

# THE LONGEVITY DIET COOKBOOK FOR SENIORS 60+

PLANT-BASED, SUGAR-FREE, LOW-SODIUM  
RECIPES FOR IMMUNE SUPPORT,  
RECOVERY & GRACEFUL AGING



*Leonora Key*

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*This book is intended for informational and personal wellness use only. It is not a substitute for personalized medical advice or professional nutritional care.*

*Always consult your healthcare provider before making significant dietary changes.*

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## **Note to the Reader**

Every person's body, health history, and lifestyle are unique.

While this book offers inspiration and practical tools to support healthy aging, please consult your physician or dietitian before making major changes to your eating habits – especially if you are managing a medical condition or taking medication.

This book is not about rigid rules.

It's about gentle choices that honor where you are, right now.

Let this be a warm companion on your path – not a prescription, but an invitation to feel better in your own way.

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## Introduction

You've lived enough life to know that the little things matter – the morning light through the window, the way a good meal can shift your whole day, the quiet satisfaction of feeling steady, clear, and strong in your body.

After 60, the question is no longer, “How can I do more?” It becomes, “How can I feel good doing what I love?”

For generations, people in communities renowned for their exceptional longevity worldwide have lived longer, healthier lives – not because of extreme diets or rigid routines, but thanks to simple, steady nourishment rooted in plants, balance, and tradition.

This cookbook was inspired by them – and created for you.

You won't be counting calories or chasing youth here. Instead, you'll be enjoying beautiful, brain-supportive, heart-healthy meals that help you feel your best – naturally, consistently, and without pressure.

It's designed to enhance energy, support clarity, and nourish graceful aging – all through everyday ingredients that are as comforting as they are healthful.

That's what this book brings into your kitchen:

- ◆ Easy, plant-based, no-sugar, low-sodium recipes
- ◆ Real meals that respect your body and lifestyle
- ◆ Encouraging guidance rooted in tradition and common sense
- ◆ A gentle, sustainable approach to longevity – one meal, one step at a time

Because healthy aging isn't about doing more. It's about choosing what truly sustains you – with kindness, consistency, and care.

Whether you're here to feel more energized, protect your brain, or simply enjoy food that loves you back, you're in the right place.

Let's cook with purpose. Let's age with joy. And let's celebrate this vibrant season of life – together.

Welcome to your Longevity Kitchen.

# The Everyday Roots of Longevity

## What Is the Longevity Diet?

When you hear the word “diet,” you might think of restrictions, rules, or something temporary.

But the Longevity Diet isn't a short-term fix. It's not about weight loss, guilt, or chasing perfection. It's a way of eating that reflects how you want to feel — not just now, but in the years to come.

It's about clarity instead of confusion, nourishment instead of numbers, and lasting wellness instead of quick wins.

Across the world's longest-living cultures, people eat in remarkably consistent ways, even though they live oceans apart. They demonstrate powerful patterns in their simple approach to food:

- ◆ A mostly plant-based, natural approach to eating
- ◆ Low in added sugar, salt, and processed ingredients
- ◆ Rich in fiber, healthy fats, and nutrients that benefit the brain, heart, and immune system
- ◆ Rooted in tradition, rhythm, and everyday enjoyment

These aren't just healthy meals — they're the kind that help people stay active, independent, and mentally sharp well into their 80s, 90s, and beyond.

These days, it's easy to feel overwhelmed by trends, conflicting advice, and ever-changing recommendations — but the core message of the Longevity Diet is refreshingly clear:

- ◆ Eat more real food.
- ◆ Eat less of what drains you.
- ◆ Eat with presence, not pressure.
- ◆ Let your meals be an act of care, not control.

At its heart, the Longevity Diet aligns perfectly with the values of the **EatWell 50+ series**:

- ◆ Simplicity that feels doable
- ◆ Ingredients that meet age-specific needs
- ◆ A tone of encouragement, not judgment
- ◆ Respect for your experience, preferences, and natural rhythm

This isn't about changing who you are. It's about honoring who you've become, with meals that nourish and strengthen you from within.

Because the way you eat now can shape how you feel tomorrow, next year, and well into the decades ahead.

## Timeless Principles of Exceptional Longevity

### What We Can Learn

What if living to 90 or even 100 – with energy, purpose, and independence – wasn't rare, but expected?

For generations, people **in various communities around the world have demonstrated remarkable patterns of health and vitality into advanced age.** These are places where people tend to live significantly longer, healthier lives – often into their 90s or even 100s, maintaining mental clarity, mobility, and strong community ties.

While these communities span different continents and cultures, they consistently share a set of lifestyle patterns – especially around food, movement, and purpose – that contribute to their exceptional longevity. And it's not just about genetics. It's about how they live – and most importantly, how they nourish themselves.

Let's take a closer look at these powerful common threads and what timeless wisdom we can gently bring into our own kitchens.

### Key Lifestyle Pillars of Long-Lived Cultures:

Here are some core principles commonly observed in communities with high concentrations of centenarians:

◆ **Plant-Forward Eating:** In many of these remarkable regions, meals primarily revolve around vegetables, root crops, legumes (beans, lentils, chickpeas), whole grains, and fruits. Meat is often consumed sparingly, if at all, and is usually a small part of the overall diet.

◆ **Longevity lesson:** Prioritize plants on your plate, and fill up on nourishing, whole foods.

◆ **Mindful Eating Practices:** A common habit is to eat slowly and with awareness, often stopping when about 80% full. This practice, sometimes referred

to as the "80% full rule," helps prevent overeating and promotes better digestion.

◆ **Longevity lesson:** Listen to your body's signals, and practice gentle moderation.

◆ **Simplicity & Tradition in Meals:** The focus is on simple, unprocessed, locally sourced ingredients. Meals are often prepared at home using traditional methods, emphasizing freshness and natural flavors.

◆ **Longevity lesson:** Choose real, local ingredients, and cook them with care.

◆ **Strong Community & Social Bonds:** Deep connections with family and friends are central to daily life. These social ties provide support, reduce stress, and foster a sense of belonging, contributing significantly to mental and emotional well-being.

◆ **Longevity lesson:** Nurture your relationships; communal meals feed both body and soul.

◆ **Natural, Consistent Movement:** Physical activity is integrated into daily routines through gardening, walking, household chores, and active work, rather than strenuous gym workouts. Movement is natural and joyful, not a forced exercise.

◆ **Longevity lesson:** Stay active through everyday activities that bring you joy.

◆ **Sense of Purpose:** Many individuals in these long-lived communities possess a strong reason for living, a sense of purpose that motivates them daily. This "why" provides direction and contributes to mental resilience.

◆ **Longevity lesson:** Cultivate a sense of purpose and meaning in your daily life.

These communities may span various continents, but they share powerful common threads in their approach to well-being:

- ◆ Real, plant-forward meals
- ◆ Simple, intentional preparation
- ◆ A natural sense of rhythm
- ◆ Deep community bonds
- ◆ Purpose woven into everyday life

And while we can't all move to a place known for exceptional longevity, we can bring their wisdom into our own kitchens — one thoughtful, life-giving meal at a time. That's exactly what this book is here to help you do.

## Core Principles of the Longevity Diet

The more we study long-living cultures, the clearer it becomes:

- ◆ There's no magic ingredient.
- ◆ No perfect formula.
- ◆ Just simple principles – practiced with consistency, care, and trust in the body's natural rhythm.

*Here are five gentle foundations of the Longevity Diet, thoughtfully adapted for life after 60.*

### Eat Mostly Plants

In cultures known for exceptional longevity, plants form the foundation of daily meals – not as a restriction, but as a celebration of nature's abundance.

Vegetables, leafy greens, beans, lentils, fruits, nuts, seeds, and whole grains deliver the fiber, antioxidants, and steady energy your body appreciates at this stage of life.

You don't have to be fully vegan – just lean into plants more often and let them take the lead.

- ◆ More color, more vitality
- ◆ More legumes, less inflammation
- ◆ More freshness, less stress on digestion

### Keep It Natural

Whole, minimally processed foods are the quiet heroes of long life.

They're easier to digest, more stable for blood sugar, and richer in nutrients your brain and heart recognize and respond to.

#### Think:

- ◆ Cooked grains instead of refined flour
- ◆ Homemade soups over packaged meals
- ◆ Seasonal produce rather than synthetic additives

The closer your meals are to the earth, the more your body understands how to use them.

## Eat with Awareness and Moderation

Long-living communities eat slowly, stop before they're stuffed, and rarely snack mindlessly.

It's not about counting. It's about paying attention.

- ◆ Slow down
- ◆ Listen to your body
- ◆ Let meals be moments of presence and care

*Less isn't deprivation – it's freedom from excess.*

## Make Meals Meaningful

In communities where people live exceptionally long, meals are part of life's rhythm – not a chore to check off.

People cook at home, share meals with others, pass down recipes, and honor the act of eating as something sacred.

Whether it's a quiet breakfast or dinner with loved ones, food becomes a space of connection – calm, steady, and intentional.

Even if you live alone, small rituals – setting the table, lighting a candle, noticing the aroma and color of your food – can make a meal deeply nourishing.

Food isn't just fuel.

It's a daily way to care for yourself.

## Let Food Reflect Who You Are Now

After 60, your body's needs shift – and your meals can reflect those changes with respect and intelligence.

### **You may need:**

- ◆ More nutrients, but in smaller portions
- ◆ More healthy fats, less sugar
- ◆ Gentle support for digestion, memory, and vitality

The Longevity Diet doesn't expect you to eat like you did at 30.

It honors the season you're in – and offers food that respects your pace, supports your strength, and reflects your lived wisdom.

Because aging well isn't about limitation.

It's about giving your body exactly what helps it thrive — with clarity, intention, and care.

## Why This Book Is Especially for Adults Over 60

There comes a point in life when health advice stops feeling helpful — and starts feeling exhausting.

So much of it is written for younger bodies, younger priorities, and younger energy levels.

But your 60s and beyond are not a time to chase what worked at 30. They're a time to honor what works now — gently, wisely, and with care.

This book was created for exactly that season of life. After 60, your body begins to communicate in new ways.

### **You might notice:**

- ◆ Energy that fades more quickly
- ◆ Sleep that's not quite as deep
- ◆ Focus that drifts more easily
- ◆ Digestion that asks for gentler foods
- ◆ A system that needs more care — and less stress

These aren't signs of decline.

They're signs of change — and they're calling for a new kind of nourishment.

### ***This book meets you exactly where you are.***

You won't find calorie math, rigid routines, or unrealistic expectations.

### **Instead, you'll find:**

- ◆ Recipes that are easy to digest and simple to prepare
- ◆ Meals made from natural, brain- and heart-friendly ingredients
- ◆ A tone of encouragement, not pressure
- ◆ Ideas grounded in science, tradition, and common sense

### **The recipes inside are:**

- ◆ Low in added sugar and sodium — to support heart health and reduce inflammation

- ◆ Rich in fiber, healthy fats, and brain-loving nutrients – to support memory, clarity, and mood
- ◆ Plant-forward – for smoother digestion and long-term vitality
- ◆ Adaptable – so you can tailor them to your taste, energy level, or dietary needs

Whether you're cooking for yourself, a partner, or a full table – this book offers nourishment that fits your life.

Because after 60, eating well shouldn't feel harder.

It should feel like a gift – to your body, your mind, and your future self.

## How Food Supports Energy, Brain Clarity & Graceful Aging

After 60, your body doesn't just need fewer calories – it needs better ones. Calories that work harder. Meals that give back.

Your brain, heart, and muscles are still working for you – but the way they absorb and use nutrients begins to shift.

And what you eat can either support that shift... or slow you down.

### Let's start with energy.

If you often feel tired, sluggish, or like your “get up and go” got up and left – you're not alone.

That steady vitality you once counted on may now depend more on:

- ◆ Slow-burning carbohydrates – like oats, beans, and sweet potatoes
- ◆ Healthy fats – from nuts, seeds, avocados, and olive oil
- ◆ Proper hydration – even mild dehydration can sap stamina

On the flip side, processed foods, added sugar, and excess sodium?

They can spike and crash your energy, leaving you more drained than fueled.

### Now, the brain.

Even subtle changes in circulation, hormones, or inflammation can affect:

- ◆ Memory
- ◆ Focus
- ◆ Mood
- ◆ Mental clarity

### ***The good news?***

Your brain remains beautifully responsive to the right nourishment – especially from:

- ◆ Omega-3 fats – like those in flaxseeds and walnuts
- ◆ Antioxidants – found in berries, leafy greens, herbs, and spices
- ◆ B vitamins and natural fiber – from legumes, whole grains, and vegetables

With time, these nutrients help:

- ◆ Ease brain fog
- ◆ Sharpen recall
- ◆ Strengthen focus and emotional resilience

### **And what about graceful aging?**

Graceful aging isn't about "looking younger."

It's about feeling steady, mobile, mentally clear, and emotionally grounded – even as your body evolves.

Food can support that too:

- ◆ Plant-based protein and minerals – to maintain muscle and bone strength
- ◆ Anti-inflammatory ingredients – to ease joint pain and slow cognitive wear
- ◆ Gentle, digestion-friendly meals, as the gut becomes more sensitive with age

Eating well supports independence, confidence, and joy. This isn't about perfection – it's about kindness. Small shifts in how you eat can create lasting change in how you feel.

You don't have to overhaul your life. You just have to begin – with one nourishing, supportive meal at a time.

## **How to Use This Book**

### **Gentle guidance for navigating your Longevity Kitchen with ease**

This book was designed with simplicity, comfort, and clarity in mind – especially for readers in their 60s, 70s, and beyond.

Whether you're an experienced home cook or just rediscovering the joy of cooking, this section will help you get the most from your Longevity Kitchen.

## How the Recipes Are Organized

Recipes are grouped in a way that reflects how people eat – not just what they eat. You'll find categories such as:

- ◆ **Breakfasts & Mornings** – for steady energy and gentle starts
- ◆ **Lunches & Light Meals** – easy to prep, light to digest
- ◆ **Dinners for Balance & Comfort** – satisfying, heart-healthy mains
- ◆ **Nourishing Soups & One-Pot Meals** – simple, cozy, and full of flavor
- ◆ **Brain-Boosting Snacks & Sips** – for mental clarity and feel-good moments

Each recipe is inspired by timeless food traditions from various cultures known for their longevity – with a focus on everyday ingredients and ease of preparation.

## Cooking for One or Two? You're in Good Company

Every recipe in this book is tailored for 1 to 2 servings, with minimal prep and cleanup.

- ◆ No more cooking for a crowd.
- ◆ No more leftovers you don't want.

You'll find gentle guidance on how to scale recipes up or down – and smart tips for freezing or saving extra portions, if you'd like.

## One Recipe = One Page

To keep things simple and readable, each recipe stays on one page. That means:

- ◆ No flipping back and forth
- ◆ Clear step-by-step instructions
- ◆ Bold ingredients and tips highlighted for ease

## Flexible & Adaptable

Most recipes include Smart Swaps for different dietary needs:

- ◆ Vegetarian / Vegan
- ◆ Gluten-Free
- ◆ Low-Sodium
- ◆ Diabetic-Friendly

You'll also find gentle suggestions for boosting nutrition, flavor, or texture – all without complexity.

## Bonus Materials

Want to make meal planning even easier? Scan the QR code or visit the link below to access your printable bonus tools:

- ◆ Extra plant-based recipes for vibrant health
- ◆ The printable Energy & Clarity Journal
- ◆ Smart swaps, conversion charts, and portion-planning templates

These are designed to be printed and used as companions in your kitchen, or simply referenced digitally.

<http://bit.ly/3Gn3wTu>



These tools are part of the **EatWell 50+** Companion Series – created with clarity, comfort, and care in mind.

Use them alongside the recipes – or whenever you need a little extra support.

Learn more about these tools and how to use them in the introduction or preface to each bonus, and also on the final pages of this book.

## Your Cooking Journey Starts Here

There's no “right” way to move through this book.

Start where you feel drawn. Try one new recipe this week – or revisit a familiar favorite with a new twist. Go at your own pace.

This book was created not to overwhelm, but to **support**.

May it bring ease, nourishment, and joy to your kitchen – one meal at a time.

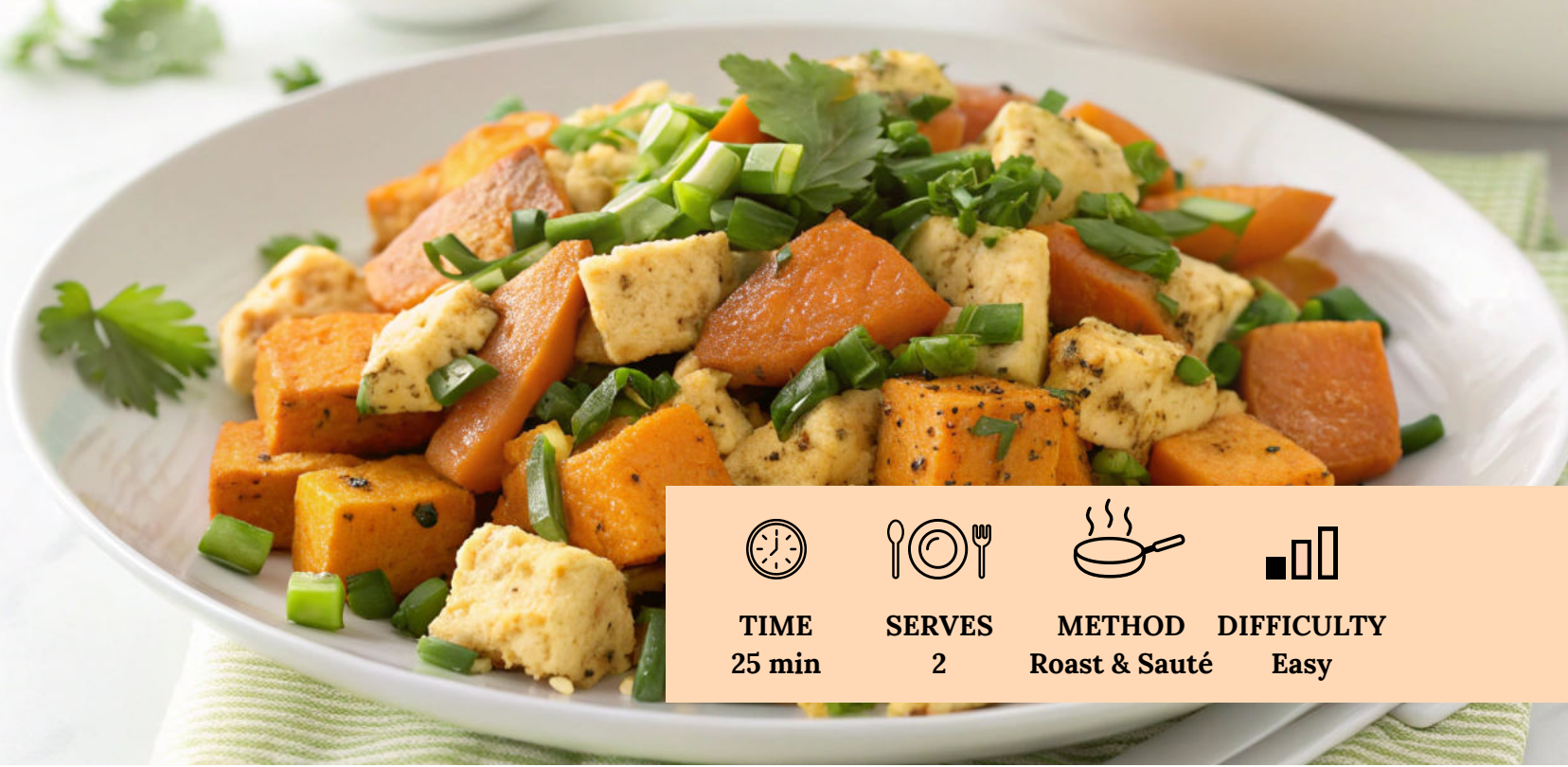
## Let's Begin

Nourishing recipes for every day, every mood, and every season.



