

THE HEART-HEALTHY GRILL COOKBOOK FOR SENIORS 50+

TASTY & EASY LOW-SODIUM, LOW-SUGAR & LOW-FAT
RECIPES FOR INDOOR & OUTDOOR GRILLING –
BALANCED, FLAVORFUL & NO FUSS



Leonora Key

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This book is intended for informational and inspirational purposes only and is not intended as a substitute for professional medical advice. Always consult with your doctor before making changes to your diet or health routine.

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Note to the Reader

This book was created with great care, intention, and heart.

If you're holding it in your hands, or reading it on your screen, I want you to know: you're not alone on your health journey. You are supported, you are seen, and you are deeply valued.

The recipes in these pages are more than food — they're small acts of self-respect, self-kindness, and everyday nourishment.

I hope you find comfort, joy, and inspiration here.

And I hope it helps you reconnect with the simple pleasure of eating well — not for perfection, but for peace.

With warmth and gratitude,
Leonora Key

Description

You deserve to enjoy summer meals that are simple, satisfying — and good for your heart.

If you're over 50 and looking for a lighter, healthier way to enjoy the pleasures of grilling, this book is for you.

The Heart-Healthy Grill Cookbook for Seniors 50+ offers a comforting collection of low-sodium, low-fat, and low-sugar recipes designed to help you:

- **Support heart health without sacrificing flavor**
- **Cook safely indoors or outdoors — even on the balcony or in your oven**
- **Enjoy easy, no-fuss meals made with wholesome fish, veggies, and herbs**
- **Feel confident in the kitchen, even if you're new to grilling**

Whether you're cooking for yourself, your partner, or loved ones, this book brings you a relaxed and heart-smart approach to summer meals — with recipes that are as nourishing as they are delicious.

Inside, you'll find:

- Easy-to-follow grilling techniques, including safe alternatives for indoor cooking
- Fresh, seasonal recipes using foil packets, lean proteins, and colorful vegetables
- Helpful tips for reducing salt, sugar, and fat — without losing taste
- Encouragement and practical ideas every step of the way

Grill with confidence. Eat with joy. Feel better with every bite.

Let this book be your gentle guide to a heart-friendly summer — one flavorful meal at a time.

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Introduction

Welcome

Summer isn't just a season — it's a feeling.

A time for lightness, warmth, and meals that nourish without stress.

If you're holding this book, chances are you're not looking for another strict diet or complicated food rules.

You're looking for something gentler. A way to eat well, feel well, and take care of your heart — with ease and enjoyment.

This book was created for adults 50 and up —

people who've lived, learned, and now want to cook not for trends or pressure, but for peace of mind, for balance, and for the simple joy of a good meal.

There are no “don'ts” here.

Just an invitation to reconnect with your body,
to enjoy real food that's easy to prepare, full of flavor,
and kind to your heart.

This isn't about dieting — it's about building a new friendship with your body.

One that's based on listening, loving, and living well — one delicious bite at a time.

What Makes This Book Special

This isn't just another summer cookbook.

It's a gentle guide made with care — for those of us who want to eat well, feel well, and live fully, without stress or restriction.

Here, you won't find complicated steps, trendy ingredients, or pressure to be perfect.

What you will find is a relaxed approach to heart-healthy cooking that fits your life — whether you're using a backyard grill, a small oven on the balcony, or just a pan in the kitchen.

Each recipe in this book is:

- **Low in sodium, sugar, and fat — but full of warmth and flavor**
- **Designed to be simple and approachable, even if you've never grilled before**
- **Built for flexibility — so you can cook indoors or outdoors, for one or for many**
- **Meant to support your heart, energy, and peace of mind**

This book isn't about cutting things out.

It's about welcoming in a new way to cook that feels good, tastes good, and gives your body the kindness it deserves.

Whether you're cooking for yourself, for a partner, or for family, you'll find comfort here — not just in the meals, but in the way they make you feel.

Our Gentle Approach to Health

Eating well after 50 isn't about cutting everything out — it's about choosing what feels good and supports your body, without sacrificing the joy of food.

In this book, we focus on three gentle shifts that can make a big difference for your heart, your energy, and your comfort.

Less Sodium, More Soul

Too much salt can weigh heavily on the heart — but that doesn't mean you have to live with bland food.

We use herbs, citrus, garlic, and bold natural flavors to keep things bright and satisfying.

Salt takes a step back, but flavor steps forward — full of depth, not deprivation.

Lower Sugar, Steadier Energy

We keep added sugars to a minimum, offering alternatives that let your blood sugar (and mood!) stay steady.

Naturally sweet ingredients like roasted veggies, fruits, and warm spices help bring gentle pleasure without the crash.

Light on Fat, Full of Satisfaction

Heavy fats can slow digestion and strain the heart.

Here, we choose lighter oils, grill instead of fry, and let the food's natural richness shine through — so you still feel nourished, not weighed down.

Honoring Traditional American Flavors

We know that food is deeply personal — it carries memories, family traditions, and comfort.

That's why you'll find gentle nods to classic American favorites throughout this book.

Think foil-wrapped fish like you used to make on camping trips, grilled corn with herbs instead of butter, or a lemony chicken that brings back Sunday dinners — just reimagined in a way that's **kinder to the heart**.

This isn't about being perfect.

It's about choosing meals that help you feel clearer, lighter, and more at home in your own body — one bite at a time.

How to Use This Book

This book is meant to be as easy to enjoy as the recipes inside.

You'll find two recipes on most pages — organized simply, with clear labels for:

- Cooking method (Grill, Oven, Foil Packet, or Stovetop)
- Time needed
- Number of servings
- And quick, easy-to-follow steps

You don't need fancy equipment or special ingredients.

Some days you may feel like firing up the grill.

On other days, your oven or a small electric grill on the balcony will do just fine.

Every recipe is designed with flexibility in mind — so you can adapt to your space, your tools, and your energy level.

You can read the book straight through, or flip to whatever catches your eye.

Use it to plan a full week of heart-friendly meals — or just for inspiration when you want something simple and satisfying.

Most of all, this book is here to **support you — not overwhelm you**.

Cooking can be joyful again — a small act of care for your body, your heart, and your peace of mind.

A Gentle Note Before You Begin

You don't need to prove anything here.

This book isn't about being perfect. It's not about tracking, counting, or doing everything "right."

It's about finding peace in your plate, and maybe even a little joy in the kitchen again.

You've already made a powerful choice — to care for yourself in a loving, sustainable way.

That's worth celebrating.

You deserve meals that feel good before, during, and after you eat them.

Meals that support your heart without hurting your spirit.

Meals that remind you: **you're still allowed to enjoy life, to slow down, to savor.**

So take this book in your hands like a trusted friend.

Let it sit on your counter. Let it get splashes and flour dust.

Let it become part of your rhythm — not as something you follow, but something that follows you.

Here's to grilling with love, cooking with ease, and eating with joy.

Let's begin.

Wishing you flavor, balance, and joy.

With care and gratitude,

Leonora

Grilling Made Gentle Tools, Safety & Options for Every Home

You don't need a big backyard, a fancy smoker, or a complicated gas setup to enjoy summer grilling.

Grilling can be simple, safe, and incredibly satisfying — even from your kitchen or balcony.

This section is here to help you feel confident and comfortable, no matter where or how you cook.

Grill Where You Are

Whether you have a classic charcoal grill, a small gas unit, a plug-in electric grill, or just an oven — this book is for you.

Most recipes can be easily adapted to:

- **Outdoor grill (charcoal, gas, or electric)**
- **Indoor grill (tabletop or stovetop pan)**
- **Oven (using a rack or foil packet)**
- **Balcony-safe options (like contact grills or grill pans)**

Each method can bring out beautiful flavors — it's not about the equipment, it's about the intention.

Simple Tools to Make It Easier

You don't need a lot of gadgets. A few reliable items can make grilling smoother and safer:

- **Long-handled tongs or spatula**
- **Heat-resistant gloves or oven mittens**
- **A basting brush (for marinades)**
- **Foil sheets or grill trays**
- **A kitchen timer (to keep things stress-free)**
- **Optional: a small wire rack for oven-style grilling**

Safety First, Always

No matter how or where you cook, a few gentle reminders go a long way:

- **Keep a damp towel nearby (just in case of heat or smoke)**
- **Always use foil when cooking in the oven or on the balcony**
- **Never leave food unattended, even if it's "just a few minutes."**
- **Let foil packets rest for a moment before opening — the steam can be hot!**
- **If using a grill pan indoors, crack a window or turn on the fan**

Adapt & Enjoy

If a recipe calls for grilling but it's raining — pop it in the oven.

If your grill flares up — switch to foil and finish low and slow.

There are no rules here, just options. You're in charge, and your comfort matters most.

Remember:

Grilling isn't about fire and flair — it's about bringing flavor to the table, safely and joyfully.

You've got this.

Loving the Journey So Far? There's Even More!

As a special thank you for embarking on this culinary journey with me, I've prepared a free bonus bundle. It's packed with extra recipes, thoughtful tools, and gentle inspiration to help you keep savoring this season with heart.

Download your bonus pack now: <https://bit.ly/3Tb8TYq>

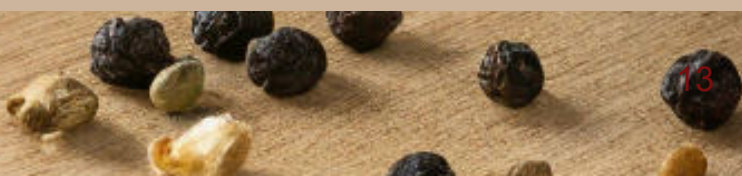
(Or just scan the QR code on the very last page of this book!)

Consider it a quiet gift — from my kitchen to yours, simply here to gently support you in the background.

Leonora Key



***MARINADES
SPICE MIXES
& SAUCES***





TIME
5 min



SERVES
Enough for 1 lb



METHOD
No-Cook



DIFFICULTY
Very Easy

ZESTY LEMON-GARLIC MARINADE

DIRECTIONS

- 3 tbsp extra-virgin olive oil
- Juice and zest of 1 lemon
- 1 garlic clove, minced
- ½ tsp dried oregano
- ¼ tsp ground black pepper

Optional: ½ tsp Dijon mustard (for extra tang)

Optional: pinch of chili flakes (for a gentle kick)

Best For:

- Fish, Chicken, Zucchini, Portobello Mushrooms

Smart Tip for 50+:

- No added salt needed — the lemon juice, zest, garlic, and herbs bring flavor forward.
- If you're used to salt, add a touch of white wine vinegar or fresh dill — it mimics that "zing" your taste buds expect.

Try This Instead:

Use this marinade for foil-packet salmon with zucchini and red onion — bake at 375°F (190°C) for 18–20 minutes.

INGREDIENTS

- 3 tbsp extra-virgin olive oil
- Juice and zest of 1 lemon
- 1 garlic clove, minced
- ½ tsp dried oregano
- ¼ tsp ground black pepper

Optional: ½ tsp Dijon mustard (for extra tang)

Optional: pinch of chili flakes (for a gentle kick)

A bright, classic blend to wake up any dish — no salt required.



TIME
5 min



SERVES
Enough for ~2



METHOD
No-Cook



DIFFICULTY
Very Easy

SMOKY PAPRIKA & CUMIN RUB

DIRECTIONS

- In a small bowl, combine all dry spices.
- Add olive oil and stir to form a thick paste.
- Rub mixture directly onto vegetables or lean meat.
- Let sit for 15–30 minutes before grilling or baking.

Best For: Chicken, Eggplant, Mushrooms, Sweet Potato

Smart Tip for 50+:

- This rub brings out deep flavor without salt. The smoked paprika adds richness, while cumin supports digestion and circulation.
- Excellent for batch prepping — store extra rub mix in a sealed jar for up to 2 weeks.

Try This Instead:

Toss cubed sweet potatoes in this rub and roast at 400°F (200°C) for 25–30 minutes for a bold, heart-friendly side dish.

INGREDIENTS

- 1 tbsp extra-virgin olive oil
- 1 tsp smoked paprika
- ½ tsp ground cumin
- ¼ tsp garlic powder
- ¼ tsp ground coriander
- Pinch of chili flakes (optional)
- Pinch of black pepper

A warm, earthy dry rub for grilled vegetables and lean meats.



TIME
5 min



SERVES
Marinates
up to 1 lb



METHOD
No-Cook



DIFFICULTY
Very Easy

HERB & DIJON VINAIGRETTE MARINADE

DIRECTIONS

- In a small bowl, whisk together oil, vinegar, mustard, and garlic until emulsified.
- Stir in herbs and pepper.
- Pour over fish or vegetables and marinate:
 - **Fish:** 20–30 minutes
 - **Veggies:** 30–45 minutes
- Grill or roast to taste.

Best For: Salmon, White Fish, Asparagus, Zucchini, Bell Peppers

Smart Tip for 50+:

- Dijon and vinegar provide a tangy lift that replaces the need for salt – especially helpful for those reducing sodium.
- Use with parchment or foil to retain moisture when baking.

Try This Instead:

Use as a dressing over roasted vegetables + quinoa for a refreshing warm summer bowl.

INGREDIENTS

- 2 tbsp extra-virgin olive oil
- 1 tbsp apple cider vinegar or white wine vinegar
- 1 tsp Dijon mustard
- 1 garlic clove, finely grated or minced
- 1 tbsp chopped fresh parsley
- ½ tsp dried thyme or Italian seasoning
- ¼ tsp black pepper
- **Optional:** zest of ½ lemon for extra brightness

A garden-fresh blend that brings brightness to grilled fish and summer veggies.



TIME
7 min



SERVES
Coats ~1 lb



METHOD
No-Cook



DIFFICULTY
Easy

CITRUS-GINGER NO-SOY GLAZE

DIRECTIONS

- In a small jar or bowl, whisk all ingredients together until smooth.
- Pour over seafood, poultry, or plant protein.
- Marinate:
 - **Shrimp or tofu:** 15–20 minutes
 - **Chicken:** 1 hour
- Best grilled on foil or baked at 375°F (190°C) until cooked through.

Best For: Shrimp, Chicken Thighs, Tofu, Carrots, Snap Peas

Smart Tip for 50+:

- No soy = great for those with sodium concerns or sensitivities.
- Ginger, citrus, and sesame oil work together to reduce inflammation and awaken the palate.

Try This Instead:

Use this glaze to marinate sliced carrots and sugar snap peas, then roast or sauté for a vibrant, Asian-inspired side.

INGREDIENTS

- 2 tbsp fresh orange juice (no pulp)
- 1 tbsp lime juice
- 1 tsp grated fresh ginger
- ½ tsp sesame oil
- 1 tbsp olive oil
- ½ tsp rice vinegar or apple cider vinegar
- ¼ tsp garlic powder
- Pinch of black pepper
- **Optional:** ½ tsp maple syrup (for light sweetness)

A bright, anti-inflammatory marinade with Asian flair — no soy, no sugar, all balance.



TIME
5 min



SERVES
Marinates ~1 lb



METHOD
No-Cook



DIFFICULTY
Very Easy

ROSEMARY-BALSAMIC BLEND

DIRECTIONS

- In a small bowl or jar, whisk all ingredients until emulsified.
- Pour over mushrooms, root vegetables, or lean protein.
- Marinate:
 - **Vegetables:** 30–45 minutes
 - **Chicken or tofu:** 1–2 hours
- Grill over medium heat or roast at 375°F (190°C) until tender and browned.

Smart Tip for 50+:

- Rosemary supports circulation and digestion – especially comforting in the evening.
- Balsamic adds depth that helps replace the “umami” effect of salt, especially when used with mushrooms.

