

Quick & Easy

MEDITERRANEAN

DIET COOKBOOK

FOR BEGINNERS

2000 Days of Quick & Easy, Balanced Recipes
with 5 Main Ingredients, Full-Color Pictures,
30-Day Meal Plan & 7-Day Reset for Weight
Control & Healthy Living

*Welcome to the Mediterranean Table: Enjoy Delicious and
Nutritious Dishes That Bring Joy, Energy, and Pleasure
While Supporting Your Health*

A photograph of a white ceramic bowl filled with a mix of green, purple, and black olives. To the left, a glass of golden olive oil is partially visible. The background is a soft-focus outdoor scene with greenery and a bright sky.


ALANNA SIMS

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INTRODUCTION

Welcome! I'm Alanna Sims, and I'm excited to guide you through the **Mediterranean Diet Cookbook for Beginners**. This book invites you to discover a vibrant, healthful way of eating that has been cherished for centuries. Inspired by the traditions of Mediterranean countries like Greece, Italy, Spain, and Morocco, this diet focuses on fresh ingredients and encourages mindful, joyful eating. It's more than food; it's about embracing a balanced and enjoyable lifestyle.

What makes this cookbook especially easy to use is its simplicity—most dishes can be made with just **5 Main Ingredients**. This allows you to prepare flavorful, nourishing meals quickly. Whether you're an experienced cook or a beginner, you'll find that Mediterranean meals are both satisfying and easy to create.

The Mediterranean Diet is loved for its fresh, delicious meals and proven health benefits. From heart-healthy fats to nutrient-rich produce, this approach enhances well-being while celebrating simple, natural flavors. Whether you're new to this lifestyle or looking to deepen your understanding, this book is your guide to embracing the Mediterranean way of eating—one that supports both health and enjoyment.

I hope these recipes inspire you to live the Mediterranean way, where each meal is a celebration of flavor, balance, and health. Embrace a simple, nourishing way of eating that brings energy and well-being. This is what the Mediterranean lifestyle is all about—finding balance, enjoying life, and staying naturally healthy.

Warmest culinary regards,
Alanna Sims

The Core Components of the Mediterranean Diet

The Mediterranean Diet for Beginners emphasizes the importance of fresh, balanced meals that are easy to prepare. Here's what makes up the foundation of this approach:

- **Fruits and Vegetables:** Fresh, seasonal produce provides essential vitamins, minerals, and antioxidants.
- **Whole Grains:** Foods like whole-wheat bread, brown rice, and quinoa offer fiber and essential nutrients.
- **Healthy Fats:** Olive oil is the primary fat source, complemented by nuts, seeds, and avocados.
- **Lean Proteins:** Fish and seafood provide heart-healthy omega-3 fatty acids, while chicken and other lean meats are eaten in moderation.
- **Legumes and Nuts:** Beans, lentils, and nuts are rich sources of protein and fiber, forming an essential part of daily meals.
- **Dairy:** Yogurt and cheese, enjoyed in moderation, enhance the texture and taste of dishes.
- **Herbs and Spices:** Fresh herbs like oregano, basil, and rosemary enhance flavors naturally, reducing the need for extra salt.

This balanced and diverse approach makes the Mediterranean diet both nutritious and enjoyable.

The Mediterranean Diet Pyramid: A Guide to Balanced Eating



The Mediterranean Diet Pyramid provides a visual guide for balanced eating:

- **Base of the Pyramid:** Emphasizes fruits, vegetables, whole grains, and legumes, which should be enjoyed daily as primary sources of nutrients and fiber.
- **Middle Tier:** Includes dairy, nuts, seeds, and fish, recommended 3-5 times a week to provide essential fats, proteins, and omega-3s.
- **Upper Tier:** Poultry and eggs are consumed in moderation, up to 2-3 times a week, to meet protein needs as part of a balanced diet.
- **Top of the Pyramid:** Red meat and sweets can be consumed occasionally, ensuring a heart-healthy and mindful approach.

Complement your Mediterranean journey with daily physical activity and the joy of shared meals, finding balance and vitality in every day.

How the Mediterranean Diet Can Improve Your Health, Manage Weight, and Give You Glowing Skin



The Mediterranean Diet provides numerous benefits, from boosting heart health to supporting vibrant skin. Here's how its nutrient-rich foods deliver these effects.

1. Heart Health

The Mediterranean Diet is rich in heart-healthy fats and omega-3s.

- **Olive Oil:** High in monounsaturated fats, it helps lower bad cholesterol (LDL) and raise good cholesterol (HDL).
- **Fatty Fish:** Salmon, mackerel, and sardines contain omega-3 fatty acids, reducing inflammation and lowering heart disease risk.
- **Nuts:** Almonds and walnuts provide healthy fats and fiber that improve cholesterol levels.

According to research, the Mediterranean Diet can lower heart disease risk by up to 30% while supporting overall health.

2. Weight Management

The diet promotes weight control by focusing on filling, nutrient-dense foods.

- **Whole Grains:** Brown rice, quinoa, and whole wheat bread are high in fiber, keeping you full longer and preventing cravings.
- **Lean Proteins:** Chicken, turkey, beans, and lentils provide protein without excessive calories, helping with fat loss and muscle maintenance.
- **Vegetables:** Low in calories but high in fiber, vegetables like zucchini, spinach, and bell peppers help with weight management.

These foods stabilize blood sugar and keep hunger at bay without the need for strict calorie counting.

3. Glowing Skin

The Mediterranean Diet's antioxidants and healthy fats improve skin health.

- **Tomatoes:** Rich in lycopene, they protect against sun damage and aging.
- **Olive Oil:** Its vitamin E content hydrates and smooths the skin.
- **Fatty Fish:** Omega-3s reduce inflammation and dryness, leaving skin radiant.
- **Berries:** Packed with vitamin C, they support collagen production, maintaining skin firmness.

Regular consumption of these foods helps improve skin texture and supports its natural firmness and health.

4. Chronic Disease Prevention

The Mediterranean Diet helps reduce the risk of type 2 diabetes, cancers, and Alzheimer's.

- **Legumes:** Help regulate blood sugar for improved glucose control.
- **Nuts:** Rich in polyphenols, walnuts and almonds fight inflammation and support brain health, potentially lowering Alzheimer's risk.
- **Leafy Greens:** Spinach and kale are full of antioxidants, helping reduce the risk of cancers and chronic inflammation.
- **Fruits:** Oranges and grapes are rich in flavonoids, which help protect cells from oxidative stress and may reduce the risk of cancer.

By eating these foods, you can significantly lower your risk of chronic diseases, thanks to their anti-inflammatory and antioxidant properties.



The Mediterranean Diet supports a healthy heart, effective weight management, vibrant skin, and disease prevention, offering a delicious, sustainable path to long-term well-being.

Why the Mediterranean Diet Is Your Best Choice for Boosting Mood, Energy, and Reducing Stress



For those starting the Mediterranean diet, it's reassuring to know that it benefits not only physical health but also mental and emotional well-being. Here's how it can help improve mood, energy, sleep, and reduce stress:

1. Improved Mood and Reduced Depression

The Mediterranean diet is rich in foods that support brain health, such as omega-3s from fatty fish and antioxidants from fruits and vegetables, reducing inflammation linked to depression and anxiety. Studies show those following this diet are less likely to experience depression.

2. Increased Energy Levels

Nutrient-dense foods like whole grains, healthy fats, and lean proteins provide lasting energy. Whole grains stabilize blood sugar, while healthy fats from olive oil and nuts keep you fuller longer, avoiding energy crashes.

3. Better Sleep

Foods high in magnesium, like leafy greens and nuts, help promote relaxation and better sleep quality. Omega-3s from fish support hormone regulation, making it easier to fall asleep and stay rested.