# BRIGHT BEGINNINGS

BREAKFASTS  
FOR ENERGY & CLARITY



**TIME**  
25 min



**SERVES**  
2



**METHOD**  
Roast & Sauté



**DIFFICULTY**  
Easy

## SWEET POTATO & TOFU SCRAMBLE

### DIRECTIONS

- Preheat oven to 400°F (200°C). Toss diced sweet potato with 1 tsp olive oil, turmeric, smoked paprika (if using), black pepper, and salt. Spread on a baking sheet and roast for 18–20 minutes, or until fork-tender and slightly golden.
- Heat remaining olive oil in a nonstick skillet over medium heat. Add the white parts of scallions and sauté 1 minute.
- Add crumbled tofu to the pan. Cook 3–5 minutes, stirring occasionally, until warmed through and lightly golden.
- Add roasted sweet potato and stir gently to combine. Cook another 1–2 minutes. Top with green scallion parts and fresh herbs before serving.

**Smart Swaps:** Swap half the sweet potato for cauliflower or add greens for a lower glycemic impact.

**Nutritional Snapshot:** Calories: 190; Protein: 9g; Carbohydrates: 20g; Fiber: 4g; Fats: 9g; Sodium: 90mg; Potassium: 440mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 medium sweet potato, peeled and diced small
- 1 tsp olive oil (plus 1 tsp for sautéing)
- ½ tsp ground turmeric
- ¼ tsp smoked paprika (optional)
- Pinch of black pepper
- ¼ tsp salt or salt substitute (optional)
- 1 cup soft or medium-firm tofu, crumbled
- 2 scallions, sliced (green and white parts separated)
- 1 tbsp chopped fresh parsley or cilantro (optional)



**TIME**  
35 min



**SERVES**  
2



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## CHICKPEA FRITTATA WITH ZUCCHINI & HERBS

### DIRECTIONS

- Preheat oven to 375°F (190°C). Lightly oil or line a small 6" or 7" oven-safe dish or skillet.
- In a bowl, whisk chickpea flour with water until smooth. Stir in oil, herbs, turmeric, baking powder, salt, and pepper. Let batter rest for 5 minutes.
- Fold grated zucchini and optional nutritional yeast into the batter.
- Pour mixture into prepared dish and spread evenly. Bake for 25–28 minutes, or until golden on top and set in the center. Let cool slightly before slicing.

#### Smart Swaps:

◆ **Diabetic-Friendly:** Naturally low in glycemic load. Pair with leafy greens or cucumber salad.

#### Storage Tips:

◆ Store slices in an airtight container in the fridge for up to 3 days. Reheat gently in the oven or skillet.

**Nutritional Snapshot:** Calories: 210; Protein: 8g; Carbohydrates: 20g; Fiber: 5g; Fats: 9g; Sodium: 90mg; Potassium: 280mg; Cholesterol: 0mg;

### INGREDIENTS

- ½ cup chickpea flour (also called besan or garbanzo flour)
- ½ cup water
- 1 tbsp olive oil
- ½ medium zucchini, grated and squeezed dry
- 2 tbsp finely chopped fresh parsley
- ½ tsp chopped fresh rosemary or thyme
- ¼ tsp turmeric
- ¼ tsp baking powder
- ¼ tsp black pepper
- Pinch of sea salt or salt-free herb blend

**Optional:** 1 tbsp nutritional yeast for a savory, cheesy flavor



**TIME**  
10 min



**SERVES**  
2



**METHOD**  
No-cook  
(toasting only)



**DIFFICULTY**  
Very Easy

## MEDITERRANEAN RYE TOAST WITH OLIVE TAPENADE & TOMATO

### DIRECTIONS

- Toast rye slices until warm and crisp.
- For extra flavor, gently rub a cut garlic clove over the surface of the toast.
- Spread 1 tbsp olive tapenade on each toast. Layer tomato slices on top. Drizzle lightly with olive oil and garnish with herbs if desired.

#### Storage Tips:

◆ Store tapenade in a sealed container in the fridge for up to 5 days. Assemble the toast fresh for the best texture.

#### Cook Once, Eat Twice:

◆ Use leftover tapenade as a dip for veggies or as a sandwich spread.

◆ Make a double batch and serve later with crackers or grain bowls.

**Nutritional Snapshot:** Calories: 185; Protein: 4g; Carbohydrates: 18g; Fiber: 4g; Fats: 11g; Sodium: 190mg; Potassium: 260mg; Cholesterol: 0mg;

### INGREDIENTS

- 2 slices whole-grain rye or sprouted-grain bread
- 2 tbsp olive tapenade
- 1 ripe tomato, thinly sliced
- 1 tsp extra-virgin olive oil
- 1 small garlic clove (optional), halved
- Fresh basil or oregano leaves (optional)

#### For homemade tapenade

- ½ cup pitted black or green olives
- 1 tsp capers (rinsed)
- 1 tsp lemon juice
- ½ tbsp olive oil

**Blend until coarsely chopped.**



**TIME**  
20 min



**SERVES**  
2



**METHOD**  
Stovetop  
simmer



**DIFFICULTY**  
Very Easy

## HEARTY OATS WITH WALNUTS & HONEY

### DIRECTIONS

- In a small saucepan, combine oats and water. Bring to a boil, then reduce heat and simmer uncovered for 15–18 minutes, stirring occasionally, until tender.
- Stir in almond milk and cinnamon; cook for another 2–3 minutes until creamy.
- Divide into bowls. Top with walnuts and drizzle with honey.
- Serve warm, with an optional sprinkle of flaxseed or extra cinnamon.

#### Smart Swaps:

- ◆ **Vegan:** Use date syrup or mashed banana instead of honey
- ◆ **Diabetic-Friendly:** Reduce honey to ½ tsp or omit entirely; cinnamon helps with blood sugar control

**Nutritional Snapshot:** Calories: 265; Protein: 6g; Carbohydrates: 29g; Fiber: 15g; Fats: 4g; Sodium: 55mg; Potassium: 220mg; Cholesterol: 0mg;

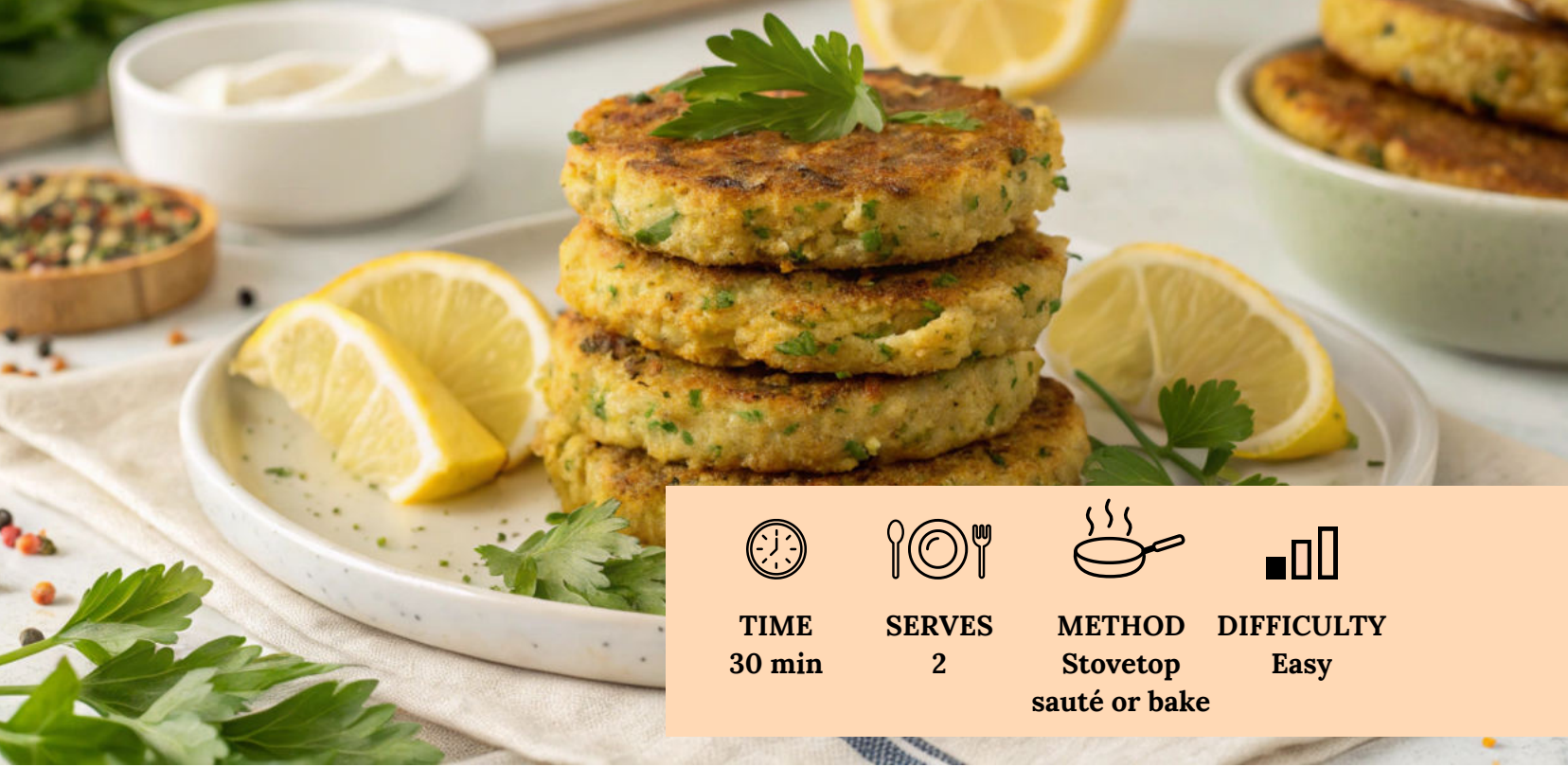
### INGREDIENTS

- ½ cup steel-cut oats
- 1½ cups water
- ½ cup unsweetened almond milk (or oat milk)
- ¼ tsp cinnamon
- ¼ cup chopped walnuts (lightly toasted)
- 1 tsp raw honey (Ikarian if available) or use date syrup for a vegan option

**Optional:** pinch of sea salt or ground flaxseed

#### Storage Tip:

- ◆ Refrigerate leftovers for up to 3 days. Add a splash of milk before reheating.



**TIME**  
30 min



**SERVES**  
2



**METHOD**  
Stovetop  
sauté or bake



**DIFFICULTY**  
Easy

## LEMON-LENTIL BREAKFAST PATTIES

### DIRECTIONS

- In a small saucepan, combine red lentils and water. Bring to a boil, reduce heat, and simmer uncovered for 12–15 minutes, until soft and most of the liquid is absorbed. Let cool slightly.
- In a bowl, mash the lentils with a fork. Add flaxseed, herbs, lemon zest and juice, cumin, and black pepper. Mix well.
- Shape into 4 small patties using slightly damp hands.
- Heat a nonstick skillet over medium heat with olive oil spray. Cook patties for 3–4 minutes per side, until golden brown and crisp at the edges. Alternatively, bake at 375°F (190°C) for 15–18 minutes, flipping halfway.

#### Smart Swaps:

- ◆ Diabetic-Friendly: High fiber and low glycemic.

**Nutritional Snapshot:** Calories: 160; Protein: 8g; Carbohydrates: 22g; Fiber: 5g; Fats: 3g; Sodium: 20mg; Potassium: 310mg; Cholesterol: 0mg;

### INGREDIENTS

- ½ cup red lentils, rinsed
- 1¼ cups water
- 1 tbsp ground flaxseed (optional, for binding)
- 1 tbsp finely chopped parsley or cilantro
- 1 tsp lemon zest
- 1 tbsp fresh lemon juice
- ¼ tsp ground cumin
- ⅛ tsp black pepper
- Olive oil spray or 1 tsp olive oil (for cooking)

#### Cook Once, Eat Twice:

- ◆ Serve leftovers in a wrap with greens and tahini sauce.
- ◆ Crumble over a salad for added protein and flavor.



**TIME**  
30 min



**SERVES**  
2



**METHOD**  
Stovetop  
sauté



**DIFFICULTY**  
Easy

## LATIN-INSPIRED BREAKFAST BEANS

### DIRECTIONS

- In a nonstick skillet, sauté onion and garlic over medium heat using a splash of water
- instead of oil, until soft and fragrant (about 3–4 minutes). Add cumin and stir.
- Stir in cooked beans and rice. Heat through, mixing gently to combine.
- Turn off the heat. Stir in fresh cilantro and a squeeze of lime juice. Adjust seasoning as needed.
- Lightly pan-sear or bake sliced plantains until golden and soft – without oil for a lighter version.
- Plate bean-rice mixture with warm plantain slices on the side

#### **Cook Once, Eat Twice:**

◆ Top with avocado and tomato for a quick second-day meal.

**Nutritional Snapshot:** Calories: 280; Protein: 9g; Carbohydrates: 48g; Fiber: 7g; Fats: 2g; Sodium: 30mg; Potassium: 500mg; Cholesterol: 0mg;

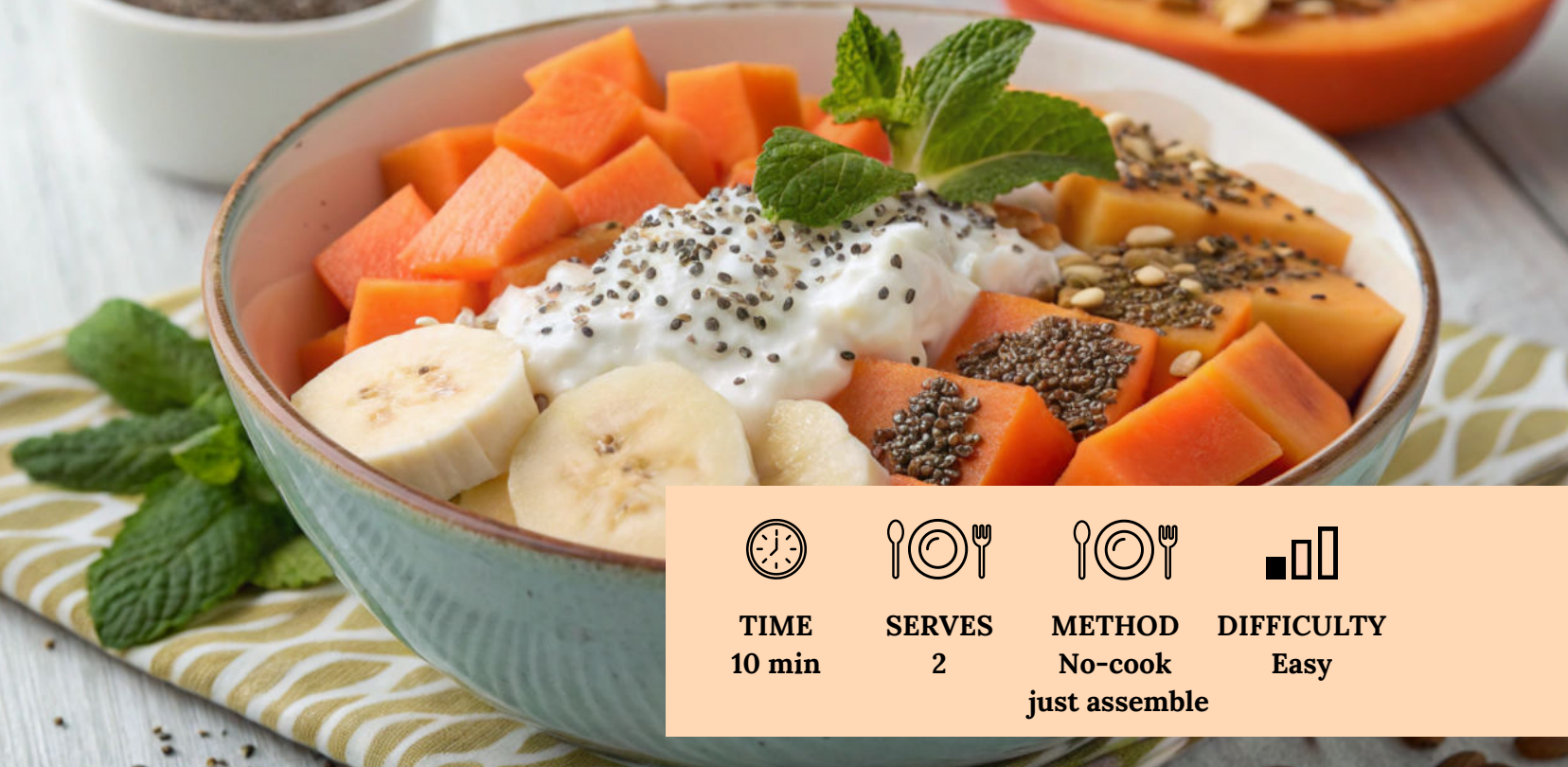
### INGREDIENTS

- ½ cup cooked black beans (unsalted)
- 1 cup cooked brown rice or white rice
- ¼ cup chopped white or red onion
- 1 clove garlic, minced
- ¼ cup chopped fresh cilantro
- ¼ tsp ground cumin
- 1 small ripe plantain, sliced (optional)
- Fresh lime juice, to taste

**Optional:** pinch of black pepper or chili flakes

#### **Diabetic-Friendly:**

◆ Favor brown rice; skip or reduce plantains for lower glycemic impact.



**TIME**  
10 min



**SERVES**  
2



**METHOD**  
No-cook  
just assemble



**DIFFICULTY**  
Easy

## PAPAYA-CHIA ENERGY BOWL

### DIRECTIONS

- In two bowls, divide the diced papaya and drizzle with lime juice.
- Spoon coconut yogurt over papaya.
- Sprinkle with chia seeds and optional toppings of your choice.
- For a softer texture, let it sit 5–10 minutes before serving so the chia begins to swell slightly.

#### Best For:

- Hot mornings, quick breakfasts, post-walk refreshment, or a soothing light start to your day.

#### Smart Swaps:

- ◆ **Diabetic-Friendly:** Skip the banana or stick to lower-sugar fruits like kiwi or berries
- ◆ **No Coconut Yogurt?** Use almond, oat, or soy yogurt – unsweetened

**Nutritional Snapshot:** Calories: 190; Protein: 4g; Carbohydrates: 25g; Fiber: 6g; Fats: 7g; Sodium: 10mg; Potassium: 400mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 ripe papaya, peeled, seeded, and diced
- ½ cup unsweetened coconut yogurt (or any plant-based yogurt)
- 2 tbsp chia seeds
- ½ lime, juiced

#### Optional toppings:

- ◆ Sliced banana or kiwi
- ◆ Unsweetened shredded coconut
- ◆ A few mint leaves

#### Smart Tip for 50+:

- ◆ Papaya is rich in enzymes that gently support digestion, especially useful after 60.



**TIME**  
15 min



**SERVES**  
2



**METHOD**  
Stovetop  
simmer



**DIFFICULTY**  
Very Easy

## TOASTED QUINOA BREAKFAST BOWL WITH ALMOND BUTTER & APPLES

### DIRECTIONS

- In a small saucepan over low heat, warm the quinoa with almond milk and cinnamon, stirring gently until creamy.
- Remove from heat and swirl in almond butter.
- Top with diced apple and a drizzle of maple syrup or honey, if desired.
- Serve warm.

