205 kcal | Fats: 17 g | Protein: 7 g | Carbs: 6 g | Sugar: 1 g | Fiber: 2 g



SERVES 2

7 MIN

23 MIN

# CANNOLI WITH RICOTTA CHEESE

Ingredients:

- 0.75 cup ricotta cheese (170 g)
- 2 tbsp shelled pistachios, chopped (20 g)
- 3 tbsp rice flour (24 g)
- 1 tbsp fresh lemon juice (15 ml)
- 1 large egg white (35 g)
- 1 tsp powdered stevia (1 g)
- 0.25 tsp vanilla extract (1.25 ml)
- 1 tbsp olive oil (15 ml)
- 0.25 tsp ground cinnamon (0.6 g)
- 1 tsp finely grated orange zest (2 g)

## Instructions:

- 1 Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper. Prepare 4 clean metal or wooden cannoli tubes (or make tubes from foil).
- 2 Whisk egg white until stiff peaks form. Fold in ricotta, stevia, lemon juice, vanilla, cinnamon, and orange zest until smooth. Chill filling in fridge.
- 3 In a separate bowl, mix rice flour and olive oil to form a pliable dough. Roll out the dough thinly on a floured surface. Cut into 4 rectangles.
- 4 Roll the dough into tubes and grease the seams with water. Bake seam side down 8–10 minutes until golden. Remove tubes while warm. Cool.
- 5 Place ricotta into tubes, garnish with chopped pistachios, and serve.

Calories: 210 kcal | Fats: 13 g | Protein: 9 g | Carbs: 12 g | Sugar: 3 g | Fiber: 1 g





SERVES 2

7 MIN

35 MIN



## CHIA PUDDING WITH BANANA AND ORANGE

Ingredients:

- 3 tbsp chia seeds (45 g)
- 1 medium ripe banana (4 oz/115 g)
- 1 medium orange (5 oz/140 g),
- 1 cup unsweetened almond milk (240 ml)
- 0.5 tsp vanilla extract (2.5 ml)
- 4 drops liquid stevia (0.6 ml)
- Salt, to taste
- 4 fresh mint leaves, for serving

### Instructions:

- 1 Peel the banana and orange using a small knife. Slice the banana evenly and break the orange into neat segments, removing any seeds carefully to avoid bitterness. Discard any tough membranes.
- 2 Place almond milk, vanilla extract, stevia, and a pinch of salt in a blender. Blend until thoroughly smooth and irresistibly creamy for a light, refreshing texture.
- 3 Transfer the mixture to a bowl, add the chia seeds, and stir well to distribute the seeds evenly throughout the liquid. Let it sit for 2–3 minutes, then stir again.
- 4 Refrigerate the mixture for at least 30 minutes. This will allow the chia seeds to swell and turn the mix into a whole pudding. For best results, leave the mixture in the refrigerator for 2-3 hours or overnight.
- 5 Stir the pudding thoroughly before serving. Pour into two glasses or bowls and top with sliced banana and orange. Garnish with fresh mint. Serve immediately.

Calories: 190 kcal | Fat: 7 g | Protein: 5 g |  
Carbs: 28 g | Sugar: 15 g | Fiber: 9 g

## PISTACHIO PANNA COTTA

Ingredients:

- 1 cup unsweetened almond milk (240 ml)
- ½ cup plain low-fat yogurt (4 oz/120 g)
- 3 tbsp shelled pistachios, unsalted (28 g)
- ½ tsp agar-agar powder (1.5 g)
- ½ tsp vanilla extract (2.5 ml)
- 4 drops liquid stevia (0.6 ml)
- Sea salt, to taste

### Instructions:

- 1 Finely chop the pistachios, combine with almond milk in a small saucepan, bring to a gentle simmer, then remove from heat and steep for 2 minutes.
- 2 Strain the milk through a fine mesh sieve into a clean saucepan, pressing gently to extract flavor. Discard the solids or reserve for garnish.
- 3 Add agar-agar powder to the strained milk. Whisk constantly while heating over medium heat until the mixture comes to a light boil. Simmer for 1 minute, stirring continuously to dissolve the agar fully.
- 4 Remove from heat and let cool. Whisk in yogurt, vanilla extract, stevia, and a pinch of sea salt. Stir thoroughly until smooth and well combined.
- 5 Pour the mixture evenly into two serving glasses or molds. Let cool to room temperature, then refrigerate for at least 2 hours until fully set. Serve chilled, topped with chopped pistachios.

Calories: 210 kcal | Fat: 11 g | Protein: 7 g |  
Carbs: 18 g | Sugar: 6 g | Fiber: 2 g



SERVES 2

7 MIN

120 MIN



# CHICKPEA FALAFELS WITH YOGURT

SERVES 2

10 MIN

25 MIN

Ingredients:

- 1 cup cooked chickpeas (165 g)
- 0.25 cup fresh parsley (15 g)
- 0.25 onion (1.4 oz/40 g)
- 0.25 zucchini (1.4 oz/40 g)
- 1 tbsp fresh lemon juice (15 ml)
- 0.5 tsp ground turmeric (1 g)
- 1.5 tbsp olive oil (22 ml)
- 0.25 tsp baking powder (1 g)
- 0.5 cup plain unsweetened plant-based yogurt (120 g)
- 1 tsp fresh thyme leaves (1 g)
- Salt and black pepper, to taste

## Instructions:

- 1 In a food processor, pulse chickpeas, parsley, onion, zucchini, turmeric, lemon juice, baking powder, salt, and pepper until coarsely combined.
- 2 Form mixture into 8 small falafel balls, about 1.5 inches (4 cm) in diameter (scoop about 2 tbsp of the mixture for each falafel and gently roll it).
- 3 Preheat oven to 200°C. Place falafels on a baking sheet, brush with oil, and bake for 18–22 minutes, turning once, until golden. Cool.
- 4 In a small bowl, gently stir fresh thyme leaves into creamy plant-based yogurt. Season with salt and freshly ground black pepper to taste.
- 5 Serve falafels with creamy thyme yogurt sauce and enjoy the warm dish.

Calories: 210 kcal | Fats: 10 g | Protein: 8 g | Carbs: 18 g | Sugar: 3 g | Fiber: 5 g



SERVES 2

20 MIN

12 MIN

# SPINACH PARMESAN PIZZA

Ingredients:

- 0.5 cup flour (60 g)
- 0.25 tsp active dry yeast (0.75 g)
- 0.25 tsp sugar (1 g)
- 1 tbsp olive oil (15 ml)
- 0.16 cup warm water (40 ml)
- 0.5 cup fresh spinach (15 g)
- 1 garlic clove
- 2 tbsp Parmesan cheese (20 g)
- 0.5 tbsp lemon juice (7.5 ml)
- 0.125 tsp turmeric (0.3 g)
- 0.5 tsp dried oregano (0.5 g)
- 0.5 tsp dried basil (0.5 g)
- Salt and black pepper, to taste

## Instructions:

- 1 Dissolve yeast and sugar in warm water. Let sit until foamy, about 5–7 minutes to activate the yeast fully before proceeding gently.
- 2 Mix flour and salt. Add yeast mixture and olive oil, knead into dough for 5 minutes until smooth. Cover and let rise until doubled, about 30 minutes.
- 3 Preheat oven to 450°F (230°C). Roll dough into a 7-inch (18 cm) round. Transfer carefully to a parchment-lined baking sheet for easy removal.
- 4 Combine spinach, garlic, lemon juice, turmeric, oregano, basil, salt, pepper, and olive oil. Spread evenly over dough. Sprinkle Parmesan on top.
- 5 Bake for 10–12 minutes until crust is golden and cheese melted. Serve hot.

Calories: 190 kcal | Fats: 8 g | Protein: 8 g | Carbs: 20 g | Sugar: 2 g | Fiber: 3 g





SERVES 2

10 MIN

10 MIN

## AVOCADO WITH FRIED SHRIMP

Ingredients:

- 2 ripe avocados (14 oz/400 g)
- 4 raw shrimp with shells (3.5 oz/100 g)
- 1 tbsp olive oil (15 ml)
- 1 tsp lemon juice (5 ml)
- 0.5 tsp ground coriander (1 g)
- 0.5 tsp turmeric powder (1 g)
- Coarse salt and black pepper, to taste
- 2 lemon wedges, for serving
- 4 lettuce leaves (0.7 oz/20 g), for serving
- 1 tbsp chopped fresh parsley (4 g), for serving

### Instructions:

- 1 Peel and devein the shrimp: remove shells and tails, then carefully devein by cutting along the back. Rinse thoroughly and pat dry gently with paper towels.
- 2 Cut the avocados in half and remove the pits. Drizzle fresh lemon juice evenly over each half to prevent browning; set aside carefully on a plate.
- 3 Toss the peeled shrimp with ground coriander, turmeric, salt, and pepper until evenly coated.
- 4 Heat olive oil in a skillet over medium-high heat. Fry shrimp for 2 minutes per side until they turn pink and are cooked through, with a slight crispiness.
- 5 Arrange the lettuce leaves on plates. Fill the avocado halves generously with fried shrimp, garnish with fresh parsley and lemon wedges. Serve immediately.