Try This Instead:

Marinate halved portobello mushrooms, then grill and slice thin – a perfect salt-free “steak” to serve over greens or grain bowls.

INGREDIENTS

- 2 tbsp extra-virgin olive oil
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 garlic clove, minced
- ½ tsp dried rosemary (or 1 tsp fresh, finely chopped)
- ¼ tsp black pepper

Optional: ½ tsp maple syrup (balances acidity)

Best For:

- Portobello Mushrooms, Chicken, Zucchini, Sweet Potato, Tofu

A deep, savory marinade that brings cozy depth to vegetables, chicken, and mushrooms.



TIME
5 min



SERVES
Marinates ~1 lb



METHOD
No-Cook



DIFFICULTY
Very Easy

NO-SALT CHILI-LIME MARINADE

DIRECTIONS

- In a small bowl or jar, whisk all ingredients until well blended.
- Pour over seafood or veggies, and coat evenly.
- Marinate:
 - **Fish or shrimp:** 15–30 minutes
 - **Vegetables:** 30–45 minutes
- Grill or roast until lightly charred and cooked through.

Best For: Tilapia, Shrimp, Zucchini, Bell Peppers, Corn

Smart Tip for 50+:

- Lime juice and chili create a flavor “pop” that tricks the palate into not missing salt at all.
- Ideal for warm days when you want bold flavor without heaviness.

Try This Instead:

Use with sliced bell peppers and red onion for a quick fajita-style foil packet. Serve with avocado and fresh herbs.

INGREDIENTS

- 2 tbsp olive oil
- Juice of 1 fresh lime
- ½ tsp lime zest (optional but brightens)
- ½ tsp chili powder
- ¼ tsp ground cumin
- Pinch of smoked paprika
- Pinch of garlic powder
- Pinch of black pepper

Optional: pinch of cayenne (for more heat)

A bright and zesty blend with a touch of heat — perfect for bold summer grilling.



TIME
10 min



SERVES
~ $\frac{3}{4}$ cup



METHOD
No-Cook



DIFFICULTY
Very Easy

COOLING YOGURT-CUCUMBER DILL SAUCE

DIRECTIONS

- In a bowl, mix all ingredients until smooth.
- For best flavor, chill for 15–30 minutes before serving.
- Use as:
 - **Marinade:** coat chicken or fish and let rest for 30–60 minutes
 - **Dip or topping:** serve cold alongside grilled vegetables or meats

Best For: Grilled Chicken, Salmon, Cucumbers, Cauliflower, Lentil Patties

Smart Tip for 50+:

- Yogurt provides calcium and probiotics for bone and gut health, while cucumber and dill aid digestion.
- Especially good on warmer days when you want a cool, calming flavor.

Try This Instead:

Spoon over warm grilled cauliflower steaks or roasted eggplant for a Mediterranean-inspired dish — no salt required.

INGREDIENTS

- $\frac{1}{2}$ cup plain Greek yogurt (or unsweetened coconut yogurt for dairy-free)
- $\frac{1}{4}$ cup finely grated cucumber (moisture squeezed out)
- 1 tbsp fresh lemon juice
- 1 tbsp chopped fresh dill (or $\frac{1}{2}$ tsp dried)
- $\frac{1}{2}$ small garlic clove, grated
- $\frac{1}{4}$ tsp black pepper

Optional: 1 tsp olive oil (for extra smoothness)

A refreshing, creamy blend that doubles as a marinade or a side — light, tangy, and soothing.



TIME
5 min



SERVES
Marinates ~1 lb



METHOD
No-Cook



DIFFICULTY
Very Easy

APPLE CIDER & MUSTARD GLAZE

DIRECTIONS

- Whisk all ingredients together in a small bowl or jar.
- Pour over selected protein or vegetables, and toss to coat.
- Marinate:
 - **Chicken or tofu:** 1 hour
 - **Vegetables or salmon:** 30 minutes
- Grill, roast, or foil-bake until golden and slightly caramelized.

Best For: Chicken, Carrots, Brussels Sprouts, Tofu, Salmon

Smart Tip for 50+:

- Apple cider vinegar is known for its blood sugar-balancing effects.
- The natural sweetness enhances browning and flavor without added salt or sugar overload.

Try This Instead:

Drizzle over halved Brussels sprouts and roast at 400°F (200°C) for 20–25 minutes — serve warm with a sprinkle of pumpkin seeds.

INGREDIENTS

- 2 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- 1 tsp maple syrup (or ½ mashed date)
- 1 tbsp olive oil
- ¼ tsp dried thyme or rosemary
- ¼ tsp black pepper

Optional: pinch of ground cinnamon (for veggies)

A gently sweet, tangy marinade that caramelizes beautifully on the grill or in foil.



TIME
5 min



SERVES
~4 tablespoons



METHOD
Dry Rub



DIFFICULTY
Very Easy

GENTLE MEDITERRANEAN DRY RUB

DIRECTIONS

- Mix all ingredients in a small jar or bowl.
- Store in an airtight container for up to 3 weeks.
- To use:
 - Rub 1-2 tsp per serving of vegetables, tofu, or poultry
 - Add a little olive oil to turn it into a marinade paste if desired
 - Use on foil-pack veggies or sprinkle on after cooking for extra aroma

Best For: Chicken, Eggplant, Cauliflower, Potatoes, Mushrooms

Smart Tip for 50+:

- A flavorful dry rub means no need to reach for the salt shaker — especially helpful for heart health.
- Earthy Mediterranean herbs support digestion, circulation, and gently warm the system.

INGREDIENTS

- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1 tsp sweet paprika
- ½ tsp ground coriander
- ¼ tsp ground black pepper

Optional: pinch of lemon zest (dried or fresh before use)

Optional: pinch of cinnamon (for warmth)

A salt-free herb blend for effortless grilling with warmth and balance.



TIME
3 min



SERVES
~ ½ cup



METHOD
No-cook



DIFFICULTY
Very Easy

ZESTY MUSTARD-HONEY GLAZE

DIRECTIONS

- In a small bowl, whisk together all ingredients until smooth.
- For a thinner texture, add 1–2 tsp warm water.
- Use immediately as a brush-on glaze during the last 5–7 minutes of grilling or roasting, or serve as a finishing drizzle.

Best For: Glazing grilled or oven-baked chicken, carrots, sweet potatoes, or salmon.

Smart Tip for 50+:

- Dijon and apple cider vinegar bring flavor without salt
- Honey adds natural sweetness without blood sugar spikes when used lightly
- A little goes a long way — especially when brushed over grilled veggies or proteins.

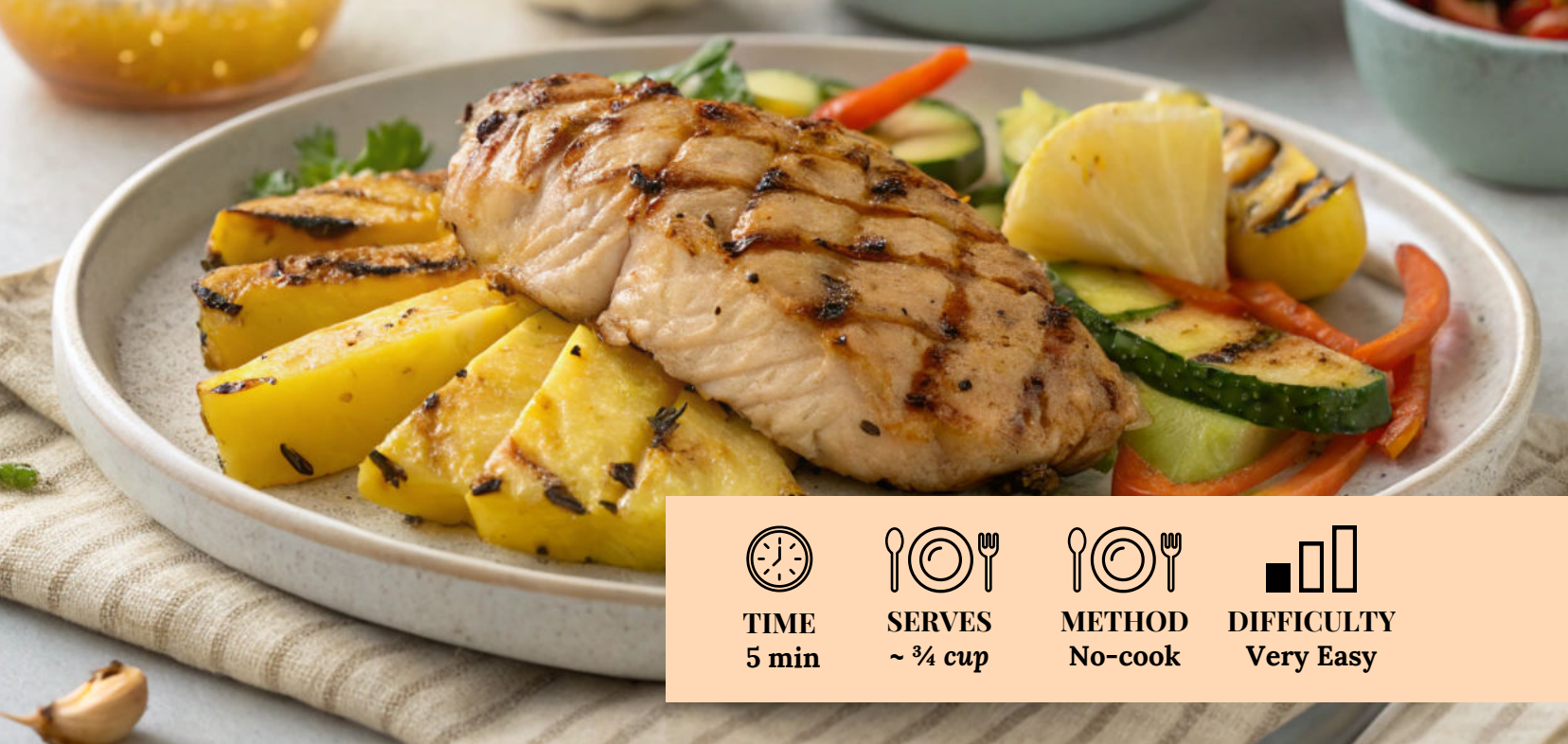
Note from the heart:

- You don't need a lot of sweetness — just a spark to bring balance and joy.

INGREDIENTS

- 2 tbsp Dijon mustard (low-sodium, if available)
- 1 tbsp whole grain mustard
- 1 tbsp apple cider vinegar
- 1 tbsp honey
- 1 tbsp olive oil
- ½ tsp garlic powder
- ¼ tsp smoked paprika (optional)

A naturally sweet-savory glaze for grilled vegetables, poultry, or salmon — no added sugar, just flavor and balance.



TIME
5 min



SERVES
~ ¾ cup



METHOD
No-cook



DIFFICULTY
Very Easy

SWEET & TANGY PINEAPPLE MARINADE

DIRECTIONS

- In a small bowl or jar, whisk together all ingredients until well blended.
- Use immediately as a marinade for poultry, tofu, or veggies, or refrigerate up to 5 days.
- For best flavor, marinate proteins for at least 30 minutes, or up to 4 hours in the fridge.

Best For: Summer poultry dishes, grilled tofu, fruit-glazed kebabs

Smart Tip for 50+:

- Pineapple contains bromelain, a natural enzyme that supports digestion and helps tenderize lean meats gently.
- This marinade keeps things flavorful **without added sugar or salt** — ideal for heart health.

Note from the heart:

- Use this marinade as a glaze during the final minutes of grilling. Brush lightly over grilled turkey or skewers of pineapple and zucchini for extra brightness.

INGREDIENTS

- ½ cup unsweetened pineapple juice
- 1 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tsp no-salt mustard (Dijon or yellow)
- 1 tbsp finely grated fresh ginger
- 1 garlic clove, minced
- ½ tsp onion powder

Optional: pinch of chili flakes or black pepper for heat

Tropical, juicy, and just the right hint of zing — perfect for grilled chicken, turkey, or tofu.



TIME
5 min



SERVES
~ ½ cup



METHOD
No-cook



DIFFICULTY
Very Easy

FRESH HERB & GARLIC OIL

DIRECTIONS

- In a small bowl or jar, combine all ingredients. Stir well or shake in a sealed jar.
- Let sit for 5–10 minutes to infuse the oil.
- Drizzle over hot grilled foods just before serving — or toss with roasted veggies for added aroma.

Best For: Drizzling over grilled vegetables, fish, tofu, or poultry

Smart Tip for 50+:

- This herb oil delivers big flavor **without salt**. Fresh herbs like parsley and basil offer antioxidants and support digestion.
- Use it to reduce reliance on heavy sauces or commercial condiments.

Try This Instead:

- Add a spoonful to steamed lentils, brown rice, or even cottage cheese for a **bright herbal lift**.

INGREDIENTS

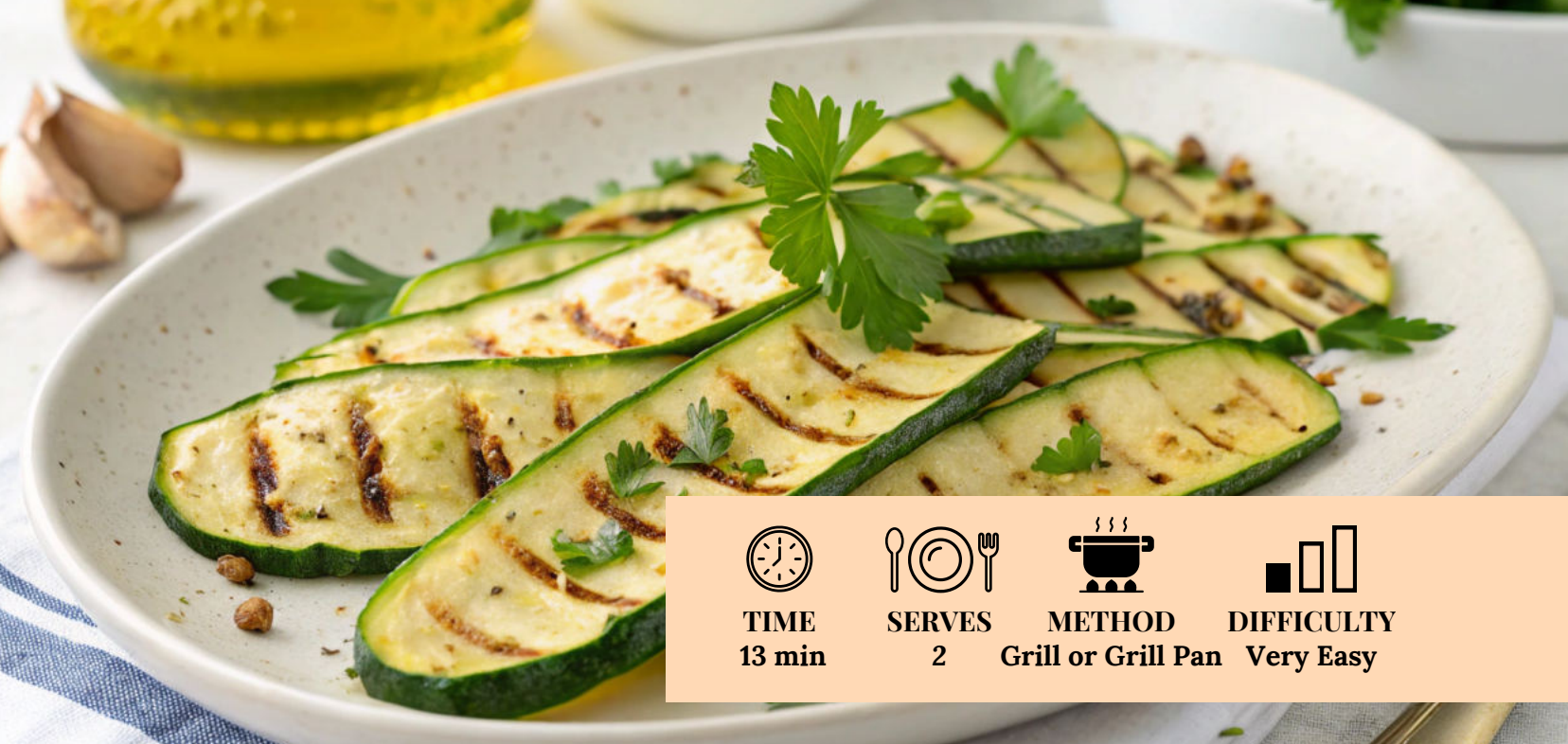
- ¼ cup extra virgin olive oil
- 1 tbsp fresh parsley, finely chopped
- 1 tbsp fresh basil or dill, finely chopped
- 1 small garlic clove, minced
- ½ tsp lemon zest

Optional: pinch of black pepper or crushed red pepper flakes

Optional: ½ tsp apple cider vinegar (for brightness)



*GRILLED
&
FOIL-PACKED
VEGETABLES*



TIME
13 min



SERVES
2



METHOD
Grill or Grill Pan



DIFFICULTY
Very Easy

GRILLED ZUCCHINI WITH GARLIC & OLIVE OIL

DIRECTIONS

- Preheat your grill or grill pan to medium-high.
- In a small bowl, combine olive oil, garlic, oregano, and pepper.
- Brush both sides of the zucchini with the oil mixture.
- Grill for 3–4 minutes per side, until tender with golden grill marks.
- Serve warm with a sprinkle of parsley or a squeeze of lemon.