#### Why this is great for age 60+ readers:

◆ No added sugar; sweetened naturally—perfect for diabetic or sugar-conscious readers.

#### Reader tip:

◆ Stir in a spoonful of Greek yogurt on top for an extra protein boost and natural probiotics—excellent for gentle gut support.

**Nutritional Snapshot:** Calories: 280; Protein: 8g; Carbohydrates: 34g; Fiber: 5g; Fats: 13g; Sodium: 40mg; Potassium: 300mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 cup cooked quinoa (cooled or fresh)
- 1 tbsp almond butter
- 1 small apple, diced (leave skin on)
- ½ tsp ground cinnamon
- 1 tsp maple syrup or honey (optional)
- Splash of unsweetened almond milk

#### Smart Swaps:

◆ **Vegan:** Use maple syrup instead of honey.

#### Storage Tips:

◆ Reheat with a splash of almond milk, and add fresh apple just before serving.



**TIME**  
10 min



**SERVES**  
2



**METHOD**  
No-cook  
Light pan warm



**DIFFICULTY**  
Very Easy

## MASHED AVOCADO ON CORN TORTILLA

### DIRECTIONS

- Lightly warm tortillas in a dry skillet for 30 seconds on each side (optional).
- Mash the avocado in a bowl with lime juice and pepper (if using).
- Spread avocado evenly on tortillas.
- Top with fresh microgreens or baby spinach.
- Serve immediately.

#### Storage Tips:

- ◆ Keep mashed avocado separate until ready to eat (it browns quickly).
- ◆ Tortillas can be pre-warmed and stored in foil for 1 day.

#### Why It's Great for Adults 60+:

- ◆ Corn tortillas are gluten-free and low-glycemic, making this meal easy on digestion and blood sugar

**Nutritional Snapshot:** Calories: 210; Protein: 4g; Carbohydrates: 8g; Fiber: 6g; Fats: 14g; Sodium: 10mg; Potassium: 430mg; Cholesterol: 0mg;

### INGREDIENTS

- 2 small corn tortillas (100% corn, unsalted)
- 1 ripe avocado
- Juice of ½ lime
- Pinch of black pepper or chili flakes (optional)
- Small handful of microgreens or baby spinach

#### Smart Swaps:

- ◆ **Low-Sodium:** This recipe contains no added salt.
- ◆ **Gluten-Free:** Use 100% corn tortillas only (no flour blend).



**TIME**  
20 min



**SERVES**  
2



**METHOD**  
Skillet



**DIFFICULTY**  
Easy

## HEARTY CORN PANCAKES WITH YOGURT OR BERRIES

### DIRECTIONS

- In a blender or food processor, blend corn and plant milk until chunky-smooth.
- Add cornmeal, flaxseed, cinnamon, and a pinch of salt. Blend or stir to combine.
- Heat a nonstick skillet over medium heat with a touch of oil.
- Pour batter into small rounds (about ¼ cup each). Cook for 2–3 minutes per side until golden.
- Serve warm with yogurt and fresh berries.

#### Smart Swaps for 60+:

- ◆ **No cornmeal?** Use oat flour or cooked quinoa.
- ◆ **Dairy-free?** Choose any unsweetened plant-based yogurt.
- ◆ **Low-sugar?** Stick to berries and skip the honey.

**Nutritional Snapshot:** Calories: 195; Protein: 6g; Carbohydrates: 27g; Fiber: 5g; Fats: 7g; Sodium: 40mg; Potassium: 320mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 cup fresh or thawed corn kernels ( 2 ears )
- ¼ cup unsweetened plant milk
- ¼ cup whole grain cornmeal (or oat flour)
- 1 tbsp ground flaxseed
- ½ tsp cinnamon
- Pinch of salt (optional)
- Coconut oil or avocado oil for the skillet

#### For Serving:

- ½ cup unsweetened coconut yogurt or almond yogurt
- Fresh berries

**Optional:** sprinkle of ground flax or toasted pumpkin seeds



**TIME**  
20 min



**SERVES**  
2



**METHOD**  
Sauté & Wrap



**DIFFICULTY**  
Easy

## PLANT-POWERED BREAKFAST BURRITO

### DIRECTIONS

- In a skillet, heat oil over medium. Add onions and cook for 2 minutes.
- Add crumbled tofu, turmeric, and cumin. Cook for 5–6 minutes, stirring occasionally.
- Stir in spinach and black beans. Cook until spinach wilts (1–2 min).
- Warm tortillas briefly in a pan or microwave.
- Fill each tortilla with tofu-bean mixture, avocado slices, and fresh herbs.
- Squeeze lime juice over filling. Roll into burritos and serve warm.
  - ◆ **Gluten-free?** Use brown rice or corn tortillas.
  - ◆ **More brain fuel?** Add a spoonful of ground walnuts or hemp seeds.
  - ◆ **No tofu?** Use scrambled tempeh or mashed white beans with turmeric.

**Nutritional Snapshot:** Calories: 310; Protein: 14g; Carbohydrates: 28g; Fiber: 8g; Fats: 17g; Sodium: 220mg; Potassium: 610mg; Cholesterol: 0mg;

### INGREDIENTS

- ½ block firm tofu, crumbled (about 6 oz)
- ½ cup canned low-sodium black beans, rinsed
- ½ cup baby spinach
- ¼ small red onion, finely chopped
- ¼ tsp ground turmeric
- ½ tsp cumin
- 1 tsp olive oil or avocado oil
- 1 small ripe avocado, sliced
- 2 small whole-grain or sprouted-grain tortillas (8–9")
- Juice of ½ lime
- Fresh cilantro or parsley



**TIME**  
60 min



**SERVES**  
6 slices



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## BANANA-WALNUT BREAD (NO SUGAR)

### DIRECTIONS

- Preheat oven to 350°F (175°C). Lightly grease or line a small loaf pan (8x4”).
- In a mixing bowl, mash bananas well. Stir in olive oil, flax “egg,” cinnamon, and vanilla.
- Add oat flour, almond flour, baking soda, and salt. Mix until just combined.
- Fold in walnuts (and optional chopped dates/raisins if using).
- Pour into the loaf pan and smooth the top.
- Bake 40–45 minutes, or until a toothpick comes out clean.
- Cool at least 15 minutes before slicing.
  - ◆ **Gluten-free?** Use certified GF oats and almond flour.
  - ◆ **Diabetic-friendly?** Skip dried fruit and serve with plain coconut yogurt for balance.

**Nutritional Snapshot:** Calories: 185; Protein: 4g; Carbohydrates: 18g; Fiber: 4g; Fats: 11g; Sodium: 190mg; Potassium: 260mg; Cholesterol: 0mg;

### INGREDIENTS

- 2 large ripe bananas (well-mashed)
  - 2 tbsp extra-virgin olive oil
  - 1 tbsp ground flaxseed + 3 tbsp warm water (let sit 5 min = flax “egg”)
  - ½ tsp cinnamon
  - 1 tsp vanilla extract
  - 1 cup oat flour (or blended rolled oats)
  - ½ cup almond flour
  - ½ tsp baking soda
  - ¼ tsp sea salt
  - ⅓ cup chopped walnuts
- Optional:** 1–2 tbsp chopped dates or raisins for added sweetness



# LIGHT MIDDAY MEALS

NOURISHING LUNCHES &  
SMALL PLATES



**TIME**  
20 min



**SERVES**  
2



**METHOD**  
Sauté



**DIFFICULTY**  
Easy

## VIBRANT VEGGIE STIR-FRY WITH BITTER MELON

### DIRECTIONS

- In a nonstick skillet, heat oil over medium. Add onion and carrot, sauté 3–4 minutes until softened.
- Add drained bitter melon (or substitute) and cook for another 3–5 minutes.
- Stir in tofu, tamari, and turmeric. Sauté until tofu is golden and flavors are absorbed (about 4 minutes).
- Top with optional black pepper or sesame seeds.

#### Smart Swaps for 60+:

- ◆ **Bitter melon too strong?** Use zucchini, bell pepper, or a mix.
- ◆ **No tofu?** Try tempeh or cooked white beans.
- ◆ **Gluten-free?** Use coconut aminos instead of tamari.

#### Cook Once, Eat Twice:

- ◆ Use leftovers in a wrap with brown rice or quinoa.
- ◆ Great chilled as a cold lunch bowl with leafy greens.

**Nutritional Snapshot:** Calories: 160; Protein: 9g; Carbohydrates: 10g; Fiber: 4g; Fats: 10g; Sodium: 190mg; Potassium: 420mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 cup bitter melon, thinly sliced and soaked in salted water (or substitute with zucchini or bell pepper)
  - 1 medium carrot, julienned
  - ½ small yellow onion, thinly sliced
  - 1 cup firm tofu, cubed
  - 1 tsp sesame oil (or olive oil)
  - 1 tsp low-sodium tamari or coconut aminos
  - ¼ tsp turmeric powder
- Optional:** a pinch of black pepper or sesame seeds



**TIME**  
20 min



**SERVES**  
2



**METHOD**  
Steam + Toss



**DIFFICULTY**  
Very Easy

## STEAMED PURPLE SWEET POTATO & EDAMAME SALAD

### DIRECTIONS

- Steam sweet potato cubes for 10–12 minutes until fork-tender.
- While the potato steams, blanch the edamame in hot water for 2 minutes, then drain.
- In a bowl, combine sesame oil, lime juice, and tamari.
- Add warm sweet potato and edamame to the bowl. Toss gently to coat.
- Top with sesame seeds and optional herbs. Serve warm or chilled.

#### Smart Swaps for 60+:

- ◆ **No edamame?** Use green peas or lima beans.
- ◆ **Diabetic-friendly?** Skip tamari and add more herbs or a splash of rice vinegar.
- ◆ **Extra protein?** Add a spoonful of crumbled tofu or tempeh.

**Nutritional Snapshot:** Calories: 190; Protein: 7g; Carbohydrates: 26g; Fiber: 5g; Fats: 6g; Sodium: 150mg; Potassium: 430mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 medium purple sweet potato (or orange if unavailable), peeled and cubed
- ½ cup shelled edamame (fresh or thawed from frozen)
- 1 tsp toasted sesame oil
- 1 tbsp fresh lime juice
- ½ tsp low-sodium tamari or coconut aminos
- 1 tsp sesame seeds (white or black)

**Optional:** chopped cilantro or mint for garnish

#### Storage Tips:

- ◆ Great for prepping ahead – flavors improve slightly overnight.



**TIME**  
25 min



**SERVES**  
2



**METHOD**  
Simmer + Toss



**DIFFICULTY**  
Easy

## WARM LENTIL & FARRO SALAD WITH TOMATO & BASIL

### DIRECTIONS

- In separate pots, simmer lentils and farro in water (2 cups each) until tender but not mushy – about 15–20 minutes. Drain well.
- In a bowl, combine cooked lentils and farro with chopped tomato, herbs, olive oil, lemon juice, and seasoning.
- Toss gently and serve warm. Add olives or sun-dried tomatoes if using.

#### Smart Swaps for 60+:

- ◆ **Gluten-free?** Use brown rice or quinoa instead of farro.
- ◆ **No tomato?** Add chopped red bell pepper or cooked carrots.
- ◆ **Need extra calories?** Top with avocado slices or crumbled feta.

**Nutritional Snapshot:** Calories: 270; Protein: 11g; Carbohydrates: 38g; Fiber: 7g; Fats: 8g; Sodium: 90mg; Potassium: 510mg; Cholesterol: 0mg;

### INGREDIENTS

- ½ cup dry green or brown lentils (rinsed)
- ½ cup dry farro (or barley), rinsed
- 1 medium tomato, chopped
- 1 tbsp extra-virgin olive oil
- 1 tbsp chopped fresh basil (or parsley)
- ½ tsp dried oregano
- 1 tsp lemon juice or red wine vinegar
- Pinch of black pepper

**Optional:** 1 tbsp chopped olives or sun-dried tomatoes

◆ **Leftovers can be stuffed into whole-grain pita or lettuce wraps.**



**TIME**  
35 min



**SERVES**  
2



**METHOD**  
Simmer



**DIFFICULTY**  
Very Easy

## HEARTY VEGETABLE MINISTRONE LIGHT

### DIRECTIONS

- In a large saucepan, combine onion, garlic, carrots, celery, potato, and broth. Bring to a gentle boil.
- Add beans, zucchini, cabbage (or kale), herbs, and bay leaf. Simmer uncovered for 20–25 minutes, or until all vegetables are soft.
- Remove the bay leaf. Stir in parsley or basil if using. Adjust seasoning with black pepper.
- Serve warm. Sprinkle with nutritional yeast or lemon zest for extra flavor if desired.

#### Smart Swaps for 60+:

- ◆ **Gluten-free?** Naturally is.
- ◆ **More protein?** Stir in ½ cup cooked lentils or chickpeas.
- ◆ **Need more calories?** Add ¼ cup cooked pasta or brown rice at the end.

**Nutritional Snapshot:** Calories: 190; Protein: 8g; Carbohydrates: 30g; Fiber: 9g; Fats: 2g; Sodium: 170mg; Potassium: 620mg; Cholesterol: 0mg;

### INGREDIENTS

- ½ cup cooked or canned cannellini or borlotti beans (rinsed)
- ½ cup chopped carrots
- ½ cup chopped celery
- ½ cup chopped zucchini
- ½ small potato, diced
- ½ cup chopped cabbage or kale
- ½ small onion, finely chopped
- 1 garlic clove, minced
- 2 cups low-sodium vegetable broth or water
- ½ tsp dried thyme or rosemary
- 1 bay leaf
- 1 tbsp chopped parsley or basil (optional)
- Black pepper to taste

**Optional:** 1 tbsp nutritional yeast or lemon zest before serving



**TIME**  
40 min



**SERVES**  
2



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## STUFFED ZUCCHINI WITH CHICKPEAS & HERBS

### DIRECTIONS

- Preheat oven to 375°F (190°C). Scoop out the centers of the zucchini with a spoon to create “boats.” Lightly brush with olive oil if using.
- In a small bowl, mash chickpeas slightly. Add onion, herbs, lemon juice, oregano, pepper, and salt (if using). Mix to combine.
- Spoon the filling into the zucchini halves. Sprinkle with ground walnuts or nutritional yeast for extra flavor.
- Place on a parchment-lined baking sheet. Bake 20–25 minutes, or until zucchini is tender and golden.
- Serve warm or at room temperature.

#### Smart Swaps for 60+:

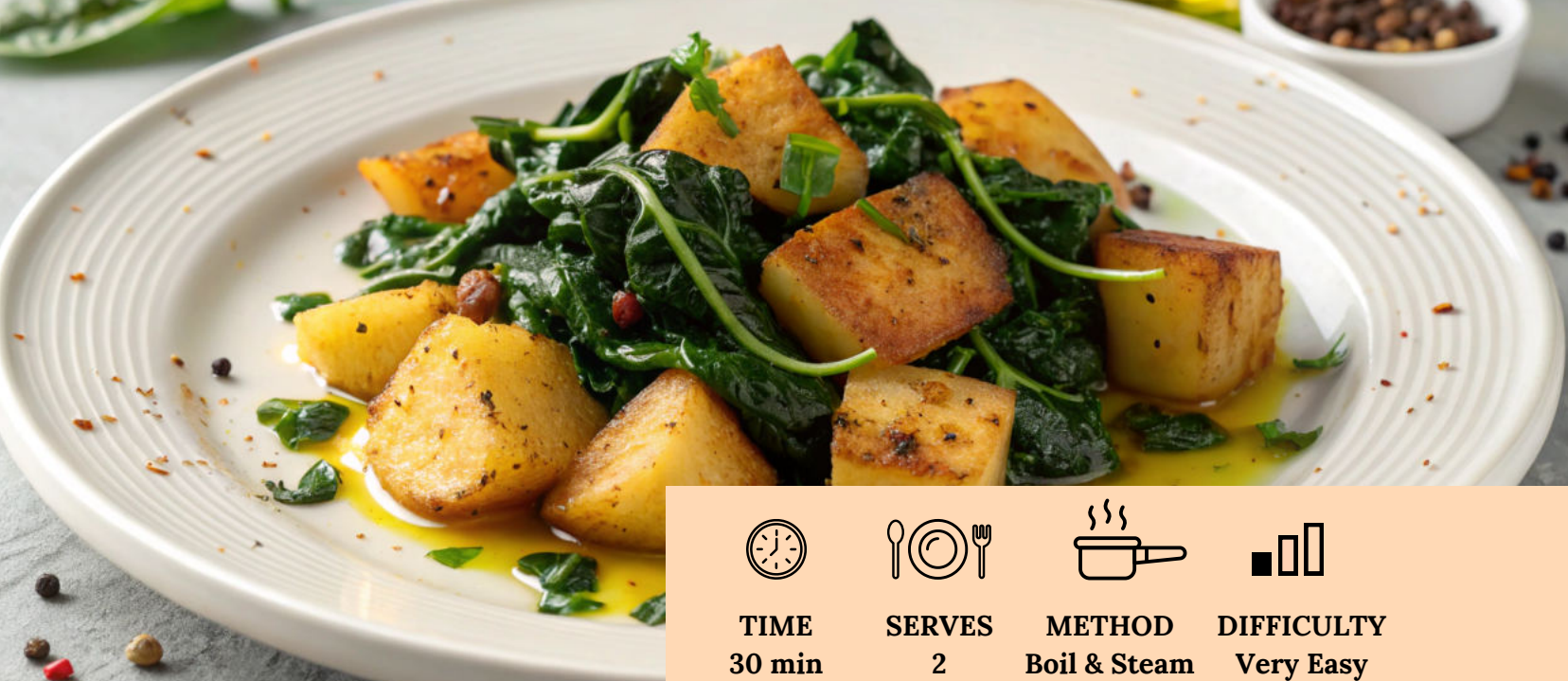
- ◆ **No fresh herbs?** Use ½ tsp dried.
- ◆ **Need more protein?** Add 1 tbsp hemp seeds to the filling.

**Nutritional Snapshot:** Calories: 170; Protein: 7g; Carbohydrates: 20g; Fiber: 6g; Fats: 6g; Sodium: 130mg; Potassium: 520mg; Cholesterol: 0mg;

### INGREDIENTS

- 2 medium zucchini, halved lengthwise
- ½ cup cooked chickpeas (or canned, rinsed)
- 2 tbsp finely chopped red or yellow onion
- 1 tbsp fresh mint or parsley, chopped
- 1 tbsp lemon juice
- 1 tsp olive oil (optional)
- ¼ tsp dried oregano
- ¼ tsp black pepper
- Pinch of sea salt (optional)

**Optional topping:** 1 tbsp ground walnuts or nutritional yeast



**TIME**  
30 min



**SERVES**  
2



**METHOD**  
Boil & Steam



**DIFFICULTY**  
Very Easy

## MEDITERRANEAN WILD GREENS & POTATO PLATE

### DIRECTIONS

- Boil potatoes in lightly salted water until fork-tender (about 12–15 minutes). Remove and set aside.
- In the same water (or steam separately), gently cook the greens for 3–5 minutes until wilted but vibrant.
- Drain and arrange potatoes and greens on a serving plate. Drizzle with olive oil and lemon juice.
- Sprinkle with black pepper (and salt, if using). Serve warm or at room temperature.