Calories: 200 kcal | Fat: 17 g | Protein: 9 g |  
Carbs: 8 g | Sugar: 1 g | Fiber: 11 g

## ZUCCHINI APPETIZER ROLLS WITH CREAM CHEESE

Ingredients:

- 1 medium zucchini (6 oz/170 g)
- 2 tbsp cream cheese (30 g)
- 1 tbsp plain unsweetened yogurt (15 g)
- 1 small garlic clove
- 1 tsp fresh dill, chopped (1.3 g)
- 1 tsp fresh parsley, chopped (1.3 g)
- 1 tsp fresh lemon balm, chopped (1.3 g)
- 1 tsp lemon juice (5 ml)
- Salt and black pepper, to taste
- 4 fresh mint leaves, for serving

### Instructions:

- 1 Wash and trim the zucchini. Slice it lengthwise into thin ribbons using a sharp vegetable peeler or mandoline. You should get about 8 long slices.
- 2 Lightly salt the zucchini slices on both sides and let them rest for a few minutes to soften slightly. Pat dry with paper towels to remove excess moisture.
- 3 In a small bowl, mix cream cheese, yogurt, minced garlic, lemon juice, and chopped herbs. Season with salt and pepper to taste, then stir until smooth.
- 4 Spread a thin layer of the herb cheese filling over each zucchini slice. Roll up tightly into neat spirals.
- 5 Arrange the rolls on a serving plate. Garnish with fresh mint leaves and serve slightly chilled or at room temperature for the best flavor and texture.

Calories: 190 kcal | Fat: 14 g | Protein: 6 g |  
Carbs: 7 g | Sugar: 4 g | Fiber: 1 g



SERVES 2

5 MIN

10 MIN

# SPICY BAKED SWEET POTATOES

SERVES 2

10 MIN

40 MIN

Ingredients:

- 2 medium sweet potatoes (14 oz/400 g)
- 1 tbsp olive oil (15 ml)
- 0.5 tsp ground turmeric (1 g)
- 0.5 tsp smoked paprika (1 g)
- 0.5 tsp ground coriander (1 g)
- 1 tsp dried oregano (1 g)
- Sea salt and freshly ground black pepper, to taste
- 1 tbsp fresh lemon juice (15 ml)
- 1 tsp fresh rosemary (1 g), for serving

## Instructions:

- 1 Preheat oven to 400°F (200°C). Wash sweet potatoes thoroughly and pat dry. This promotes even cooking and deeper caramelization.
- 2 Cut the sweet potato into thick wedges. In a bowl, toss with olive oil, turmeric, paprika, coriander, oregano, salt, and pepper gently and thoroughly for enhanced flavor and color until evenly coated.
- 3 Spread seasoned sweet potatoes in a single layer on a baking sheet lined with parchment paper. Bake for 35–40 minutes, turning halfway.
- 4 When the sweet potatoes are tender and lightly browned, remove from the oven and drizzle with fresh lemon juice. Toss gently and thoroughly.
- 5 Garnish the dish generously with freshly chopped rosemary leaves to enhance the aroma and flavor, then serve it warm to enjoy the best taste.

Calories: 200 kcal | Fats: 7 g | Protein: 2 g | Carbs: 33 g | Sugar: 7 g | Fiber: 5 g



SERVES 2

20 MIN

20 MIN

# MINI PIZZA WITH EGGPLANT

Ingredients:

- 1 medium eggplant (9 oz/250 g)
- Ground turkey (5 oz/150 g)
- 1 small tomato (3.5 oz/100 g)
- 0.5 cup shredded mozzarella cheese (56 g)
- 0.25 tsp ground turmeric (0.6 g)
- 1 tbsp olive oil (15 ml)
- 0.5 tsp dried oregano (0.5 g)
- 0.5 tsp dried basil (0.5 g)
- 1 tbsp fresh lemon juice (15 ml)
- Salt and black pepper, to taste
- Fresh basil (2 g), for serving

## Instructions:

- 1 Preheat oven to 400°F (200°C). Slice eggplant into 6 rounds, brush with olive oil, sprinkle with turmeric, salt, and pepper. Place on a baking sheet.
- 2 Roast eggplant slices for 10 minutes until slightly tender and golden brown. Heat a nonstick skillet over medium heat to cook the turkey.
- 3 Cook ground turkey with oregano, basil, salt, and pepper until browned. Stir in diced tomatoes and lemon juice; cook until sauce thickens.
- 4 Spoon turkey mixture evenly onto each eggplant slice. Top with shredded mozzarella. Return to oven and bake until cheese melts and bubbles.
- 5 Remove from oven, garnish with fresh basil leaves, and serve warm.

Calories: 205 kcal | Fats: 11 g | Protein: 18 g | Carbs: 8 g | Sugar: 4 g | Fiber: 3 g



# FRESH STUFFED FIGS

## Ingredients:

- 6 fresh figs (10–12 oz / 280–340 g)
- 3 oz (85 g) goat cheese
- 4 slices prosciutto (about 2 oz / 60 g)
- 0.25 cup (30 g) chopped walnuts
- 1 tsp dried oregano (0.3 g)
- 1 tbsp lemon juice (15 ml)
- 1 tbsp maple syrup (15 ml)
- Fresh parsley or oregano, chopped, for serving

SERVES 2

5 MIN

6 MIN

Calories: 210 kcal | Fats: 14 g  
| Protein: 9 g | Carbs: 10 g |  
Sugar: 8 g | Fiber: 2 g

## Instructions:

- 1 Rinse the fresh figs gently under cold water to remove any dirt or residue. Pat them dry thoroughly with paper towels to avoid excess moisture. Using a sharp knife, carefully cut each fig crosswise, making sure not to cut all the way through to keep the halves attached like little boats.
- 2 Using a small spoon or butter knife, scoop and spread a generous amount of creamy goat cheese mixture into the cut surface of each fig half, filling the pocket evenly and smoothly.
- 3 Take a slice of prosciutto and fold or tear it into smaller pieces if needed, then place it gently over the goat cheese on each fig half, covering the cheese completely to add a savory, salty layer.
- 4 Sprinkle chopped walnuts over the prosciutto, then add a light dusting of dried oregano or fresh chopped herbs for aroma and freshness. Drizzle the lemon juice evenly over all figs to add a bright, tangy note, and finish with a drizzle of maple syrup to balance flavors with gentle sweetness.
- 5 Arrange the prepared figs neatly on a serving plate, and optionally garnish with additional fresh parsley or oregano leaves for color and fragrance. Serve immediately to enjoy the delightful contrast of creamy cheese, salty prosciutto, crunchy nuts, and sweet-tart figs at their freshest.



*Bonus*

# Chapter 7

## CHAPTER 5. POULTRY AND MEAT

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# CALMING DRINKS





# BERRY SMOOTHIE



## Ingredients:

- 0.25 cup fresh blueberries (1.4 oz/40 g)
- 0.25 cup fresh raspberries (1.2 oz/35 g)
- 0.25 cup fresh strawberries (1.8 oz/50 g)
- 0.5 medium banana (1.8 oz/50 g)
- 1 cup oat milk (240 ml)
- 0.5 tsp fresh lemon juice (2.5 ml)
- 6 ice cubes

## Instructions:

- 1 Place all ingredients in a blender.
- 2 Blend on high speed for 30–40 seconds until creamy and smooth. Pour into glasses and serve immediately.

Calories: 105 | Fats: 2 g | Protein: 2 g | Carbs: 21 g | Sugar: 12 g | Fiber: 4 g



# CHOCOLATE SMOOTHIE



## Ingredients:

- 1 medium banana (3.5 oz/100 g)
- 1 cup oat milk (240 ml)
- 1 tbsp unsweetened cocoa powder (8 g)
- 0.5 tsp vanilla extract (2.5 ml)
- 0.25 tsp ground cinnamon (0.8 g)
- 6 ice cubes

## Instructions:

- 1 Place banana, oat milk, cocoa powder, vanilla extract, cinnamon, and ice cubes in a blender.
- 2 Blend on high speed for 30–40 seconds until smooth and creamy. Pour into glasses and enjoy immediately.

Calories: 110 | Fats: 2 g | Protein: 2 g | Carbs: 23 g | Sugar: 11 g | Fiber: 4 g



# IMMUNE BOOSTER DRINK



## Ingredients:

- 1 cinnamon stick (0.1 oz/3 g)
- 2 cups water (480 ml)
- 2 whole cloves (0.2 g)
- 0.5 lemon (1.8 oz/50 g)
- Fresh ginger root (0.4 oz/10 g)
- Fresh turmeric root (0.4 oz/10 g)
- 8 fresh mint leaves (0.1 oz/2 g)
- 1 tsp honey (7 g)

## Instructions:

- 1 Add ginger, turmeric, mint, cinnamon, and cloves to a small saucepan with water. Bring to a boil, then simmer for 5–7 minutes.
- 2 Strain into mugs, stir in lemon juice and honey, and serve warm.