4. Reduced Stress and Anxiety

Antioxidants and polyphenols in foods like olive oil, red wine (moderation), and fruits lower stress hormones and oxidative stress, naturally reducing anxiety.

5. Improved Focus and Cognitive Function

Omega-3s and antioxidants from fish, leafy greens, and nuts enhance brain function, improving memory, concentration, and reducing cognitive decline.

Incorporating These Benefits Into Your Life

For beginners on the Mediterranean diet, these practical tips will help you smoothly transition and enjoy the mental and emotional benefits:

- **Eat Fatty Fish Twice a Week:** Include salmon, mackerel, or sardines for omega-3s, which support brain health and mood. Try grilled fish or mix sardines into a salad.
- **Snack on Nuts and Fruits:** Opt for almonds, walnuts, or fresh fruit to maintain steady energy without sugar crashes.
- **Use Olive Oil as Your Main Fat Source:** Replace butter with olive oil for cooking, salad dressings, or dipping bread. It's rich in healthy fats that support heart and brain health.
- **Prioritize Whole Grains and Vegetables:** Whole grains like quinoa and brown rice provide lasting energy. Fill your plate with vegetables to boost fiber, antioxidants, and reduce stress.
- **Enhance Flavor with Herbs:** Use fresh herbs like basil or parsley to add flavor while avoiding excess salt and boosting anti-inflammatory benefits.
- **Stay Hydrated and Enjoy Red Wine in Moderation:** Drink plenty of water and, if you like, a glass of red wine with dinner for heart-healthy polyphenols.

By gradually applying these tips, you can easily experience the benefits of the Mediterranean diet without feeling restricted. It's about balance and enjoyment.



The Mediterranean diet enhances mental and emotional well-being by improving mood, boosting energy, supporting better sleep, and reducing stress, fostering long-term balance and health.

How to Transition to the Mediterranean Diet: A Simple and Effective Approach for Beginners



The Mediterranean diet is more than just a way of eating—it's a lifestyle that includes whole foods, healthy fats, and balanced meals. Here are some key tips for beginners to help make the process simple and successful.

1. Meal Planning: The Key to Success

a. Balancing Nutrients

Each meal should include vegetables, protein, whole grains, and healthy fats. Examples: Breakfast: Greek yogurt with berries and nuts. Lunch: Salad with vegetables, olives, feta cheese, and chicken. Dinner: Salmon with vegetables and quinoa.

b. Weekly Menu Planning

Variety is key to staying motivated. Here's a sample week: Monday: Grilled fish with vegetables. Tuesday: Chickpea stew with vegetables. Wednesday: Chicken kebabs with couscous. Planning your meals ahead of time helps reduce stress and maintain balance in your diet.

c. Apps for Tracking

Use MyFitnessPal or Yummly to plan and track your meals for added convenience.

2. Grocery Shopping: How to Save and Choose the Best

a. What to Look for

- Olive Oil: Choose "extra virgin."
- Whole Grains: Look for "whole grain" as the first ingredient.
- Canned Goods: Opt for low-sodium versions.

b. Choosing Fresh Ingredients

- Buy seasonal fruits and vegetables for better flavor and nutrition.
- Fish: Choose fresh or frozen fish without breading.

c. Saving Money

- Buy nuts and grains in bulk.
- Choose seasonal produce; it's cheaper and more nutritious.

3. Cooking Methods: Enhance Flavor Without Extra Calories

- Grilling: Adds rich flavor without added fat.
- Roasting: Enhances flavor while preserving nutrients.
- Sautéing: Use olive oil and herbs for added flavor.
- Slow Cooking: Ideal for stews and soups, allowing flavors to develop fully.

4. Eating Out

a. Choosing Restaurant Dishes

- Opt for grilled foods and avoid fried or creamy dishes.
- Ask for vegetables as a side instead of fries or bread.

b. Social Events

Bring a Mediterranean dish to events, ensuring you have a healthy option.

5. Solving Common Challenges

a. Dealing with Cravings

Replace sweets with fruits and stay hydrated to manage hunger.

b. Handling Slip-Ups

Don't stress over small slip-ups—just focus on making your next meal healthy.

c. Staying Motivated

Celebrate small wins, keep a journal, and reward yourself for sticking with the plan.

The Mediterranean diet is a flexible and delicious way to improve your health. Use these tips for meal planning, shopping, and dining out to maximize results and enjoy every meal.



CHAPTER 1

Breakfast



Ingredients

- Cottage Cheese – 1 cup (low-fat or full-fat)
- Rolled Oats – 1/2 cup (ground into oat flour)
- Eggs – 2 large
- Honey – 1 tablespoon (optional, adjust to taste)
- Chopped Nuts – 1/4 cup (almonds, walnuts, or pistachios)

Optional: Any berries, honey

Cottage Cheese Nut Pancakes

 PREP 10 MIN  COOK 15 MIN  SERVER 4

Instructions

1. **Prepare Oat Flour:** Blend rolled oats in a blender until fine.
2. **Make Batter:** Mix oat flour, cottage cheese, eggs, honey, cinnamon, vanilla, and salt until smooth.
3. **Cook Pancakes:** Heat a non-stick skillet over medium heat, add 2 tablespoons of batter per pancake, and cook 2–3 minutes per side until golden.
4. **Serve:** Top with chopped nuts and drizzle with honey or Greek yogurt. For a fruity touch, optionally add berries like raspberries.

Serving Suggestions

Pair with fresh figs, a drizzle of olive oil, or a side of fruit salad for a Mediterranean twist.



Ingredients

- 2 cups all-purpose flour (or whole wheat)
- 3/4 cup water
- 1/2 tsp salt
- 1 cup crumbled feta
- 1/2 cup chopped fresh herbs (parsley, dill, or mint)

Optional: 1 tbsp olive oil, black/red pepper flakes

Nutritional (per serving): Calories: 240 kcal | Protein: 8g | Carbohydrates: 30g | Fat: 10g

Cheese & Herb Gözleme

 PREP 20 MIN

 COOK 10 MIN

 SERVER 4

Instructions

1. **Make Dough:** Mix flour and salt in a bowl. Gradually add water to form a dough. Knead 5 mins until smooth. Cover and rest 30 mins.
2. **Prepare Filling:** Combine feta and herbs. Add pepper flakes if desired.
3. **Roll Out:** Divide dough into 8 pieces. Roll each into an 8-inch circle.
4. **Assemble:** Place 2 tbsp filling on half of each circle. Fold and seal edges.
5. **Cook:** Heat skillet over medium heat. Cook each gözleme 2–3 mins per side until golden. Brush with olive oil for added crispiness if desired.
6. **Serve:** Slice the Gözleme into halves or quarters and serve warm.
7. **Serving Suggestions:** Serve with Greek yogurt, cucumber-tomato salad, or a drizzle of lemon juice.



Ingredients

- Oranges – 2 (peeled, segmented)
- Carrots – 2 (peeled, chopped)
- Ginger – 1 tsp (grated)
- Greek Yogurt – 1/2 cup
- Water – 1/2 cup (or coconut water)

Optional: Turmeric – 1/4 tsp, Honey – 1 tsp, Mint Leaves – 4-5

Sunshine Smoothie

 PREP 5 MIN

 COOK NONE

 SERVER 2

Instructions

1. **Prep Ingredients:** Peel and segment oranges, chop carrots, and grate ginger.
2. **Blend:** Add all ingredients to a blender and blend until smooth. Adjust consistency with more water or coconut water if needed.
3. **Taste and Adjust:** Add honey for sweetness, or sprinkle turmeric for a health boost.
4. **Serve:** Pour into glasses and garnish with mint if desired.