Best For: BBQ platters, veggie bowls, light Mediterranean meals

Try This Instead:

- Swap oregano for za'atar or smoked paprika for a new twist.
- Also delicious layered in a wrap or served over cooked lentils.

Nutritional Snapshot: Calories: 65; Protein: 1g; Carbohydrates: 4g; Fiber: 1g; Fats: 5g; Sodium: 10mg; Potassium: 290mg; Cholesterol: 0mg;

INGREDIENTS

- 2 medium zucchini, sliced lengthwise into ¼-inch planks
- 1 tbsp olive oil
- 1 garlic clove, finely minced
- ½ tsp dried oregano or Italian seasoning
- ¼ tsp black pepper

Optional: squeeze of lemon juice

Optional: chopped fresh parsley for serving

Tender, smoky, and naturally sweet — this simple side brings summer to your plate.



TIME
25 min



SERVES
2



METHOD
Grill or Oven
Roast



DIFFICULTY
Very Easy

GRILLED BELL PEPPERS WITH BALSAMIC GLAZE

DIRECTIONS

- Preheat grill or oven to 425°F (220°C).
- In a bowl, toss pepper strips with oil, vinegar, and seasonings.
- Grill on a vegetable grate or foil-lined tray for 12–15 minutes, turning once, until lightly charred and tender.
- Garnish with fresh herbs if desired. Serve warm or at room temperature.

Best For: Side dishes, grain bowls, grilled plates

Smart Tip for 50+:

- Bell peppers are naturally sweet and rich in vitamin C, antioxidants, and potassium — excellent for heart and immune support.
- The balsamic glaze adds richness and brightness, no salt needed.

Nutritional Snapshot: Calories: 130; Protein: 2g; Carbohydrates: 10g; Fiber: 3g; Fats: 9g; Sodium: 5mg; Potassium: 310mg; Cholesterol: 0mg;

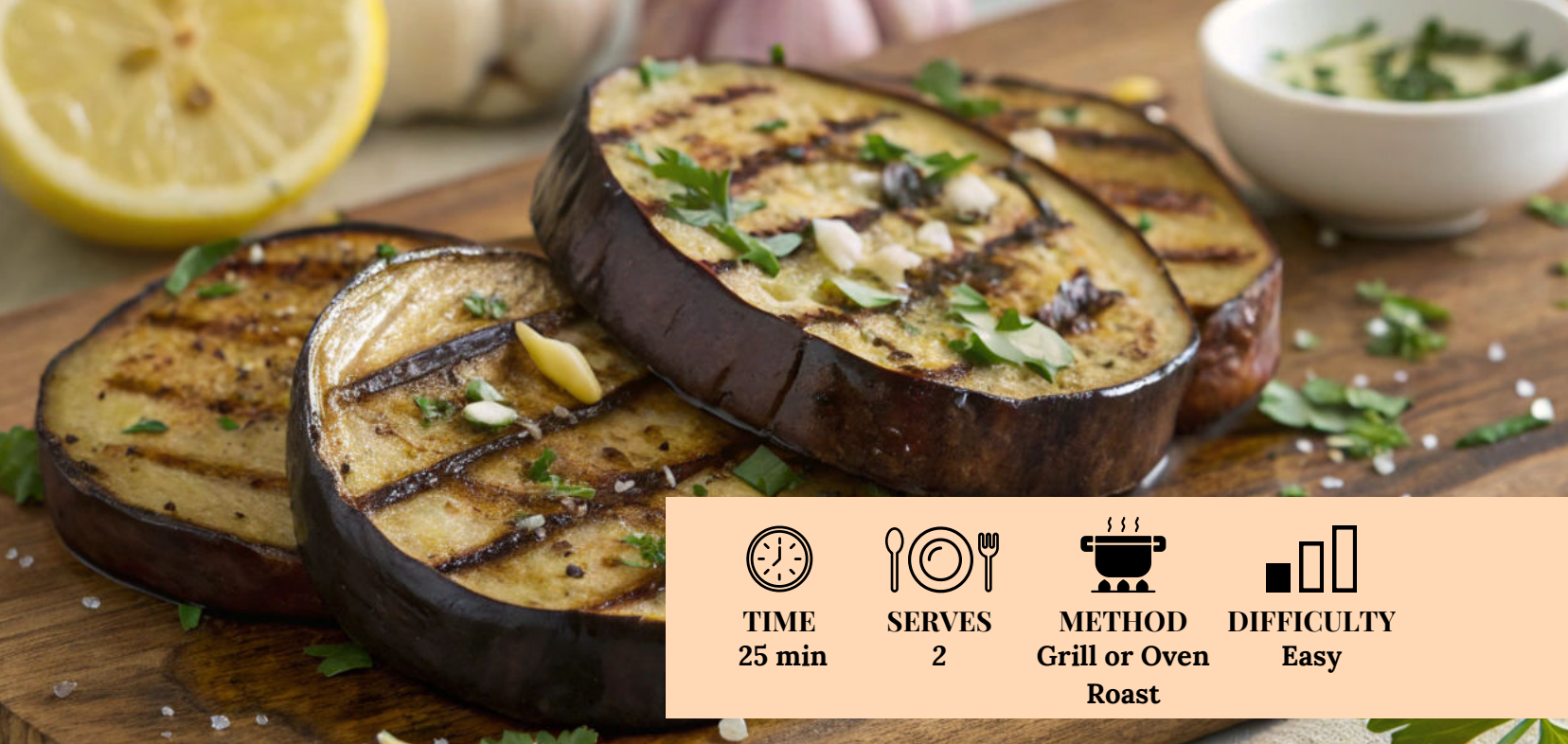
INGREDIENTS

- 2 large bell peppers (red, yellow, or orange), sliced into strips
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- ½ tsp dried Italian seasoning
- ¼ tsp garlic powder
- Pinch of black pepper

Optional: fresh basil or parsley for garnish

Try This Instead:

- Use these peppers as a topping for grilled tofu, quinoa bowls, or mix them into a cold lentil salad.



TIME
25 min



SERVES
2



METHOD
Grill or Oven
Roast



DIFFICULTY
Easy

GARLIC-RUBBED GRILLED EGGPLANT SLICES

DIRECTIONS

- Lightly salt both sides of the eggplant slices and let sit for 10 minutes. Pat dry (this step reduces bitterness).
- Rub each slice with a cut garlic clove. Brush with olive oil and sprinkle with herbs and pepper.
- Grill over medium heat (or bake at 425°F / 220°C) for 5–7 minutes per side, until golden and soft.
- Finish with a light squeeze of lemon juice if desired.

Best For: Side dish, meatless main, warm salad base

Smart Tip for 50+:

- Eggplant absorbs flavor well and is naturally low in sodium.
- Garlic and herbs provide anti-inflammatory support and deepen flavor without the need for salt.

Nutritional Snapshot: Calories: 140; Protein: 2g; Carbohydrates: 9g; Fiber: 5g; Fats: 10g; Sodium: 3mg; Potassium: 380mg; Cholesterol: 0mg;

INGREDIENTS

- 1 medium eggplant, sliced into ½-inch rounds
- 1½ tbsp olive oil
- 1 garlic clove, halved
- ½ tsp dried oregano or thyme
- ¼ tsp black pepper

Optional: squeeze of lemon after cooking

Try This Instead:

- Layer grilled eggplant slices with fresh tomato and basil for a warm, no-cheese “Caprese” plate.

Smoky, tender, and full of depth — like a steak, but plant-based and heart-friendly.



TIME
15 min



SERVES
2



METHOD
Grill or Foil
Roast



DIFFICULTY
Very Easy

GRILLED CORN WITH LIME & SMOKED PAPRIKA

DIRECTIONS

- Preheat grill or oven to 425°F (220°C).
- In a small bowl, combine olive oil, lime juice, and seasonings.
- Brush the mixture over each ear of corn.
- Wrap in foil and grill or bake for 10–12 minutes, turning once halfway through.
- Carefully unwrap and sprinkle with fresh herbs before serving.

Best For: BBQ plates, warm side dishes, foil packs

Smart Tip for 50+:

- Corn is naturally sweet and satisfying — **no butter or salt needed.**
- Smoked paprika gives it a “barbecue” flavor without added sodium or sugar.

Nutritional Snapshot: Calories: 150; Protein: 4g; Carbohydrates: 22g; Fiber: 3g; Fats: 7g; Sodium: 5mg; Potassium: 270mg; Cholesterol: 0mg;

INGREDIENTS

- 2 ears of corn, husked
- 1 tbsp olive oil
- 1 tsp lime juice
- ¼ tsp smoked paprika
- Pinch of garlic powder
- Pinch of black pepper

Optional: chopped cilantro or parsley for serving

Try This Instead:

Slice grilled corn off the cob and mix with black beans, red onion, and lime for a quick summer salad.

Sweet, smoky, and citrusy — a better way to enjoy a summer favorite.



TIME
20 min



SERVES
2



METHOD
Grill or Oven
Roast



DIFFICULTY
Easy

GRILLED PORTOBELLO MUSHROOMS WITH HERB OIL

DIRECTIONS

- In a small bowl, whisk together oil, vinegar, garlic, and herbs.
- Brush mushrooms on both sides with the mixture.
- Grill cap-side down for 5–6 minutes, then flip and grill 5–6 minutes more until tender and juicy.
- (Or roast at 425°F / 220°C for 15–20 min.)
- Serve warm with grain bowls, greens, or as a main.

Best For: Main or side dish, plant-based BBQ, bowls

Smart Tip for 50+:

- Mushrooms are rich in umami, helping **satisfy flavor cravings without salt.**
- Great swap for meat on “lighter” days.

Try This Instead: Slice grilled mushrooms and serve in a whole grain wrap with spinach and hummus.

Nutritional Snapshot: Calories: 160; Protein: 3g; Carbohydrates: 6g; Fiber: 2g; Fats: 14g; Sodium: 6mg; Potassium: 460mg; Cholesterol: 0mg;

INGREDIENTS

- 2 large portobello mushrooms, stems removed
- 2 tbsp olive oil
- 1 tsp balsamic vinegar
- 1 garlic clove, minced
- 1 tsp chopped fresh rosemary or thyme (or ½ tsp dried)
- ¼ tsp black pepper

Optional: pinch of chili flakes for heat

Meaty, juicy, and deeply satisfying — a plant-based “main” that feels like a celebration.



TIME
35 min



SERVES
2



METHOD
Foil Packet
Grill or Oven



DIFFICULTY
Very Easy

SUMMER VEGGIE FOIL MEDLEY WITH GARLIC & BASIL

DIRECTIONS

- Preheat oven or grill to 400°F (200°C).
- Toss all vegetables with oil, garlic, basil, and pepper.
- Place in foil and fold into a sealed packet.
- Grill or roast 20–25 minutes until vegetables are tender and slightly caramelized.
- Open the packet carefully. Serve warm or chilled.

Best For: Quick weeknight dinners, summer meal prep

Smart Tip for 50+:

- This foil meal is rich in fiber and antioxidants.
- Basil adds a natural touch of “brightness” — great for mood and digestion.

Try This Instead: Mix with cooked farro or brown rice for a filling bowl, topped with avocado or yogurt sauce.

Nutritional Snapshot: Calories: 145; Protein: 3g; Carbohydrates: 14g; Fiber: 4g; Fats: 9g; Sodium: 8mg; Potassium: 520mg; Cholesterol: 0mg;

INGREDIENTS

- ½ zucchini, sliced
- ½ red bell pepper, chopped
- ½ small red onion, thinly sliced
- ½ cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 garlic clove, minced
- ½ tsp dried basil (or 1 tbsp fresh)
- Black pepper to taste

Optional: squeeze of lemon or balsamic drizzle after cooking

A flexible, forgiving foil-packet blend — no rules, just color, texture, and joy.



TIME
12 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Very Easy

GRILLED ASPARAGUS WITH LEMON

DIRECTIONS

- Preheat grill or grill pan to medium heat.
- Place asparagus in a shallow bowl and toss with olive oil, lemon zest, and pepper.
- Grill for 2–3 minutes per side, turning once, until slightly charred but still crisp.
- Drizzle with lemon juice before serving. Top with Parmesan or almonds if desired.

Best For: Light summer dinners, brunch plates, veggie pairings

Smart Tip for 50+:

- Asparagus is rich in fiber, folate, and vitamin K — all essential for heart and brain health.
- Grilling keeps its nutrients intact and brings out its natural sweetness without any salt.

Try This Instead:

- Add a sprinkle of lemon zest after grilling for a brighter pop.

Nutritional Snapshot: Calories: 75; Protein: 2g; Carbohydrates: 5g; Fiber: 2g; Fats: 5g; Sodium: 5mg; Potassium: 270mg; Cholesterol: 0mg;

INGREDIENTS

- 1 bunch fresh asparagus (ends trimmed)
- 1 tbsp olive oil
- Zest of ½ lemon
- Juice of ½ lemon
- ¼ tsp black pepper

Optional: pinch of garlic powder or crushed red pepper

Optional: shaved Parmesan or chopped almonds for serving

Crisp-tender, lemony, and full of bright flavor — a perfect side that's quick, classy, and heart-smart.



TIME
25 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Easy

GRILLED CAULIFLOWER STEAKS WITH GARLIC OIL

DIRECTIONS

- Remove green leaves from cauliflower and trim the stem, keeping the core intact.
- Slice the cauliflower into $\frac{3}{4}$ -inch thick “steaks” (usually yields 2–3).
- In a small bowl, mix olive oil, garlic, paprika, and pepper.
- Brush both sides of each steak with the garlic oil.
- Grill over medium heat for 5–7 minutes per side, until golden and fork-tender.
- Serve warm with a sprinkle of herbs or a squeeze of lemon.