Calories: 45 | Fats: 0 g | Protein: 0 g | Carbs: 11 g | Sugar: 6 g | Fiber: 1 g





SERVES 2

5 MIN

2 MIN

## MANDARIN AND TURMERIC SMOOTHIE

Ingredients:

- 2 medium mandarins (6 oz/170 g)
- 0.3 medium banana (1.7 oz/50 g)
- 0.3 cup oat milk (80 ml)
- 0.5 tsp turmeric powder (2 g)
- 1 tsp lemon juice (5 ml)
- 1 tsp plant-based yogurt (15 g)
- 1 tsp rolled oats (6 g)

### Instructions:

- 1 Wash the mandarins and banana thoroughly under cool running water. Gently scrub the skins with your hands or a produce brush. Pat dry with a clean towel.
- 2 Peel the mandarins and separate them into individual segments. Remove any visible seeds and as much of the white pith as possible. Peel the banana and break it into a few chunks for more effortless blending.
- 3 Place the prepared mandarins and banana into a blender. Pour in the oat milk and add the turmeric powder. Blend on high speed for 30–40 seconds.
- 4 Stop the blender and add the lemon juice, plant-based yogurt, and rolled oats. These ingredients will add creaminess and body to the smoothie.
- 5 Blend again for another 20–30 seconds until the mixture is creamy and uniform. Pour into a glass and serve immediately while fresh.

Calories: 119 | Fats: 2 g | Protein: 2 g |  
Carbs: 25 g | Sugar: 13 g | Fiber: 3 g

## MASALA MILK TEA

Ingredients:

- 1 cup oat milk (240 ml)
- 1 cup water (240 ml)
- 2 tsp loose black tea leaves (4 g)
- 1 tsp fresh ginger, grated (2 g)
- 1 small cinnamon stick (2 g)
- 2 green cardamom pods, lightly crushed (0.5 g)
- 2 whole cloves (0.2 g)
- 1 pinch ground nutmeg (0.05 g)
- 2 tsp honey (14 g)

### Instructions:

- 1 Pour the water and oat milk into a small saucepan. Place over medium heat and bring to a gentle simmer, stirring occasionally to prevent burning.
- 2 Add the tea leaves, grated ginger, cinnamon stick, cardamom pods, and cloves. Stir briefly to combine.
- 3 Reduce the heat to low and let the mixture simmer gently for 5–7 minutes, allowing the spices and tea to infuse fully and develop a rich, aromatic flavor.
- 4 Add the nutmeg and stir well. Remove the saucepan from the heat, letting the flavors meld together.
- 5 Strain the tea into cups to remove the spices and tea leaves. Stir in honey until fully dissolved, adjusting sweetness to taste. Serve warm and enjoy.

Calories: 62 | Fats: 1 g | Protein: 1 g |  
Carbs: 14 g | Sugar: 12 g | Fiber: 0 g



SERVES 2

5 MIN

10 MIN



SERVES 2

7 MIN

2 MIN

## AN ORANGE CARROT AND MANGO SMOOTHIE

Ingredients:

- 1 medium orange (5.3 oz/150 g)
- 1 medium carrot (2.8 oz/80 g)
- 0.5 medium mango (3.5 oz/100 g)
- 0.5 cup water (120 ml)
- 0.5 tsp ground turmeric (2 g)
- 2 tsp plant-based yogurt (30 g)
- 2 tsp honey (14 g)
- 1 tsp lemon juice (5 ml)

### Instructions:

- 1 Wash the orange, carrot, and mango thoroughly under cool running water. Scrub the carrot with a vegetable brush if needed and pat all ingredients dry.
- 2 Peel the orange and remove any visible seeds and white pith. Peel the carrot and cut it into small chunks. Peel the mango, remove the pit, and cut the flesh into cubes, ensuring even pieces for smooth blending.
- 3 Place the orange, carrot, mango, and water into a blender. Add the turmeric. Blend on high speed for 40–50 seconds until smooth and creamy.
- 4 Stop the blender and add the plant-based yogurt, honey, and lemon juice. Blend again for 15–20 seconds until creamy, smooth, and well-incorporated.
- 5 Pour into glasses and serve immediately for the freshest flavor, enhancing its bright, vibrant, and naturally refreshing taste and aroma.

Calories: 92 | Fats: 1 g | Protein: 1 g |  
Carbs: 21 g | Sugar: 16 g | Fiber: 3 g

## CALMING HOUR WITH CHAMOMILE AND ROSE HIPS

Ingredients:

- 1 tbsp dried rose hips (8 g)
- 1 tbsp dried chamomile flowers (4 g)
- 1 tbsp fresh mint leaves (2 g)
- 2 cups water (480 ml)
- 2 tsp honey (14 g)
- 2 lemon slices (1 oz/30 g)

### Instructions:

- 1 Pour the water into a small saucepan and bring it to a gentle boil over medium heat, letting it warm slowly. Keep an eye on it so it doesn't bubble too fast, as a mild simmer keeps the taste clean.
- 2 Add dried rose hips and chamomile flowers. Stir gently to submerge. Lower the heat and let the tea simmer for 7–8 minutes, drawing out the tang of rose hips and the soft floral notes of chamomile.
- 3 Remove from heat and add fresh mint leaves. Press them lightly to release their oils and refreshing herbal aroma, then cover and let steep for 2 minutes so the flavors blend into a fragrant balance.
- 4 Strain tea into cups. Stir in honey while warm so it melts completely, adding smooth sweetness that complements the gentle herbal taste.
- 5 Garnish each cup with a lemon slice. Serve right away, enjoying the warmth, aroma, gentle sweetness, and calm in every soothing sip.

Calories: 27 | Fats: 0 g | Protein: 0 g |  
Carbs: 7 g | Sugar: 6 g | Fiber: 0 g



SERVES 2

5 MIN

10 MIN

# TURMERIC LATTE

2 MIN

7 MIN

## Ingredients:

- 2 cups coconut milk (480 ml)
- 0.5 tsp grated fresh ginger (1.5 g)
- 0.5 tsp vanilla extract (2.5 ml)
- 0.1 tsp ground black pepper (0.2 g)
- 1 tsp ground turmeric (3 g)
- 0.25 tsp ground cinnamon (0.8 g)
- 2 tsp honey (14 g)

## Instructions:

- 1 Combine all ingredients in a small saucepan over medium heat.
- 2 Whisk constantly until hot but not boiling, 4–5 minutes. Pour into mugs and serve warm.

Calories: 115 | Fats: 7 g | Protein: 1 g | Carbs: 12 g | Sugar: 9 g | Fiber: 1 g



# HIBISCUS TEA WITH APPLE

2 MIN

7 MIN

## Ingredients:

- 2 tbsp dried hibiscus flowers (6 g)
- 0.5 medium apple (2.6 oz/ 75 g)
- 2 cups water (480 ml)
- 0.25 tsp ground cinnamon (0.8 g)
- 2 tsp honey (14 g)

## Instructions:

- 1 Wash the apple, remove the seeds, and cut it into small pieces.
- 2 In a small saucepan, combine hibiscus flowers, apple slices, cinnamon, and water. Bring to a boil, then simmer for 5–7 minutes.
- 3 Strain into mugs, stir in honey (if using), and serve warm or chilled.

Calories: 60 | Fats: 0 g | Protein: 0 g | Carbs: 16 g | Sugar: 13 g | Fiber: 1 g

# GREEN SMOOTHIE

5 MIN

NONE

## Ingredients:

- 1 medium kiwi (2.8 oz/80 g)
- 0.5 medium apple (2.6 oz/75 g)
- 1 tbsp lemon juice (15 ml)
- 1 cup fresh spinach leaves (30 g)
- 0.25 cup fresh mint leaves (5 g)
- 0.5 cup cold water (120 ml)
- 6–8 ice cubes

## Instructions:

- 1 Wash the kiwi and apple thoroughly. Peel and chop the kiwi; core and chop the apple.
- 2 Place all ingredients in a blender and blend on high speed for 30–40 seconds until smooth. Pour into glasses and serve immediately.

Calories: 75 | Fats: 0 g | Protein: 1 g | Carbs: 18 g | Sugar: 11 g | Fiber: 4 g



# Chapter 8

## WEEK-BY-WEEK FOCUS

### YOUR 28-DAY PLAN: A SIMPLE PATH TO LIVER HEALTH

By now, you've seen how **the Mediterranean way is not a diet of denial – it's a return to balance**, warmth, and care. This chapter brings it all together. A 28-day plan – transparent but flexible, simple but full of taste – designed to help you follow through without pressure.

#### HOW TO USE THIS PLAN

The Mediterranean table reminds us that healing doesn't have to be complicated. It can be full of flavor, shared in quiet joy, and deeply rooted in everyday nourishing life.

#### Focus on calming

Each day is shaped by small but steady rituals: three balanced meals that nourish without overloading, at least one cooked vegetable at each mealtime, and hydrating drinks that bring clarity, enough for healing.

#### Week 1: Gentle Reset and Preparation

The first week offers a gentle transition.

Avoid dairy, sauces, and fried foods. Focus on warm meals – broths, soft grains, lentils, and stews with garlic, lemon, and herbs. Prioritize hydration over stimulation. Go to bed a little earlier – this week sets the tone.