Serving Suggestions

Serve with a handful of mixed nuts or whole-grain toast with avocado and olive oil for a balanced Mediterranean breakfast.

Nutritional (per serving): Calories: 150 kcal | Protein: 5g | Carbohydrates: 30g | Fat: 2g



Ingredients

- 1 large cucumber (peeled, chopped)
- 10-12 fresh mint leaves
- 1 large lime (juice and zest)
- 1/2 cup Greek yogurt
- 1/2 cup water (or coconut water)

Optional: 1 tsp honey, 1 tbsp chia seeds, 1/2 cup ice

Nutritional (per serving): Calories: 100 kcal | Protein: 5g | Carbohydrates: 14g | Fat: 2g

Cucumber Mint Lime Smoothie

 PREP 5 MIN

 COOK NONE

 SERVER 2

Instructions

1. **Prep:** Chop cucumber, juice lime, and zest 1/2 tsp. Rinse mint leaves.
2. **Blend:** Combine all ingredients in a blender until smooth. Add ice if desired.
3. **Taste & Adjust:** Add honey if needed, blend again.
4. **Serve:** Pour into glasses and garnish with mint or lime slice if desired.

Serving Suggestions:

Pair with mixed nuts or a Mediterranean salad. Serve with whole-grain toast and hummus for a complete snack.



Ingredients

- 6 large eggs
- 1 medium zucchini, thinly sliced
- 1/4 cup goat cheese, crumbled
- 2 tbsp fresh parsley (or any fresh herbs like basil or dill), chopped
- 2 tbsp extra virgin olive oil

Optional: 1 tsp dried oregano or thyme, black pepper (to taste)

Nutritional (per serving): Calories: 190 kcal | Protein: 11g | Carbohydrates: 3g | Fat: 14g

Zucchini Cheese Frittata

 PREP 10 MIN

 COOK 15 MIN

 SERVER 4

Instructions

1. **Preheat Oven:** Heat oven to 350 °F (175 °C).
2. **Sauté Zucchini:** In an oven-safe skillet, heat 2 tbsp olive oil over medium heat. Add sliced zucchini and cook 3–5 minutes until tender and golden.
3. **Prepare Eggs:** Whisk eggs with herbs, salt, and pepper. Optional: Add oregano or thyme.
4. **Combine and Cook:** Pour egg mixture over zucchini. Cook 3–4 minutes until edges set. Top with crumbled goat cheese.
5. **Bake:** Transfer skillet to oven and bake 7–10 minutes until frittata is set and golden.
6. **Serve:** Cool slightly, slice, and serve warm.

Customizations

Add spinach, cherry tomatoes, or bell peppers for more nutrients. Use feta or ricotta for a new flavor.



Ingredients

- 1/2 cup ricotta cheese
- 1 tbsp honey
- 1/2 cup fresh berries
- 2 slices whole grain bread, toasted
- 1 tsp olive oil (optional)

Optional: Chopped mint/basil, pinch of cinnamon

Nutritional (per serving): Calories: 300 kcal | Protein: 11g | Carbohydrates: 38g | Fat: 12g

Ricotta Honey Berry Toast



PREP 5 MIN



COOK NONE



SERVER 2

Instructions

1. **Toast Bread:** Toast the whole grain bread slices until golden and crispy.
2. **Mix Ricotta:** Combine ricotta with 1/2 tbsp honey and cinnamon (if using).
3. **Assemble:** Spread ricotta on toast, top with berries.
4. **Drizzle with Honey:** Drizzle the remaining 1/2 tbsp of honey over the berries and ricotta.
5. **Optional Olive Oil Drizzle:** Add 1 tsp of olive oil per toast for Mediterranean richness and balance.

Customizations

- Fruits: Use figs, peaches, or pomegranate for variety.
- Nuts: Add almonds, walnuts, or pistachios for crunch.
- Spices: Mix in nutmeg or vanilla for extra flavor.



Ingredients

- 1/2 cup bulgur
- 1 cup water
- 1/2 cup Greek yogurt
- 2 tbsp mixed nuts (chopped)
- 1 tbsp honey

Optional: 1 tsp cinnamon, fresh fruits, 1 tbsp chia or flax seeds

Bulgur Yogurt Nuts



PREP 5 MIN



COOK 10 MIN



SERVER 2

Instructions

1. **Cook Bulgur:** Boil water, add bulgur, simmer for 8–10 mins until tender. Fluff with a fork and cool.
2. **Assemble:** Divide bulgur into bowls, add 1/4 cup yogurt to each. Top with 1 tbsp nuts.
3. **Drizzle:** Add 1/2 tbsp honey per bowl. Optionally, sprinkle cinnamon.
4. **Optional Toppings:** Add fruits or seeds for extra flavor and texture.

Serving Suggestions

Serve warm with cool yogurt. Add olive oil or sea salt for a Mediterranean twist.

Nutritional (per serving): Calories: 280 kcal | Protein: 10g | Carbohydrates: 40g | Fat: 10g



Ingredients

- 6 eggs
- 1 cup chopped spinach
- 1/4 cup crumbled feta
- 1/4 cup chopped sun-dried tomatoes (drained)
- 1 tbsp olive oil

Optional: 1 tsp oregano or basil, fresh parsley or chives

Nutritional (per muffin): Calories: 85 kcal | Protein: 5g | Carbohydrates: 2g | Fat: 6g

Egg Veggie Muffins with Feta

 PREP 10 MIN  COOK 20 MIN  SERVER 6

Instructions

1. **Preheat Oven:** Heat to 350 °F (175 °C) and grease a 12-cup muffin tin or line with muffin liners.
2. **Mix Eggs:** Whisk eggs in a bowl, then stir in spinach, feta, and sun-dried tomatoes. Season with oregano and pepper if desired.
3. **Fill Muffin Cups:** Pour egg mixture into muffin cups, filling each 3/4 full. Drizzle with olive oil.
4. **Bake:** Bake for 18–20 minutes until set and lightly golden.
5. **Cool & Serve:** Let cool for 5 minutes in the tin before transferring to a rack. Garnish with parsley or chives.

Serving Suggestions

Enjoy warm or at room temperature with Greek yogurt and a tomato-cucumber salad, or as a grab-and-go snack.



Ingredients

- 1/4 cup chia seeds (~4 tbsp)
- 1 1/2 cups unsweetened almond milk
- 2 tbsp cocoa powder
- 2 tbsp maple syrup (or honey)
- 1/2 tsp vanilla extract

Optional: Berries, shredded coconut (1 tbsp), crushed nuts (1 tbsp), cinnamon or sea salt

Chocolate Chia Pudding

 PREP 5 MIN  COOK NONE  SERVER 4

Instructions

1. **Combine:** In a bowl or jar, mix chia seeds, cocoa powder, maple syrup, vanilla, and almond milk.
2. **Whisk:** Stir well until smooth, ensuring no clumps.
3. **Rest & Mix:** Let sit for 5 minutes, then stir again.
4. **Chill:** Cover and refrigerate for 4 hours or overnight until thickened.
5. **Serve:** Stir gently and divide into bowls. Add toppings like berries, coconut, or nuts if desired.
6. **Garnish (optional):** Sprinkle with cinnamon or sea salt for extra flavor.

Serving Suggestions

Serve as dessert, breakfast, or snack with nuts or Greek yogurt. Layer with granola, fruit, or coconut for a decorative touch.