Best For: Meatless mains, veggie plates, simple weeknight grilling

Try This Instead: Slice into smaller “steak bites” and skewer for a fun, tapas-style veggie option.

Nutritional Snapshot: Calories: 120; Protein: 7g; Carbohydrates: 10g; Fiber: 4g; Fats: 7g; Sodium: 20mg; Potassium: 380mg; Cholesterol: 10mg;

INGREDIENTS

- 1 medium head of cauliflower
- $1\frac{1}{2}$ tbsp olive oil
- 1 garlic clove, finely minced
- $\frac{1}{2}$ tsp smoked paprika
- $\frac{1}{4}$ tsp black pepper

Optional: pinch of red pepper flakes or lemon zest

Optional garnish: fresh parsley or tahini drizzle

Smart Tip for 50+:

Cauliflower is rich in vitamin C and fiber, and may support healthy digestion and cholesterol balance.



TIME
20 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Medium

GRILLED POLENTA SQUARES WITH VEGGIE TOPPING

DIRECTIONS

- Make polenta (if from scratch): Bring water to boil, stir in polenta, reduce heat, and simmer until thickened (~10 minutes). Stir in olive oil and seasoning.
- Spread into a flat container or tray and chill until firm (30+ minutes).
- Cut into squares (about 2"x2") and brush lightly with oil.
- Grill over medium heat for 4–5 minutes per side until golden and marked.
- Meanwhile, sauté veggie topping ingredients for 5–6 minutes until just tender.
- Top grilled polenta squares with warm veggies and fresh herbs.

Try This Instead: Use grilled mushrooms and arugula as a savory topping, or spoon over a dollop of herbed ricotta for extra creaminess.

Nutritional Snapshot: Calories: 220; Protein: 8g; Carbohydrates: 30g; Fiber: 6g; Fats: 8g; Sodium: 100mg; Potassium: 330mg; Cholesterol: 5mg;

INGREDIENTS

For the polenta base
(or use store-bought):

- ½ cup dry polenta (or 1 roll of pre-cooked polenta)
- 2 cups water
- 1 tsp olive oil
- Pinch of garlic powder and black pepper

Veggie topping:

- ½ cup diced bell pepper (any color)
- ¼ cup cherry tomatoes, halved
- 1 small zucchini, diced
- 1 tsp olive oil
- 1 tsp balsamic vinegar

Optional: chopped basil or parsley for garnish



***FISH
&
SEAFOOD***



TIME
20 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Easy

GRILLED SALMON WITH DILL & LEMON

DIRECTIONS

- Preheat grill or grill pan to medium-high heat.
- In a small bowl, mix olive oil, lemon juice and zest, garlic, dill, and pepper.
- Brush salmon fillets with the mixture on both sides.
- Grill skin-side down for 5–6 minutes, then flip and grill another 2–4 minutes, until opaque and flaky.
- Serve warm with lemon wedges and a light veggie side.

Best For: Heart-healthy dinners, summer gatherings, easy elegance

Try This Instead:

Swap dill for fresh basil or tarragon, or add thin lemon slices under the fillet before grilling for extra aroma.

Nutritional Snapshot: Calories: 290; Protein: 26g; Carbohydrates: 1g; Fiber: 0g; Fats: 20g; Sodium: 60mg; Potassium: 520mg; Cholesterol: 65mg;

INGREDIENTS

- 2 salmon fillets (4–5 oz each), skin on or off
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 tsp lemon zest
- 1 tbsp fresh dill, chopped (or ½ tsp dried)
- 1 garlic clove, finely minced
- ¼ tsp black pepper

Optional: lemon wedges for serving

Rich, tender, and full of bright citrus-herb flavor — this go-to salmon recipe feels gourmet with almost no effort.



TIME
25 min



SERVES
2



METHOD
Foil-Bake
Oven



DIFFICULTY
Very Easy

LEMON-GARLIC COD WITH SPINACH

DIRECTIONS

- Preheat oven to 375°F (190°C).
- Lay each cod fillet on a foil sheet. Surround with spinach.
- Drizzle with olive oil and lemon juice. Sprinkle garlic, zest, pepper, and optional herbs.
- Seal each foil packet, leaving space for steam.
- Bake for 15–18 minutes, until cod flakes easily and spinach is wilted.
- Serve directly in foil or over quinoa or mashed sweet potato.

Best For: Gentle dinners, anti-inflammatory plates, easy oven nights

Try This Instead:

- Add cherry tomatoes or zucchini ribbons to the foil for more color and fiber.
- Swap cod for haddock or tilapia if preferred.

Nutritional Snapshot: Calories: 210; Protein: 24g; Carbohydrates: 3g; Fiber: 1g; Fats: 10g; Sodium: 60mg; Potassium: 520mg; Cholesterol: 55mg;

INGREDIENTS

- 2 cod fillets (4–5 oz each)
 - 4 cups baby spinach
 - 1 tbsp olive oil
 - Juice of ½ lemon
 - 1 tsp lemon zest
 - 1 garlic clove, finely minced
 - ¼ tsp black pepper
- Optional:** pinch of thyme or dill
- 2 large sheets of foil

Soft, juicy, and subtly sweet — an effortless Mediterranean-inspired dinner.



TIME
20 min



SERVES
2



METHOD
Foil Packet
Grill or Oven



DIFFICULTY
Very Easy

FOIL-GRILLED TILAPIA WITH CUMIN & LIME

DIRECTIONS

- Preheat grill or oven to 400°F (200°C).
- Place each fillet on a piece of foil. Drizzle with olive oil and lime juice.
- Sprinkle with cumin, garlic powder, and pepper.
- Fold into a sealed packet and grill or bake for 12–15 minutes, until fish is opaque and flakes easily.
- Serve warm with a side of foil-roasted veggies or salad.

Best For: Easy weeknight dinners, light lunch, gentle introduction to fish.

Smart Tip for 50+:

- Cumin supports digestion and circulation, while lime boosts flavor without sodium.

Try This Instead:

Add sliced zucchini or bell pepper directly into the foil packet for a one-pan meal.

Nutritional Snapshot: Calories: 220; Protein: 24g; Carbohydrates: 3g; Fiber: 0g; Fats: 12g; Sodium: 50mg; Potassium: 510mg; Cholesterol: 60mg;

INGREDIENTS

- 2 tilapia fillets (~5 oz each)
- 1 tbsp olive oil
- Juice of 1 lime
- ½ tsp ground cumin
- ¼ tsp garlic powder
- ¼ tsp black pepper

Optional: lime zest or a pinch of chili flakes

Zesty, quick, and gently spiced — a beginner-friendly recipe that feels like summer.



TIME
18 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Very Easy

GRILLED SHRIMP SKEWERS WITH LEMON & BASIL

DIRECTIONS

- In a bowl, mix olive oil, lemon juice and zest, garlic, basil, and pepper.
- Add shrimp and toss to coat. Let marinate for 10–15 minutes.
- Thread shrimp onto skewers.
- Grill over medium heat for 2–3 minutes per side, until pink and opaque.
- Serve warm with lemon wedges and a side of grilled veggies or quinoa.

Best For: Backyard meals, light BBQ, “easy wow” dinner

Smart Tip for 50+: Shrimp are naturally low in calories and rich in selenium and B12 — great for energy and heart support.

Try This Instead: Add cherry tomatoes or small zucchini slices to the skewers for a more colorful and complete grill plate.

Nutritional Snapshot: Calories: 190; Protein: 20g; Carbohydrates: 3g; Fiber: 0g; Fats: 10g; Sodium: 150mg; Potassium: 270mg; Cholesterol: 165mg;

INGREDIENTS

- 10–12 large shrimp, peeled and deveined
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 tsp lemon zest
- 1 tbsp chopped fresh basil (or ½ tsp dried)
- 1 garlic clove, finely minced
- ¼ tsp black pepper

Optional: pinch of chili flakes or smoked paprika

Optional: lemon wedges for serving

- 4–6 small wooden skewers (soaked if grilling)



TIME
18 min



SERVES
2



METHOD
Grill or Grill Pan



DIFFICULTY
Easy

GRILLED TUNA STEAKS WITH HERB OIL

DIRECTIONS

- Preheat grill or grill pan to medium-high.
- In a small bowl, mix olive oil, herbs, lemon zest, garlic powder, and pepper.
- Brush both sides of the tuna steaks with the herb oil.
- Grill for 3–4 minutes per side for medium-rare, or longer if you prefer it well done.
- Let rest briefly and serve warm with lemon or a peppery green like arugula.

Best For: Light dinners, high-protein meals, stylish BBQ plates

Try This Instead:

- Use basil and tarragon for a more Mediterranean-style finish.
- Add grilled cherry tomatoes or olives for color and balance.

Nutritional Snapshot: Calories: 220; Protein: 25g; Carbohydrates: 1g; Fiber: 0g; Fats: 12g; Sodium: 55mg; Potassium: 380mg; Cholesterol: 55mg;

INGREDIENTS

- 2 tuna steaks (about 4–5 oz each, 1-inch thick)
- 1 tbsp olive oil
- 1 tbsp chopped fresh parsley
- 1 tsp chopped fresh rosemary or thyme
- ½ tsp lemon zest
- ¼ tsp garlic powder
- ¼ tsp black pepper

Optional: lemon wedges or arugula for serving

Hearty, flavorful, and ready in minutes — this steak-style fish is a protein-rich star of the summer grill.



TIME
50 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Medium

GRILLED SWORDFISH WITH LEMON-THYME MARINADE

DIRECTIONS

- In a small bowl, whisk together olive oil, lemon juice, zest, garlic, thyme, and pepper.
- Place swordfish in a shallow dish or zip-top bag, and pour marinade over. Marinate in the fridge for 30 minutes (no longer — swordfish is delicate!).
- Preheat grill to medium-high.
- Grill swordfish for 5–6 minutes per side, until opaque and grill-marked. Don't overcook — the fish should be moist and flaky.
- Serve with grilled vegetables or a spoonful of herb couscous.

Best For: Elegant summer dinners, Mediterranean plates, or date-night grilling

Smart Tip for 50+: Swordfish is rich in protein, selenium, and vitamin D, with a meaty texture that's satisfying and easy to digest.

Nutritional Snapshot: Calories: 210; Protein: 35g; Carbohydrates: 2g; Fiber: 0g; Fats: 10g; Sodium: 70mg; Potassium: 600mg; Cholesterol: 80mg;

INGREDIENTS

- 2 swordfish steaks (4–6 oz each)
- 1½ tbsp olive oil
- Juice of ½ lemon
- 1 tsp lemon zest
- 1½ tsp fresh thyme leaves (or ½ tsp dried)
- 1 garlic clove, minced
- ¼ tsp black pepper

Optional: pinch of crushed red pepper flakes

Try This Instead:

Use the same marinade on mahi-mahi, halibut, or grilled tofu for a delicious variation.



TIME
15 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Medium

GRILLED SCALLOPS WITH CITRUS-HERB DRIZZLE

DIRECTIONS

- Preheat grill to medium-high and oil the grates or grill pan.
- Lightly brush scallops with olive oil and season with pepper.
- Grill scallops for 2–3 minutes per side, until opaque and lightly golden. Do not overcook — they should be tender, not rubbery.
- While grilling, mix the citrus drizzle ingredients in a small bowl.
- Plate the scallops and spoon the drizzle over just before serving.

Best For: Elegant summer dinners, light starters, or special-occasion grilling

Smart Tip for 50+:

Scallops are a wonderful low-fat protein, rich in B12 and omega-3s, which support heart and brain health.

Nutritional Snapshot: Calories: 120; Protein: 25g; Carbohydrates: 5g; Fiber: 0g; Fats: 3g; Sodium: 250mg; Potassium: 350mg; Cholesterol: 50mg;

INGREDIENTS

- **10–12** sea scallops (about ½–¾ lb), patted dry
- **1** tsp olive oil

Citrus-Herb Drizzle:

- **1** tbsp olive oil
- Juice of ½ lemon
- **1** tsp chopped fresh dill or parsley
- ½ tsp orange zest
- Pinch of black pepper

Optional: tiny drizzle of honey or maple for balance

Try This Instead:

Serve over a bed of arugula or steamed quinoa for a refreshing, protein-packed meal.



TIME
30 min



SERVES
2



METHOD
Foil-Bake
or Grill



DIFFICULTY
Easy

FOIL-BAKED HALIBUT WITH CHERRY TOMATOES & OLIVES

DIRECTIONS

- Preheat grill or oven to 375°F (190°C).
- Lay out two large sheets of foil. In the center of each, place a halibut fillet.
- Top with cherry tomatoes, olives, garlic, herbs, lemon juice, and olive oil.
- Season with black pepper. Fold foil into sealed packets.
- Bake or grill for 18–20 minutes, until fish flakes easily.
- Carefully open packets and serve with a spoonful of the flavorful juices.

Smart Tip for 50+:

- Halibut is rich in lean protein and omega-3s – great for heart, joints, and brain.
- Tomatoes and olives bring antioxidants and deep flavor, reducing the need for salt.

Nutritional Snapshot: Calories: 250; Protein: 35g; Carbohydrates: 10g; Fiber: 3g; Fats: 15g; Sodium: 250mg; Potassium: 680mg; Cholesterol: 65mg;

INGREDIENTS

- 2 halibut fillets (4–6 oz each)
- 1 cup cherry tomatoes, halved
- 2 tbsp sliced black or green olives
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 small garlic clove, minced
- 1 tsp fresh thyme or oregano (or ½ tsp dried)
- Pinch of black pepper

Optional: fresh parsley for garnish

Try This Instead:

Use cod or snapper instead of halibut, or add a few zucchini ribbons or capers to mix it up.



TIME
25 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Easy

GRILLED SALMON BURGERS WITH AVOCADO & SPROUTS

DIRECTIONS

- In a bowl, combine chopped salmon, onion, herbs, mustard, breadcrumbs, lemon juice, and pepper. Mix gently until just combined.
- Form into 2 equal patties and refrigerate for 10 minutes to help them hold shape.
- Grill over medium heat for 4–5 minutes per side, or until firm and cooked through.
- Serve on whole grain buns or lettuce wraps with avocado slices and sprouts.

Smart Tip for 50+:

- Fresh salmon provides heart-protective omega-3 fats and quality protein.

Try This Instead:

- Swap salmon for trout or arctic char. Or use Greek yogurt-mustard sauce in place of avocado for a tangy twist.

Nutritional Snapshot: Calories: 280; Protein: 25g; Carbohydrates: 7g; Fiber: 3g; Fats: 17g; Sodium: 120mg; Potassium: 520mg; Cholesterol: 55mg;

INGREDIENTS

- 8 oz fresh salmon fillet, skin removed, finely chopped
- 1 tbsp finely chopped red onion
- 1 tbsp chopped fresh parsley or dill
- 1 tsp Dijon mustard
- 1 tbsp whole grain breadcrumbs (or ground oats)
- 1 tsp lemon juice
- ¼ tsp black pepper
- ½ ripe avocado, sliced
- ½ cup alfalfa or broccoli sprouts

Optional: whole grain bun or lettuce wraps



*LIGHT POULTRY
&
LEAN MEATS*



TIME
35 min



SERVES
2



METHOD
Foil Packet
Oven or Grill



DIFFICULTY
Very Easy

LEMON-DIJON CHICKEN BREASTS IN FOIL

DIRECTIONS

- Preheat oven or grill to 400°F (200°C).
- In a small bowl, whisk together olive oil, mustard, lemon juice, garlic, thyme, and pepper.
- Place chicken breasts on individual pieces of foil. Spoon sauce over each.
- Add lemon slices on top (optional), fold into packets, and seal.
- Bake or grill for 25 minutes, or until juices run clear and chicken is fully cooked.
- Rest 3 minutes before serving.