#### Smart Swaps for 60+:

- ◆ **Can't find wild greens?** Use kale, Swiss chard, or spinach.
- ◆ **Watching fat intake?** Use only 1 tsp olive oil or skip entirely.
- ◆ For more fiber, leave the skins on organic potatoes.

**Nutritional Snapshot:** Calories: 165; Protein: 4g; Carbohydrates: 23g; Fiber: 5g; Fats: 7g; Sodium: 120mg; Potassium: 620mg; Cholesterol: 0mg;

### INGREDIENTS

- 2 medium potatoes, peeled and cut into chunks
- 3–4 cups mixed leafy greens (e.g., dandelion, kale, spinach, or chard)
- 1 tbsp extra-virgin olive oil
- Juice of ½ lemon (or to taste)
- ¼ tsp sea salt (optional)
- Fresh ground black pepper to taste

#### Cook Once, Eat Twice:

- ◆ Great cold the next day as part of a grain bowl.
- ◆ Use leftovers as filling for a veggie wrap or pita pocket.



**TIME**  
15 min



**SERVES**  
2



**METHOD**  
No-cook  
(lightly sautéed)



**DIFFICULTY**  
Very Easy

## CORN & BLACK BEAN BOWL WITH CILANTRO & AVOCADO

### DIRECTIONS

- In a medium bowl, gently toss beans, corn, avocado, and cilantro.
- Drizzle with lime juice and olive oil. Add optional spices or seasoning if desired.
- Serve in shallow bowls with extra lime wedges or greens on the side.

#### Smart Swaps for 60+:

- ◆ **No avocado?** Use a spoonful of plain coconut yogurt for creaminess.
- ◆ **No corn?** Swap in cooked quinoa or roasted sweet potato.
- ◆ **Need more texture?** Top with toasted pumpkin seeds.

#### Storage Tips:

- ◆ Add lime and avocado just before serving to preserve freshness.

**Nutritional Snapshot:** Calories: 220; Protein: 9g; Carbohydrates: 28g; Fiber: 9g; Fats: 9g; Sodium: 90mg; Potassium: 540mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 cup cooked black beans (no salt added, rinsed if canned)
- 1 cup cooked sweet corn (fresh or frozen, thawed)
- ½ ripe avocado, diced
- 2 tbsp chopped fresh cilantro
- 1 tbsp fresh lime juice
- ½ tsp olive oil (optional)
- Pinch of ground cumin or chili powder (optional)
- Salt-free seasoning or a pinch of sea salt (optional)



**TIME**  
25 min



**SERVES**  
2



**METHOD**  
Simmer



**DIFFICULTY**  
Easy

## CHAYOTE & SQUASH STEW WITH FRESH HERBS

### DIRECTIONS

- In a medium saucepan, combine chayote, squash, and potato with broth. Bring to a gentle boil.
- Reduce heat and simmer for 15–18 minutes, or until vegetables are tender.
- Stir in herbs and optional turmeric. Add olive oil if using. Simmer 1–2 minutes more.
- Serve warm with a squeeze of lime juice.

#### Smart Swaps for 60+:

- ◆ **No chayote?** Use zucchini or green apple for a similar texture.
- ◆ **No fresh herbs?** Use ½ tsp dried parsley or oregano.
- ◆ **Want more protein?** Add ½ cup cooked white beans
- ◆ Serve leftovers over brown rice or quinoa the next day.

**Nutritional Snapshot:** Calories: 170; Protein: 4g; Carbohydrates: 28g; Fiber: 6g; Fats: 4g; Sodium: 150mg; Potassium: 620mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 small chayote, peeled and diced
- 1 cup diced pumpkin or butternut squash
- 1 small potato, peeled and cubed
- 1½ cups low-sodium vegetable broth
- 1 tbsp chopped fresh cilantro
- 1 tbsp chopped fresh parsley
- ½ tsp ground turmeric (optional)
- 1 tsp olive oil (optional, for richness)
- Fresh lime wedges, for serving



**TIME**  
30 min



**SERVES**  
2



**METHOD**  
Bake + Steam



**DIFFICULTY**  
Easy

## BAKED TOFU BOWL WITH BROWN RICE & STEAMED GREENS

### DIRECTIONS

- Preheat oven to 375°F (190°C). Line a baking sheet with parchment.
- Toss tofu cubes with oil, tamari, garlic powder, and ginger. Spread evenly on the sheet.
- Bake for 20–25 minutes, flipping halfway, until golden and slightly crisp.
- Steam greens until just wilted (about 2–3 minutes).
- Divide rice or quinoa between two bowls. Top with tofu, greens, and optional garnishes.
- Serve warm with lime or a splash of vinegar, if desired.

#### Smart Swaps for 60+:

- ◆ **No tofu?** Try roasted chickpeas or tempeh.

#### Storage Tips:

- ◆ Reheat tofu in an air fryer or oven for crispness.
- ◆ Prep rice in advance and reheat as needed.

**Nutritional Snapshot:** Calories: 310; Protein: 17g; Carbohydrates: 28g; Fiber: 5g; Fats: 15g; Sodium: 230mg; Potassium: 480mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 block (7–8 oz) firm tofu, pressed and cubed
- 1 tsp olive oil or avocado oil
- 2 tbsp low-sodium tamari or coconut aminos
- ½ tsp garlic powder
- ½ tsp ground ginger
- 1 cup cooked brown rice or quinoa
- 2 cups steamed greens (spinach, kale, or chard)
- 1 tsp sesame seeds (optional)
- 1 green onion, chopped (optional)
- Lime wedge or splash of rice vinegar (optional)



**TIME**  
15 min



**SERVES**  
2 wraps



**METHOD**  
No-cook



**DIFFICULTY**  
Very Easy

## AVOCADO-QUINOA WRAP WITH GREENS & CARROT

### DIRECTIONS

- Spread hummus or yogurt evenly on each wrap.
- Layer quinoa, avocado, grated carrot, and greens down the center.
- Drizzle with lemon juice and season with black pepper.
- Roll each wrap tightly, slice in half if desired, and serve immediately.

#### Smart Swaps for 60+:

- ◆ **Gluten-free?** Use certified gluten-free tortillas or collard leaves.
- ◆ **Lower-carb?** Replace quinoa with shredded cabbage or cucumber.
- ◆ **Extra protein?** Add a spoonful of white bean mash or tofu strips.

**Nutritional Snapshot:** Calories: 240; Protein: 7g; Carbohydrates: 26g; Fiber: 6g; Fats: 11g; Sodium: 120mg; Potassium: 450mg; Cholesterol: 0mg;

### INGREDIENTS

- ½ cup cooked quinoa (cooled)
- ½ ripe avocado, sliced
- 1 small carrot, grated
- 1 cup mixed greens or microgreens
- 2 whole-grain or sprouted-grain wraps (gluten-free if needed)
- 1 tbsp hummus or plain plant-based yogurt
- 1 tsp lemon or lime juice
- Pinch of black pepper

**Optional:** sprinkle of hemp seeds or chopped herbs

◆ *Prep filling ahead and assemble wraps fresh when needed.*



**TIME**  
10 min



**SERVES**  
2



**METHOD**  
No-cook



**DIFFICULTY**  
Very Easy

## MEDITERRANEAN CHICKPEA MASH ON WHOLE GRAIN TOAST

### DIRECTIONS

- In a bowl, mash chickpeas with olive oil, lemon juice, garlic, and herbs until mostly smooth but still textured.
- Season with cumin, pepper, and optional salt.
- Spread mash onto toasted bread and add desired toppings.
- Serve immediately as an open-face sandwich or sliced into small bites.

#### Smart Swaps for 60+:

- ◆ **Gluten-free?** Use certified GF bread or serve on sweet potato slices.
- ◆ **Lower fat?** Reduce olive oil to 1 tsp and add a splash of water for a smoother mash.

#### Storage Tips:

- ◆ Toast the bread just before serving for the best texture.

**Nutritional Snapshot:** Calories: 210; Protein: 8g; Carbohydrates: 26g; Fiber: 6g; Fats: 9g; Sodium: 130mg; Potassium: 330mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 cup cooked or canned chickpeas (rinsed, drained)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 small garlic clove, minced
- 1 tbsp chopped fresh parsley or basil
- ¼ tsp ground cumin or oregano
- Pinch of sea salt and black pepper
- 2 slices whole-grain or sprouted-grain bread, toasted

**Optional toppings:** sliced radish, cherry tomatoes, or arugula



**TIME**  
40 min



**SERVES**  
2



**METHOD**  
Simmer



**DIFFICULTY**  
Easy

## SOPA NEGRA (BLACK BEAN SOUP WITH CILANTRO & LIME)

### DIRECTIONS

- In a small pot, heat olive oil over medium. Add onion and garlic; sauté 2–3 minutes until soft.
- Add carrot and cumin; cook 1 minute. Stir in black beans and water or broth.
- Bring to a simmer and cook for 20–25 minutes, stirring occasionally.
- Remove from heat, stir in lime juice and cilantro. Taste and adjust seasoning if needed.
- Serve hot, garnished with extra cilantro and a wedge of lime.

#### Smart Swaps for 60+:

- ◆ **No onion?** Use finely chopped leeks or scallions.
- ◆ **Gluten-free by default** — serve with baked sweet potato rounds or GF corn tortilla.
- ◆ **Diabetic-friendly:** add avocado slices or a spoonful of plain Greek yogurt for healthy fat balance.

**Nutritional Snapshot:** Calories: 190; Protein: 11g; Carbohydrates: 26g; Fiber: 9g; Fats: 4g; Sodium: 90mg; Potassium: 520mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 cup cooked black beans (low-sodium or no salt added)
- 1½ cups water or unsalted vegetable broth
- 1 tsp olive oil
- 1 small onion, finely chopped
- 1 garlic clove, minced
- ½ tsp ground cumin
- 1 small carrot, grated or finely chopped
- 1 tbsp chopped fresh cilantro (plus more for garnish)
- Juice of ½ lime

**Optional:** ½ tsp apple cider vinegar or a splash of coconut aminos for depth



**TIME**  
35 min



**SERVES**  
2



**METHOD**  
Pan-sear



**DIFFICULTY**  
Easy

## OLIVE & HERB MILLET PATTIES

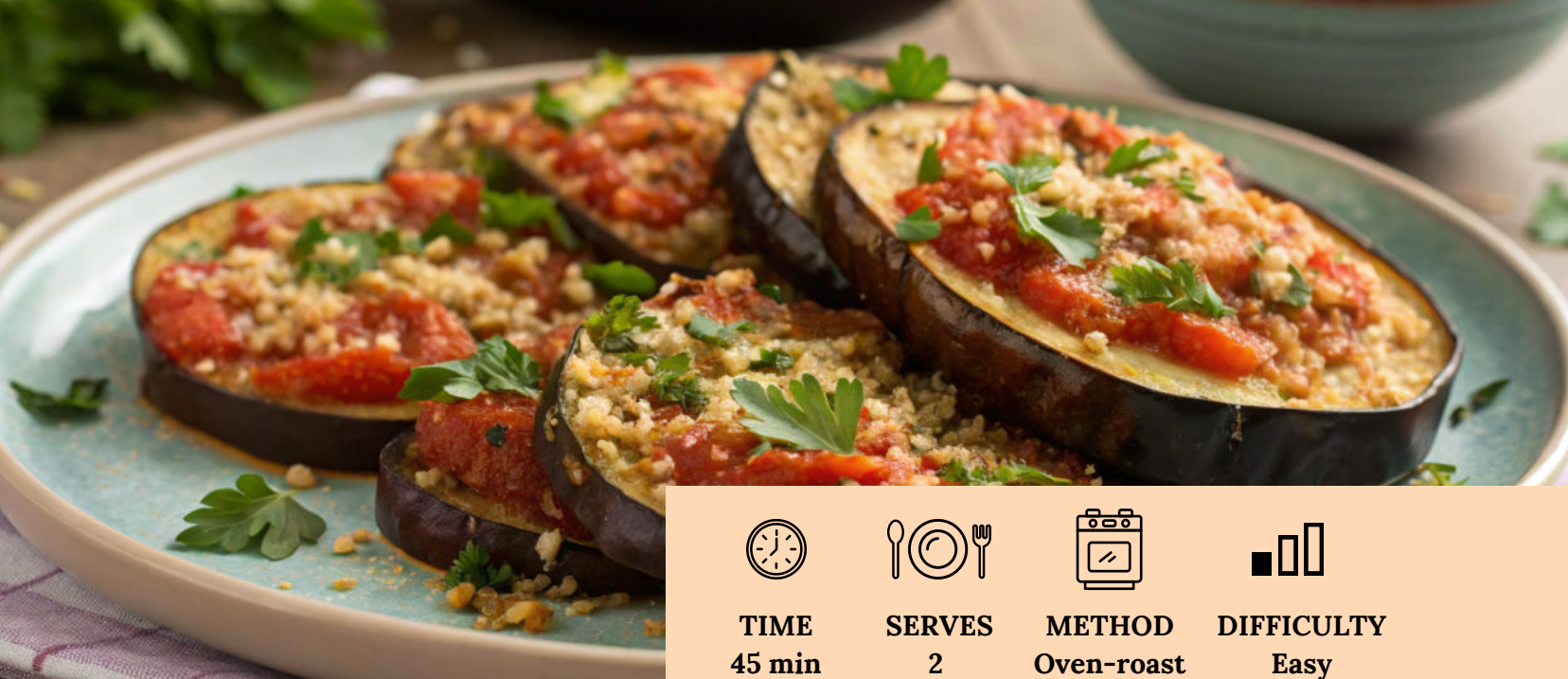
### DIRECTIONS

- In a small bowl, mix ground flaxseed with water to form a flax “egg.” Let it sit for 5 minutes to gel.
- In a mixing bowl, combine cooked millet, olives, parsley, dill, garlic, zucchini, lemon zest and juice, and flax egg.
- Stir in chickpea flour, olive oil, salt, and pepper. Mix until it holds together (add more flour if too wet).
- Form into small patties (about 6).
- Heat a nonstick or cast-iron skillet over medium with a light coating of olive oil. Pan-sear patties 3–4 minutes per side, until golden and crisp.
- Serve warm with a simple Greek yogurt sauce or lemon-dressed greens.

**Nutritional Snapshot:** Calories: 210; Protein: 7g; Carbohydrates: 28g; Fiber: 5g; Fats: 8g; Sodium: 220mg; Potassium: 260mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 cup cooked millet (cooled)
- ¼ cup finely chopped Kalamata olives (pitted)
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh dill or mint
- 1 small garlic clove, minced
- 2 tbsp finely grated zucchini (squeeze out liquid)
- Zest of ½ lemon
- 1 tbsp lemon juice
- 1 tbsp ground flaxseed + 2 tbsp water (flax “egg”)
- 2 tbsp chickpea flour or oat flour
- 1 tsp extra virgin olive oil (plus more for cooking)
- Pinch of sea salt and black pepper



**TIME**  
45 min



**SERVES**  
2



**METHOD**  
Oven-roast



**DIFFICULTY**  
Easy

## ROASTED EGGPLANT WITH TOMATO-GARLIC CRUST

### DIRECTIONS

- Preheat oven to 400°F (200°C). Line a baking sheet with parchment.
  - Lightly brush both sides of the eggplant slices with olive oil and arrange on the sheet. Roast 20 minutes, flipping halfway, until golden and tender.
  - Meanwhile, sauté garlic in 1 tsp olive oil over low heat for 1 minute. Add tomatoes, vinegar, oregano, salt, and pepper. Simmer 5–7 minutes until thickened.
  - Spoon tomato mixture over roasted eggplant. Sprinkle with breadcrumbs if using. Return to oven for 8–10 minutes, until bubbling and slightly crisp.
  - Garnish with parsley or basil. Serve warm or at room temperature.
- ◆ **Smart Swaps for 50+:** Add crumbled goat cheese or cannellini beans for extra protein.

**Nutritional Snapshot:** Calories: 180; Protein: 4g; Carbohydrates: 20g; Fiber: 7g; Fats: 10g; Sodium: 140mg; Potassium: 520mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 medium eggplant, sliced into ½-inch rounds
- 1 tbsp extra virgin olive oil (plus more for drizzling)
- 1 cup cherry tomatoes or ¾ cup crushed canned tomatoes
- 2 garlic cloves, minced
- 1 tbsp chopped flat-leaf parsley (or fresh basil)
- 1 tbsp whole grain breadcrumbs
- 1 tsp red wine vinegar or lemon juice
- Pinch of dried oregano
- Sea salt and black pepper to taste



**TIME**  
25 min



**SERVES**  
2



**METHOD**  
Boiling  
light sauté



**DIFFICULTY**  
Easy

## SOBA NOODLES WITH MUSHROOMS & WILTED GREENS

### DIRECTIONS

- Cook soba noodles according to package instructions. Drain and rinse under warm water to prevent sticking.
- While noodles cook, sauté shiitake mushrooms and broccoli in a nonstick pan with a splash of water (or a few drops of oil) for 4–5 minutes until tender.
- Add spinach or greens and cook just until wilted (1–2 minutes).
- Stir in tamari, sesame oil, ginger, and garlic. Add vinegar if desired.
- Toss the cooked noodles into the pan and mix gently until well coated.
- Serve warm with sesame seeds or scallions if using.

◆ **No shiitake?** Use cremini or button mushrooms

**Nutritional Snapshot:** Calories: 290; Protein: 10g; Carbohydrates: 38g; Fiber: 5g; Fats: 9g; Sodium: 260mg; Potassium: 540mg; Cholesterol: 0mg;

### INGREDIENTS

- 4 oz (about 120g) 100% buckwheat soba noodles (gluten-free if needed)
- 1 cup shiitake mushrooms, sliced (fresh or rehydrated dried)
- 1 cup small broccoli florets
- 2 cups baby spinach or chopped chard/kale
- 1 tbsp low-sodium tamari or coconut aminos
- 1 tsp toasted sesame oil
- 1 tsp grated fresh ginger
- 1 small garlic clove, minced (optional)
- 1 tsp lemon or rice vinegar (optional, for brightness)

**Optional toppings:** toasted sesame seeds, green onion



# GROUNDING EVENINGS

DINNERS FOR COMFORT,  
HEART HEALTH & SLEEP



**TIME**  
30 min



**SERVES**  
2



**METHOD**  
Simmered  
soup/one-pot



**DIFFICULTY**  
Easy

## GENTLE TOFU & SWEET POTATO HOT POT

### DIRECTIONS

- In a medium pot, heat oil over medium heat. Add sliced ginger and sauté for 1–2 minutes to release aroma.
- Add broth and water. Bring to a gentle boil.
- Add cubed sweet potato and simmer for 10–12 minutes until just tender.
- Add cabbage and tofu. Simmer for another 5–7 minutes.
- Turn the heat to low. Stir in tamari and optional miso (dissolve in a bit of broth before adding).
- Taste and adjust seasoning. Finish with green onion and a splash of rice vinegar if desired.
- Serve hot in a cozy bowl.