Ingredients

- 1/2 cup pomegranate seeds
- 1 cup mixed berries
- 1/2 cup Greek yogurt
- 1 cup almond milk
- 1 tbsp honey (optional)

Optional: Mint leaves, chia seeds, lemon juice

Nutritional (per serving): Calories: 220 kcal | Protein: 8g | Carbohydrates: 35g | Fat: 5g

Pomegranate Berry Smoothie

PREP 5 MIN

COOK NONE

SERVER 2

Instructions

1. **Prep:** If using fresh pomegranate seeds, separate from the fruit. Thaw frozen ingredients if needed.
2. **Blend:** Combine pomegranate seeds, berries, yogurt, and almond milk. Blend until smooth. Adjust thickness with more milk if needed.
3. **Taste & Adjust:** Add honey, mint, or lemon juice to taste.
4. **Serve:** Pour into glasses and garnish with extra berries or pomegranate seeds if desired.

Serving Suggestions

Serve with chia seeds or nuts for crunch, or pair with whole-grain toast topped with avocado or tahini.



Ingredients

- 4 large eggs
- 1 small zucchini, diced
- 1 small red bell pepper, diced
- 1 large tomato, chopped
- 2 tbsp olive oil

Optional: Herbs de Provence, basil, parsley, salt, pepper, minced garlic

Nutritional (per serving): Calories: 290 kcal | Protein: 12g | Carbohydrates: 9g | Fat: 24g

Ratatouille Omelette

PREP 10 MIN

COOK 15 MIN

SERVER 2

Instructions

1. **Sauté Vegetables:** Heat 1 tbsp olive oil in skillet. Sauté zucchini and bell pepper for 3–4 mins. Add tomato (and garlic if using), and cook 2–3 mins more. Season with salt, pepper, and herbs.
2. **Whisk Eggs:** Whisk eggs with salt and pepper until fluffy.
3. **Cook Omelette:** Remove veggies from skillet. Heat 1 tbsp oil, pour in eggs, and cook 2–3 mins until edges set.
4. **Add Filling:** Place veggies on one half of the omelette, fold over, and cook 1 min until set.

Serving Suggestions

Serve with arugula salad or whole-grain toast, and a dollop of Greek yogurt for creaminess and protein.



Ingredients

- 1 ripe avocado
- 1/2 cup canned chickpeas, drained and rinsed
- 1 tbsp extra virgin olive oil
- Juice of 1/2 lemon
- 2 slices of whole grain bread, toasted

Optional: Red pepper flakes, parsley or cilantro, za'atar or dried oregano

Nutritional (per serving): Calories: 320 kcal | Protein: 8g | Carbohydrates: 36g | Fat: 16g

Chickpea Avocado Toast

PREP 10 MIN COOK NONE SERVER 2

Instructions

1. **Mash Chickpeas & Avocado:** Combine and mash until slightly chunky.
2. **Add Olive Oil & Lemon:** Drizzle with 1 tbsp olive oil and juice of half a lemon. Mix well.
3. **Season:** Add salt, pepper, and optional red pepper flakes or za'atar.
4. **Toast Bread:** Toast until golden.
5. **Assemble:** Spread mixture on toast.

Serving Suggestions

Serve immediately with parsley or cilantro, and pair with mixed greens or a cucumber-tomato salad for a Mediterranean-style meal.



Ingredients

- 1/2 cup hummus (store-bought or homemade)
- 1 cup cherry tomatoes, halved
- 1 cucumber, sliced
- 2 large eggs (boiled, poached, or fried)
- 1 tbsp extra virgin olive oil

Optional: 1 tsp za'atar or dried oregano, fresh parsley or cilantro (chopped)

Nutritional (per serving): Calories: 300 kcal | Protein: 12g | Carbohydrates: 15g | Fat: 22g

Mediterranean Hummus Veggie Bowl

PREP 10 MIN COOK 5 MIN SERVER 2

Instructions

1. **Prepare Eggs:** Boil, poach, or fry eggs to desired doneness. Set aside.
2. **Assemble Bowl:** Spread hummus in bowls and add sliced cucumber and tomatoes.
3. **Add Eggs:** Place cooked eggs on top.
4. **Drizzle:** Add 1/2 tbsp olive oil to each bowl.
5. **Garnish:** Sprinkle with za'atar or dried oregano for a Mediterranean flair. Add chopped fresh parsley or cilantro if you like.

Serving Suggestions

Serve this Mediterranean breakfast bowl with whole grain pita or crusty bread for dipping into the hummus and egg yolks.



Ingredients

- 4 large eggs
- 1 cup fresh spinach, chopped
- 1/4 cup crumbled feta cheese
- 1 tbsp extra virgin olive oil
- 2 tbsp milk (or water)

Optional: 1 tsp dried oregano or dried basil, black or red pepper

Nutritional (per serving): Calories: 250 kcal | Protein: 15g | Carbohydrates: 2g | Fat: 20g

Spinach Feta Omelet

 PREP 5 MIN  COOK 10 MIN  SERVER 2

Instructions

1. **Whisk Eggs:** In a bowl, whisk eggs with 2 tbsp milk or water until smooth. Add pepper or oregano if desired.
2. **Sauté Spinach:** Heat 1 tbsp olive oil in a skillet over medium heat, sauté spinach for 1–2 minutes until wilted. Set aside.
3. **Cook Eggs:** Pour eggs into skillet and cook for 2–3 minutes until edges set.
4. **Add Spinach & Feta:** Place spinach and feta on one side of the omelette, cook for 1-2 more minutes.
5. **Fold & Serve:** Fold omelette in half, cook 1 minute more, then serve.

Serving Suggestions

Serve with whole-grain toast, pita, or a tomato-cucumber salad. Garnish with parsley or red pepper flakes.



Ingredients

- 2 ripe bananas (peeled)
- 2 tbsp tahini
- 1/2 cup Greek yogurt
- 1 cup almond milk
- 1 tbsp honey (optional)

Optional: Cinnamon 1/4 tsp, vanilla extract 1/2 tsp, ice 1/2 cup, berries

Banana Tahini Smoothie

 PREP 5 MIN  COOK NONE  SERVER 2

Instructions

1. **Prep Ingredients:** Peel and chop bananas. Measure tahini and yogurt.
2. **Blend:** Combine all ingredients in a blender and blend until smooth. Adjust thickness with more almond milk or water if needed.
3. **Taste & Adjust:** Add cinnamon, vanilla, or ice if desired, and blend again.
4. **Serve:** Pour into glasses and enjoy.

Serving Suggestions

Top with sesame seeds or tahini. Pair with whole-grain toast and almond butter or avocado.

Nutritional (per serving): Calories: 250 kcal | Protein: 8g | Carbohydrates: 38g | Sugars: 8g | Fat: 9g



Greek Yogurt Berry

PREP 5 MIN COOK NONE SERVER 2

Instructions

- 1. Prep:** Wash fresh berries or use frozen.
- 2. Blend:** Combine yogurt, berries, honey, liquid, and vanilla in a blender.
- 3. Adjust:** Blend until smooth. Add more liquid if needed.
- 4. Serve:** Pour into glasses and garnish with mint or chia seeds if desired.

Serving Suggestions

Enjoy as breakfast, snack, or with toast and avocado for a fuller meal.

Ingredients

- 1 cup Greek yogurt
 - 1 cup mixed berries
 - 1 tbsp honey
 - 1/2 cup of water or almond milk
 - 1/2 tsp vanilla extract (optional)
- Optional:** 1 tbsp chia seeds, fresh mint leaves

Nutritional (per serving): Calories: 150 kcal | Protein: 8g | Carbohydrates: 25g | Fat: 2g



Avocado Egg Pancakes

PREP 10 MIN COOK 15 MIN SERVER 4

Instructions

- 1. Make Batter:** Whisk 2 eggs, avocado, and yogurt. Add flour, salt, and herbs. Mix until smooth.
- 2. Cook Pancakes:** Heat 1 tbsp oil in a skillet. Pour 2 tbsp batter per pancake. Cook 2–3 mins per side until golden. Repeat with remaining batter.
- 3. Fry Eggs:** Heat 1 tbsp oil in another skillet. Fry 2 eggs until desired doneness.
- 4. Assemble:** Top pancake stacks with fried eggs. Garnish with paprika or herbs if desired.