#### 21 Days: Mediterranean Rhythm for Liver

Now, the structure starts to take shape. Incorporate olive oil, nuts, and yogurt or kefir. Introduce gentle proteins such as fish, eggs, and legumes. Keep dinners light. Not perfection – steady, quiet progress.

#### MEDITERRANEAN LIVER-FRIENDLY PANTRY

When the goal is to care for a fatty liver, having a small supply of key Mediterranean foods can be beneficial.

Keep these ingredients close at hand; they make cooking easier and support liver health on a daily basis.

- 1 **Vegetables and greens** offer softness, sweetness, light fiber, soothing digestion, and refreshing.
- 2 **Aromatics and citrus** add depth and clarity. Garlic, red onion, leek, lemons, and oranges help stimulate digestion and cleanse naturally.
- 3 **Whole grains**, such as quinoa, buckwheat, bulgur, and millet, provide slow energy and a gentle texture.
- 4 **Protein sources** such as sardines, white fish, eggs, lentils, and Greek yogurt are rich in protein.
- 5 **Healthy fats**, such as olive oil, tahini, almonds, and walnuts, help reduce inflammation, aid in nutrient absorption, and support hormone balance.
- 6 **Herbs** enhance flavors and create a balanced taste.
- 7 **Hydrating options** keep the body refreshed and supported throughout the day.

**Even the smallest habits can anchor your days:** pausing for meals with care, cooking vegetables gently, sipping herbal tea to ease cravings, moving slowly after eating, and finding a quiet moment to restore. These simple gestures support your liver every day.



# CREATING A GENTLE FRAMEWORK FOR MIND AND BODY

When there is rhythm, food becomes support.

When the day starts with a loose plan, meals naturally find their place within the flow. Food no longer demands attention every hour; instead, it becomes a steady, comforting background.

## HOW TO STOP THINKING ABOUT FOOD ALL DAY

Choosing early in the day lifts the weight of constant food-related decisions. When lunch is roughly planned and dinner feels approachable, the body naturally relaxes more fully. Regularity gently helps your liver restore itself calmly, steadily, and rhythmically.

### Decide in the morning

Morning is a quiet moment to choose yourself. A small step – packing a snack, filling a water bottle, deciding what to cook – offers grounding and clarity. With a few quiet actions, the day softly opens with calm and ease.

### Rest in the evening

Evenings tend to have a quieter, slower energy.

Instead of scrolling through chaos, try enjoying a warm cup of tea, taking a moment to reflect, or doing a quick stretch by candlelight. When the day ends with gentle care and steadiness, sleep comes easily, and the body unwinds.

### Lists take away the noise

A thoughtful list clears the mind of endless decisions. What to buy at the store? What to cook midweek? How to keep meals light yet satisfying? And what brings quiet joy today? A single list provides direction without pressure.

## SUPPORT YOURSELF BY TRACKING PROGRESS

You've made changes – some tiny, some brave – and yet, it's easy to feel like nothing has shifted. That's why tracking matters. It helps anchor your attention not only to what needs improvement but to what already works.

**A note on paper becomes proof: something is changing**, because you're showing up again and again.

From a psychological perspective, progress tracking strengthens commitment and reinforces self-confidence. It gradually reduces negative self-talk, fosters emotional stability, and gently redirects your focus back to the present moment rather than on a distant thought.

## CHOOSE WHAT SUITS YOUR RHYTHM

- 1 **Evening sentence** – Write one complete sentence each night about what helped today.
- 2 **Simple checkmark table** – Weekly boxes for tracking meals, water intake, walking, and rest.
- 3 **Photo log** – A gentle way to observe care growing.
- 4 **Gratitude jar or memory box** – Short notes about kind moments, helpful thoughts, or mini-successes.
- 5 **Monthly calendar with symbols** – Use symbols to mark good choices, energy levels, cravings, or mood.
- 6 **Habit-themed notebook** – A small notebook for weekly reflections: what was difficult, what was helpful, and what changed.

The message is that every step deserves recognition.

## QR CODE: A SHORTCUT TO SIMPLICITY

When meals are planned, the fridge is stocked, and decisions are easier, your energy can focus on recovery. That's why we've added a QR code to your shopping list.



Scan it, and you'll open a complete, organized list of all the ingredients for the week – arranged by category, designed to help you shop quickly, clearly, and with a calm head. No need to rewrite, recalculate, or double-check. It's ready when you are.

You open your phone, see the list, and act – simply, steadily. With each easy step, you're showing yourself that care can be practical.

**A routine isn't a restriction. It's kindness that repeats until it becomes your way.**

# MEAL PLAN FOR WEEK 1

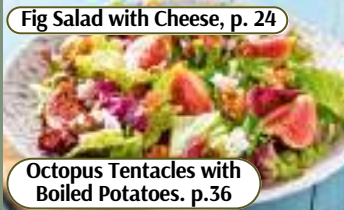
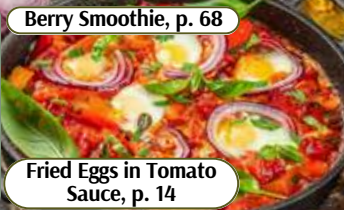
## BREAKFAST

## LUNCH

## DINNER

## SNACK

SUNDAY



Fried Eggs in Tomato Sauce, p. 14

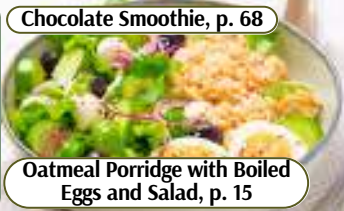
Octopus Tentacles with Boiled Potatoes, p.36

Roasted Meat and Vegetables, p. 49

Chickpea Falafels with Yogurt, p. 62

Calories: 2 085 | Fats: 117 g | Protein: 109 g | Carbs: 132 g | Sugar: 47 g | Fiber: 33 g

MONDAY



Oatmeal Porridge with Boiled Eggs and Salad, p. 15

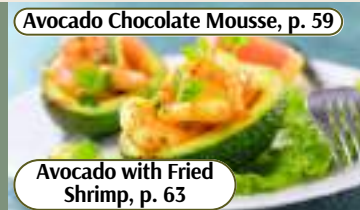
Gazpacho Green Fresh Cold Summer Soup, p. 25

Grilled Chicken Breast with Mango Salsa, p. 55

Zucchini Appetizer Rolls with Cream Cheese, p. 63

Calories: 1 985 | Fats: 125 g | Protein: 101 g | Carbs: 98 g | Sugar: 45 g | Fiber: 27 g

TUESDAY



Spinach Pancakes with Salmon, p. 15

Turkey Breast Stuffed with Spinach and Cheese, p. 48

Squid Stuffed with Vegetables, p. 39

Avocado with Fried Shrimp, p. 63

Calories: 2 040 | Fats: 111 g | Protein: 120 g | Carbs: 137 g | Sugar: 41 g | Fiber: 41 g

WEDNESDAY



Egg Omelette with Asparagus, p. 16

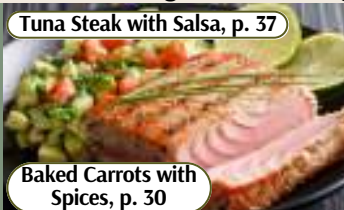
Vitello Tonnato with Caper and Lemon Zest, p. 49

Green Beans with Cottage Cheese, p. 26

Mini Pizza with Eggplant, p. 64

Calories: 2 025 | Fats: 255 g | Protein: 144 g | Carbs: 88 g | Sugar: 22 g | Fiber: 26 g

THURSDAY



Oat Porridge with Berries, p. 16

Baked Carrots with Spices, p. 30

Salad with Mussels, Arugula and Tomatoes, p. 31

Cannoli with Ricotta Cheese, p. 60

Calories: 2 105 | Fats: 112 g | Protein: 125 g | Carbs: 141 g | Sugar: 60 g | Fiber: 30 g

FRIDAY



Nutritious Breakfast with Salmon, p. 17

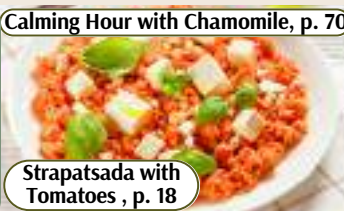
Baked White Cauliflower with Spices, p. 32

Shrimp Avocado Salad with Lettuce and Arugula, p. 27

Chia Pudding with Banana and Orange, p. 61

Calories: 2 080 | Fats: 110 g | Protein: 113 g | Carbs: 158 g | Sugar: 40 g | Fiber: 41 g

SATURDAY



Strapatsada with Tomatoes, p. 18

Roasted Atlantic Salmon over Seasonal Vegetables, p. 39

Grilled Salmon Steak with Garden Vegetables, p. 40

Spinach Parmesan Pizza, p. 62

Calories: 2 090 | Fats: 110 g | Protein: 133 g | Carbs: 136 g | Sugar: 40 g | Fiber: 26 g