#### **Budget & Supermarket-Friendly Alternatives:**

◆ Japanese sweet potato → Use regular orange sweet potatoes or Yukon Golds

**Nutritional Snapshot:** Calories: 180; Protein: 10g; Carbohydrates: 22g; Fiber: 4g; Fats: 6g; Sodium: 180mg; Potassium: 500mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 tbsp avocado oil or neutral oil
- 1-inch fresh ginger, thinly sliced
- 2 cups vegetable broth
- 1 cup water
- 1 medium Japanese sweet potato, peeled & cubed
- 1 cup Napa cabbage or green cabbage, roughly chopped
- ½ block firm tofu, cubed
- 2 green onions, sliced
- 1 tbsp white or yellow miso
- 1 tsp low-sodium tamari or coconut aminos

**Optional:** a dash of rice vinegar or lemon juice for brightness



**TIME**  
20 min



**SERVES**  
2



**METHOD**  
Steaming



**DIFFICULTY**  
Very Easy

## STEAMED PUMPKIN WITH MISO-GINGER GLAZE

### DIRECTIONS

- Steam pumpkin slices over gently simmering water for 10–12 minutes, until fork-tender but not falling apart.
- While steaming, make the glaze: in a small pan, combine oil, miso paste, ginger, and vinegar. Warm gently over low heat, adding 1–2 tbsp water until a pourable consistency forms.
- Drizzle glaze over warm steamed pumpkin.
- Garnish with sesame seeds or green onion if desired. Serve warm.

#### Smart Swaps for 60+:

- ◆ **No kabocha?** Use butternut squash or sweet potato.
- ◆ **No sesame oil?** Try olive oil with a few sesame seeds on top.

**Nutritional Snapshot:** Calories: 130; Protein: 3g; Carbohydrates: 19g; Fiber: 3g; Fats: 5g; Sodium: 220mg; Potassium: 490mg; Cholesterol: 0mg;

### INGREDIENTS

- 2 cups Japanese pumpkin (kabocha), peeled and sliced
- 1 tsp toasted sesame oil or avocado oil
- 1 tbsp white or yellow miso paste
- 1 tsp finely grated fresh ginger
- 1 tsp rice vinegar or lemon juice
- 1–2 tbsp warm water (to thin the glaze)

**Optional garnish:** toasted sesame seeds or sliced green onion

◆ **Reheat gently – or serve cold for a refreshing variation.**



**TIME**  
35 min



**SERVES**  
2



**METHOD**  
Simmer & stir



**DIFFICULTY**  
Easy

## HEARTY FARRO RISOTTO WITH WHITE BEANS & HERBS

### DIRECTIONS

- In a medium saucepan, heat olive oil and sauté shallot for 2–3 minutes until soft.
- Add garlic and tomato. Cook for another 2 minutes.
- Stir in farro, broth, oregano, and black pepper. Bring to a gentle boil.
- Reduce heat and simmer uncovered, stirring occasionally, for 20–25 minutes, until farro is tender and most of the liquid is absorbed.
- Add white beans and herbs, stir, and cook for 2–3 more minutes.
- Taste and adjust seasoning. Sprinkle with nutritional yeast or lemon zest if using.
- Serve warm, optionally garnished with fresh basil.

**Nutritional Snapshot:** Calories: 290; Protein: 11g; Carbohydrates: 38g; Fiber: 7g; Fats: 7g; Sodium: 190mg; Potassium: 500mg; Cholesterol: 0mg;

### INGREDIENTS

- ½ cup uncooked farro (or pearly barley)
- 1 ½ cups low-sodium vegetable broth or water
- 1 tsp olive oil
- 1 small shallot or ½ onion, finely chopped
- 1 small garlic clove, minced
- 1 medium tomato, diced (or ½ cup canned, no-salt-added)
- ¾ cup cooked or canned white beans (rinsed, drained)
- 1 tbsp chopped fresh basil or flat-leaf parsley
- ¼ tsp dried oregano
- Black pepper to taste

**Optional:** 1 tbsp nutritional yeast or lemon zest for extra flavor



**TIME**  
25 min



**SERVES**  
2



**METHOD**  
Sauté & simmer



**DIFFICULTY**  
Easy

## ITALIAN CHICKPEA & CHARD STEW

### DIRECTIONS

- In a saucepan, heat olive oil over medium heat.
- Sauté onion for 4–5 minutes until soft and lightly golden.
- Add garlic and cook for 30 seconds until fragrant.
- Stir in chopped chard, chickpeas, broth, and seasonings.
- Cover and simmer on low for 10–12 minutes, stirring occasionally.
- Finish with lemon juice or vinegar, if using.
- Serve warm in a shallow bowl, optionally topped with fresh parsley.

#### Smart Swaps for 60+:

◆ **No chard?** Use spinach, kale, or even shredded napa cabbage.

**Nutritional Snapshot:** Calories: 240; Protein: 9g; Carbohydrates: 26g; Fiber: 6g; Fats: 10g; Sodium: 160mg; Potassium: 480mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 tbsp extra-virgin olive oil
- 1 small yellow onion, thinly sliced
- 1 garlic clove, minced
- 2 cups chopped Swiss chard (or spinach/kale)
- $\frac{3}{4}$  cup cooked or canned chickpeas (rinsed, drained)
- $\frac{1}{2}$  cup low-sodium vegetable broth or water
- 1 tbsp chopped flat-leaf parsley (optional)
- Salt-free Italian seasoning or oregano, to taste
- Pinch of black pepper and sea salt (optional)

**Optional:** 1 tsp lemon juice or red wine vinegar for brightness



**TIME**  
45 min



**SERVES**  
2



**METHOD**  
Roast & bake



**DIFFICULTY**  
Moderate

## EGGPLANT-LENTIL BAKE WITH GARLIC HERB CRUMBS

### DIRECTIONS

- Preheat oven to 375°F (190°C).
- Arrange eggplant slices on a lined baking tray, brush lightly with half the olive oil, and roast for 15 minutes until softened.
- Meanwhile, mix lentils with tomato, garlic, herbs, pepper, and remaining olive oil in a bowl.
- In a separate bowl, combine crumb ingredients and toss until coated.
- In a small baking dish, layer roasted eggplant with lentil mixture. Top evenly with garlic herb crumbs.
- Bake uncovered for 15–20 minutes until golden and bubbling. Let cool slightly before serving.

#### Smart Swaps for 60+:

◆ **No eggplant?** Use zucchini rounds or thin-sliced sweet potato.

**Nutritional Snapshot:** Calories: 260; Protein: 11g; Carbohydrates: 28g; Fiber: 9g; Fats: 11g; Sodium: 180mg; Potassium: 560mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 medium eggplant, sliced into ½-inch rounds
- 1 tbsp olive oil (divided)
- ½ cup cooked green or brown lentils
- 1 small tomato, chopped
- 1 garlic clove, minced
- 1 tsp chopped fresh rosemary or thyme
- ¼ tsp ground black pepper
- Pinch of sea salt (optional)

#### For the Garlic Herb Crumbs:

- 2 tbsp whole-grain breadcrumbs or rolled oats
- 1 tsp olive oil
- ½ tsp garlic powder or finely minced garlic
- 1 tsp dried Italian herbs or chopped fresh parsley



**TIME**  
35 min



**SERVES**  
2



**METHOD**  
One-pot  
simmer



**DIFFICULTY**  
Easy

## SAVORY LENTIL-TOMATO STEW

### DIRECTIONS

- In a medium pot, heat olive oil over medium heat. Sauté onion, carrot, and garlic for 3–4 minutes until softened.
- Add lentils, tomatoes, bay leaf, oregano, and water/broth. Stir and bring to a gentle boil.
- Reduce heat, cover loosely, and simmer for 25–30 minutes until lentils are tender and the stew thickens.
- Remove bay leaf, season with pepper and optional salt. Add lemon juice if desired.
- Serve warm with a slice of whole grain or sourdough bread.

#### Smart Swaps for 60+:

◆ **No red lentils?** Use green or brown, but increase cook time to ~40 min.

**Nutritional Snapshot:** Calories: 230; Protein: 12g; Carbohydrates: 30g; Fiber: 9g; Fats: 7g; Sodium: 150mg; Potassium: 540mg; Cholesterol: 0mg;

### INGREDIENTS

- ½ cup red lentils, rinsed
- 1 medium carrot, diced
- ½ onion, finely chopped
- 1 garlic clove, minced
- ¾ cup chopped tomatoes (fresh or canned, no-salt-added)
- 1 bay leaf
- 1 tsp dried oregano or thyme
- 1 tbsp olive oil
- 2¼ cups water or low-sodium vegetable broth
- Black pepper to taste
- Pinch of sea salt (optional)

**Optional:** squeeze of lemon juice to finish



**TIME**  
50 min



**SERVES**  
2



**METHOD**  
Bake



**DIFFICULTY**  
Moderate

## STUFFED BELL PEPPERS WITH HERBS & RICE

### DIRECTIONS

- Preheat oven to 375°F (190°C).
- In a bowl, mix rice, tomato, herbs, onion, garlic, olive oil, oregano, salt (if using), and pepper.
- Fill each pepper with the rice mixture, pressing gently to pack.
- Place peppers upright in a small baking dish and pour water or broth around them.
- Cover with foil and bake for 30 minutes.
- Uncover and bake an additional 10–15 minutes, until peppers are tender and tops are slightly golden.
- Let cool slightly before serving. Can be enjoyed warm or at room temperature.

#### Smart Swaps for 60+:

◆ **No fresh mint?** Use dried mint or skip, and increase parsley.

**Nutritional Snapshot:** Calories: 250; Protein: 6g; Carbohydrates: 32g; Fiber: 6g; Fats: 10g; Sodium: 160mg; Potassium: 520mg; Cholesterol: 0mg;

### INGREDIENTS

- 2 large bell peppers, tops cut off, seeds removed
- ½ cup cooked brown or white rice
- ½ cup finely chopped tomato (fresh or canned)
- 1 tbsp olive oil
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh mint (or ½ tsp dried)
- 1 tbsp chopped onion
- 1 garlic clove, minced
- ½ tsp dried oregano
- Pinch of sea salt (optional) and black pepper
- ¼ cup water or low-sodium vegetable broth (for baking dish)



**TIME**  
45 min



**SERVES**  
3



**METHOD**  
Simmer



**DIFFICULTY**  
Easy

## HEARTY WHITE BEAN SOUP WITH OLIVE OIL & LEMON

### DIRECTIONS

- In a pot, warm olive oil over medium heat. Add onion (and garlic if using), sauté for 4–5 minutes until soft.
- Add diced potato and oregano; stir for 1 minute.
- Add beans and broth. Bring to a boil, then reduce heat and simmer uncovered for 25–30 minutes, or until potatoes are soft.
- Lightly mash some of the beans and potatoes in the pot for a creamier texture (optional).
- Add lemon juice, salt (if using), and pepper to taste.
- Serve warm, garnished with herbs if desired.
  - ◆ **No lemon?** Try a splash of apple cider vinegar for brightness.
  - ◆ **No potato?** Use cauliflower or parsnip for a lighter version.

**Nutritional Snapshot:** Calories: 190; Protein: 9g; Carbohydrates: 27g; Fiber: 6g; Fats: 6g; Sodium: 180mg; Potassium: 540mg; Cholesterol: 0mg;

### INGREDIENTS

- 1½ cups cooked or canned white beans (rinsed, drained)
- 1 medium yellow potato, peeled and diced
- ½ medium yellow onion, finely chopped
- 1 tbsp extra-virgin olive oil
- 1 garlic clove, minced (optional)
- ½ tsp dried oregano
- 3 cups low-sodium vegetable broth or water
- Juice of ½ lemon
- Sea salt (optional) and black pepper, to taste
- Fresh parsley or dill for garnish (optional)



**TIME**  
30 min



**SERVES**  
2



**METHOD**  
Sauté & Simmer



**DIFFICULTY**  
Easy

## SWEET CORN & SQUASH HARVEST PLATE

### DIRECTIONS

- In a skillet, heat olive oil over medium heat. Sauté onion and garlic for 3–4 minutes until soft.
- Add diced squash, cumin, oregano, salt (if using), and a splash of water or broth. Cover and cook for 8–10 minutes, stirring occasionally, until squash is nearly tender.
- Stir in corn and black beans. Cook uncovered for another 5–7 minutes until everything is hot and the squash is fork-soft.
- Adjust seasoning. Sprinkle with chopped cilantro or parsley before serving.

#### Smart Swaps for 60+:

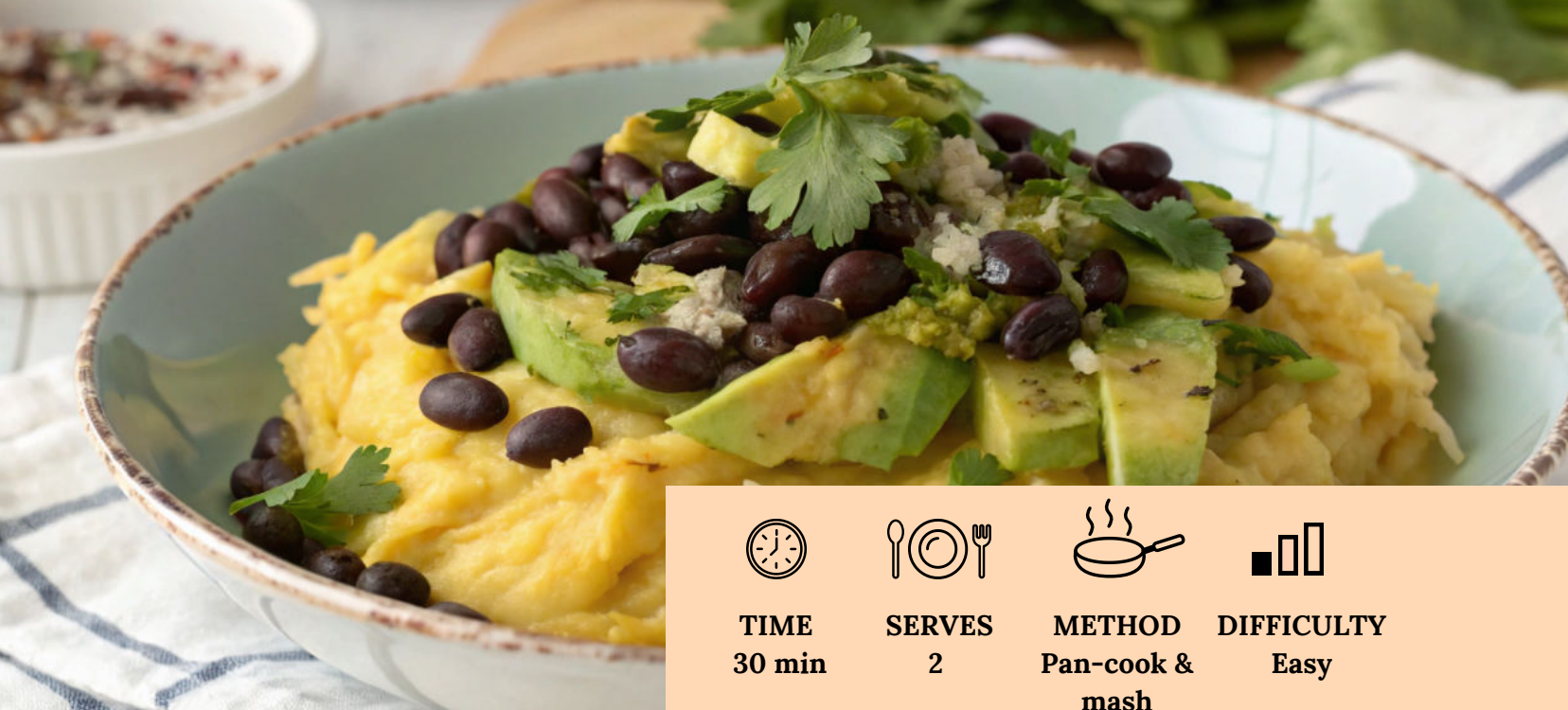
◆ **No black beans?** Use pinto or white beans for a softer flavor.

◆ **No squash?** Use sweet potato or zucchini.

**Nutritional Snapshot:** Calories: 200; Protein: 8g; Carbohydrates: 32g; Fiber: 7g; Fats: 5g; Sodium: 160mg; Potassium: 510mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 cup peeled and diced butternut squash (or any mild orange-flesh squash)
- ¾ cup cooked or canned black beans (rinsed, drained)
- ¾ cup corn kernels
- ½ small yellow onion, finely chopped
- 1 tbsp extra-virgin olive oil or avocado oil
- 1 small garlic clove, minced
- ¼ tsp ground cumin
- ¼ tsp dried oregano or thyme
- ¼ tsp sea salt (optional) and black pepper to taste
- 2 tbsp chopped fresh cilantro or parsley
- 2–3 tbsp water or low-sodium broth (as needed)



**TIME**  
30 min



**SERVES**  
2



**METHOD**  
Pan-cook &  
mash



**DIFFICULTY**  
Easy

## MASHED PLANTAINS WITH BLACK BEANS & CABBAGE

### DIRECTIONS

- Peel and slice plantains into thick rounds.
- Heat oil in a large skillet over medium heat. Cook plantain slices 3–4 minutes per side until golden and tender.
- Mash plantains directly in the pan with a fork or masher, adding a splash of water or broth for desired consistency.
- In a separate pan (or cleared side of the skillet), warm the black beans with cabbage, cumin, salt, and pepper. Cook 5–6 minutes until cabbage is soft.
- Plate mashed plantains and top with black bean-cabbage mix. Garnish with herbs if using.

#### Smart Swaps for 60+:

◆ **No plantains?** Use baked sweet potatoes or mashed butternut squash.