Best For: Light dinners, easy meal prep, protein without heaviness.

Smart Tip for 50+: Dijon + lemon naturally brighten flavor, making salt unnecessary.

Try This Instead:

Add a few green beans or asparagus spears into the foil for a full one-packet meal.

Nutritional Snapshot: Calories: 220; Protein: 26g; Carbohydrates: 2g; Fiber: 0g; Fats: 11g; Sodium: 90mg; Potassium: 400mg; Cholesterol: 70mg;

INGREDIENTS

- 2 small boneless, skinless chicken breasts (~5 oz each)
- 1 tbsp olive oil
- 1 tbsp Dijon mustard
- Juice of ½ lemon
- 1 garlic clove, minced
- ½ tsp dried thyme (or 1 tsp fresh)
- ¼ tsp black pepper

Optional: thin lemon slices for topping

Bright, tender, and oven-ready — perfect for quiet evenings or quick meals for two.



TIME
25 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Easy

LETTUCE-WRAPPED CHICKEN BURGERS WITH MUSTARD SLAW

DIRECTIONS

- In a bowl, mix ground chicken, onion, herbs, garlic powder, paprika, and pepper. Form into 2 patties.
- Grill over medium heat for 5–6 minutes per side, or until internal temp reaches 165°F (74°C).
- In a separate bowl, combine slaw ingredients and toss well.
- Serve burgers wrapped in lettuce leaves, topped with a spoonful of mustard slaw.

Smart Tip for 50+:

- Swapping the bun for lettuce cuts sodium and refined carbs — easier on blood pressure and digestion.

Try This Instead:

- Add thin avocado slices or pickled red onions for extra texture and flavor.

Nutritional Snapshot: Calories: 220; Protein: 24g; Carbohydrates: 5g; Fiber: 2g; Fats: 11g; Sodium: 140mg; Potassium: 470mg; Cholesterol: 70mg;

INGREDIENTS

- 8 oz ground chicken breast (lean, 93–98%)
- 1 tbsp finely chopped red onion
- 1 tbsp chopped parsley or cilantro
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ¼ tsp black pepper
- 4 large butter lettuce leaves (or romaine)

For the Slaw:

- ½ cup shredded green cabbage
- 1 tbsp Greek yogurt
- 1 tsp Dijon mustard
- 1 tsp apple cider vinegar

Optional: pinch of celery seed



TIME
25 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Easy

GRILLED TURKEY SKEWERS WITH ZUCCHINI

DIRECTIONS

- If using ground turkey, form into mini meatballs (8–10 pieces).
- Alternate turkey and zucchini slices on soaked skewers.
- In a small bowl, mix olive oil, herbs, garlic, zest, and pepper.
- Brush the mixture over the skewers.
- Grill over medium heat for 4–5 minutes per side, until turkey is cooked through and zucchini is tender.
- Serve warm with a salad or grain bowl.

Best For: Outdoor meals, healthy grilling, Mediterranean plates

Try This Instead: Add chunks of bell pepper or red onion for color and antioxidants.

Or use fresh mint and parsley for a Middle Eastern twist.

Nutritional Snapshot: Calories: 240; Protein: 26g; Carbohydrates: 5g; Fiber: 1g; Fats: 12g; Sodium: 85mg; Potassium: 410mg; Cholesterol: 70mg;

INGREDIENTS

- 8–10 oz lean ground turkey (or turkey breast, cubed)
- 1 small zucchini, cut into thick half-moons
- 1 tbsp olive oil
- 1 tsp dried oregano or thyme
- 1 garlic clove, finely minced
- 1 tsp lemon zest
- ¼ tsp black pepper

Optional: squeeze of lemon or tzatziki for serving

- 4 small wooden skewers (soaked if grilling)



TIME
40 min



SERVES
2



METHOD
Oven-Baked
or Grill



DIFFICULTY
Easy

PAPRIKA-HERB CHICKEN THIGHS

DIRECTIONS

- Preheat oven to 400°F (200°C) or heat grill to medium-high.
- In a bowl, mix all spices with olive oil.
- Rub mixture evenly over both sides of the chicken thighs.
- Place on a baking tray or grill.
- Bake for 25–30 minutes, or grill for 5–6 minutes per side, until cooked through and lightly crisped.
- Let rest 3–5 minutes before serving.

Best For: Weeknight dinners, batch cooking, easy leftovers.

Smart Tip for 50+: Paprika gives that “grilled flavor” without added salt or smoke.

Try This Instead: Slice leftovers over a salad or wrap in lettuce leaves with a spoonful of yogurt sauce for a quick lunch.

Nutritional Snapshot: Calories: 260; Protein: 23g; Carbohydrates: 1g; Fiber: 0g; Fats: 18g; Sodium: 85mg; Potassium: 330mg; Cholesterol: 110mg;

INGREDIENTS

- 4 boneless, skinless chicken thighs
- 1 tbsp olive oil
- 1 tsp smoked paprika
- ½ tsp dried oregano or Italian seasoning
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp black pepper

Optional: pinch of chili flakes (if desired)

Juicy, bold, and beautifully seasoned — without salt or heavy sauces.



TIME
25 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Easy

GRILLED CHICKEN & PEACH SALAD

DIRECTIONS

- Brush peach halves lightly with olive oil.
- Grill peach (cut-side down) and chicken breast over medium heat – 2–3 minutes per side until peach has light grill marks and chicken is warmed through.
- Slice grilled peach into wedges.
- In a bowl, toss greens with remaining olive oil, vinegar, and pepper.
- Top with sliced chicken, grilled peach, and optional feta or nuts.

Best For: Light summer dinners, easy lunch bowls, elegant picnic fare

Try This Instead:

- Swap peaches for nectarines or plums.
- Use leftover grilled turkey or salmon instead of chicken for variation.

Nutritional Snapshot: Calories: 280; Protein: 26g; Carbohydrates: 10g; Fiber: 3g; Fats: 15g; Sodium: 90mg; Potassium: 460mg; Cholesterol: 65mg;

INGREDIENTS

- 1 grilled chicken breast, sliced
- 1 ripe peach, halved and pitted
- 4 cups mixed salad greens (e.g., arugula, spinach, romaine)
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- 1 tsp honey or Dijon mustard (optional)
- ¼ tsp black pepper

Optional: crumbled feta or toasted walnuts for topping



TIME
25 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Easy

GRILLED CHICKEN SKEWERS WITH PINEAPPLE & RED ONION

DIRECTIONS

- In a bowl, combine olive oil, citrus juice, paprika, garlic powder, and pepper.
- Add chicken and toss to coat. Marinate for 15–30 minutes if you have time.
- Thread chicken, pineapple, and onion alternately onto skewers.
- Grill over medium heat for 5–6 minutes per side, or until chicken is cooked through.
- Serve warm with a side of grilled veggies, quinoa, or a light salad.

Smart Tip for 50+:

- Pineapple naturally tenderizes chicken with bromelain — and adds sweetness without sugar.

Try This Instead:

- Swap pineapple for peach or mango cubes, or sprinkle finished skewers with chopped fresh cilantro or mint for a bright lift.

Nutritional Snapshot: Calories: 210; Protein: 30g; Carbohydrates: 20g; Fiber: 3g; Fats: 8g; Sodium: 95mg; Potassium: 350mg; Cholesterol: 85mg;

INGREDIENTS

- 1 boneless, skinless chicken breast, cut into 1-inch cubes
- 1 cup fresh pineapple chunks
- ½ small red onion, cut into 1-inch pieces
- 1 tbsp olive oil
- Juice of ½ lime or lemon
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- Black pepper, to taste

Optional: pinch of chili flakes

- 4–6 small wooden skewers (soaked in water)



TIME
25 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Easy

GRILLED TURKEY BURGERS WITH MUSTARD SLAW

DIRECTIONS

- In a bowl, mix all burger ingredients and form into two patties.
- In a separate bowl, combine slaw ingredients and mix well. Set aside.
- Grill turkey patties over medium heat for 4–5 minutes per side, until cooked through.
- Serve burgers on buns or lettuce wraps, topped with mustard slaw and optional extras.
- **Optional:** thin tomato slices, avocado, or pickled onions

Smart Tip for 50+:

Ground turkey is lower in saturated fat than beef, and this version skips mayo for a tangy yogurt slaw that's light on sodium and rich in probiotics.

Try This Instead:

- Add grated carrot or a few apple matchsticks to the slaw for natural sweetness and color.

Nutritional Snapshot: Calories: 450; Protein: 35g; Carbohydrates: 45g; Fiber: 8g; Fats: 15g; Sodium: 540mg; Potassium: 500mg; Cholesterol: 95mg;

INGREDIENTS

- ½ lb lean ground turkey
- 1 tbsp finely chopped onion
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp Dijon mustard
- Black pepper, to taste

Optional: 1 tbsp chopped fresh parsley

For the mustard slaw:

- 1 cup finely shredded cabbage
- 1 tbsp Greek yogurt
- 1 tsp Dijon mustard
- ½ tsp apple cider vinegar
- Black pepper, to taste

To serve:

- 2 whole-grain buns or lettuce wraps



TIME
40 min



SERVES
2



METHOD
Foil-Bake or
Grill



DIFFICULTY
Medium

FOIL-WRAPPED TURKEY BREAST WITH CRANBERRIES & SAGE

DIRECTIONS

- Preheat grill or oven to 375°F (190°C).
- In a small bowl, mix olive oil, mustard, sage, garlic powder, and pepper.
- Tear two sheets of foil. Place turkey cutlets in center of each. Brush with the mixture.
- Top with chopped cranberries and a splash of broth or juice if using.
- Fold foil into packets, sealing tightly.
- Bake or grill for 25–30 minutes, until turkey is cooked through and juices run clear.
- Let rest 2–3 minutes before serving.

Smart Tip for 50+:

- Turkey breast is lean, protein-rich, and low in saturated fat. Cranberries and sage support digestion and offer a nostalgic note – without relying on sodium or sugar.

Nutritional Snapshot: Calories: 220; Protein: 30g; Carbohydrates: 15g; Fiber: 3g; Fats: 5g; Sodium: 110mg; Potassium: 360mg; Cholesterol: 75mg;

INGREDIENTS

- 2 boneless turkey breast cutlets (about 5 oz each)
- 1 tsp olive oil
- 1 tbsp dried unsweetened cranberries (low-sugar, chopped if large)
- ½ tsp dried sage (or 1 tsp fresh, finely chopped)
- ½ tsp garlic powder
- ½ tsp Dijon mustard
- Black pepper, to taste

Optional: 2 tbsp low-sodium chicken broth or a splash of orange juice

Try This Instead:

Pair with foil-baked sweet potato wedges or green beans with almonds for a well-rounded, gentle plate.



TIME
45 min



SERVES
2



METHOD
Foil-Bake or
Grill



DIFFICULTY
Easy

FOIL-BAKED CHICKEN DRUMSTICKS WITH HERBS & LEMON

DIRECTIONS

- Preheat oven or grill to 375°F (190°C).
- In a bowl, combine olive oil, lemon juice and zest, garlic, herbs, and pepper.
- Toss drumsticks in the mixture to coat well.
- Place into foil and seal tightly into a packet.
- Bake or grill for 30–35 minutes, until chicken is fully cooked and tender.
- Carefully open foil and serve warm with lemon wedges or fresh parsley.

Smart Tip for 50+:

- Drumsticks are naturally moist and flavorful without needing salt or breading. The citrus and herbs support digestion and reduce the need for sauces.

Nutritional Snapshot: Calories: 180; Protein: 25g; Carbohydrates: 2g; Fiber: 0g; Fats: 12g; Sodium: 110mg; Potassium: 230mg; Cholesterol: 85mg;

INGREDIENTS

- 4 small chicken drumsticks, skin removed if desired
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 tsp lemon zest
- 1 garlic clove, minced
- 1 tsp chopped fresh rosemary or thyme (or ½ tsp dried)
- ¼ tsp black pepper

Optional: pinch of smoked paprika

Try This Instead:

Add a few sliced carrots or sweet potato rounds to the foil for a full meal in one packet.



***FOIL-PACKET
MEALS***



TIME
40 min



SERVES
2



METHOD
Foil Packet
Oven or Grill



DIFFICULTY
Easy

FOIL-ROASTED CARROTS WITH CUMIN & ORANGE ZEST

DIRECTIONS

- Preheat oven or grill to 400°F (200°C).
- In a bowl, toss carrots with oil, spices, and zest.
- Place in foil and fold into a sealed packet.
- Roast or grill for 25–30 minutes until tender and golden around the edges.
- Carefully open foil and garnish with herbs if desired.

Best For: Warm sides, grain bowls, roasted plates

Smart Tip for 50+:

- Carrots are rich in beta-carotene for eye and immune health.
- Orange zest brightens flavor and helps balance natural sweetness **without added sugar or salt.**

Try This Instead: Make a “carrot taco”: serve warm roasted carrots in a lettuce leaf with a spoonful of yogurt-cucumber sauce.

Nutritional Snapshot: Calories: 130; Protein: 2g; Carbohydrates: 13g; Fiber: 4g; Fats: 8g; Sodium: 4mg; Potassium: 350mg; Cholesterol: 0mg;

INGREDIENTS

- 3 medium carrots, peeled and cut into sticks
- 1 tbsp olive oil
- ½ tsp ground cumin
- ¼ tsp orange zest (freshly grated)
- Pinch of cinnamon (optional, for depth)
- Pinch of black pepper

Optional: chopped mint or parsley for garnish

Naturally sweet, gently spiced — the kind of side that feels like a small reward.



TIME
45 min



SERVES
2



METHOD
Foil Packet
Oven or Grill



DIFFICULTY
Very Easy

FOIL-BAKED CHICKEN SAUSAGE, SWEET POTATO & APPLE

DIRECTIONS

- Preheat oven or grill to 400°F (200°C).
- Toss sweet potato and apple with oil, herbs, and spices.
- Divide into 2 foil packets. Add 1 sausage to each.
- Seal tightly and bake or grill for 30–35 minutes, until the sweet potato is tender.
- Open carefully (watch for steam!) and serve warm.

Best For: Quick fall-inspired dinners, weeknight comfort meals

Smart Tip for 50+: Chicken sausage gives flavor without heaviness, and sweet potatoes support stable blood sugar and are rich in fiber and potassium.

Try This Instead:

Use sliced turkey kielbasa or plant-based sausage for variety. Add a few red onion slices for depth.

Nutritional Snapshot: Calories: 310; Protein: 18g; Carbohydrates: 23g; Fiber: 4g; Fats: 17g; Sodium: 350mg; Potassium: 480mg; Cholesterol: 65mg;

INGREDIENTS

- 2 chicken sausages (nitrate-free, ~3 oz each)
- 1 small sweet potato, peeled and diced
- ½ apple (Granny Smith or Honeycrisp), chopped
- 1 tbsp olive oil
- ½ tsp dried rosemary or thyme
- ¼ tsp cinnamon (optional but cozy)
- ¼ tsp black pepper

Optional: a squeeze of lemon juice before serving

Apples add natural sweetness and moisture — no need for sauce.