Serving Suggestions

Pair with mixed greens, Mediterranean salad, or top with yogurt or avocado slices.

Ingredients

- 1 cup whole wheat flour
 - 4 eggs (2 for batter, 2 for frying)
 - 1 large avocado, mashed
 - 1/2 cup Greek yogurt
 - 2 tbsp olive oil (divided)
- Optional:** Salt, pepper, oregano, basil, paprika



Ingredients

- 1 large apple (peeled, chopped)
- 4 pitted dates
- 1/2 cup Greek yogurt
- 1 cup almond milk
- 1/2 tsp cinnamon

Optional: Pinch of nutmeg, 1 tsp honey

Nutritional (per serving): Calories: 220 kcal | Protein: 6g | Carbohydrates: 42g | Fat: 4g

Apple Date Cinnamon Smoothie

 PREP 5 MIN

 COOK NONE

 SERVER 2

Instructions

1. **Prep:** Chop apple and dates.
2. **Blend:** Add all ingredients to a blender and blend until smooth. Adjust consistency with more milk or water if needed.
3. **Taste:** Add honey or nutmeg if desired. Blend again.
4. **Serve:** Pour into glasses and enjoy. Add ice for a colder drink.

Serving Suggestions

Garnish with cinnamon or chopped nuts. Serve with whole-grain toast and tahini.



Ingredients

- 1 cup rolled oats
- 1 cup Greek yogurt
- 1/2 cup pomegranate seeds
- 1/4 cup chopped almonds
- 1 tbsp honey (optional)

Optional: 1/4 tsp cinnamon, 1/2 tsp vanilla, 1 tbsp chia or flax seeds

Nutritional (per serving): Calories: 340 kcal | Protein: 12g | Carbohydrates: 44g | Fat: 12g

Pomegranate Muesli

 PREP 5 MIN

 COOK NONE

 SERVER 2

Instructions

1. **Mix Base:** Combine oats and yogurt until fully coated.
2. **Add Toppings:** Stir in pomegranate seeds and almonds for crunch and sweetness.
3. **Sweeten (Optional):** Drizzle honey and add cinnamon or vanilla if desired.
4. **Chill (Optional):** Refrigerate for 20–30 minutes for a softer texture, or enjoy immediately.
5. **Serve:** Divide into bowls and top with chia or flax seeds if desired.

Serving Suggestions

Drizzle with olive oil or serve with fresh fruit like figs or berries.



Ingredients

- 1 can (15 oz) chickpeas, drained
- 1 ripe avocado, diced
- 1 small cucumber, diced
- 2 tbsp olive oil
- Juice of 1 lemon

Optional: 1 tsp oregano/thyme, salt, pepper, parsley, or basil

Nutritional (per serving): Calories: 250 kcal | Protein: 15g | Carbohydrates: 2g | Fat: 20g

Chickpea Avocado Salad



PREP 10 MIN



COOK NONE



SERVER 2

Instructions

1. **Prep:** Drain chickpeas; dice avocado and cucumber.
2. **Make Dressing:** Whisk olive oil and lemon juice. Add oregano, salt, and pepper if desired.
3. **Assemble:** Combine chickpeas, avocado, and cucumber in a bowl. Drizzle dressing and toss gently.
4. **Serve:** Serve immediately, garnished with parsley or basil if desired.

Serving Suggestions

Add diced tomatoes, bell peppers, a soft-boiled egg, or grilled chicken. Use fresh mint or cilantro for added freshness. Add Greek yogurt or feta for extra protein.



Ingredients

- 1 can (15 oz) crushed tomatoes
- 2 bell peppers (diced)
- 1 medium onion (chopped)
- 4 large eggs
- 2 tbsp olive oil

Optional: 2 garlic cloves, 1 tsp cumin, 1 tsp paprika, salt, pepper, parsley/cilantro

Flavorful Shakshuka



PREP 10 MIN



COOK 20 MIN



SERVER 4

Instructions

1. **Sauté Veggies:** Heat oil, sauté onion (and garlic if using) for 3–4 mins. Add peppers, cook 5 mins until tender.
2. **Add Tomatoes & Spices:** Stir in tomatoes, salt, pepper, cumin, and paprika. Simmer for 10 mins until the sauce thickens.
3. **Create Egg Pockets:** Make four wells in the sauce. Crack an egg into each.
4. **Cook Eggs:** Cover, cook 5–6 mins until whites are set and yolks are to your preference.
5. **Serve:** Garnish with parsley or cilantro. Serve from skillet or in bowls.



Ingredients

- 2 cups finely chopped broccoli florets (approximately 1 small head of broccoli)
- 1/2 cup grated Parmesan cheese
- 1/2 cup whole wheat flour (or all-purpose flour)
- 2 large eggs, lightly beaten
- 2 tbsp extra virgin olive oil (for frying)

Nutritional (per serving, 2 fritters): Calories: 180 kcal | Protein: 9g | Carbohydrates: 15g | Sugars: 1g | Fat: 10g

Broccoli and Parmesan Fritters

🕒 PREP 10 MIN ⏳ COOK 15 MIN 👥 SERVER 4

Instructions

1. **Prepare Broccoli:** Steam or blanch florets until tender (3–4 minutes), drain, and finely chop or pulse in a food processor.
2. **Combine:** Mix broccoli, Parmesan, flour, and beaten eggs in a bowl. Add garlic, herbs, salt, and pepper if using.
3. **Form Fritters:** Shape 2 tbsp portions into patties, making about 8 fritters.
4. **Cook:** Heat 1 tablespoon of olive oil in a skillet over medium heat. Cook fritters 3–4 minutes per side until golden. Add more oil as needed.
5. **Serve:** Place fritters on a paper towel-lined plate. Serve warm, garnished with Parmesan or herbs if desired.



Ingredients

- 2 large whole wheat tortillas
- 2 cups chopped spinach
- 1 cup sliced mushrooms
- 1/2 cup crumbled feta cheese
- 2 tbsp olive oil

Optional: 1 tsp oregano, pinch of red pepper flakes, minced garlic, salt, and pepper

Spinach Mushroom Quesadilla

🕒 PREP 10 MIN ⏳ COOK 10 MIN 👥 SERVER 2

Instructions

1. **Sauté Vegetables:** Heat 1 tbsp oil in a skillet, sauté mushrooms until golden. Add spinach and garlic (if using); cook until wilted. Season with salt, pepper, and oregano. Set aside.
2. **Assemble Quesadilla:** In a clean skillet, place one tortilla. Add half of the feta, then the spinach-mushroom mix, and top with remaining feta. Cover with second tortilla.
3. **Cook Quesadilla:** Cook 2–3 mins until golden, then flip and cook 2–3 more mins until cheese melts.
4. **Serve:** Slice into wedges and serve warm.

Serving Suggestions

Add a squeeze of lemon for extra zest.

Nutritional (per serving): Calories: 350 kcal | Protein: 14g | Carbohydrates: 34g | Fat: 19g

CHAPTER 2

Salads & Appetizers



Ingredients

- 200g halloumi, sliced
- 4 cups fresh arugula
- 1/4 cup pomegranate seeds
- 2 tbsp olive oil
- Juice of 1/2 lemon

Optional: Black pepper, red pepper flakes, mint, parsley

Halloumi Arugula Pomegranate Salad



PREP 5 MIN



COOK 5 MIN



SERVER 2

Instructions

1. **Grill Halloumi:** Cook halloumi slices in a skillet for 2 mins per side until golden.
2. **Make Dressing:** Whisk olive oil and lemon juice. Optionally, season with black pepper or red pepper flakes for a bit of heat.
3. **Assemble Salad:** Toss arugula with dressing.
4. **Top & Serve:** Add grilled halloumi and sprinkle with pomegranate seeds.