**Nutritional Snapshot:** Calories: 220; Protein: 9g; Carbohydrates: 32g; Fiber: 7g; Fats: 6g; Sodium: 170mg; Potassium: 570mg; Cholesterol: 0mg;

### INGREDIENTS

- 2 medium ripe plantains (yellow with black spots)
- 1 tsp olive oil or avocado oil
- 1 cup cooked or canned black beans (rinsed, drained)
- 1 cup finely shredded green cabbage
- ¼ tsp ground cumin (optional)
- Pinch of sea salt and black pepper
- 2 tbsp water or low-sodium broth (as needed)

Fresh cilantro or parsley for garnish (optional)



**TIME**  
55 min



**SERVES**  
2



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## BAKED LENTIL LOAF WITH OATS & CARROT

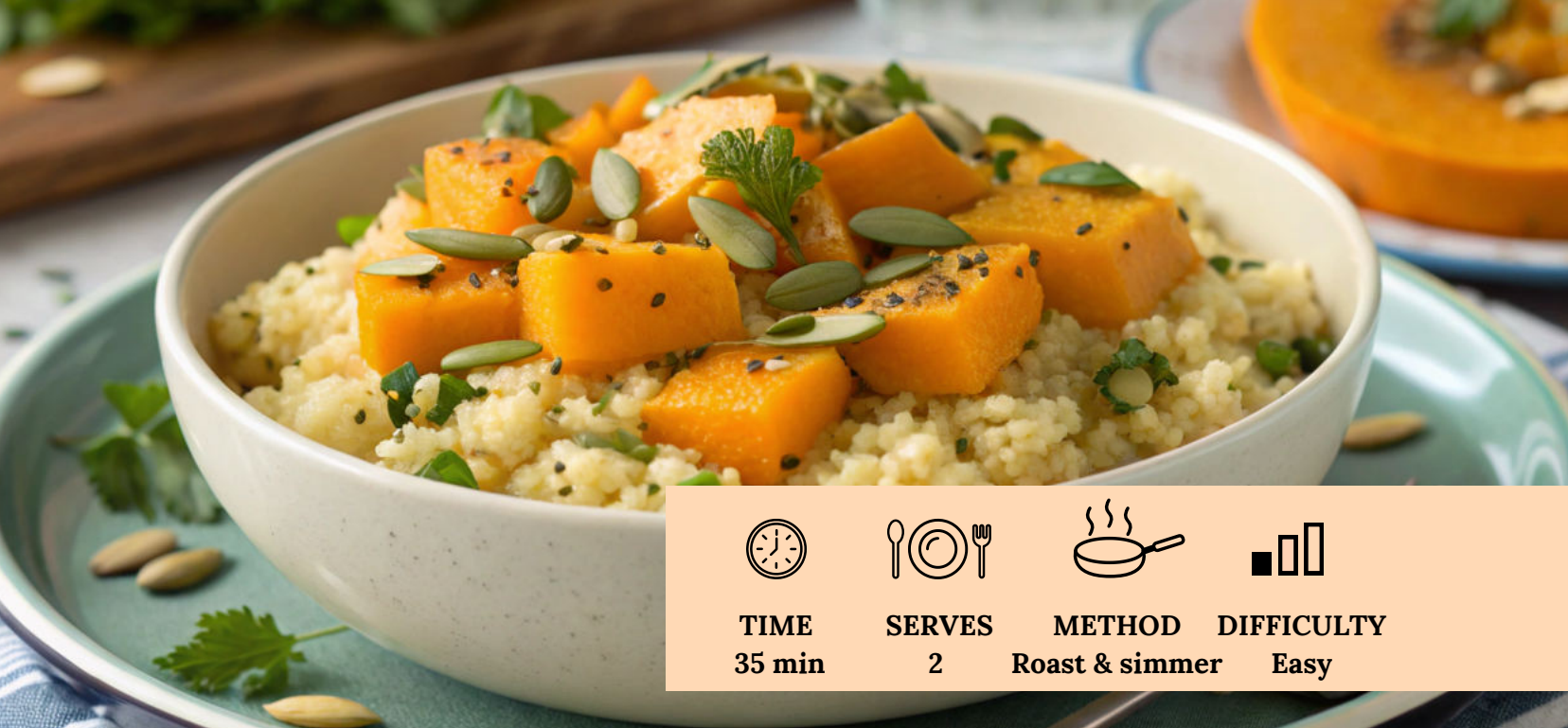
### DIRECTIONS

- Preheat oven to 350°F (175°C). Line a small loaf pan with parchment or lightly oil it.
- In a small bowl, combine ground flaxseed with water. Let it sit for 5 minutes to thicken.
- In a large bowl, mash lentils with a fork or potato masher until mostly smooth.
- Add oats, carrot, onion, flax mixture, tomato paste, tamari, and seasonings. Stir until well combined.
- Press mixture firmly into prepared pan.
- Bake for 40–45 minutes or until firm and golden at the edges. Let cool 10 minutes before slicing.
  - ◆ **No flax?** Use chia seeds or skip (the loaf will be more delicate).
  - ◆ **No tomato?** Use mashed roasted red pepper for sweetness and moisture.

**Nutritional Snapshot:** Calories: 240; Protein: 11g; Carbohydrates: 27g; Fiber: 7g; Fats: 6g; Sodium: 180mg; Potassium: 460mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 cup cooked green or brown lentils (drained well)
  - ½ cup rolled oats (certified GF if needed)
  - ½ cup grated carrot
  - 2 tbsp finely chopped onion
  - 1 tbsp ground flaxseed
  - 2 tbsp water
  - 1 tbsp tomato paste or unsweetened ketchup
  - 1 tsp low-sodium tamari or coconut aminos
  - ½ tsp garlic powder
  - ½ tsp dried thyme
  - Pinch of black pepper
- Optional:** 1 tbsp chopped parsley for topping



**TIME**  
35 min



**SERVES**  
2



**METHOD**  
Roast & simmer



**DIFFICULTY**  
Easy

## CREAMY BUTTERNUT SQUASH & MILLET BOWL

### DIRECTIONS

- Preheat oven to 375°F (190°C). Toss squash with olive oil, thyme, and a pinch of salt (if using).
- Spread on a baking tray and roast for 20–25 minutes until soft and slightly golden.
- While squash roasts, combine rinsed millet and water (or broth) in a small saucepan.
- Bring to a boil, then reduce heat, cover, and simmer for 15–18 minutes, until liquid is absorbed.
- Remove from heat and stir in garlic while millet is still warm. Let rest, covered, for 5 minutes.
- Gently mash roasted squash and fold into millet. Adjust seasoning to taste.
- Serve warm with toppings if desired.

#### Smart Swaps for 60+:

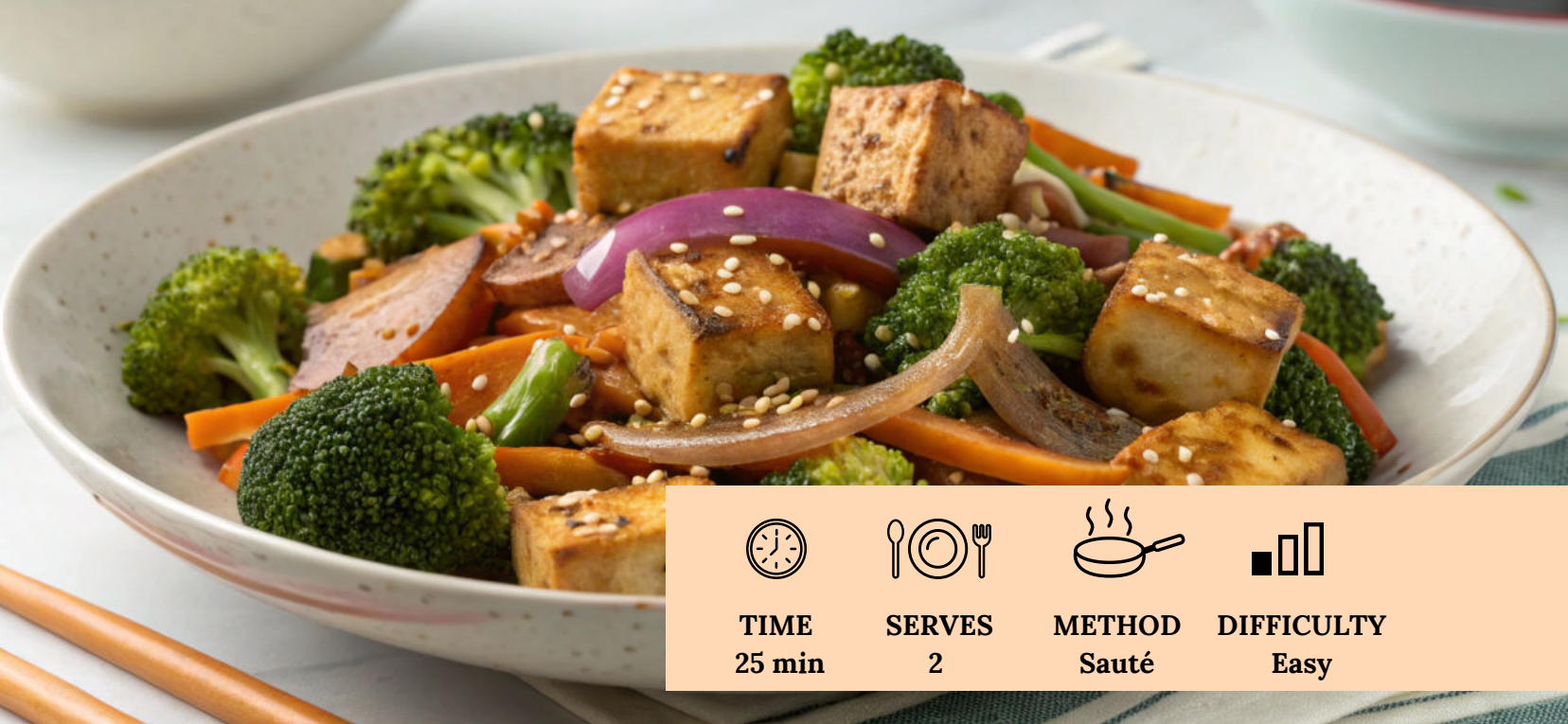
- ◆ **No millet?** Use cooked quinoa or rice grits.

**Nutritional Snapshot:** Calories: 220; Protein: 6g; Carbohydrates: 36g; Fiber: 5g; Fats: 6g; Sodium: 160mg; Potassium: 520mg; Cholesterol: 0mg;

### INGREDIENTS

- 1½ cups peeled, cubed butternut squash
- ½ tbsp extra-virgin olive oil
- ½ tsp dried thyme (or 1 tsp fresh)
- 1 garlic clove, minced
- ½ cup millet, rinsed
- 1¼ cups water or unsalted vegetable broth
- Pinch of sea salt (optional)
- Fresh ground black pepper, to taste

**Optional toppings:** chopped parsley, toasted pumpkin seeds



## TOFU & BROCCOLI STIR-FRY WITH TAMARI GLAZE

### DIRECTIONS

- Heat oil or splash of water in a large nonstick pan over medium heat.
- Add tofu cubes and sauté 5–7 minutes, turning until lightly browned.
- Add onion, broccoli, and carrots. Stir-fry for 5–6 minutes until vegetables are tender-crisp.
- In a small bowl, mix tamari, rice vinegar, and ginger.
- Pour sauce over stir-fry, toss gently to coat, and cook 1–2 more minutes.
- Serve over warm brown rice or quinoa, topped with sesame seeds if desired.

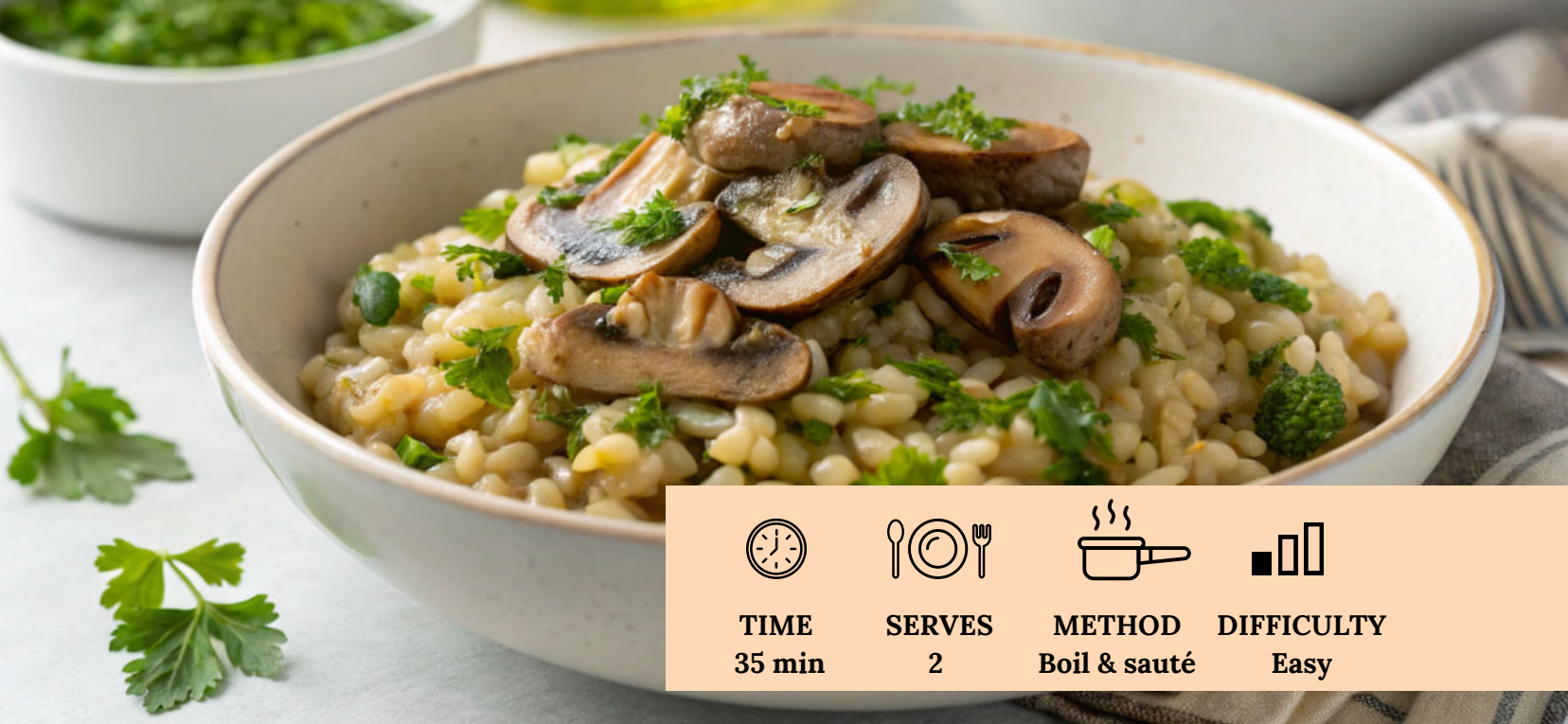
#### Smart Swaps for 60+:

- ◆ **No tofu?** Use edamame or cooked white beans.
- ◆ **No tamari?** Use coconut aminos or low-sodium soy sauce.

**Nutritional Snapshot:** Calories: 240; Protein: 13g; Carbohydrates: 22g; Fiber: 5g; Fats: 10g; Sodium: 180mg; Potassium: 540mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 tbsp avocado oil or water (for oil-free)
- 1 cup extra-firm tofu, pressed & cubed
- 1 cup broccoli florets
- ½ cup sliced carrots
- ½ small red onion, thinly sliced
- 1 tbsp low-sodium tamari or coconut aminos
- ½ tbsp rice vinegar or lemon juice
- 1 tsp grated fresh ginger (or ¼ tsp ground)
- 1 tsp sesame seeds (optional)
- ½ cup cooked brown rice or quinoa, for serving



**TIME**  
35 min



**SERVES**  
2



**METHOD**  
Boil & sauté



**DIFFICULTY**  
Easy

## WARM BARLEY & MUSHROOM BOWL WITH PARSLEY OIL

### DIRECTIONS

- In a pot, combine barley and water (or broth). Bring to a boil, then reduce to a simmer. Cover and cook for 25–30 minutes, or until tender. Drain excess liquid if needed.
- Meanwhile, heat 1 tsp olive oil in a pan (or use water for oil-free). Sauté mushrooms and garlic over medium heat for 5–7 minutes, until browned and fragrant.
- In a small bowl, whisk together parsley, lemon juice, and remaining olive oil to make a quick herb oil.
- Toss cooked barley with the sautéed mushrooms and season with pepper. Drizzle with parsley oil before serving.

◆ **No mushrooms?** Try zucchini or steamed eggplant for softness and depth.

**Nutritional Snapshot:** Calories: 220; Protein: 7g; Carbohydrates: 34g; Fiber: 6g; Fats: 5g; Sodium: 100mg; Potassium: 480mg; Cholesterol: 0mg;

### INGREDIENTS

- ½ cup pearl barley (or hulled barley), rinsed
- 1½ cups water or low-sodium vegetable broth
- 1 tsp olive oil (optional)
- 1 cup mushrooms (button, cremini, or shiitake), sliced
- 1 small garlic clove, minced
- 1 tbsp finely chopped parsley
- 1 tsp lemon juice
- 1 tsp extra-virgin olive oil (for parsley oil)
- Pinch of black pepper

◆ **No fresh parsley?** Use a pinch of dried herbs or baby spinach blended into oil.



# ONE-POT MEALS & SOUPS

SIMPLICITY IN A BOWL



**TIME**  
25 min



**SERVES**  
2-3



**METHOD**  
Simmer



**DIFFICULTY**  
Very Easy

## ASIAN-INSPIRED HEALING SOUP

### DIRECTIONS

- In a medium pot, warm oil over medium heat. Add ginger and onion; sauté until fragrant, about 2 minutes.
- Add sweet potato, carrots, mushrooms, and broth. Bring to a gentle boil.
- Reduce heat, cover, and simmer for 15 minutes, or until vegetables are tender.
- Add chopped cabbage and tamari. Simmer for 3–5 more minutes.
- Stir in rice vinegar or lemon juice if using. Taste and adjust seasoning.
- Serve warm, garnished with scallions or parsley.

#### Smart Swaps for 60+:

- ◆ **No napa cabbage?** Use Savoy or green cabbage
- ◆ **Need more protein?** Add a small handful of cubed soft tofu in the last 5 minutes.

**Nutritional Snapshot:** Calories: 130; Protein: 4g; Carbohydrates: 22g; Fiber: 4g; Fats: 3g; Sodium: 190mg; Potassium: 420mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 tsp sesame oil or avocado oil
- 1 tsp freshly grated ginger
- ½ small onion, thinly sliced
- 1 cup sweet potato, cubed
- 1 cup napa cabbage (or regular cabbage), chopped
- 1 small carrot, sliced into thin rounds
- 3–4 dried or fresh shiitake mushrooms, sliced
- 3 cups low-sodium vegetable broth or water
- 1 tsp tamari or coconut aminos (optional)
- 1 tsp rice vinegar or lemon juice
- Chopped scallions or parsley, for garnish



**TIME**  
25 min



**SERVES**  
2



**METHOD**  
Simmer



**DIFFICULTY**  
Easy

## GREEN PAPAYA SOUP WITH GINGER & SHIITAKE

### DIRECTIONS

- In a medium pot, heat oil (if using) and gently sauté ginger and mushrooms for 1–2 minutes.
- Add papaya, carrot, and broth. Bring to a gentle simmer.
- Cover and simmer 15–18 minutes, until vegetables are tender but not mushy.
- Add lime juice and a small pinch of salt or tamari to taste.
- Serve warm, topped with fresh cilantro or scallions.

#### Smart Swaps for 60+:

◆ **No green papaya?** Use firm zucchini, green mango, or even jicama.

◆ **No shiitake?** Substitute with cremini or white mushrooms.

**Nutritional Snapshot:** Calories: 140; Protein: 4g; Carbohydrates: 18g; Fiber: 4g; Fats: 5g; Sodium: 170mg; Potassium: 430mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 cup green (unripe) papaya, peeled, seeded, and julienned or thinly sliced
- ½ cup fresh shiitake mushrooms, sliced (or use dried, rehydrated)
- 1 small carrot, julienned or thinly sliced
- 1 tsp grated fresh ginger
- 1½ tsp avocado oil or sesame oil (for flavor)
- 2½ cups light vegetable broth or filtered water
- 1 tsp fresh lime juice (optional, for brightness)
- Pinch of sea salt or tamari
- Fresh cilantro or scallions, for garnish



**TIME**  
25 min



**SERVES**  
2



**METHOD**  
Simmer



**DIFFICULTY**  
Easy

## FREGOLA WITH ARTICHOKES & LEMON ZEST

### DIRECTIONS

- In a medium pan, warm olive oil and sauté shallot until soft (2–3 minutes).
- Add fregola and stir for 1 minute to coat.
- Pour in broth and bring to a gentle simmer. Cook uncovered for 10–12 minutes, stirring occasionally.
- Add artichokes and cook another 5 minutes, until fregola is al dente and liquid is mostly absorbed.
- Stir in lemon zest, juice, parsley, and optional pecorino or nutritional yeast.
- Season with salt and pepper. Let it sit for 2 minutes before serving.
  - ◆ **No fregola?** Use Israeli couscous, millet, or small brown rice pasta.
  - ◆ **No artichokes?** Try zucchini or blanched broccoli florets.