TIME
25 min



SERVES
2



METHOD
Foil-Bake
Oven or Grill



DIFFICULTY
Very Easy

FOIL-PACKED SHRIMP WITH GARLIC & SNAP PEAS

DIRECTIONS

- Preheat grill or oven to 400°F (200°C).
- Tear two large sheets of foil. Divide the shrimp and snap peas evenly between them.
- Drizzle with olive oil, lemon juice, zest, garlic, herbs, and pepper.
- Fold into sealed packets, leaving space for steam.
- Grill or bake for 12–14 minutes, until shrimp are pink and peas are tender-crisp.
- Carefully open and serve warm in foil or over brown rice or quinoa.

Best For: Quick dinners, grill alternatives, no-fuss entertaining

Try This Instead:

- Swap snap peas for zucchini ribbons, thin asparagus, or green beans.
- For a tropical twist, add a few chunks of pineapple to the foil!

Nutritional Snapshot: Calories: 180; Protein: 21g; Carbohydrates: 5g; Fiber: 1g; Fats: 9g; Sodium: 140mg; Potassium: 260mg; Cholesterol: 160mg;

INGREDIENTS

- 10–12 large shrimp, peeled and deveined
- 1 cup sugar snap peas (or snow peas)
- 1 tbsp olive oil
- 1 tsp lemon zest
- Juice of ½ lemon
- 1 garlic clove, finely minced
- 1 tbsp chopped parsley or fresh basil
- ¼ tsp black pepper

Optional: pinch of red pepper flakes

Light, juicy, and ready in minutes — a perfect all-in-one packet for fresh summer flavor.



TIME
40 min



SERVES
2



METHOD
Foil-Bake
or Grill



DIFFICULTY
Easy

FOIL-BAKED BUTTERNUT SQUASH WITH CINNAMON & NUTMEG

DIRECTIONS

- Preheat grill or oven to medium-high.
- In a bowl, toss squash cubes with oil, cinnamon, nutmeg, and optional pepper.
- Transfer to a large piece of foil and fold into a sealed packet.
- Bake for 25–30 minutes, flipping once if grilling, until squash is soft and edges are golden.
- Serve warm, optionally topped with nuts or herbs.

Best For: Cozy grill nights, lighter holiday-style dishes, or gentle warm sides

Smart Tip for 50+:

- Butternut squash is high in vitamin A and potassium — a gentle way to support immune function and blood pressure balance.
- The spices here warm the digestion and add flavor without sugar or salt.

Nutritional Snapshot: Calories: 110; Protein: 10g; Carbohydrates: 20g; Fiber: 3g; Fats: 3g; Sodium: 15mg; Potassium: 400mg; Cholesterol: 0mg;

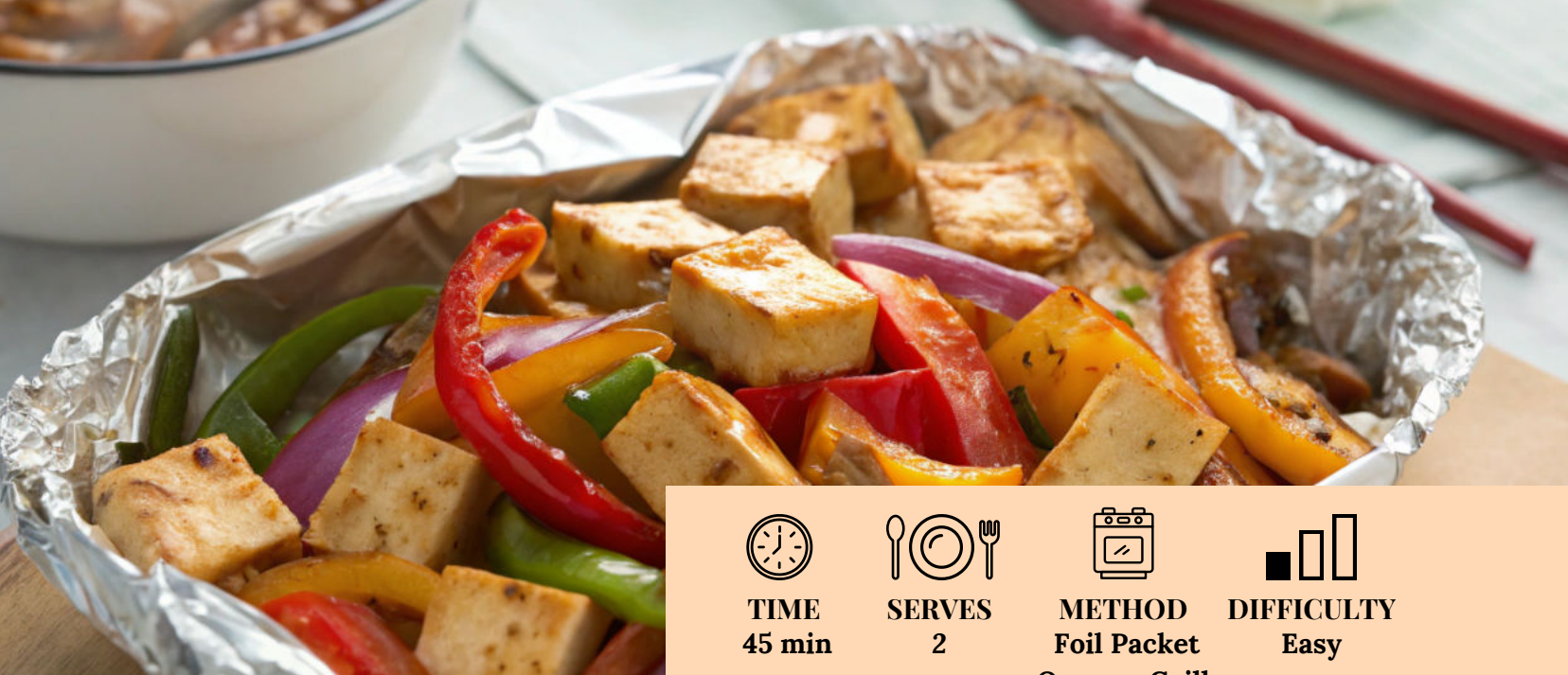
INGREDIENTS

- 1½ cups peeled, cubed butternut squash
- 1 tsp olive oil or avocado oil
- ⅛ tsp ground cinnamon
- Pinch of ground nutmeg

Optional: pinch of black pepper or maple dusting

Optional garnish: chopped walnuts or fresh thyme

Try This Instead: Add a few thin apple slices to the foil packet for a naturally sweet, fruity twist that pairs beautifully with poultry or lentils.



TIME
45 min



SERVES
2



METHOD
Foil Packet
Oven or Grill



DIFFICULTY
Easy

TOFU, BELL PEPPERS & PEANUT-GINGER GLAZE IN FOIL

DIRECTIONS

- Preheat oven or grill to 400°F (200°C).
- In a bowl, whisk together glaze ingredients until smooth.
- Toss tofu and veggies gently with glaze.
- Divide into 2 foil packets and seal.
- Bake or grill for 25–30 minutes, until vegetables are soft and tofu is golden.
- Open foil carefully. Sprinkle with fresh cilantro and serve.

Best For: Light dinners, plant-based days, “meatless but satisfying” meals

Smart Tip for 50+:

Peanut + ginger combo adds depth, warmth, and supports anti-inflammatory balance.

Try This Instead:

Use sliced turkey kielbasa or plant-based sausage for variety. Add a few red onion slices for depth.

Nutritional Snapshot: Calories: 310; Protein: 15g; Carbohydrates: 12g; Fiber: 3g; Fats: 22g; Sodium: 80mg; Potassium: 420mg; Cholesterol: 0mg;

INGREDIENTS

- 6 oz extra-firm tofu, pressed and cubed
- 1 red or yellow bell pepper, sliced
- ½ small red onion, sliced
- 1 tbsp chopped fresh cilantro (optional)

For the glaze:

- 1 tbsp unsweetened natural peanut butter
- 1 tsp grated fresh ginger
- 1 tsp rice vinegar or apple cider vinegar
- ½ tbsp olive oil
- Juice of ½ lime
- 1 tbsp warm water (to thin)
- Pinch of black pepper

Optional: pinch of chili flakes



TIME
45 min



SERVES
2



METHOD
Foil Packet
Oven or Grill



DIFFICULTY
Very Easy

HERBED BABY POTATOES & MUSHROOMS IN FOIL

DIRECTIONS

- Preheat oven or grill to 400°F (200°C).
- In a bowl, toss potatoes and mushrooms with oil and seasonings.
- Divide into 2 foil packets and seal well.
- Bake or grill for 30–35 minutes, until potatoes are tender and golden.
- Carefully open packets and garnish with fresh herbs, if desired.

Best For: Side dish or main, meatless meals, pairing with fish or poultry

Smart Tip for 50+:

- Potatoes provide comfort and potassium; mushrooms bring umami richness and B vitamins.

Try This Instead:

Add a few slices of red onion or swap mushrooms for zucchini for a summer twist.

Nutritional Snapshot: Calories: 250; Protein: 5g; Carbohydrates: 28g; Fiber: 4g; Fats: 12g; Sodium: 5mg; Potassium: 620mg; Cholesterol: 0mg;

INGREDIENTS

- 1 cup baby potatoes, halved
- 1 cup mushrooms (cremini or button), halved or sliced
- 1 tbsp olive oil
- ½ tsp dried thyme or rosemary
- ¼ tsp garlic powder
- ¼ tsp black pepper

Optional: squeeze of lemon juice or balsamic after cooking

Optional: chopped parsley or chives for garnish



TIME
30 min



SERVES
2



METHOD
Foil-Bake or
Grill



DIFFICULTY
Easy

FOIL-PACKED WHITE FISH WITH ZUCCHINI & OLIVES

DIRECTIONS

- Preheat grill or oven to 375°F (190°C).
- Tear two large squares of foil. Place sliced zucchini in the center of each.
- Lay fish fillets over zucchini. Top with garlic, olives, parsley, and lemon juice. Drizzle with olive oil and season with pepper.
- Fold foil into sealed packets.
- Bake or grill for 18–20 minutes, until fish flakes easily and zucchini is tender.
- Carefully open packets to release steam. Serve warm with brown rice or quinoa.

Best For: Light dinners, low-effort lunches, or healthy batch-cooking

Try This Instead:

Swap zucchini for thin asparagus or add a few sliced olives and capers for extra Mediterranean flair.

Nutritional Snapshot: Calories: 240; Protein: 35g; Carbohydrates: 8g; Fiber: 3g; Fats: 15g; Sodium: 250mg; Potassium: 650mg; Cholesterol: 70mg;

INGREDIENTS

- 2 white fish fillets (e.g. cod, haddock, tilapia – 4–5 oz each)
- ½ small zucchini, thinly sliced
- 1 tbsp sliced black or green olives (low-sodium)
- 1 tbsp chopped fresh parsley (or ½ tsp dried)
- 1 tsp olive oil
- Juice of ½ lemon
- 1 small garlic clove, minced
- Pinch of black pepper

Optional: cherry tomatoes or thin red onion slices



TIME
40 min



SERVES
2



METHOD
Foil-Bake or
Grill



DIFFICULTY
Easy

FOIL-BAKED SWEET POTATO WEDGES WITH ROSEMARY

DIRECTIONS

- Preheat your grill or oven to medium-high heat.
- In a bowl, toss sweet potato wedges with olive oil, rosemary, garlic powder, and spices.
- Place in a piece of foil and fold into a sealed packet.
- Bake for 25–30 minutes, flipping halfway through if grilling, until soft and lightly browned.

Best For: Backyard dinners, grill baskets, light comfort plates

Smart Tip for 50+:

- Sweet potatoes are rich in fiber, potassium, and beta-carotene — all helpful for heart health and blood pressure support.

Try This Instead: Swap rosemary for cinnamon and nutmeg to create a warm, spiced version that pairs well with grilled chicken or turkey.

Nutritional Snapshot: Calories: 130; Protein: 4g; Carbohydrates: 25g; Fiber: 4g; Fats: 3g; Sodium: 40mg; Potassium: 350mg; Cholesterol: 10mg;

INGREDIENTS

- 1 medium sweet potato, washed and cut into wedges
- 1 tsp olive oil
- ½ tsp dried rosemary (or 1 tsp fresh, finely chopped)
- ¼ tsp garlic powder
- Pinch of black pepper

Optional: pinch of smoked paprika or cinnamon

Tender, caramelized, and naturally sweet — these foil-baked wedges are the perfect summer comfort side.



*LIGHT LUNCHEES
&
PICNIC PLATES*



TIME
10 min



SERVES
2



METHOD
Light Grill
or Pan-Sear



DIFFICULTY
Very Easy

GRILLED PEACH & COTTAGE CHEESE PLATE WITH BASIL & OLIVE OIL

DIRECTIONS

- Lightly brush the cut sides of the peach with olive oil.
- Grill peach halves cut-side down for 3–5 minutes until grill marks appear and fruit softens.
- Place each half on a small plate. Top or serve alongside cottage cheese.
- Add basil, pepper, and a very light touch of balsamic or honey if desired.
- Serve warm or slightly cooled.

Best For: Light lunches, no-cook dinners, joyful snacking

Smart Tip for 50+:

- Peaches are rich in antioxidants and hydration — and grilling brings out their natural sweetness.
- Combined with cottage cheese, this creates a perfect protein + fiber + flavor balance for mid-day energy.

Nutritional Snapshot: Calories: 160; Protein: 9g; Carbohydrates: 10g; Fiber: 2g; Fats: 9g; Sodium: 80mg; Potassium: 300mg; Cholesterol: 0mg;

INGREDIENTS

- 1 ripe peach, halved and pitted
- ½ cup low-fat cottage cheese (unsalted, if possible)
- 1 tsp olive oil
- A few fresh basil leaves, torn
- ¼ tsp black pepper

Optional: drizzle of balsamic or honey (just a touch)

Try This Instead:

Use plums, nectarines, or even grilled figs. Add a few walnut crumbles for crunch.



TIME
15 min



SERVES
2



METHOD
Light Grill
Grill Pan



DIFFICULTY
Easy

AVOCADO TOAST WITH GRILLED ZUCCHINI & HERBED RICOTTA

DIRECTIONS

- Lightly brush zucchini slices with olive oil and grill on both sides for 2–3 minutes until tender.
- Toast bread slices.
- In a small bowl, mix ricotta with herbs and pepper.
- Spread ricotta on toast, top with avocado slices, then add warm grilled zucchini.
- Finish with lemon zest or a tiny pinch of chili if desired. Serve immediately.

Smart Tip for 50+:

- Ricotta adds light, calcium-rich protein
- Zucchini + avocado provide fiber and healthy fats without heaviness
- This dish is especially kind to digestion and feels satisfying, not sleepy

Nutritional Snapshot: Calories: 270; Protein: 10g; Carbohydrates: 20g; Fiber: 5g; Fats: 17g; Sodium: 120mg; Potassium: 460mg; Cholesterol: 15mg;

INGREDIENTS

- 2 slices whole-grain or sprouted-grain bread
- ½ ripe avocado
- ¼ cup ricotta cheese
- 1 small zucchini, sliced lengthwise
- 1 tbsp chopped fresh basil or parsley
- 1 tsp olive oil
- ¼ tsp black pepper

Optional: lemon zest or chili flakes



TIME
25 min



SERVES
2



METHOD
Light Grill
Grill Pan



DIFFICULTY
Easy

GRILLED VEGGIE WRAP WITH HUMMUS & HERBS

DIRECTIONS

- Brush veggies lightly with olive oil. Grill or pan-sear until tender and charred (~4-5 min per side).
- Warm wraps briefly to make them pliable.
- Spread hummus over each wrap.
- Layer with grilled veggies, fresh herbs, greens (if using), and pepper.
- Fold, roll, slice in half – and enjoy warm or packed for later.