Serving Suggestions

Serve as a light lunch or side with grilled fish or chicken, paired with whole grain bread or pita; swap halloumi for feta or goat cheese, use spinach instead of arugula, or add nuts for extra crunch.



Ingredients

- 200g cooked shrimp
- 1 ripe avocado, diced
- 4 cups mixed greens
- Juice of 1 orange
- 2 tbsp olive oil

Optional: 1 tsp Dijon mustard, salt, pepper, parsley, or cilantro

Nutritional (per serving): Calories: 320 kcal | Protein: 15g | Carbohydrates: 8g | Fat: 26g

Citrus Shrimp Avocado Salad

PREP 10 MIN COOK 5 MIN SERVER 2

Instructions

1. **Make Vinaigrette:** Whisk orange juice and olive oil. Add Dijon, salt, and pepper if desired.
2. **Prep Shrimp:** If uncooked, sauté in a skillet for 2–3 mins per side. Let cool.
3. **Assemble Salad:** In a bowl, add greens, avocado, and shrimp.
4. **Drizzle:** Pour vinaigrette over the salad and toss gently.

Serving Suggestions

Serve as a light meal with whole-grain bread or pita, garnished with parsley or cilantro; customize with cherry tomatoes, cucumber, bell peppers, fresh herbs, or crumbled feta/goat cheese.



Ingredients

- 2 salmon fillets (about 4 oz each)
- 1 large orange, peeled and sliced
- 4 cups mixed salad greens (e.g., spinach, arugula, or romaine)
- 2 tbsp extra virgin olive oil, divided
- 1 tbsp fresh lemon juice

Optional: Salt, pepper, 1/2 tsp dried thyme or oregano for additional flavor, feta or fresh basil

Nutritional (per serving): Calories: 320 kcal | Protein: 24g | Carbohydrates: 10g | Fat: 20g

Citrus Herb Salmon Salad

PREP 10 MIN COOK 10 MIN SERVER 2

Instructions

1. **Season Salmon:** Rub fillets with salt, pepper, thyme, and 1 tbsp olive oil.
2. **Cook:** In a skillet over medium heat, cook salmon 4–5 minutes per side until golden and flaky. Set aside.
3. **Prepare the Salad:** In a large bowl, toss the salad greens with the orange slices. Add the remaining 1 tbsp of olive oil and fresh lemon juice, tossing gently to coat.
4. **Assemble the Salad:** Place the salad mixture on two plates. Top each with a salmon fillet, breaking it into large pieces if desired.
5. **Serve:** Optionally garnishing with extra orange slices or fresh herbs. For an extra touch of Mediterranean flavor, try adding a sprinkle of feta or fresh basil.



Ingredients

- 2 large tomatoes, chopped
- 1 medium cucumber, diced
- 1/2 red onion, sliced
- 1/4 cup crumbled feta
- 2 tbsp olive oil

Optional: 1 tsp oregano, salt, pepper, Kalamata olives, lemon juice

Nutritional (per serving): Calories: 160 kcal | Protein: 4g | Carbohydrates: 7g | Fat: 14g

Greek Feta Oregano Salad

PREP 10 MIN COOK NONE SERVER 2

Instructions

1. **Prep Veggies:** Chop tomatoes, cucumber, and slice red onion. Place in a bowl.
2. **Add Feta & Oil:** Sprinkle feta and drizzle olive oil over the veggies.
3. **Season:** Add oregano, salt, pepper, olives, and lemon juice if desired.
4. **Toss & Serve:** Gently toss to combine. Serve immediately or chill for 10–15 mins.

Serving Suggestions

Serve as a light lunch or side with grilled meat or fish. Pair with pita or hummus. Swap feta for goat cheese, add herbs, or include bell peppers or avocado for extra flavor and texture.



Ingredients

- 1 cup quinoa
- 2 cups diced mixed vegetables (zucchini, bell peppers, cherry tomatoes)
- 1/4 cup crumbled feta
- 2 tbsp olive oil
- 1 tsp dried oregano

Optional: Juice of 1/2 lemon, salt, pepper, parsley, or basil

Nutritional (per serving): Calories: 280 kcal | Protein: 8g | Carbohydrates: 30g | Fat: 12g

Roasted Veggie Quinoa Salad

PREP 10 MIN COOK 25 MIN SERVER 4

Instructions

1. **Cook Quinoa:** Rinse quinoa. Combine with 2 cups water in a saucepan, bring to a boil, then simmer for 15 mins. Fluff and let cool.
2. **Roast Vegetables:** Preheat oven to 400°F (200°C). Toss veggies with oil, oregano, salt, and pepper. Roast for 20–25 mins until tender.
3. **Assemble Salad:** Mix cooked quinoa, roasted veggies, and feta in a bowl.
4. **Season & Serve:** Drizzle with lemon juice, adjust seasoning, and garnish with herbs if desired.

Serving Suggestions

Serve as a meal or side with grilled chicken, fish, or falafel. Pair with hummus or Greek yogurt.



Ingredients

- 1 cup bulgur
- 1 cup pomegranate seeds
- 1/4 cup chopped mint
- 2 tbsp olive oil
- Juice of 1 lemon

Optional: Salt, pepper, parsley, or cilantro

Nutritional (per serving): Calories: 220 kcal | Protein: 4g | Carbohydrates: 35g | Fat: 8g

Pomegranate Mint Bulgur Salad

PREP 10 MIN COOK 10 MIN SERVER 4

Instructions

1. **Cook Bulgur:** Boil 1 ½ cups water, add bulgur, cover, and simmer for 10 mins. Fluff and let cool.
2. **Prep Salad:** Remove pomegranate seeds and chop mint.
3. **Make Dressing:** Whisk olive oil and lemon juice. Season with salt and pepper.
4. **Assemble:** Combine cooled bulgur, pomegranate, and mint in a bowl. Drizzle with dressing and toss.

Serving Suggestions

Serve as a light lunch or with grilled meat, garnished with parsley or toasted nuts; add cucumber, tomatoes, bell peppers, feta, or pine nuts for extra flavor and texture.

Citrus Beet & Spinach Salad

PREP 10 MIN COOK 10 MIN SERVER 4

Instructions

1. **Prepare Beets:** Dice pre-cooked beets. If using raw, roast in foil at 400°F (200°C) for 40–45 minutes, then peel and dice.
2. **Toast Pine Nuts:** Lightly toast in a dry skillet over medium heat for 2–3 minutes until golden.
3. **Make Dressing:** Whisk olive oil, lemon juice, and Dijon mustard (optional) until smooth. Season to taste.
4. **Assemble Salad:** In a bowl, combine spinach, beets, mandarins, feta, pine nuts, and red onion (optional).
5. **Finish and Serve:** Add dressing, toss gently, and serve immediately.

Dressing: 2 tbsp olive oil, 1 tbsp lemon juice, 1/2 tsp Dijon mustard, salt and black pepper to taste (whisked together).