**Nutritional Snapshot:** Calories: 270; Protein: 7g; Carbohydrates: 36g; Fiber: 5g; Fats: 10g; Sodium: 160mg; Potassium: 350mg; Cholesterol: 0mg;

### INGREDIENTS

- ¾ cup dry fregola (or small whole-grain pasta)
  - 1½ cups low-sodium vegetable broth or filtered water
  - 1 cup cooked artichoke hearts, quartered
  - 1 small shallot or ¼ small red onion, finely chopped
  - 1 tbsp extra-virgin olive oil
  - Zest of ½ lemon
  - 1 tbsp lemon juice
  - 1 tbsp chopped fresh parsley
  - Pinch of sea salt and black pepper (to taste)
- Optional:** 1 tbsp grated pecorino or nutritional yeast



**TIME**  
40 min



**SERVES**  
2-3



**METHOD**  
Simmer



**DIFFICULTY**  
Easy

## RUSTIC MINESTRONE WITH POTATOES & BEANS

### DIRECTIONS

- In a medium pot, heat olive oil over medium heat.
- Add onion, carrot, and celery. Sauté 5 minutes until softened.
- Stir in zucchini and potatoes. Cook another 2–3 minutes.
- Add beans, tomatoes, broth, bay leaf, and herbs. Bring to a boil.
- Reduce heat and simmer gently for 25 minutes, or until vegetables are tender.
- Remove bay leaf. Adjust seasoning with pepper and a splash of lemon if desired.
- Garnish with fresh parsley and serve warm.

#### Smart Swaps for 60+:

- ◆ **No white beans?** Use kidney or pinto beans.
- ◆ **Avoiding nightshades?** Replace tomatoes with chopped pumpkin or add extra carrots.

**Nutritional Snapshot:** Calories: 240; Protein: 9g; Carbohydrates: 34g; Fiber: 7g; Fats: 7g; Sodium: 170mg; Potassium: 620mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 tbsp extra-virgin olive oil
  - 1 small yellow onion, diced
  - 1 medium carrot, diced
  - 1 celery stalk, diced
  - 1 small zucchini, chopped
  - 1 medium waxy potato (like Yukon Gold), cubed
  - ¾ cup cooked or canned white beans, rinsed
  - 1 cup chopped tomatoes
  - 2 cups low-sodium vegetable broth or water
  - 1 small bay leaf
  - ½ tsp dried oregano or thyme
  - Fresh parsley (for garnish)
  - Black pepper, to taste
- Optional:** squeeze of lemon before serving



**TIME**  
50 min



**SERVES**  
2-3



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## BAKED WHITE BEANS WITH TOMATO & FENNEL (MEDITERRANEAN STYLE)

### DIRECTIONS

- Preheat oven to 375°F (190°C).
- In a small skillet, lightly sauté fennel and onion in ½ tbsp olive oil over medium heat for 5–6 minutes, until just soft.
- In a baking dish, combine beans, tomatoes, garlic, sautéed fennel and onion, dill, oregano, and remaining olive oil.
- Stir gently to mix. Cover loosely with foil or a lid.
- Bake for 30–35 minutes, until bubbling and fragrant.
- Remove from oven, let sit 5 minutes. Garnish with lemon zest if desired. Serve warm.
  - ◆ **No fennel?** Use chopped celery and add a pinch of fennel seeds.
  - ◆ **No oven?** Simmer gently on the stovetop for 25–30 minutes.

**Nutritional Snapshot:** Calories: 230; Protein: 10g; Carbohydrates: 28g; Fiber: 8g; Fats: 8g; Sodium: 140mg; Potassium: 540mg; Cholesterol: 0mg;

### INGREDIENTS

- 1¼ cups cooked or canned large white beans (e.g., butter beans or cannellini), rinsed
  - ½ medium fennel bulb, thinly sliced (about ½ cup)
  - ½ small red onion, thinly sliced
  - 1 cup no-salt-added crushed tomatoes
  - 1 tbsp extra-virgin olive oil
  - 1 garlic clove, minced
  - 1 tbsp chopped fresh dill (or 1 tsp dried)
  - ½ tsp dried oregano
  - Black pepper, to taste
- Optional:** lemon zest for finishing



**TIME**  
35 min



**SERVES**  
2



**METHOD**  
One-pot  
simmer



**DIFFICULTY**  
Easy

## LEMONY CHICKPEA & RICE ONE-POT MEAL

### DIRECTIONS

- In a saucepan, heat olive oil over medium heat. Sauté onion 3–4 minutes until translucent.
- Add garlic and cook 30 seconds.
- Stir in chickpeas and broth. Bring to a gentle simmer.
- Add brown rice, dill, lemon juice, and zest. Cover and simmer 10 minutes, stirring occasionally.
- Season with pepper and optional salt. Serve warm, garnished with more dill or a lemon wedge.

#### Smart Swaps for 60+:

- ◆ **No dill?** Use fresh parsley or basil.
- ◆ **Need gluten-free?** Double-check broth ingredients or use water with herbs.
- ◆ **Low-fat version?** Skip olive oil and dry-sauté onion in 1 tbsp broth.

**Nutritional Snapshot:** Calories: 240; Protein: 9g; Carbohydrates: 30g; Fiber: 6g; Fats: 9g; Sodium: 160mg; Potassium: 400mg; Cholesterol: 0mg;

### INGREDIENTS

- ¾ cup cooked chickpeas (or canned, rinsed)
- ½ cup cooked brown rice
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 1 tbsp extra-virgin olive oil
- 1 ½ cups low-sodium vegetable broth or water
- 1 tbsp lemon juice + ½ tsp zest
- 1 tbsp fresh chopped dill (or ½ tsp dried)
- Pinch of sea salt (optional) and black pepper to taste



**TIME**  
35 min



**SERVES**  
2-3



**METHOD**  
Simmered soup



**DIFFICULTY**  
Easy

## BLACK BEAN & SQUASH SOPA

### DIRECTIONS

- In a pot, heat olive oil over medium heat. Sauté the onion for 5 minutes until softened.
- Add garlic, cumin, and paprika (if using). Cook for 30 seconds.
- Add squash, black beans, and broth. Bring to a boil, then reduce heat. Simmer for 20–25 minutes, or until squash is tender.
- Stir in lime juice and cilantro (if using). Adjust seasoning to taste.
- Serve warm with extra lime wedges.

#### Smart Swaps for 60+:

- ◆ **No cilantro?** Use fresh parsley or skip it.
- ◆ **No squash?** Use diced sweet potato or carrots
- ◆ **No oil?** Dry-sauté onion in 1–2 tbsp broth.
- ◆ Delicious served with corn tortillas or over brown rice.

**Nutritional Snapshot:** Calories: 220; Protein: 9g; Carbohydrates: 30g; Fiber: 8g; Fats: 7g; Sodium: 180mg; Potassium: 540mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 tbsp extra-virgin olive oil
- ½ yellow onion, chopped
- 1 garlic clove, minced
- 1½ cups peeled, diced butternut squash
- 1 cup cooked or canned black beans (rinsed, drained)
- 2½ cups low-sodium vegetable broth or water
- ½ tsp ground cumin
- ¼ tsp smoked paprika (optional)
- Pinch of sea salt (optional) and black pepper
- Juice of ½ lime (plus wedges for serving)
- 1 tbsp chopped fresh cilantro (optional)



**TIME**  
25 min



**SERVES**  
2-3



**METHOD**  
One-pan sauté  
& simmer



**DIFFICULTY**  
Easy

## LATIN-INSPIRED VEGETABLE RICE

### DIRECTIONS

- In a large skillet, heat oil over medium heat.
- Add onion, carrot, and bell pepper. Sauté 5–7 minutes until softened.
- Stir in garlic and cook 30 seconds more.
- Add rice and black beans. Stir gently to combine and warm through.
- Season with salt, pepper, and optional lime juice. Top with fresh herbs.
- Serve warm, on its own or as a side.

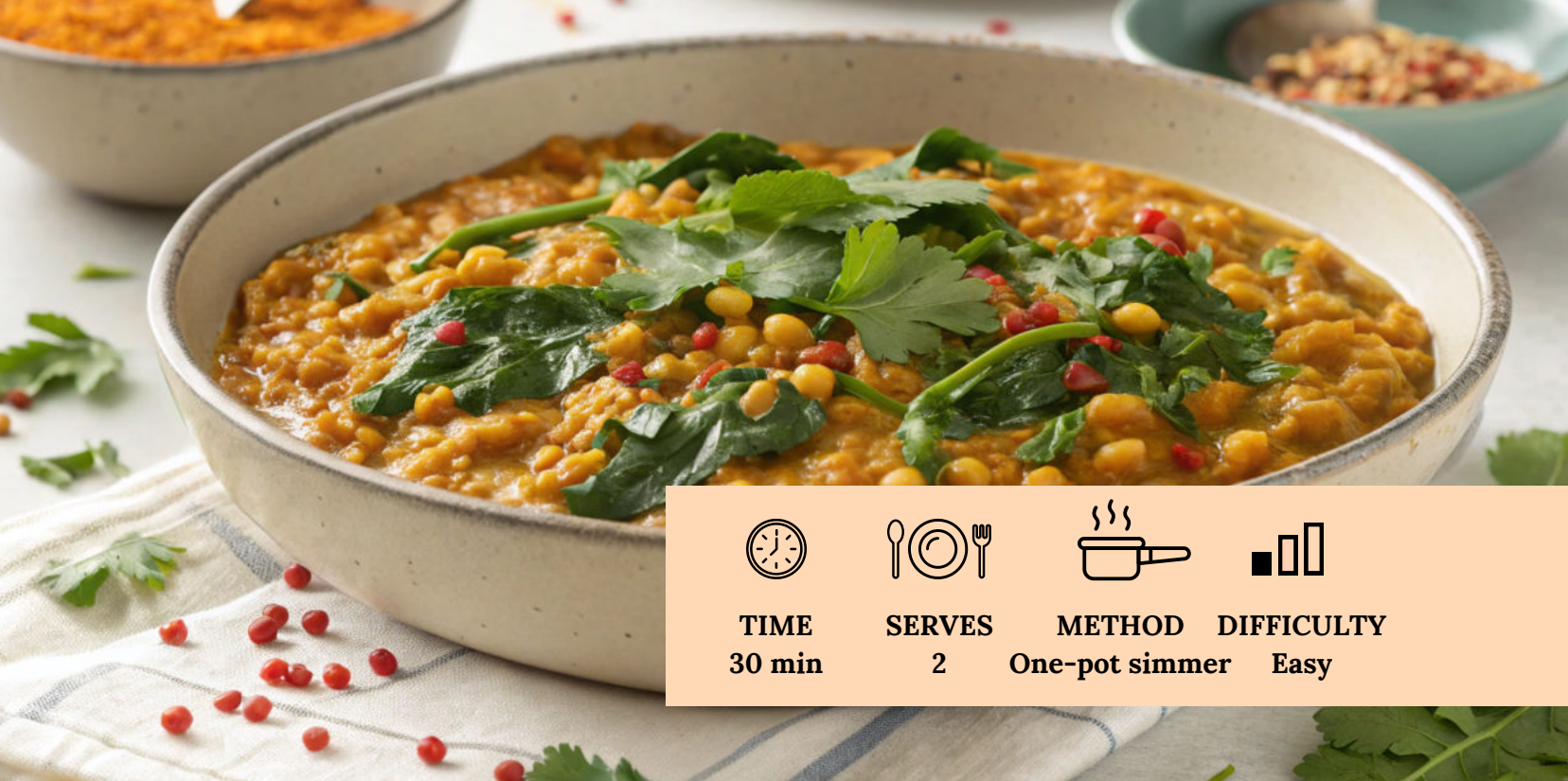
#### Smart Swaps for 60+:

- ◆ **No bell pepper?** Use zucchini or peas.
- ◆ **Lower sodium?** Skip salt and focus on herbs and lime.
- ◆ **No oil?** Use a splash of broth to sauté.
- ◆ Use leftovers as filling for wraps, burritos, or rice bowls.

**Nutritional Snapshot:** Calories: 240; Protein: 8g; Carbohydrates: 35g; Fiber: 6g; Fats: 7g; Sodium: 160mg; Potassium: 490mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 tbsp extra-virgin olive oil or avocado oil
- ½ yellow onion, finely chopped
- 1 medium carrot, diced
- ½ red bell pepper, diced
- 1 garlic clove, minced
- 1 cup cooked brown rice (or white if preferred)
- ½ cup cooked or canned black beans (rinsed, drained)
- 1–2 tbsp chopped cilantro or parsley
- Pinch of sea salt (optional) and black pepper
- Squeeze of lime (optional, for brightness)



**TIME**  
30 min



**SERVES**  
2



**METHOD**  
One-pot simmer



**DIFFICULTY**  
Easy

## RED LENTIL & SPINACH CURRY

### DIRECTIONS

- In a medium pot, heat oil or water over medium heat.
- Sauté onion and garlic for 3–4 minutes.
- Stir in turmeric and cumin; cook 30 seconds until fragrant.
- Add red lentils and water or broth. Bring to a boil, then reduce heat and simmer 15–20 minutes, until soft.
- Stir in coconut milk (if using) and spinach; cook until wilted.
- Add lemon juice and season to taste.
- Serve warm as a light main or with a spoonful of brown rice.

#### Smart Swaps for 60+:

◆ **No coconut?** Use 2 tbsp cashew cream or skip entirely.

**Nutritional Snapshot:** Calories: 240; Protein: 12g; Carbohydrates: 28g; Fiber: 7g; Fats: 8g; Sodium: 160mg; Potassium: 510mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 tsp olive oil or splash of water for sautéing
- 1 small onion, diced
- 1 garlic clove, minced
- ½ tsp ground turmeric
- ½ tsp ground cumin (optional)
- ½ cup red lentils, rinsed
- 1½ cups water or low-sodium vegetable broth
- ½ cup light coconut milk (optional for creaminess)
- 2 cups fresh spinach (or ½ cup frozen)
- Salt (optional) and black pepper to taste
- 1 tbsp lemon juice



**TIME**  
25 min



**SERVES**  
2



**METHOD**  
Oven-baked



**DIFFICULTY**  
Easy

## TURMERIC TOFU CUBES WITH SCALLIONS

### DIRECTIONS

- Preheat oven to 375°F (190°C).
- In a bowl, gently toss tofu cubes with oil, turmeric, tamari, black pepper, and optional garlic/ginger.
- Spread cubes on a baking sheet lined with parchment paper.
- Bake for 20–25 minutes, flipping halfway through, until edges are golden.
- Sprinkle with chopped scallions before serving.

#### Smart Swaps for 60+:

- ◆ **No tofu?** Try chickpea tofu or thick-cut tempeh.
- ◆ **Watching sodium?** Use coconut aminos or skip tamari.
- ◆ **Need more calories?** Add a drizzle of tahini or serve over cooked grains.

**Nutritional Snapshot:** Calories: 160; Protein: 11g; Carbohydrates: 5g; Fiber: 2g; Fats: 10g; Sodium: 150mg; Potassium: 220mg; Cholesterol: 0mg;

### INGREDIENTS

- 200 g (7 oz) firm tofu, pressed and cut into 1-inch cubes
- 1 tsp olive oil or avocado oil
- ½ tsp ground turmeric
- 1 tbsp finely chopped scallions (green onion)
- ½ tsp low-sodium tamari or coconut aminos
- Pinch of black pepper (enhances turmeric absorption)

**Optional:** pinch of garlic powder or grated ginger

#### Best For:

- ◆ Midday snacks, light dinner additions, or protein boosts between meals.



**TIME**  
25 min



**SERVES**  
2



**METHOD**  
One-pot simmer



**DIFFICULTY**  
Easy

## VEGETABLE QUINOA ONE-POT BOWL

### DIRECTIONS

- In a medium pot, combine quinoa and broth (or water). Bring to a boil.
- Reduce heat, cover, and simmer for 10 minutes.
- Stir in chickpeas, broccoli, and carrot.
- Cover and cook for 5–7 more minutes, until quinoa is fluffy and veggies are tender.
- Add lemon zest, lemon juice, and optional herbs.
- Season to taste with salt and pepper.
- Serve warm as a main or chilled as a hearty salad.

#### Smart Swaps for 60+:

◆ **No quinoa?** Substitute with millet, couscous, or brown rice.

◆ **Need extra calories?** Add 1 tbsp of tahini or diced avocado on top.

**Nutritional Snapshot:** Calories: 270; Protein: 11g; Carbohydrates: 32g; Fiber: 7g; Fats: 8g; Sodium: 140mg; Potassium: 520mg; Cholesterol: 0mg;

### INGREDIENTS

- ½ cup quinoa, rinsed
- 1 cup low-sodium vegetable broth or water
- ½ tsp olive oil (optional)
- ½ cup cooked or canned chickpeas (rinsed, drained)
- 1 cup small broccoli florets
- ½ medium carrot, grated or thinly sliced
- Zest of ½ lemon
- 1 tbsp lemon juice
- Salt (optional) and black pepper to taste
- 1 tbsp chopped fresh parsley or cilantro (optional)

◆ **Broccoli alternative?** Use zucchini, green beans, or cauliflower.



# BRAIN BOOSTERS & GENTLE TREATS

SNACKS, SIPS & SWEETS FOR  
CLARITY AND JOY



**TIME**  
20 min



**SERVES**  
4



**METHOD**  
Steam & mash



**DIFFICULTY**  
Easy

## CHILLED SWEET POTATO & BLACK SESAME BITES

### DIRECTIONS

- Steam sweet potato pieces for 12–15 minutes until very tender. Let cool slightly.
- In a bowl, mash the sweet potato with sesame seeds, cinnamon, salt, and optional coconut oil or maple syrup until smooth.
- Scoop and roll into small bite-sized balls (about 1 tbsp each).
- Optional: roll in extra black sesame seeds for coating.
- Chill in the fridge for 30 minutes before serving.

#### Smart Swaps for 60+:

- ◆ **No purple sweet potato?** Use regular orange sweet potato or even mashed carrot.
- ◆ **No black sesame?** Try white sesame or crushed sunflower seeds.

**Nutritional Snapshot:** Calories: 130; Protein: 2g; Carbohydrates: 20g; Fiber: 3g; Fats: 4g; Sodium: 45mg; Potassium: 290mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 medium Okinawan purple sweet potato (or orange sweet potato), peeled and chopped
- 1½ tbsp black sesame seeds (plus more for rolling)
- ½ tsp ground cinnamon
- 1 tsp coconut oil (optional, for texture)
- Pinch of sea salt

**Optional:** 1 tsp maple syrup (if you prefer more sweetness)

◆ **Lower sugar?** Skip the maple syrup – the natural sweetness of the potato usually suffices.



**TIME**  
15 min



**SERVES**  
4 cups



**METHOD**  
Simmer & steep



**DIFFICULTY**  
Easy

## BARLEY TEA

### DIRECTIONS

- In a small saucepan, bring water and barley to a gentle boil.
- Reduce heat and simmer for 10–12 minutes for loose barley, or 5–6 minutes if using a tea bag.
- Remove from heat. Strain if using loose barley.
- Enjoy warm, or let cool and refrigerate for a refreshing iced version.

#### Smart Swaps for 60+:

- ◆ **No roasted barley?** Use barley tea bags (mugicha) for convenience.
- ◆ **Sensitive to grains?** Try roasted chicory or dandelion root tea as caffeine-free alternatives.
- ◆ Add a slice of lemon or a few mint leaves for a digestive boost.

**Nutritional Snapshot:** Calories: 2; Protein: 0g; Carbohydrates: 0,5g; Fiber: 0g; Fats: 0g; Sodium: 0mg; Potassium: 10mg; Cholesterol: 0mg;

### INGREDIENTS

- ¼ cup (25 g) roasted barley (loose or in tea bags — found in Asian markets or online)
- 4 cups filtered water

#### Best For:

- ◆ Gentle hydration, afternoon calming, or evening wind-down without disrupting sleep.

#### Make Once, Sip Often:

- ◆ Store in a glass pitcher in the fridge for up to 3 days.
- ◆ Serve over ice or gently reheat as desired.