# SHOPPING LIST

for Week 1

## Meat & Fish

- Chicken breast 10 oz / 280 g
- Veal tenderloin 10 oz / 280 g
- Ground turkey 14 oz / 400 g
- Turkey breast fillet 12 oz / 340 g
- Turkey Breast 10 oz / 280 g
- Fresh tuna steak 8 oz / 225 g
- Dorado 10 oz / 280 g
- Tilapia fillets 12 oz / 340 g
- Halibut fillets 10 oz / 280 g
- Salmon fillet 7 oz / 200 g
- Lightly salted salmon 4 oz / 115 g
- Cod fillets 18.5 oz / 520 g
- Hake fillets 10 oz / 280 g
- Shrimp 25.5 oz / 725 g
- Mussels in shells 30 oz / 850 g
- Anchovy fillets 0.6 oz / 16 g
- Canned tuna in oil 4 oz / 115 g

## Eggs & Dairy

- Eggs large 13
- Egg yolks 0.7 oz / 20 g
- Egg white 2.4 oz / 70 g
- Quail eggs 5 oz / 140 g
- Goat cheese 2 oz / 55 g
- Feta cheese 2 oz / 55 g
- Ricotta cheese 6 oz / 170 g
- Soft cream cheese 4 oz / 115 g
- Cream cheese 1 oz / 30 g
- Cottage cheese 7 oz / 200 g
- Greek yogurt 2 oz / 60 g
- Plain yogurt 3.2 oz / 90 g
- Plain low-fat yogurt 4 oz / 120 g
- Unsweetened almond milk 18 oz / 540 g
- Oat milk 8 oz / 240 g
- Plant-based milk 8 oz / 240 g
- Low-fat cream 4 oz / 120 g
- Shredded mozzarella cheese 2 oz / 56 g

## Vegetables

- Zucchini 13.4 oz / 380 g
- Eggplant 9 oz / 250 g
- Cucumber 26 oz / 740 g
- Sweet potato 38 oz / 1065 g
- Potato 6 oz / 170 g
- Pumpkin 7 oz / 200 g
- Cauliflower 21 oz / 600 g
- Broccoli florets 3.5 oz / 100 g
- Carrots 22 oz / 625 g
- Red bell pepper 4 oz / 115 g
- Yellow bell pepper 4 oz / 115 g
- Onion 9.2 oz / 260 g
- Garlic 1.4 oz / 40 g
- Cherry tomatoes 26.6 oz / 755 g
- Tomatoes 20.3 oz / 575 g
- White onion 2.5 oz / 70 g
- Red onion 5 oz / 140 g

- Lettuce leaves 2.8 oz / 80 g
- Romaine lettuce 1 oz / 30 g
- Swiss chard 1 oz / 30 g
- Arugula leaves 4.2 oz / 120 g
- Spinach leaves 6.9 oz / 195 g
- Celery stalks 4 oz / 120 g
- Green beans 10.5 oz / 300 g
- Microgreens 1.3 oz / 37 g
- Radishes 3 oz / 85 g
- Green onion 0.6 oz / 17 g

## Fruits

- Banana 11.8 oz / 334 g
- Avocado 31.6 oz / 896 g
- Lemon 6.7 oz / 190 g
- Lime 4 oz / 115 g
- Orange 9.8 oz / 280 g
- Cherry 1 oz / 30 g
- Figs 6 oz / 170 g
- Blueberries 3.5 oz / 100 g
- Pomegranate seeds 1.6 oz / 45 g

## Pantry & Dry Items

- Oat flour 0.7 oz / 20 g
- Flour 2.1 oz / 60 g
- Almond flour 6.7 oz / 190 g
- Rice 1.8 oz / 50 g
- Orzo pasta 2.5 oz / 70 g
- Ditalini pasta 2.5 oz / 70 g
- Pistachios 1.7 oz / 48 g
- Pine nuts 1.4 oz / 40 g
- Walnuts 1.8 oz / 50 g
- Hazelnuts 0.5 oz / 14 g
- Capers 1.1 oz / 30 g
- Sesame seeds 0.3 oz / 9 g
- Almonds 0.35 oz / 10 g
- Agar-agar powder 0.05 oz / 1.5 g
- Black olives 1 oz / 30 g
- Pitted olives 0.5 oz / 15 g
- Dark chocolate 0.2 oz / 6 g
- Bay leaf 2 pcs

## Oils and Sauces

- Coconut milk 5.5 oz / 165 ml
- Olive oil 21.7 oz / 643 ml
- Balsamic vinegar 0.3 oz / 10 ml
- Red wine vinegar 0.5 oz / 15 ml
- Dijon mustard 0.2 oz / 5 g
- Vanilla extract 0.35 oz / 10 ml
- Almond extract 0.04 oz / 1.25 ml

## Sweeteners

- Honey 0.25 oz / 7 g
- Sugar 0.035 oz / 1 g
- Stevia 0.23 oz / 6.6 g
- Powdered stevia 0.07 oz / 2 g
- Liquid stevia 0.02 oz / 0.6 ml



# MEAL PLAN FOR WEEK 2

	BREAKFAST	LUNCH	DINNER	SNACK
<b>SUNDAY</b>	<p>Turmeric Latte, p. 71</p>  <p>Tuna with Fresh Vegetables, p. 18</p>	<p>Fresh Greek Salad, p. 29</p>  <p>Minestrone with Pasta, p. 28</p>	<p>Traditional BBQ Sirloin Steak, p. 52</p>  <p>Shrimp Avocado Salad with Lettuce and Arugula, p. 27</p>	<p>Chocolate Smoothie, p. 68</p>  <p>Chickpea Falafels with Yogurt, p. 62</p>
Calories: 2 020   Fats: 109 g   Protein: 119 g   Carbs: 128 g   Sugar: 37 g   Fiber: 38 g				
<b>MONDAY</b>	<p>Hibiscus Tea with Apple, p. 71</p>  <p>Pancakes with Spinach and Sour Cream, p. 19</p>	<p>Delicious Chicken Piccata, p. 51</p>  <p>Salad with Mussels, Arugula and Tomatoes, p. 31</p>	<p>Mashed Sweet Potatoes, p. 29</p>  <p>Turkey Roll with Garlic and Spices, p. 54</p>	<p>Spinach Parmesan Pizza, p. 62</p>  <p>Mandarin and Turmeric Smoothie, p. 69</p>
Calories: 2 009 ккал   Fats: 95 г   Protein: 135 г   Carbs: 141 г   Sugar: 40 г   Fiber: 23 г				
<b>TUESDAY</b>	<p>Green Smoothie, p. 71</p>  <p>Creamy Green Shakshuk, p. 19</p>	<p>Salmon and Vegetable Soup, p. 33</p>  <p>Garlic Butter Mussels with Lemon Zest, p. 43</p>	<p>Green Beans with Cheese, p. 26</p>  <p>Baked Mackerel with Brussels Sprouts, p. 43</p>	<p>Mini Pizza with Eggplant, p. 64</p>  <p>Fresh Stuffed Figs, p. 65</p>
Calories: 2 030   Fats: 118 g   Protein: 149 g   Carbs: 79 g   Sugar: 26 g   Fiber: 21 g				
<b>WEDNESDAY</b>	<p>Berry Smoothie, p. 68</p>  <p>Breakfast with Shrimps and Quail Eggs, p. 20</p>	<p>Halibut with Fresh Fruit Salsa, p. 41</p>  <p>Spiralized Courgette with Avocado and Tomato, p. 25</p>	<p>Baked Hake with Vegetables, p. 41</p>  <p>Fig Salad with Cheese and Walnuts, p. 24</p>	<p>Spicy Baked Sweet Potatoes, p. 64</p>  <p>Chia Pudding with Banana and Orange, p. 61</p>
Calories: 2 070   Fats: 115 g   Protein: 111 g   Carbs: 133 g   Sugar: 60 g   Fiber: 40 g				
<b>THURSDAY</b>	<p>Chocolate Smoothie, p. 68</p>  <p>Pumpkin Waffles with Fried Egg, p. 21</p>	<p>Fresh Salmon Salad, p. 26</p>  <p>Grilled Chicken Breast with Mango Salsa, p. 55</p>	<p>Saltimbocca alla Romana, p. 54</p>  <p>Tilapia with Spinach and Capers, p. 44</p>	<p>Green Smoothie, p. 71</p>  <p>Crepe Brulee with Berries, p. 58</p>
Calories: 1 940   Fats: 106 g   Protein: 195 g   Carbs: 83 g   Sugar: 39 g   Fiber: 22 g				
<b>FRIDAY</b>	<p>Immune Booster Drink, p. 68</p>  <p>French Omelette with Salmon, p. 21</p>	<p>Mashed Sweet Potatoes, p. 29</p>  <p>Chicken with Mushroom and Cream Cheese, p. 53</p>	<p>Baked Carrots with Spices, p. 30</p>  <p>Red Snapper with Pineapple Pico de Gallo, p. 45</p>	<p>Avocado with Fried Shrimp, p. 63</p>  <p>Pistachio Panna Cotta, p. 61</p>
Calories: 2 110   Fats: 117 g   Protein: 113 g   Carbs: 138 g   Sugar: 50 g   Fiber: 32 g				
<b>SATURDAY</b>	<p>Mandarin Smoothie, p. 69</p>  <p>Fried Eggs in Tomato Sauce, p. 14</p>	<p>White Bean and Fish Soup, p. 32</p>  <p>Baked Dorado with Lemon, p. 42</p>	<p>Baked Chicken in Sauce, p. 53</p>  <p>Fresh Raspberry Salad with Avocado, p. 28</p>	<p>Avocado Chocolate Mousse, p. 59</p>  <p>Zucchini Appetizer Rolls with Cream Cheese, p. 63</p>
Calories: 2 031   Fats: 114 g   Protein: 141 g   Carbs: 100 g   Sugar: 39 g   Fiber: 32 g				