Nutritional (per serving): Calories: 210 kcal | Protein: 6g | Carbohydrates: 16g | Fat: 12g



Ingredients

- 2 medium beets (boiled or roasted, cubed)
- 2 cups baby spinach
- 2 mandarins, peeled and segmented
- 3 tbsp crumbled feta
- 2 tbsp toasted pine nuts

Optional: Thinly sliced red onion



Ingredients

- 3 large tomatoes, sliced
 - 8 oz fresh mozzarella, sliced
 - 1/4 cup basil leaves
 - 2 tbsp olive oil
 - 1/2 cup balsamic vinegar
- Optional:** Salt, pepper, 1 tsp honey

Nutritional (per serving): Calories: 220 kcal | Protein: 9g | Carbohydrates: 9g | Fat: 16g

Balsamic Caprese Salad

🕒 PREP 5 MIN ⏳ COOK 5 MIN 👥 SERVER 4

Instructions

1. **Make Balsamic Glaze:** Simmer balsamic vinegar for 5–7 mins until reduced by half. Add honey if desired. Cool.
2. **Assemble Salad:** Arrange tomato and mozzarella slices on a plate.
3. **Add Basil:** Tuck basil leaves between slices or scatter on top.
4. **Drizzle & Serve:** Drizzle with olive oil and balsamic glaze. Add salt and pepper if desired.

Serving Suggestions

Serve as an appetizer or with whole-grain bread. For added flavor, use white balsamic vinegar or sprinkle with oregano or thyme.



Ingredients

- 4 cups broccoli florets
 - 1/4 cup crumbled feta
 - 2 tbsp olive oil
 - Juice of 1 lemon
 - 1/4 cup chopped almonds
- Optional:** Salt, pepper, 1 minced garlic clove

Nutritional (per serving): Calories: 210 kcal | Protein: 6g | Carbohydrates: 8g | Fat: 17g

Lemon Broccoli Feta Salad

🕒 PREP 10 MIN ⏳ COOK 5 MIN 👥 SERVER 4

Instructions

1. **Blanch Broccoli:** Boil broccoli for 2 mins until tender-crisp. Rinse with cold water and drain.
2. **Make Dressing:** Whisk lemon juice, olive oil, and optional garlic, salt, and pepper.
3. **Toast Almonds:** Toast almonds in a dry skillet for 2–3 mins until golden.
4. **Assemble Salad:** Combine broccoli, feta, and almonds. Drizzle with dressing and toss.
5. **Serve:** Serve immediately or chill for 10–15 mins.

Serving Suggestions

Serve with grilled chicken, fish, or pita; pair with quinoa salad or hummus, swap almonds for other nuts, use goat cheese or Parmesan, and add fresh herbs.



Ingredients

- 2 cups arugula
- 1 can (5 oz) tuna, drained
- 1/4 cup cherry tomatoes, halved
- 2 tbsp olive oil
- Juice of 1/2 lemon

Optional: Salt, pepper, 1 tsp Dijon mustard, parsley, or basil

Nutritional (per serving): Calories: 290 kcal | Protein: 21g | Carbohydrates: 5g | Fat: 22g

Tuna Arugula Salad

PREP 10 MIN COOK NONE SERVER 2

Instructions

1. **Make Dressing:** Whisk olive oil and lemon juice. Add Dijon, salt, and pepper if desired.
2. **Assemble Salad:** Combine arugula and cherry tomatoes in a bowl. Gently flake the drained tuna over the top.
3. **Dress & Serve:** Drizzle dressing over salad, toss gently, and garnish with herbs. Serve immediately.

Customizations

Protein: Swap tuna for grilled chicken or salmon.

Vegetables: Add cucumber, bell pepper, or avocado for texture and nutrition.

Cheese: Top with feta or Parmesan for a savory twist.



Ingredients

- 1 can (15 oz) chickpeas, drained
- 1 large roasted red pepper (or 1/2 cup, jarred)
- 1/4 cup tahini
- 2 tbsp lemon juice
- 2 tbsp olive oil

Optional: Paprika, minced garlic, salt, cumin

Nutritional (per serving): Calories: 130 kcal | Protein: 4g | Carbohydrates: 11g | Fat: 7g

Red Pepper Hummus

PREP 10 MIN COOK 20 MIN SERVER 6

Instructions

1. **Roast Pepper (if fresh):** Roast at 400°F (200 °C) for 20 mins until charred. Peel, deseed, and set aside.
2. **Blend:** Combine chickpeas, red pepper, tahini, lemon juice, olive oil, and garlic in a blender. Blend until smooth, adding water as needed.
3. **Season:** Add salt, cumin, and blend. Adjust seasoning with additional lemon juice, salt, or garlic, if needed.
4. **Serve:** Transfer to a bowl, drizzle with olive oil, and garnish with paprika.

Serving Suggestions

Serve with pita, crackers, or fresh veggies. Use as a sandwich spread or pair with olives and grilled vegetables. Top the hummus with whole chickpeas and diced fresh bell pepper for an extra decorative and flavorful touch.



Ingredients

- 1 large eggplant (1 lb)
- 2 tbsp tahini
- 1 minced garlic clove
- 2 tbsp lemon juice
- 2 tbsp olive oil

Optional: 1/2 tsp cumin, 1/4 tsp smoked paprika, salt, chopped parsley

Nutritional (per serving): Calories: 110 kcal | Protein: 2g | Carbohydrates: 6g | Fat: 8g



Ingredients

- 1 cup Greek yogurt
- 1 grated cucumber (seeds removed)
- 1 minced garlic clove
- 1 tbsp lemon juice
- 1 tbsp olive oil

Optional: 1 tbsp chopped dill or mint, salt, pepper, extra olive oil

Nutritional (per serving): Calories: 80 kcal | Protein: 4g | Carbohydrates: 4g | Fat: 5g

Roasted Eggplant Dip

PREP 10 MIN COOK 35 MIN SERVER 4

Instructions

- 1. Roast Eggplant:** Preheat oven to 400°F (200°C). Pierce eggplant and roast for 35–40 mins until skin is charred. Let cool, then scoop out flesh and drain.
- 2. Blend:** Combine eggplant, tahini, garlic, lemon juice, and olive oil in a blender. Blend until smooth. Add cumin and salt to taste.
- 3. Serve:** Transfer to a bowl, drizzle with olive oil, and sprinkle with paprika. Garnish with parsley if desired.

Serving Suggestions

Serve with pita, crackers, or fresh veggies like carrots and cucumbers. Pair with olives, hummus, or a fresh tomato salad for a complete meze platter.

Tzatziki Dip

PREP 10 MIN COOK NONE SERVER 4

Instructions

- 1. Prep Cucumber:** Grate and squeeze out excess liquid.
- 2. Mix:** Combine cucumber, yogurt, garlic, lemon juice, and olive oil.
- 3. Season:** Add salt, pepper, and herbs. Adjust seasoning if needed.
- 4. Serve:** Transfer to a bowl, drizzle with olive oil, and garnish with herbs.

Serving Suggestions

Serve as a dip with warm pita bread, vegetable sticks (such as carrots, cucumbers, and bell peppers), or whole grain crackers. Use as a sauce for grilled meats, falafel, or wraps.



Ingredients

Zucchini Fritters:

- 2 medium zucchinis, grated (about 2 cups)
- 2 large eggs, beaten
- 1/2 cup crumbled feta
- 1/4 cup flour
- 2 tbsp olive oil

Yogurt Sauce: 1/2 cup Greek yogurt, 1 tbsp lemon juice, 1 minced garlic clove, 1 tsp olive oil

Nutritional (per serving): Calories: 220 kcal | Protein: 8g | Carbohydrates: 12g | Fat: 15g

Zucchini Fritters

 PREP 15 MIN  COOK 15 MIN  SERVER 4

Instructions

1. **Prep Zucchini:** Grate zucchini and squeeze out excess moisture.
2. **Mix Batter:** Combine zucchini, beaten eggs, crumbled feta cheese, flour, salt, pepper, and herbs.
3. **Cook Fritters:** Heat oil in skillet. Scoop batter, flatten, and fry fritters for 3–4 mins each side until golden. Drain on paper towels.
4. **Make Sauce:** Mix yogurt, lemon juice, garlic, and olive oil. Adjust the seasoning to taste.