Smart Tip for 50+:

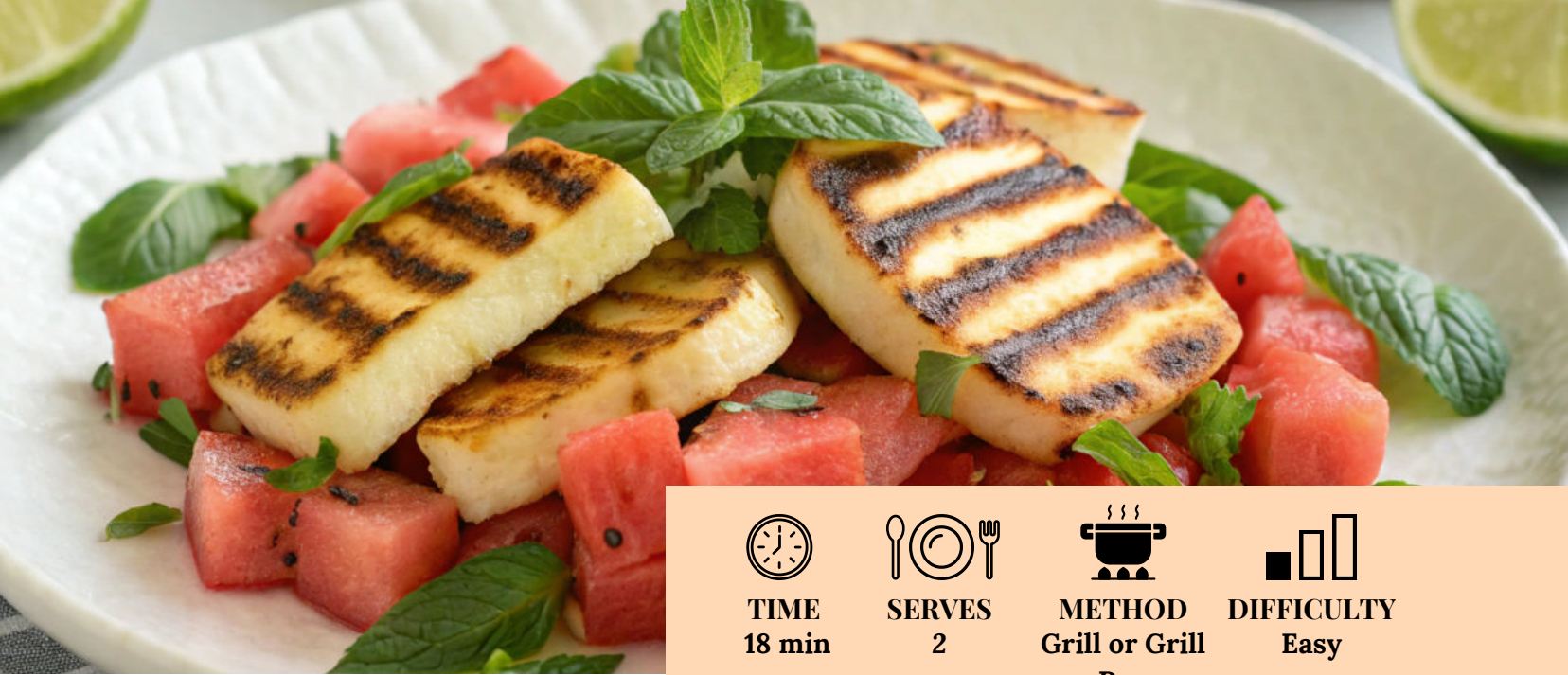
- Ricotta adds light, calcium-rich protein
- Zucchini + avocado provide fiber and healthy fats without heaviness
- This dish is especially kind to digestion and feels satisfying, not sleepy

Nutritional Snapshot: Calories: 310; Protein: 10g; Carbohydrates: 28g; Fiber: 6g; Fats: 15g; Sodium: 120mg; Potassium: 480mg; Cholesterol: 0mg;

INGREDIENTS

- 2 whole-grain or low-carb wraps (8-10 inches)
- ½ cup hummus (unsalted if possible)
- 1 small zucchini, sliced
- ½ red bell pepper, sliced
- ¼ small red onion, sliced thin
- 1 tsp olive oil
- 1 tbsp chopped fresh parsley or mint
- Black pepper to taste

Optional: baby spinach or arugula leaves



TIME
18 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Easy

GRILLED HALLOUMI SALAD WITH WATERMELON

DIRECTIONS

- Preheat grill or grill pan over medium heat.
- Lightly brush halloumi slices with olive oil.
- Grill 2–3 minutes per side, until golden grill marks appear and cheese softens.
- Arrange watermelon and optional greens on a plate. Top with grilled halloumi and fresh herbs.
- Finish with a squeeze of lime or balsamic drizzle if desired.

Smart Tip for 50+:

- Halloumi is naturally salty, so it adds flavor without added seasoning. Watermelon brings hydration and lycopene, which supports heart and skin health.
- The combo is fun, vibrant, and gentle for warm weather digestion.

Nutritional Snapshot: Calories: 220; Protein: 11g; Carbohydrates: 10g; Fiber: 1g; Fats: 14g; Sodium: 300mg; Potassium: 240mg; Cholesterol: 45mg;

INGREDIENTS

- 4 oz halloumi cheese, sliced into ½-inch slabs
- 1 cup seedless watermelon, cubed or balled
- 1 tbsp fresh mint or basil, chopped
- 1 tsp olive oil

Optional: squeeze of lime juice or drizzle of balsamic glaze

Optional greens: arugula or baby spinach for serving

Try This Instead:

- Swap halloumi for grilled tofu or feta (low-sodium) if preferred, or use grilled peaches instead of watermelon.



TIME
25 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Easy

GRILLED VEGGIE SKEWERS WITH LEMON-TAHINI DRIZZLE

DIRECTIONS

- Preheat grill to medium heat.
- Thread vegetables onto skewers. Brush lightly with olive oil and season with pepper and herbs.
- Grill 4–6 minutes per side, turning until vegetables are tender and lightly charred.
- In a small bowl, whisk together the drizzle ingredients until smooth and pourable.
- Serve skewers warm with lemon-tahini drizzle over top.

Try This Instead:

- Add grilled tofu cubes to the skewers for a protein-packed version, or serve over a bed of quinoa or lentils.

Nutritional Snapshot: Calories: 180; Protein: 5g; Carbohydrates: 16g; Fiber: 5g; Fats: 8g; Sodium: 35mg; Potassium: 470mg; Cholesterol: 0mg;

INGREDIENTS

For the skewers:

- ½ red bell pepper, cut into chunks
- ½ zucchini, sliced into thick half-moons
- ½ red onion, cut into wedges
- 4–6 white or cremini mushrooms
- ½ cup cherry tomatoes
- 1 tsp olive oil
- Black pepper, to taste

Optional: pinch of cumin or oregano

- 4 wooden skewers (soaked)

For the drizzle:

- 1 tbsp tahini
- 1 tbsp fresh lemon juice
- 1 tsp olive oil
- 1–2 tsp water (to thin)
- Pinch of garlic powder or ground cumin

Optional: chopped parsley for topping



TIME
30 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Easy

GRILLED BLACK BEAN BURGERS WITH LIME-CILANTRO MAYO

DIRECTIONS

- Mash black beans in a bowl (mostly smooth, some texture). Mix in onion, bell pepper, garlic, breadcrumbs, 1 tbsp cilantro, cumin, smoked paprika, salt, and pepper until just combined. Don't overmix.
- Form into two ¾-inch-thick patties.
- **Make Mayo:** Combine mayo (or Greek yogurt), lime juice, and 1 tbsp cilantro in a small bowl; stir until smooth.
- **Grill:** Lightly oil grill grates or grill pan. Grill patties on medium heat 5-6 minutes per side, until firm and heated through.
- **Serve:** Place burgers on whole grain buns, lettuce wraps, or tomato slices. Top with Lime-Cilantro Mayo and extra cilantro if desired.

Nutritional Snapshot: Calories: 220g; Protein: 10g; Carbohydrates: 28g; Fiber: 8g; Fats: 8g; Sodium: 180mg; Potassium: 450mg; Cholesterol: 10mg;

INGREDIENTS

- 1 (15-oz) can black beans, rinsed and drained
- ¼ cup finely chopped red onion
- ¼ cup finely chopped bell pepper
- 1 clove garlic, minced
- 2 tbsp whole grain breadcrumbs (or ground oats)
- 1 tbsp chopped fresh cilantro, plus more for garnish
- ½ tsp ground cumin
- ¼ tsp smoked paprika
- Salt and black pepper to taste

Optional: whole grain buns, lettuce wraps, or large tomato slices for serving

For the Lime-Cilantro Mayo:

- ¼ cup light mayonnaise (or Greek yogurt for a lighter option)
- 1 tbsp fresh lime juice
- 1 tbsp chopped fresh cilantro



TIME
25 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Easy

GRILLED CHICKEN & AVOCADO SALAD WITH LIME DRESSING

DIRECTIONS

- Season chicken with black pepper and grill for 5–6 minutes per side until fully cooked. Let rest, then slice.
- In a small bowl, whisk together dressing ingredients.
- On plates or in bowls, arrange greens, tomatoes, onion, and avocado. Top with warm grilled chicken.
- Drizzle with dressing just before serving.

Try This Instead:

- Swap grilled chicken for grilled shrimp or tofu to mix it up, or sprinkle a few pumpkin seeds for extra crunch and magnesium.

Nutritional Snapshot: Calories: 310; Protein: 26g; Carbohydrates: 10g; Fiber: 5g; Fats: 30g; Sodium: 70mg; Potassium: 610mg; Cholesterol: 110mg;

INGREDIENTS

For the salad:

- 1 boneless, skinless chicken breast (grilled and sliced)
- 4 cups mixed greens or romaine
- ½ avocado, sliced
- ½ cup cherry tomatoes, halved
- ¼ small red onion, thinly sliced

Optional: sliced cucumber or shredded carrot

Lime Dressing:

- 1 tbsp olive oil
- 1 tbsp fresh lime juice
- ½ tsp Dijon mustard
- Pinch of black pepper

Optional: ½ tsp honey for balance



TIME
25 min



SERVES
2



METHOD
Grill
or No-Cook



DIFFICULTY
Very Easy

GRILLED TUNA SALAD LETTUCE WRAPS

DIRECTIONS

- In a bowl, combine all tuna salad ingredients and mix until well blended.
- Spoon mixture into clean, dry lettuce leaves.
- Top with optional crunchy veggies or avocado.
- Serve cold or at room temperature – perfect for warm days.

For grilled tuna option:

- Brush tuna steak with olive oil, grill 3–4 min per side, flake with a fork, and use in place of canned tuna.

Smart Tip for 50+:

- This dish skips the bread but delivers plenty of protein, fiber, and potassium – with no heavy mayo or added sodium.
- **Try This Instead:** Use the filling in mini bell pepper boats or serve over a scoop of quinoa for a more filling grain bowl.

Nutritional Snapshot: Calories: 200; Protein: 21g; Carbohydrates: 6g; Fiber: 2g; Fats: 17g; Sodium: 90mg; Potassium: 460mg; Cholesterol: 50mg;

INGREDIENTS

For the tuna salad:

- 1 small grilled tuna steak, flaked (or 1 can of tuna in water, drained well)
- 1 tbsp plain Greek yogurt
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- 1 tbsp finely chopped celery or cucumber
- ½ tsp chopped fresh dill or parsley
- Black pepper, to taste

To serve:

- 4–6 large butter lettuce or romaine leaves

Optional: sliced radish, grated carrot, or avocado slices



TIME
15 min



SERVES
2



METHOD
Grill
or No-Cook



DIFFICULTY
Very Easy

SALMON SALAD WITH OLIVE OIL & HERBS

DIRECTIONS

- In a small bowl, whisk together dressing ingredients.
- In a large bowl or on plates, arrange greens, vegetables, and salmon.
- Drizzle with dressing and toss gently or serve layered.
- Top with avocado and more herbs if desired.

Tip:

- If using fresh salmon, grill 1 small fillet 4–5 minutes per side, then flake.

Try This Instead:

- Serve in a lettuce wrap, over quinoa, or stuffed into a grilled zucchini boat for variation.

Nutritional Snapshot: Calories: 260; Protein: 27g; Carbohydrates: 6g; Fiber: 2g; Fats: 20g; Sodium: 130mg; Potassium: 500mg; Cholesterol: 130mg;

INGREDIENTS

For the salad:

- 1 cup cooked or canned salmon (skinless, boneless)
- 4 cups mixed greens (e.g., arugula, baby spinach, romaine)
- ½ avocado, sliced or diced
- ½ cup cherry tomatoes, halved
- ¼ small red onion, thinly sliced

Optional: sliced cucumber or radish for crunch

Olive oil herb dressing:

- 1 tbsp extra virgin olive oil
- 1 tsp fresh lemon juice
- ½ tsp Dijon mustard
- 1 tbsp chopped fresh dill, parsley, or chives (or a mix)
- Black pepper, to taste



TIME
25 min



SERVES
2



METHOD
Grill or Skillet



DIFFICULTY
Easy

GRILLED CHICKPEA PATTIES WITH TAHINI SAUCE

DIRECTIONS

- In a bowl, mash chickpeas with a fork or potato masher until mostly smooth, leaving some texture.
- Stir in onion, parsley, spices, flour, lemon juice, and pepper. Mix well.
- Form into 2 patties. Chill in the fridge for 10 minutes to firm up.
- Grill over medium heat 4–5 minutes per side, or cook in a lightly oiled skillet until golden and heated through.
- In a small bowl, whisk tahini, lemon juice, water, and spices until smooth.
- Drizzle sauce over patties and serve with greens, roasted veggies, or in lettuce wraps.

Try This Instead:

Add shredded carrot or grated zucchini to the mix for extra moisture and nutrients.

Nutritional Snapshot: Calories: 260; Protein: 9g; Carbohydrates: 24g; Fiber: 6g; Fats: 14g; Sodium: 110mg; Potassium: 360mg; Cholesterol: 0mg;

INGREDIENTS

For the patties:

- 1 cup cooked or canned chickpeas (low-sodium)
- 2 tbsp finely chopped red onion
- 1 tbsp chopped fresh parsley
- ½ tsp ground cumin
- ½ tsp garlic powder
- 1 tbsp oat flour or whole wheat breadcrumbs
- 1 tsp lemon juice
- ¼ tsp black pepper

For the tahini sauce:

- 1 tbsp tahini
- 1 tsp lemon juice
- 1 tbsp water (or more to thin)

Optional: pinch of garlic powder or cumin



*SWEET GRILLED
TREATS*



TIME
15 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Very Easy

GRILLED BANANA HALVES WITH CINNAMON & ALMONDS

DIRECTIONS

- Preheat grill to medium.
- Brush banana halves lightly with oil. Sprinkle with cinnamon.
- Grill cut side down for 3–4 minutes until grill marks appear and bananas soften slightly. Flip and grill another 1–2 minutes.
- Transfer to a plate, top with almonds, and optionally drizzle or yogurt. Serve warm.

Smart Tip for 50+:

- Bananas are rich in potassium and B6, supporting blood pressure and mood.
- Grilling enhances their sweetness naturally, so no need for added sugar — almonds provide healthy fat and a satisfying texture.