# SHOPPING LIST

for Week 2

## Meat & Fish

- Fresh tuna steak 8 oz / 225 g
- Raw shrimp 17.5 oz / 495 g
- Chicken breast fillet 54 oz / 1530 g
- Turkey breast fillet 12 oz / 340 g
- Salmon fillet 15 oz / 425 g
- Fresh mussels in shells 30 oz / 850 g
- Fresh mackerel 12 oz / 340 g
- Ground turkey 5 oz / 150 g
- Prosciutto 3 oz / 90 g
- Halibut fillets 10 oz / 280 g
- Hake fillets 10 oz / 280 g
- Tilapia fillets 12 oz / 340 g
- Veal cutlets 12 oz / 340 g
- Cod fillets 8.5 oz / 240 g
- Whole dorado 10 oz / 280 g
- Red snapper 10 oz / 280 g
- Salted salmon 4 oz / 115 g

## Eggs & Dairy

- Eggs large 13
- Quail eggs 5 oz / 140 g
- Feta cheese 6 oz / 170 g
- Plain low-fat yogurt 4.8 oz / 135 g
- Low-fat sour cream 1.6 oz / 45 g
- Mozzarella cheese, shredded 2 oz / 56 g
- Cottage cheese (0–2% fat) 7 oz / 200 g
- Goat cheese 5 oz / 145 g
- Cream cheese 2.1 oz / 60 g
- Parmesan cheese 1.8 oz / 50 g

## Vegetables

- Cucumber 19 oz / 540 g
- Cherry tomatoes 41 oz / 1165 g
- Lettuce leaves 6.3 oz / 180 g
- Carrots 26 oz / 740 g
- Celery 2 oz / 60 g
- Onion 19.9 oz / 565 g
- Garlic 1 oz / 30 g
- Zucchini 27.4 oz / 780 g
- Potato 22 oz / 620 g
- Tomatoes 46.8 oz / 1325 g
- Red onion 5.9 oz / 165 g
- Arugula leaves 4.2 oz / 120 g
- Sweet potatoes 28 oz / 800 g
- Spinach leaves 14.6 oz / 415 g
- Onion 5.5 oz / 155 g
- Brussels 10 oz / 280 g
- Green beans 7 oz / 200 g
- Eggplant 9 oz / 250 g
- Bell pepper 8 oz / 230 g
- Broccoli 3.5 oz / 100 g
- Cauliflower 3.5 oz / 100 g
- Radishes 3 oz / 85 g
- Asparagus spears 3 oz / 85 g
- Romaine lettuce 1 oz / 30 g
- Baby spinach 1 oz / 30 g
- Pumpkin 7 oz / 200 g

- Swiss chard 1 oz / 30 g
- Microgreens 2.4 oz / 67 g

## Fruits

- Apple 2.6 oz / 75 g
- Avocados 54 oz / 1540 g
- Kiwi 2.8 oz / 80 g
- Banana 9.2 oz / 265 g
- Mandarins 6 oz / 170 g
- Mango 23 oz / 625 g
- Peach 6 oz / 170 g
- Orange 5 oz / 150 g
- Lemon 4.5 oz / 130 g
- Lime 4 oz / 115 g
- Fresh figs 16–18 oz / 450–510 g
- Raspberries 10 oz / 280 g
- Blueberries 4 oz / 115 g
- Cherries 1 oz / 30 g
- Pomegranate 1.6 oz / 45 g
- Pineapple 5 oz / 140 g

## Pantry & Dry Items

- Mixed beans 3.5 oz / 100 g
- White beans 2.1 oz / 60 g
- Ditalini pasta 2.5 oz / 70 g
- Chickpeas 5.8 oz / 165 g
- Oat flour 0.7 oz / 20 g
- Flour 3.7 oz / 105 g
- Almond flour 4 oz / 115 g
- Pumpkin seeds 1 oz / 30 g
- Walnut 2 oz / 57 g
- Shelled pistachios 2 oz / 56 g
- Capers 1.4 oz / 40 g
- Dark chocolate (sugar-free) 0.2 oz / 6 g
- Agar-agar powder 0.05 oz / 1.5 g

## Oils and Sauces

- Olive oil 16.7 oz / 493 ml
- Balsamic vinegar 1.15 oz / 35 ml
- Red wine vinegar 0.5 oz / 15 ml
- Dry white wine 6.8 oz / 200 ml
- Coconut milk 7.6 oz / 225 ml
- Almond milk 36.5 oz / 1080 ml
- Oat milk 11.3 oz / 320 ml
- Soy sauce 0.5 oz / 15 ml
- Vanilla extract 0.75 oz / 22.5 ml

## Sweeteners

- Honey 0.9 oz / 25.5 g
- Maple syrup 0.5 oz / 15 ml
- Sugar 0.04 oz / 1 g
- Stevia 0.22 oz / 6.4 g

## Spices

- Ground ginger 0.02 oz / 0.5 g
- Smoked paprika 0.26 oz / 7.5 g
- Dijon mustard 0.3 oz / 7.5 g
- Ground nutmeg 0.01 oz / 0.25 g



# MEAL PLAN FOR WEEK 3

	BREAKFAST	LUNCH	DINNER	SNACK
<b>SUNDAY</b>	<p>Masala Milk Tea, p. 69</p>  <p>Oatmeal Porridge with Boiled Eggs and Salad, p. 15</p> 	<p>Tuna Steak with Salsa, p. 37</p>  <p>Spiralized Courgette with Avocado and Tomato, p. 25</p> 	<p>Mashed Sweet Potatoes, p. 29</p>  <p>Stuffed Paprika with Meat, p. 50</p> 	<p>Pistachio Panna Cotta, p. 61</p>  <p>Pignoli Cookies with Almond, p. 60</p> 
Calories: 2 060   Fats: 115 g   Protein: 107 g   Carbs: 140 g   Sugar: 38 g   Fiber: 31 g				
<b>MONDAY</b>	<p>An Orange Carrot Smoothie, p. 70</p>  <p>Egg Omelette with Asparagus, p. 16</p> 	<p>Baked Hake with Vegetables, p. 41</p>  <p>Fresh Raspberry Salad with Avocado, p. 28</p> 	<p>Meatballs with Greens, p. 51</p>  <p>Roasted Meat and Vegetables, p. 49</p> 	<p>Mini Pizza with Eggplant, p. 64</p>  <p>Chia Pudding with Banana and Orange, p. 61</p> 
Calories: 2 065   Fats: 107 g   Protein: 147 g   Carbs: 108 g   Sugar: 42 g   Fiber: 36 g				
<b>TUESDAY</b>	<p>Calming Hour with Chamomile, p. 70</p>  <p>Nutritious Breakfast with Salmon, p. 17</p> 	<p>Tiger Prawns in Garlic Butter, p. 38</p>  <p>Gazpacho Green Fresh Cold Summer Soup, p. 25</p> 	<p>Traditional BBQ Sirloin Steak, p. 52</p>  <p>Fig Salad with Cheese and Walnuts, p. 24</p> 	<p>Refreshing Orange Sorbet, p. 59</p>  <p>Chickpea Falafels with Yogurt, p. 62</p> 
Calories: 2 085   Fats: 126 g   Protein: 116 g   Carbs: 89 g   Sugar: 31 g   Fiber: 26 g				
<b>WEDNESDAY</b>	<p>Turmeric Latte, p. 71</p>  <p>Spinach Pancakes with Salmon, p. 15</p> 	<p>Baked White Cauliflower, p. 32</p>  <p>Octopus Tentacles with Boiled Potatoes, p. 36</p> 	<p>Green Beans with Cheese, p. 26</p>  <p>Baked Mackerel with Brussels Sprouts, p. 43</p> 	<p>Spicy Baked Sweet Potatoes, p. 64</p>  <p>Cannoli with Ricotta Cheese, p. 60</p> 
Calories: 2 000   Fats: 103 g   Protein: 116 g   Carbs: 145 g   Sugar: 29 g   Fiber: 33 g				
<b>THURSDAY</b>	<p>Hibiscus Tea with Apple, p. 71</p>  <p>Creamy Green Shakshuk, p. 19</p> 	<p>Salmon and Vegetable Soup, p. 33</p>  <p>Squid Stuffed with Vegetables, p. 39</p> 	<p>Fresh Greek Salad, p. 29</p>  <p>Delicious Chicken Piccata, p. 51</p> 	<p>Masala Milk Tea, p. 69</p>  <p>Fresh Stuffed Figs, p. 65</p> 
Calories: 1 907   Fats: 103 g   Protein: 142 g   Carbs: 82 g   Sugar: 41 g   Fiber: 15 g				
<b>FRIDAY</b>	<p>Green Smoothie, p. 71</p>  <p>Strapatsada with Tomatoes, p. 18</p> 	<p>Fresh Salmon Salad, p. 26</p>  <p>Grilled Salmon Steak with Garden Vegetables, p. 40</p> 	<p>Turkey Roll with Garlic, p. 54</p>  <p>Cod Fillet with Roasted Sweet Potato, p. 37</p> 	<p>Avocado with Fried Shrimp, p. 63</p>  <p>Zucchini Appetizer Rolls with Cream Cheese, p. 63</p> 
Calories: 2,065   Fats: 125 g   Protein: 165 g   Carbs: 67 g   Sugar: 26 g   Fiber: 27 g				
<b>SATURDAY</b>	<p>Berry Smoothie, p. 68</p>  <p>Oat Porridge with Berries, p. 16</p> 	<p>Grilled Scallops in Sauce, p. 42</p>  <p>Shrimp Avocado Salad with Lettuce and Arugula, p. 27</p> 	<p>Baked Carrots with Spices, p. 30</p>  <p>Grilled Chicken Breast with Mango Salsa, p. 55</p> 	<p>Refreshing Orange Sorbet, p. 59</p>  <p>Spinach Parmesan Pizza, p. 62</p> 
Calories: 2 060   Fats: 100 g   Protein: 112 g   Carbs: 157 g   Sugar: 67 g   Fiber: 30 g				