#### Storage Tips:

- ◆ Not sweetened — great for managing blood sugar.



**TIME**  
30 min



**SERVES**  
4



**METHOD**  
Roast



**DIFFICULTY**  
Easy

## CRISPY CHICKPEAS WITH ROSEMARY & LEMON ZEST

### DIRECTIONS

- Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
- Pat chickpeas very dry using a clean kitchen towel – this ensures crispness.
- Toss chickpeas with olive oil, rosemary, lemon zest, salt, and pepper.
- Spread evenly on the baking sheet.
- Roast for 25–30 minutes, shaking the pan halfway, until golden and crispy.
- Let cool fully before storing.

#### Smart Swaps for 60+:

- ◆ **No rosemary?** Try thyme or smoked paprika for a different note.
- ◆ **Lower fat?** Use 1 tsp olive oil and dry-roast with a splash of lemon juice at the end.

**Nutritional Snapshot:** Calories: 120; Protein: 5g; Carbohydrates: 15g; Fiber: 4g; Fats: 5g; Sodium: 95mg; Potassium: 180mg; Cholesterol: 0mg;

### INGREDIENTS

- 1½ cups cooked or canned chickpeas (rinsed & well-dried)
- 1 tbsp extra-virgin olive oil
- ½ tsp finely chopped fresh rosemary (or ¼ tsp dried)
- ½ tsp lemon zest
- ¼ tsp sea salt (optional)
- Pinch of black pepper

#### Best For:

◆ Light snacking, topping soups or salads, or replacing croutons.

◆ **No oven?** Crisp in an air fryer at 375°F for 15–18 min.



**TIME**  
10 min



**SERVES**  
2



**METHOD**  
Infusion



**DIFFICULTY**  
Very Easy

## SOOTHING HERBAL TISANE

### DIRECTIONS

- Place all herbs in a teapot or heatproof container.
- Pour in hot water (about 190°F / 88°C) and cover.
- Steep for 7–10 minutes.
- Strain and serve warm, with lemon or honey if desired.

#### Best For:

◆ Evening relaxation, digestion, or mindful tea rituals.

#### Smart Swaps for 60+:

- ◆ **Sensitive stomach?** Use only thyme and sage for a milder version.
- ◆ **No lavender?** Add a few chamomile flowers or omit entirely.
- ◆ **No dried herbs?** Use fresh herbs, tripling the amount per serving.

**Nutritional Snapshot:** Calories: 0; Protein: 0g; Carbohydrates: 0g; Fiber: 0g; Fats: 0g; Sodium: 0mg; Potassium: 0mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 tsp dried sage
- 1 tsp dried wild thyme (or regular thyme)
- ½ tsp dried lavender buds
- 2 cups hot (not boiling) water

**Optional:** lemon slice or raw honey to serve

◆ **Store leftover tisane in the fridge for up to 24 hours.**



**TIME**  
5 min



**SERVES**  
1-2



**METHOD**  
Blend



**DIFFICULTY**  
Very Easy

## BERRY-ALMOND BRAIN SMOOTHIE

### DIRECTIONS

- Add all ingredients to a blender.
- Blend until smooth and creamy.
- Taste and adjust – add more ginger for spice, or banana for sweetness.
- Pour into a glass and enjoy immediately.

#### Best For:

- Brain-friendly breakfasts, post-walk refreshment, or a light evening snack.

#### Smart Swaps for 60+:

- ◆ **No almond milk?** Use oat, soy, or dairy milk.
- ◆ **No chia seeds?** Flaxseed meal or hemp seeds work well too.
- ◆ **Low sugar needs?** Skip the banana and use more berries with extra chia for texture.

**Nutritional Snapshot:** Calories: 160; Protein: 4g; Carbohydrates: 20g; Fiber: 6g; Fats: 7g; Sodium: 110mg; Potassium: 360mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 cup unsweetened almond milk (or oat milk)
- $\frac{3}{4}$  cup frozen blueberries
- 1 tbsp chia seeds
- $\frac{1}{2}$  small banana (for creaminess)
- $\frac{1}{2}$  tsp fresh grated ginger (or a pinch of ground ginger)

**Optional:** 1-2 ice cubes,  $\frac{1}{2}$  tsp vanilla extract

#### Make Once, Enjoy Twice:

- ◆ Double the recipe and store extra in the fridge for up to 24 hours. Shake before drinking.
- ◆ Freeze in silicone molds for a grab-and-blend smoothie base.



**TIME**  
25 min



**SERVES**  
10 small  
cookies



**METHOD**  
Mix & Bake



**DIFFICULTY**  
Easy

## LEMON-ALMOND ZEST COOKIES (NO ADDED SUGAR)

### DIRECTIONS

- Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
- In a bowl, mix all ingredients until a soft dough forms. Let it sit for 5 minutes.
- With damp hands, roll into 10 small balls and gently flatten them on the baking sheet.
- Bake for 12–14 minutes, or until the edges are lightly golden.
- Cool completely before serving – they firm up as they cool.

#### Smart Swaps for 60+:

- ◆ **No oat flour?** Use more almond flour or a mix of rice and millet flour.
- ◆ **Need extra fiber?** Add 1 tsp ground flaxseed.
- ◆ **No applesauce?** Mashed banana or cooked pear purée works well.

**Nutritional Snapshot:** Calories: 85; Protein: 2g; Carbohydrates: 6g; Fiber: 1g; Fats: 6g; Sodium: 30mg; Potassium: 60mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 cup almond flour
- ½ cup oat flour (certified gluten-free if needed)
- ¼ cup unsweetened applesauce
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 tbsp maple syrup or date syrup
- ½ tsp vanilla extract
- ¼ tsp baking powder (aluminum-free)
- Pinch of sea salt

**Optional:** 1 tbsp chopped almonds for texture

#### Best For:

- ◆ Midday snack with tea, gentle dessert, or a post-meal treat



**TIME**  
15 min



**SERVES**  
4



**METHOD**  
2 hours chill



**DIFFICULTY**  
Very Easy

## GELATINA DE FRUTA CON PAPAYA & LIME

### DIRECTIONS

- In a small saucepan, combine water (or coconut water) and agar powder. Bring to a gentle boil while stirring. Simmer 2–3 minutes until fully dissolved.
- Remove from heat. Stir in lime juice, optional maple syrup, and lime zest. Let cool slightly.
- Gently fold in papaya and mint (if using).
- Pour into small glass cups, jars, or a shallow dish.
- Refrigerate for 2 hours, or until fully set.

#### Smart Swaps for 60+:

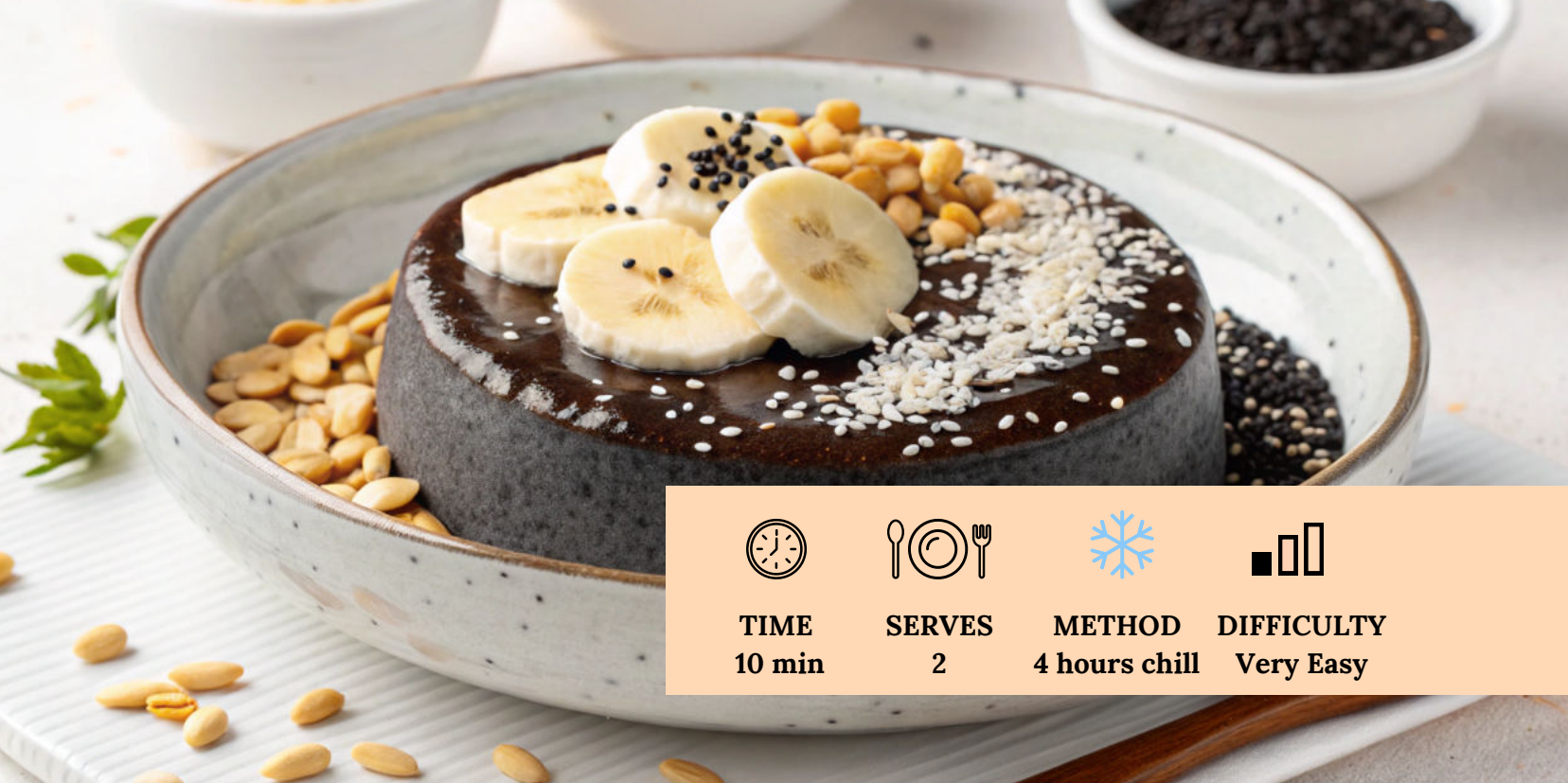
- ◆ **No papaya?** Try diced mango, watermelon, or cantaloupe.
- ◆ **Sensitive teeth?** Serve at room temperature instead of chilled.
- ◆ **No agar?** Use pectin for a softer set, but check for added sugars.

**Nutritional Snapshot:** Calories: 50; Protein: 0g; Carbohydrates: 12g; Fiber: 2g; Fats: 0g; Sodium: 5mg; Potassium: 140mg; Cholesterol: 0mg;

### INGREDIENTS

- 1½ cups fresh ripe papaya, finely diced
  - 2 cups water or coconut water
  - 1½ tsp agar-agar powder (not flakes)
  - 2 tbsp fresh lime juice
  - 1–2 tsp maple syrup (optional, to taste)
  - 1 tsp grated lime zest
- Optional:** 4–6 fresh mint leaves, finely chopped

◆ *Can be served sliced, cubed, or as a plated gel.*



**TIME**  
10 min



**SERVES**  
2



**METHOD**  
4 hours chill



**DIFFICULTY**  
Very Easy

## BLACK SESAME CHIA PUDDING

### DIRECTIONS

- In a bowl or jar, whisk sesame paste with plant milk until smooth.
- Stir in chia seeds, sweetener (if using), vanilla, and salt.
- Cover and refrigerate for 2–4 hours, or overnight, until thickened.
- Stir well before serving and add your favorite toppings.

#### Smart Swaps for 60+:

- ◆ **No black sesame?** Use white tahini for a milder flavor and similar benefits.
- ◆ **Lower fat?** Use light soy or oat milk and reduce the sesame paste to 1 tbsp.
- ◆ **Need calcium?** Choose calcium-fortified plant milk (at least 20% DV per cup).

**Nutritional Snapshot:** Calories: 190; Protein: 5g; Carbohydrates: 12g; Fiber: 6g; Fats: 13g; Sodium: 60mg; Potassium: 180mg; Cholesterol: 0mg;

### INGREDIENTS

- 1½ tbsp black sesame paste (or finely ground toasted black sesame seeds)
- 1 cup unsweetened plant milk (e.g., oat, soy, or almond)
- 3 tbsp chia seeds
- 1 tsp maple syrup or date syrup (optional)
- ½ tsp vanilla extract (optional)
- Pinch of sea salt

**Optional toppings:** sliced banana, roasted soybeans, or shredded coconut



**TIME**  
35 min



**SERVES**  
8 squares



**METHOD**  
Bake



**DIFFICULTY**  
Easy

## BAKED FIG & WALNUT SQUARES

### DIRECTIONS

- Preheat oven to 350°F (175°C). Line a small square baking pan (8x8 inch or similar) with parchment.
- In a bowl, mix chopped figs, walnuts, applesauce, vanilla, and lemon zest (if using).
- Stir in almond flour, oats, cinnamon, and salt until well combined.
- Spread the mixture evenly into the prepared pan and smooth the top.
- Bake for 25–28 minutes until the edges are lightly golden and the center is firm.
- Cool completely before slicing into squares.

#### Smart Swaps for 60+:

- ◆ **No figs?** Use chopped dates or raisins.
- ◆ **Nut-free?** Replace walnuts with sunflower or pumpkin seeds.

**Nutritional Snapshot:** Calories: 140; Protein: 3g; Carbohydrates: 18g; Fiber: 3g; Fats: 7g; Sodium: 45mg; Potassium: 210mg; Cholesterol: 0mg;

### INGREDIENTS

- 1 cup dried figs, chopped (soaked in warm water for 10 minutes if firm)
- ½ cup walnuts, chopped
- ½ cup unsweetened applesauce
- ¼ cup almond flour
- ¼ cup rolled oats (gluten-free if needed)
- 1 tsp cinnamon
- ½ tsp vanilla extract
- Pinch of sea salt

**Optional:** 1 tsp lemon zest for brightness

- ◆ **Lower-fat?** Reduce walnuts to ¼ cup and add 2 tbsps ground flaxseed.

## A Note of Thanks

Thank you for welcoming this book into your home — and perhaps into the quiet rhythm of your daily meals. I'm honored you chose to spend time here, exploring recipes not just for nutrition, but for energy, clarity, and ease after 60.

This book was never meant to overwhelm. It was meant to comfort, inspire, and gently support you through one of life's most beautiful stages. A stage that deserves respect, care — and deeply satisfying food.

If you tried one dish that made you feel steadier, clearer, or simply cared for — then this book has done its work.

If you found a new favorite — or reconnected with something simple and good — I'm grateful to have shared that moment with you.

The recipes you've explored are more than plant-based meals. They're invitations — to eat in a way that honors your body, your years of wisdom, and the calm joy that can come with choosing nourishment over pressure.

This cookbook is part of the **EatWell 50+ series**, created for real lives, real kitchens, and the quiet power of consistency. My hope is that it feels like a friend — not a set of rules.

Let it live on your countertop. Let it earn a few smudges and floury corners. Let it serve you — again and again — in small, sustaining ways.

### **Most of all:**

***Keep listening to your body.***

***Keep choosing what feels right for you.***

***And keep savoring this season of life — fully, gently, joyfully.***

With warmth and gratitude,

*Leonora Key*

## About the Author

Hi, I'm Leonora Key — and I believe that nourishing yourself well after 60 isn't about strict rules or chasing youth.

*It's about listening inward.*

*It's about rhythm.*

*It's about choosing food that gives more than it takes.*

For me, food has always meant comfort, clarity, and care — especially during life's changes. Whether energy dips, memory drifts, or sleep becomes elusive, I've seen how simple meals can restore what we thought we'd lost.

I didn't learn this in culinary school.

I learned it in a quiet kitchen — one filled with herbs, steam, and the steady presence of my mother, who taught me that healing often begins with something warm on the stove.

That's why I write the **EatWell 50+ series** — a collection of cookbooks designed to nourish not just the body, but also the brain and spirit in the second half of life.

If you found peace, steadiness, or even one encouraging shift through this book — I'm honored. You are the reason I write.

Want to discover more gentle, practical tools for aging with clarity and care?

*Visit my author page to explore more titles:*

<https://www.amazon.com/author/key.leonora-book>



Thank you for letting me be a part of your kitchen — and your story. There's so much more to enjoy. In your own time. In your own way.

With all my gratitude,

*Leonora Key*

*"For everything I know about love and nourishment — thank you, Mom."*

## Conclusion

### You're Not Starting Over — You're Honoring Where You Are

If you've come this far, it means something. You've just moved through 61 gentle, purposeful recipes — not just to cook, but to care for yourself with calm, clarity, and ease.

This book wasn't about fixing anything.

It was about feeding what's already wise within you.

Maybe something here sparked a shift — a lighter morning, a new favorite meal, or a quiet joy in cooking again.

Because after 60, nourishment isn't just about fuel. It's about rhythm. Dignity. And remembering that you're still growing — just in softer, wiser ways.

### Take These Tools with You

To support you beyond the page, I've created a Longevity Bonus Library — a collection of printable extras to help you stay nourished, focused, and inspired:

**Scan the QR code in your book to download the content.**

<http://bit.ly/3Gn3wTu>



### Inside, you'll find:

- ◆ Extra plant-based recipes for vibrant health
- ◆ *The printable Energy & Clarity Journal*
- ◆ *Smart swaps, conversion charts, and portion-planning templates*

Already downloaded yours? Beautiful. You're on your way.

### And Remember:

*You don't need perfect routines.*

*You need care that fits.*

*You don't need a whole new life.*

*You need simple meals that support the one you already love.*

So take what nourishes you.

Leave what doesn't.

And return to these pages whenever you need peace, grounding — or just something good to eat.

With steady encouragement,

*Leenora*

## Kitchen Quick Conversions

### Weight Measurement Conversion Chart

(Common weight measurement equivalents in U.S. and Canadian cookbooks)

U.S. Measurement	Metric Equivalent	Common Uses
1 ounce (oz)	28 g	Spices, small portions
4 ounces (1/4 pound)	113 g	Butter, small cheese portions
8 ounces (1/2 pound)	227 g	Meat, poultry
16 ounces (1 pound)	454 g	Standard meat portion, baking flour
2 pounds	907 g	Bulk meat, large baking ingredients
3 pounds	1.36 kg	Roasting meats, large batch cooking

### Updated Volume Measurement Conversion Chart

(Including additional precise conversions for accurate cooking)

U.S. Measurement	Metric Equivalent	Common Uses
1/4 teaspoon	1.25 mL	Spices, small amounts of liquids
1/2 teaspoon	2.5 mL	Seasonings, small liquid amounts
1 teaspoon (tsp)	5 mL	Cooking oil, sauces, extracts
1/2 tablespoon	7.5 mL	Half a tablespoon, for precise baking
1 tablespoon (tbsp)	15 mL	Sauces, dressings, and liquid measures
1 fluid ounce (fl oz)	30 mL	Juices, broth, small portioned liquids
1/4 cup	60 mL	Measuring smaller amounts of liquid
1/3 cup	80 mL	Measuring small batter portions
1/2 cup	120 mL	Soups, sauces, wet ingredients
2/3 cup	160 mL	Baking, liquid recipes
1 cup	240 mL	Standard for most liquid measurements
2 cups (1 pint)	475 mL	Standard for dairy, soups
1 quart (qt)	960 mL	Used for larger liquid portions