Try This Instead:

- Top with a spoonful of unsweetened Greek yogurt & a few blueberries for extra fiber & color.

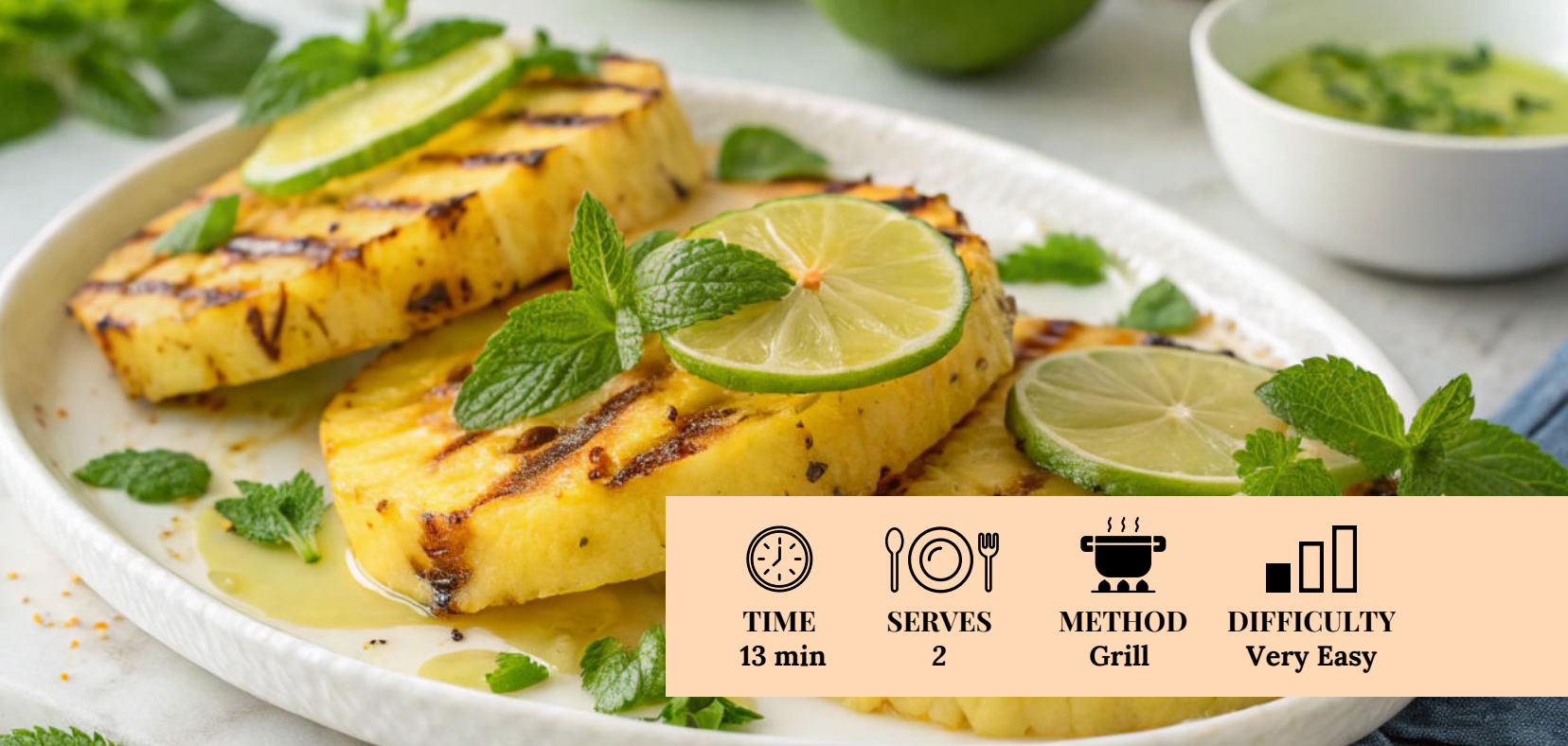
Nutritional Snapshot: Calories: 160; Protein: 3g; Carbohydrates: 23g; Fiber: 5g; Fats: 8g; Sodium: 5mg; Potassium: 370mg; Cholesterol: 0mg;

INGREDIENTS

- 1 ripe (but firm) banana, peeled and sliced in half lengthwise
- 1 tsp olive oil or avocado oil (for brushing)
- ¼ tsp ground cinnamon
- 1 tbsp sliced or chopped almonds (toasted if desired)

Optional: drizzle of honey or maple syrup (very light)

Optional: plain Greek yogurt or coconut yogurt, for topping



TIME
13 min



SERVES
2



METHOD
Grill



DIFFICULTY
Very Easy

GRILLED PINEAPPLE WITH LIME & FRESH MINT

DIRECTIONS

- Preheat grill or grill pan to medium heat.
- Lightly brush the pineapple with oil if using.
- Grill 3–4 minutes per side until golden and lightly charred.
- Squeeze fresh lime juice on top. Sprinkle with mint and serve warm.

Smart Tip for 50+:

- Pineapple provides natural enzymes and hydration
- Lime adds brightness without added sugar
- Mint soothes digestion and lifts mood

Note from the heart:

- You don't need cake to feel like you had dessert.
- Sometimes a slice of warm fruit, kissed by fire and herbs, is exactly the right amount of joy.

Nutritional Snapshot: Calories: 90; Protein: 1g; Carbohydrates: 20g; Fiber: 3g; Fats: 2g; Sodium: 3mg; Potassium: 150mg; Cholesterol: 0mg;

INGREDIENTS

- 4 slices fresh pineapple (~½-inch thick)
- Juice of ½ lime
- 1 tsp olive oil or avocado oil (optional, for brushing)
- 1 tbsp chopped fresh mint leaves

Optional: pinch of cinnamon or chili powder



TIME
13 min



SERVES
2



METHOD
Grill



DIFFICULTY
Very Easy

GRILLED PEAR HALVES WITH WALNUTS & LEMON DRIZZLE

DIRECTIONS

- Preheat grill or grill pan to medium.
- Brush the cut side of the pear halves lightly with oil.
- Grill cut-side down for 3–4 minutes until soft with grill marks.
- Turn briefly to warm the skin side (optional).
- Transfer to a plate, drizzle with lemon juice, sprinkle with walnuts and herbs or spices.

Smart Tip for 50+:

- Pears are rich in soluble fiber – gentle on digestion
- Grilling concentrates their natural sweetness
- Walnuts support brain and heart health with omega-3s

Nutritional Snapshot: Calories: 180; Protein: 3g; Carbohydrates: 20g; Fiber: 6g; Fats: 10g; Sodium: 3mg; Potassium: 190mg; Cholesterol: 0mg;

INGREDIENTS

- 1 ripe but firm pear, halved and cored
- 1 tsp olive oil (or light brush of avocado oil)
- Juice of ½ lemon
- 1 tbsp chopped walnuts

Optional: pinch of cinnamon or fresh thyme

Note from the heart:

- Maybe you've never grilled a pear.
- Maybe this is your first time.
- But like many things in life after 50 – trying something new, especially when it's this simple, can be its own reward.



TIME
20 min



SERVES
2



METHOD
Foil-Bake or
Grill



DIFFICULTY
Very Easy

FOIL-BAKED NECTARINES WITH HONEY & MINT

DIRECTIONS

- Preheat grill or oven to 375°F (190°C).
- Place nectarine halves, cut side up, on a sheet of foil. Drizzle with oil (if using) and honey. Sprinkle with cinnamon and mint.
- Fold foil into a loose packet, sealing edges.
- Grill or bake for 15–18 minutes, until nectarines are tender and juices are bubbling.
- Carefully open the foil and transfer to serving plates. Top with yogurt or cream if desired.

Smart Tip for 50+:

- Nectarines are rich in vitamin C and beta-carotene, both supporting skin and immune health.
- Baking in foil enhances their natural sweetness, so just a hint of honey is plenty.

Nutritional Snapshot: Calories: 130; Protein: 1g; Carbohydrates: 25g; Fiber: 2g; Fats: 1g; Sodium: 1mg; Potassium 290mg; Cholesterol: 0mg;

INGREDIENTS

- 2 ripe nectarines, halved and pitted
- 1 tsp olive oil or melted unsalted butter (optional)
- 2 tsp honey (or maple syrup)
- 1 tbsp chopped fresh mint

Optional: pinch of cinnamon or nutmeg

Optional: dollop of plain Greek yogurt or coconut cream for serving

Try This Instead:

- Add a spoonful of chopped toasted nuts or a sprinkle of granola for texture and crunch.



TIME
20 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Easy

GRILLED APPLE SLICES WITH CINNAMON, WALNUTS & GREEK YOGURT

DIRECTIONS

- Preheat grill to medium. Lightly brush apple slices with oil and sprinkle with cinnamon.
- Grill slices for 4–5 minutes per side, until grill marks appear and apples are tender but not mushy.
- Arrange on a plate, top with a spoonful of Greek yogurt and chopped walnuts.
- Serve warm or at room temperature for a cozy, balanced dessert.

Smart Tip for 50+:

- Apples support digestion and blood sugar balance thanks to fiber and polyphenols.
- Greek yogurt adds protein without added sugar – a smart alternative to ice cream or whipped topping.

Nutritional Snapshot: Calories: 145; Protein: 5g; Carbohydrates: 18g; Fiber: 3g; Fats: 7g; Sodium: 25mg; Potassium 240mg; Cholesterol: 2mg;

INGREDIENTS

- 1 large apple (Fuji, Gala, or Honeycrisp), cored and sliced into ½-inch rounds
- 1 tsp olive oil or avocado oil
- ¼ tsp ground cinnamon
- 2 tbsp plain unsweetened Greek yogurt (2% or nonfat)
- 1 tbsp chopped walnuts

Optional: pinch of nutmeg or drizzle of honey (optional and minimal)

Try This Instead:

Swap walnuts for crushed almonds or pumpkin seeds for variety and crunch.



TIME
10 min



SERVES
2



METHOD
Grill or Grill
Pan



DIFFICULTY
Very Easy

GRILLED MANGO WITH GINGER & COCONUT

DIRECTIONS

- Preheat grill or grill pan over medium heat.
- Brush mango slices lightly with oil. Sprinkle with ginger.
- Grill 2–3 minutes per side, until grill marks appear and the mango softens slightly.
- Transfer to plates, sprinkle with coconut and optional toppings. Serve warm.

Smart Tip for 50+:

- Mango is rich in vitamins A and C, aiding immune support and skin health.
- Grilling concentrates sweetness and adds flavor without extra sugar. Coconut adds healthy fat and satisfying texture.

Try This Instead:

- Top with a small scoop of unsweetened coconut yogurt or a dusting of crushed pistachios for flair.

Nutritional Snapshot: Calories: 140; Protein: 1g; Carbohydrates: 25g; Fiber: 3g; Fats: 5g; Sodium: 5mg; Potassium 280mg; Cholesterol: 0mg;

INGREDIENTS

- 1 ripe but firm mango, peeled and sliced into thick strips or cheeks
- ½ tsp olive oil or melted coconut oil (for brushing)
- Pinch of ground ginger (or fresh grated for stronger flavor)
- 1 tbsp unsweetened shredded coconut

Optional: drizzle of honey or maple syrup

Optional: fresh mint or lime zest for garnish

A Note of Thanks

Thank you for spending your time — and your table — with me.
If this book found its way into your kitchen, I hope it brought more than just recipes.

I want to thank you — not just for reading, but for choosing to care for yourself in such a nourishing, human way.

You've flipped through pages filled with flavor, color, and intention.

You've seen how simple ingredients and kind techniques can support your heart, your energy, and your peace of mind — without stress, guilt, or complexity.

Because food isn't just fuel — and sometimes even healing.

And at 50+, we deserve meals that care back. Whether you try one recipe or twenty, whether you cook indoors or out, my hope is that these meals bring not just nourishment, but ease, confidence, and maybe even a little joy.

This cookbook is part of the **EatWell 50+** series — a collection designed to offer gentle, realistic ways to eat well, feel better, and enjoy more ease in the kitchen and in life.

Wherever you are on your wellness path, I'm grateful you let me walk a small part of it with you.

Let this book become part of your rhythm.

Let it live on your counter.

Let it get used, splashed, and stained with joy.

Remember: there's no perfect way to eat, no perfect way to cook.

But there is your way — and if this book has helped you rediscover that, even a little, then it's done its job.

Keep listening to your body.

Keep feeding it with care.

And most of all — keep savoring every bite.

Wishing you flavor, balance, and joy.

With care and gratitude,

Leonora Key

About the Author

Hi, I'm Leonora Key — and I believe that nourishing yourself well after 50 isn't about willpower or perfection. It's about kindness. It's about rhythm. It's about choosing foods that love you back.

For me, food has always been more than just fuel. It's a gentle tool for healing, clarity, and joyful aging — especially when life shifts, energy dips, or focus feels harder to hold.

I don't come from culinary school.

I come from a small kitchen filled with cinnamon, stories, and warmth — and a mother who taught me that healing begins with a wooden spoon and an open heart.

That's why I write cookbooks for real people who want real change.

For those seeking small, lasting shifts — made with simplicity and love.

For those who want to cook not to impress, but to feel well.

This book was born out of sunshine, simplicity, and the joy of summer cooking.

I wanted to create something that captured the feeling of grilling outdoors — the breeze on your skin, the scent of herbs in the air, the ease of food shared under an open sky.

Even if you're cooking indoors, I hope this book brings that same sense of lightness to your kitchen.

This cookbook is part of the **EatWell 50+ series** — a collection created to nourish body, brain, and spirit in the second half of life.

Every page is designed to offer ease, warmth, and a soft place to land.

If this book brought you peace, clarity, or even one small shift in how you care for yourself — I'm truly honored.

You're why I write.

If you'd like to explore more of my work, see other books in the series, or follow what's next, please visit:

amazon.com/author/key.leonora-book

Thank you for making space for me in your kitchen — and in your story.

Stay well. Stay vibrant.

There's so much more to savor, discover, and enjoy — in your own way, and in your own time.

With gratitude and care,

Leonora Key

“For everything I know about love and nourishment — thank you, Mom.”

More Flavor, More Joy — Bonus Content Just for You

Because care doesn't end with the last page.
And good food... always leaves a little room for more.

As a thank you for reading, cooking, and taking this journey with me, I've prepared a **free bonus bundle** — filled with extra recipes, thoughtful tools, and gentle inspiration to help you keep savoring this season with heart.

No sign-ups, no strings.

Just a quiet gift — from my kitchen to yours.

Here's what's inside:

- **Grill & Oven Secrets: 30 Unpublished Recipes**

Favorites we couldn't fit — more foil packs, easy oven dishes, cozy summer meals

- **Summer Sips**

Light, sugar-free drinks to refresh, hydrate, and delight

- **Mini Kids' Menu**

6 gentle grill recipes for little eaters (or nostalgic grown-ups)

- **Grill & Flavor Cheat Sheets**

Quick-reference guides for seasoning, doneness, low-sodium swaps & more

- **Printable Wellness Journal Page**

A one-page check-in to gently track how food makes you feel — not numbers, but awareness

- **Seasonal Smart Swaps**

Simple tips for choosing better oils, fish & summer produce



To download your bonus pack, visit:

Print it. Keep it nearby. Let it support you — in the background, gently.

And if you've enjoyed this book, you might find more comfort in the other titles from the EatWell 50+ series — each one is created to bring **more peace, more pleasure, and more possibility** to your plate.

Let's keep cooking with kindness. Let's keep it simple, joyful, and real.

From my kitchen to yours — always with care,
With flavor, balance, and joy — always,

Leonora