# SHOPPING LIST

for Week 3

## Meat & Fish

- Tuna steaks 10 oz / 280 g
- Ground beef 8 oz / 225 g
- Ground turkey 14 oz / 400 g
- Beef 10 oz / 280 g
- Hake fillets 10 oz / 280 g
- Lightly cured / salted salmon 8 oz / 230 g
- Raw tiger prawns, shell-on 14 oz / 400 g
- Shrimp, raw with shells 11.5 oz / 325 g
- Sirloin steak 10 oz / 280 g
- Octopus tentacles 7 oz / 200 g
- Mackerel (2 whole) 12 oz / 340 g
- Squids (2 pcs) 10 oz / 280 g
- Salmon fillets/steaks 25 oz / 705 g
- Chicken breast fillet 24 oz / 680 g
- Cod fillets 10 oz / 280 g
- Turkey breast fillet 12 oz / 340 g
- Large scallops 8 oz / 225 g
- Prosciutto 2 oz / 60 g

## Eggs & Dairy

- Large eggs 18
- Mozzarella cheese 2 oz / 55 g
- Feta cheese 6.5 oz / 185 g
- Cream cheese 9 oz / 260 g
- Cottage cheese (0-2%) 7 oz / 200 g
- Ricotta cheese 6 oz / 170 g
- Goat cheese 5 oz / 145 g
- Parmesan cheese 0.7 oz / 20 g
- Low-fat yogurt 4 oz / 120 g
- Plant-based yogurt 8.2 oz / 240 g
- Low-fat cream 4 oz / 120 ml

## Vegetables

- Cucumber 26 oz / 740 g
- Bell pepper 19 oz / 540 g
- Zucchini 18 oz / 510 g
- Cherry tomatoes 18.3 oz / 520 g
- Red onion 2.4 oz / 70 g
- Onion 6 oz / 170 g
- Yellow onion 5.5 oz / 155 g
- Medium carrot 26 oz / 740 g
- Tomatoes 24.5 oz / 695 g
- Garlic 2 oz / 60 g
- Asparagus spears 8.6 oz / 245 g
- Broccoli 3.5 oz / 100 g
- Cauliflower 24.5 oz / 700 g
- Radishes 3 oz / 85 g
- Baby potatoes 10 oz / 300 g
- Sweet potatoes 52 oz / 1480 g
- Green beans 18.3 oz / 520 g
- Baby carrots 3 oz / 85 g
- Baby corn 3 oz / 85 g
- Sugar snap peas 3 oz / 85 g
- Swiss chard 2 oz / 60 g
- Green peas 4 oz / 115 g
- Lettuce leaves 4.7 oz / 135 g
- Romaine lettuce 1 oz / 30 g

- Microgreens 1.4 oz / 40 g
- Arugula leaves 2.8 oz / 80 g
- Spinach 10 oz / 275 g
- Basil leaves 1 oz / 30 g
- Mint leaves 0.6 oz / 17 g
- Capers 0.7 oz / 20 g

## Fruits

- Avocado 33 oz / 935 g
- Banana 8 oz / 235 g
- Oranges 20 oz / 560 g
- Fresh figs 10-12 oz / 280-340 g
- Raspberries 7.1 oz / 200 g
- Blueberries 2.6 oz / 75 g
- Mango 8 oz / 225 g
- Pomegranate 1.6 oz / 45 g

## Pantry & Dry Items

- Rolled oats 1.75 oz / 50 g
- Rice 5 oz / 140 g
- Rice flour 114 g
- Almond flour 2.6 oz / 75 g
- All-purpose flour 90 g
- Pumpkin seeds 1 oz / 30 g
- Walnut 3.25 oz / 92 g
- Pine nuts 0.7 oz / 20 g
- Raw cashews 1 oz / 30 g
- Shelled pistachios 1.4 oz / 40 g
- Hazelnuts 1.6 oz / 44 g
- Flax seeds 0.35 oz / 10 g
- Chia seeds 1.6 oz / 45 g

## Oils and Sauces

- Almond milk, unsweetened 18 oz / 540 ml
- Coconut milk 16 oz / 480 ml
- Oat milk 8 oz / 240 ml
- Olive oil 15.3 oz / 457 ml
- Balsamic vinegar 0.5 oz / 15 ml
- White balsamic vinegar 0.35 oz / 10 ml
- Red wine vinegar 0.5 oz / 15 ml
- Dry white wine 3 oz / 80 ml

## Sweeteners

- Almond extract 0.04 oz / 1.25 ml
- Powdered stevia 0.08 oz / 2 g
- Liquid stevia / drops 0.04 oz / 2.4 ml
- Honey 1.7 oz / 50 g
- Maple syrup 0.5 oz / 15 ml
- Vanilla extract 0.25 oz / 7 ml

## Spices

- Ginger (fresh, grated) 0.07 oz / 2 g
- Paprika 0.25 oz / 7.1 g
- Nutmeg (ground) 0.02 oz / 0.55 g
- Ground turmeric 0.26 oz / 7.3 g
- Ground coriander 0.3 oz / 8.5 g
- Ground cumin 0.08 oz / 2.2 g



# MEAL PLAN FOR WEEK 4

	BREAKFAST	LUNCH	DINNER	SNACK
<b>SUNDAY</b>	 Chocolate Smoothie, p. 68  Pancakes with Spinach and Sour Cream, p. 19	 Gazpacho Green Soup, p. 25  Grilled Scallops in Creamy Sauce, p. 42	 Mashed Sweet Potatoes, p. 29  Baked Dorado with Lemon, p. 42	 Creme Brulee with Berries, p. 58  Refreshing Orange Sorbet, p. 59
Calories: 1 940   Fats: 102 g   Protein: 96 g   Carbs: 128 g   Sugar: 45 g   Fiber: 20 g				
<b>MONDAY</b>	 Immune Booster Drink, p. 68  Tuna with Fresh Vegetables, p. 18	 Baked Chicken in Sauce, p. 53  Fig Salad with Cheese and Walnuts, p. 24	 Tilapia with Spinach, p. 44  Fresh Raspberry Salad with Avocado, p. 28	 Chocolate Smoothie, p. 68  Chickpea Falafels with Yogurt, p. 62
Calories: 1 985   Fats: 116 g   Protein: 126 g   Carbs: 105 g   Sugar: 44 g   Fiber: 33 g				
<b>TUESDAY</b>	 Mandarin Smoothie, p. 69  French Omelette with Salmon, p. 21	 Seared Halibut with Carrot, p. 44  Spiralized Courgette with Avocado and Tomato, p. 25	 Fresh Greek Salad, p. 29  Garlic Butter Mussels with Lemon Zest, p. 43	 Spinach Parmesan Pizza, p. 62  Chia Pudding with Banana and Orange, p. 61
Calories: 1 935   Fats: 115 g   Protein: 112 g   Carbs: 102 g   Sugar: 36 g   Fiber: 30 g				
<b>WEDNESDAY</b>	 Masala Milk Tea, p. 69  Pumpkin Waffles with Fried Egg, p. 21	 White Bean and Fish Soup, p. 32  Salad with Mussels, Arugula and Tomatoes, p. 31	 Meatballs with Greens, p. 51  Baked Carrots with Spices, p. 30	 Avocado Chocolate Mousse, p. 59  Avocado with Fried Shrimp, p. 63
Calories: 2 095   Fats: 113 g   Protein: 117 g   Carbs: 147 g   Sugar: 45 g   Fiber: 47 g				
<b>THURSDAY</b>	 An Orange Carrot Smoothie, p. 70  Breakfast with Shrimps and Quail Eggs, p. 20	 Green Beans with Cheese, p. 26  Turkey Breast Stuffed with Spinach and Cheese, p. 48	 Baked White Cauliflower, p. 32  Cod Fillet with Roasted Sweet Potato, p. 37	 Pistachio Panna Cotta, p. 61  Mini Pizza with Eggplant, p. 64
Calories: 2 040   Fats: 110 g   Protein: 141 g   Carbs: 105 g   Sugar: 31 g   Fiber: 31 g				
<b>FRIDAY</b>	 Calming Hour with Chamomile, p. 70  Fried Eggs in Tomato Sauce, p. 14	 Minestrone with Pasta, p. 28  Greek Chicken Soup with Lemon, p. 30	 Baked Hake with Vegetables, p. 41  Fresh Salmon Salad with Orange, p. 26	 Cannoli with Ricotta Cheese, p. 60  Zucchini Appetizer Rolls with Cream Cheese, p. 63
Calories: 2 090   Fats: 102 g   Protein: 131 g   Carbs: 139 g   Sugar: 37 g   Fiber: 28 g				
<b>SATURDAY</b>	 Turmeric Latte, p. 71  Spinach Pancakes with Salmon, p. 15	 Mashed Sweet Potatoes, p. 29  Turkey Roll with Garlic and Spices, p. 54	 Shrimp Avocado Salad, p. 27  Vitello Tonnato with Caper and Lemon Zest, p. 49	 Spicy Baked Sweet Potatoes, p. 64  Pignoli Cookies with Almond, p. 60
Calories: 2 115   Fats: 119 g   Protein: 138 g   Carbs: 127 g   Sugar: 29 g   Fiber: 25 g				

# SHOPPING LIST

for Week 4

## Meat & Fish

- Turkey breast 36 oz / 1020 g
- Veal tenderloin 10 oz / 280 g
- Salmon fillet 7 oz / 200 g
- Cod fillets 18.5 oz / 520 g
- Hake fillets 10 oz / 280 g
- Tilapia fillets 12 oz / 340 g
- Salmon slices 4 oz / 115 g
- Raw shrimp (with shells) 13.5 oz / 380 g
- Shrimps 6 oz / 170 g
- Mussels (in shells) 30 oz / 850 g
- Tuna (canned, in oil) 4 oz / 115 g
- Anchovy fillets 0.6 oz / 16 g

## Eggs & Dairy

- Large eggs 6
- Soft cream cheese 6 oz / 175 g
- Cottage cheese (low-fat) 7 oz / 200 g
- Low-fat yogurt (plain) 4 oz / 120 g
- Plain yogurt 1.6 oz / 45 g
- Greek yogurt 2 oz / 60 g
- Ricotta cheese 6 oz / 170 g
- Feta cheese 5 oz / 140 g
- Mozzarella 2 oz / 56 g

## Vegetables

- Sweet potatoes 42 oz / 1200 g
- Carrots 22 oz / 625 g
- Zucchini 13 oz / 370 g
- Eggplant 9 oz / 250 g
- Bell peppers 8 oz / 230 g
- Tomatoes 39.5 oz / 1120 g
- Cucumber 11 oz / 315 g
- Onion 14 oz / 400 g
- Red onion 5 oz / 140 g
- Celery stalks 4 oz / 120 g
- Garlic 2.5 oz / 70 g
- Microgreens 1.25 oz / 37 g
- Arugula 1.75 oz / 50 g
- Spinach 8 oz / 225 g
- Swiss chard 1 oz / 30 g
- Lettuce leaves 2.7 oz / 80 g
- Cauliflower 21 oz / 600 g
- Broccoli 3.5 oz / 100 g
- Asparagus spears 3 oz / 85 g
- Radishes 3 oz / 85 g
- Potato 6 oz / 170 g
- Pumpkin 7 oz / 200 g
- Green beans 7 oz / 200 g

## Spices

- Paprika 0.3 oz / 8.7 g
- Turmeric 0.17 oz / 5 g
- Coriander 0.14 oz / 4 g
- Cumin 0.1 oz / 3 g
- Ground cinnamon 0.05 oz / 1.4 g

- Ground ginger 0.02 oz / 0.5 g
- Dried oregano 0.06 oz / 1.7 g
- Dried basil 0.04 oz / 1 g
- Dijon mustard 0.18 oz / 5 g
- Bay leaf 2 pcs
- Ground cardamom 0.01 oz / 0.3 g

## Fruits

- Avocados 32 oz / 900 g
- Bananas 8 oz / 230 g
- Oranges 10 oz / 280 g
- Cherries 1 oz / 30 g
- Blueberries 2 oz / 60 g
- Pomegranate 1.6 oz / 45 g
- Lemon 6.5 oz / 190 g
- Lime 5 oz / 145 g
- Mint leaves 0.35 oz / 10 g
- Basil 0.5 oz / 15 g
- Lemon balm 0.18 oz / 5 g
- Cilantro 0.35 oz / 10 g
- Parsley 1.8 oz / 50 g
- Dill 0.3 oz / 8 g
- Green onions 0.6 oz / 17 g
- Sage leaves 0.04 oz / 1 g
- Rosemary 0.14 oz / 4 g
- Thyme 0.11 oz / 3 g

## Pantry & Dry Items

- Almond flour 7 oz / 190 g
- Rice flour 4 oz / 114 g
- Rice 1.8 oz / 50 g
- White & red beans 5.6 oz / 160 g
- Ditalini & orzo pasta 5 oz / 140 g
- Pine nuts 0.7 oz / 20 g
- Shelled pistachios 2.3 oz / 65 g
- Walnuts 1.8 oz / 50 g
- Almonds 0.35 oz / 10 g
- Hazelnuts 0.5 oz / 14 g
- Sesame seeds 0.3 oz / 9 g
- Chia seeds 1.6 oz / 45 g
- Agar-agar powder 0.05 oz / 1.5 g

## Oils and Sauces

- Olive oil 12.7 oz / 375 ml
- Vanilla extract 0.4 oz / 12 ml
- Almond extract 0.04 oz / 1.25 ml
- Almond milk 18 oz / 540 g
- Coconut milk 5.6 oz / 165 g
- Plant-based milk 8 oz / 240 g
- Balsamic vinegar 0.35 oz / 10 g
- Red wine vinegar 0.5 oz / 15 g

## Sweeteners

- Cocoa powder (unsweetened) 0.6 oz / 18 g
- Stevia 6 g
- Honey 0.8 oz / 22 g



# Conclusion

## THE OPENING PAGE OF SOMETHING LASTING

Maybe you have a shopping list on the table right now. Or a recipe page is still open. Looking back shows just how far you've come. I've walked this road too – step by step, with pauses, doubts, and the feeling that “nothing's changed yet.” And I'm proud of you.

### A FORMULA THAT WORKS

Ways

**Food, movement, and rest: a formula that always works. Three parts, one flow. When meals, movement, and rest start supporting each other, you feel it in your bones.**

**Meals don't have to be complicated.** Even simple ingredients – a handful of greens, olive oil, legumes – offer support. The key is regularity, not perfection. Let the rhythm build itself.

**Movement, too, doesn't require pressure.** A ten-minute stretch or a slow walk changes how the body processes energy. It brings oxygen, ease, and a sense of presence.

**And then comes rest – real rest, not collapse.** An early evening, a gentle ritual, a moment of quiet. These are not rewards. They are foundations. Together, food, movement, and rest become your structure.

### SMALL STEPS BECOME MEANINGFUL CHANGE

Each small choice becomes a quiet act of direction. And the more those choices repeat, the more they become a source of strength and health for you and your liver. You begin to trust your patterns and feel joyful and calm.

- **Keep a weekly rhythm** – returning to familiar meals, routines, and walks helps the body.
- **Notice what already works** – your progress is marked by calm mornings and lighter evenings.
- **Don't wait for motivation** – small steps come first. The motivation often follows quietly and reliably.
- **Let kindness lead** – speak to yourself as you would to someone you love, gently and consistently.
- **Expect ups and downs** – life isn't flat; it flows.



### TOMORROW WILL BE A NEW DAY

If today wasn't perfect, tomorrow is a new day. Some days will feel off. But this path is not about getting everything right. Tomorrow is already waiting.

With another breakfast, another pause, another small way to show you care. The body forgives—the rhythm returns. You're not starting over – you're continuing.

Every imperfect day is still part of the pattern. Most of all, it reminds you: change lives in repetition.

### IT IS ONLY THE BEGINNING

The Mediterranean way of eating has more to offer than just recipes – it fosters a steady relationship with the body, where every ingredient supports the liver with quiet confidence. Over time, energy becomes more stable, digestion feels lighter, and a calm strength settles in. There will be new flavors to discover, new rhythms to settle into, and a growing sense of what truly nourishes.

Congratulations, you're stepping into a phase where this care becomes natural.

*With heartfelt gratitude,  
Victoria Bennet*