Serving Suggestions

Serve warm with yogurt sauce. Pair with a Mediterranean salad or grilled veggies/chicken.



Ingredients

- 200g shrimp (peeled, deveined)
- 2 tbsp extra virgin olive oil
- 1 large lemon (juice, zest, and slices for grilling)
- 2 tbsp fresh parsley (chopped)
- 2 garlic cloves (minced)

Optional: Black pepper or red pepper flakes for spice, fresh basil or oregano for extra herbs

Nutritional (per serving): Calories: 250 kcal | Protein: 23g | Carbohydrates: 5g | Fat: 15g

Grilled Shrimp with Lemon & Parsley

 PREP 10 MIN  COOK 6-8 MIN  SERVER 2

Instructions

1. **Marinate the shrimp:** Mix olive oil, lemon juice, zest, garlic, salt, and pepper in a bowl. Toss the shrimp in the marinade and let sit for 10–15 minutes. If using wooden skewers, soak them in water while the shrimp marinates.
2. **Skewer the shrimp:** Thread 4–5 shrimp onto skewers, alternating with lemon slices.
3. **Grill the shrimp:** Preheat a grill or grill pan over medium-high heat. Grill the skewers for 2–3 minutes per side until the shrimp are pink and opaque. Grill the lemon slices alongside for extra flavor.
4. **Serve:** Garnish with chopped parsley and serve with grilled lemon slices for squeezing over the shrimp.



CHAPTER 3

Soups & Stews



Ingredients

- 4 cups chicken broth
- 1/2 cup orzo (or rice)
- 2 large eggs
- Juice of 2 lemons
- 1 cup cooked, shredded chicken

Optional: Salt, pepper, fresh dill, or parsley

Greek Lemon Chicken Soup

🕒 PREP 10 MIN ⏳ COOK 25 MIN 👥 SERVER 4

Instructions

1. **Cook Orzo:** Bring chicken broth to a boil, add orzo, and cook for 8–10 mins until tender.
2. **Make Egg-Lemon Mix:** Whisk eggs and lemon juice until smooth.
3. **Temper Eggs:** Gradually whisk 1 cup hot broth into egg-lemon mix.
4. **Finish Soup:** Slowly add tempered mixture back to pot, stir in chicken, and simmer 3–5 mins.
5. **Serve:** Season with salt, pepper, and garnish with herbs.

Customizations

For customizations, use rice or quinoa for a gluten-free option, add spinach or carrots for extra nutrition, or try herbs like oregano or mint for varied flavors.



Ingredients

- 1 large eggplant, diced
- 2 medium zucchinis, diced
- 1 large bell pepper, chopped
- 1 can (14 oz) diced tomatoes
- 2 tbsp olive oil

Optional: 1 tsp dried thyme or oregano, salt and pepper, to taste

Nutritional (per serving): Calories: 180 kcal | Protein: 3g | Carbohydrates: 20g | Fat: 10g

French Ratatouille Stew

PREP 10 MIN COOK 30 MIN SERVER 4

Instructions

1. **Sauté Vegetables:** Heat olive oil in a skillet over medium heat. Sauté onion (if using) for 5 minutes. Add eggplant, zucchini, and bell pepper, and cook for 10 minutes until softened.
2. **Add Tomatoes:** Stir in diced tomatoes and simmer on low heat for 15–20 minutes until tender.
3. **Season and Serve:** Season with salt, pepper, and thyme or oregano. Simmer for 5 more minutes. Serve hot with fresh basil or parsley.

Customizations

For customizations, add mushrooms, carrots, or spinach for extra nutrients, sprinkle with feta or Parmesan for creaminess, or try thyme, rosemary, or oregano for deeper flavor.



Ingredients

- 1 lb mixed seafood (shrimp, mussels, clams, and/or squid)
- 1 large onion, chopped
- 1 can (14 oz) diced tomatoes
- 4 cups fish or vegetable broth
- 2 tbsp extra virgin olive oil

Optional: Smoked paprika or saffron, salt, black pepper, lemon juice, or fresh parsley

Nutritional (per serving): Calories: 280 kcal | Protein: 30g | Carbohydrates: 12g | Fat: 12g

Seafood Zarzuela Stew

PREP 15 MIN COOK 30 MIN SERVER 4

Instructions

1. **Sauté Onion:** Heat 2 tbsp olive oil in a large pot over medium heat. Sauté onion for 5–7 minutes until soft.
2. **Add Tomatoes & Broth:** Stir in tomatoes and simmer. Add broth and cook for 10 minutes.
3. **Add Seafood:** Add mixed seafood. Simmer for 7–10 minutes until seafood is cooked and mussels/clams open. Discard unopened ones.
4. **Season:** Add salt, pepper, smoked paprika or saffron. Stir in lemon juice.
5. **Serve:** Garnish with parsley and serve.

Customizations

For customizations, add bell peppers, zucchini, or spinach for nutrients, cayenne for spice, or thyme, oregano, or basil for Mediterranean flavor.



Ingredients

- 6 large tomatoes, chopped
- 1 cucumber, peeled and chopped
- 1 small green bell pepper, chopped
- 1 small onion, chopped
- 3 tbsp olive oil

Optional: 2 tbsp red wine vinegar, minced garlic, salt, pepper, basil or parsley

Nutritional (per serving): Calories: 180 kcal | Protein: 2g | Carbohydrates: 15g | Fat: 12g

Spanish Gazpacho Soup

PREP 15 MIN CHILL 1 HOUR SERVER 4

Instructions

1. **Blend Vegetables:** Combine tomatoes, cucumber, bell pepper, and onion in a blender. Add garlic if using.
2. **Blend:** Blend until smooth, or pulse for a chunkier texture.
3. **Add Olive Oil:** Add olive oil and vinegar. Blend again. Season with salt and pepper.
4. **Chill:** Refrigerate for at least 1 hour to let flavors meld.
5. **Serve:** Stir, adjust seasoning, and garnish with basil or parsley.

Serving Suggestions

Serve cold with bread, grilled veggies, or a green salad. Add diced veggies for extra texture.



Ingredients

- 1 large cauliflower head, chopped
- 1 small onion, chopped
- 4 cups vegetable broth
- 3 tbsp tahini
- 2 tbsp olive oil

Optional: Salt, pepper, cumin, parsley, or lemon wedges

Nutritional (per serving): Calories: 180 kcal | Protein: 5g | Carbohydrates: 12g | Fat: 13g

Cauliflower Tahini Soup

PREP 10 MIN COOK 25 MIN SERVER 4

Instructions

1. **Sauté Onion:** Heat olive oil in a pot. Sauté onion for 5 mins.
2. **Add Cauliflower & Broth:** Add cauliflower and broth. Simmer for 15–20 mins until tender.
3. **Blend:** Blend with an immersion blender or in batches until smooth and creamy.
4. **Add Tahini:** Stir in tahini, cumin, salt, and pepper.
5. **Serve:** Ladle into bowls, garnish with parsley or olive oil, and serve with lemon wedges.

Customizations

For added texture and flavor, top the soup with roasted carrot slices or small cauliflower florets. Add cayenne for spice, baby spinach or kale for nutrients, or garnish with cilantro or mint to enhance the flavor.



Ingredients

- 1 can (14 oz) cannellini beans, rinsed
- 1 small bunch kale, chopped
- 1 can (14 oz) diced tomatoes
- 4 cups vegetable broth
- 4 slices day-old whole-grain bread, torn

Optional: Olive oil, salt, pepper, thyme, oregano, parsley, Parmesan

Nutritional (per serving): Calories: 280 kcal | Protein: 12g | Carbohydrates: 40g | Fat: 6g

Italian Ribollita Soup

PREP 10 MIN COOK 40 MIN SERVER 4

Instructions

1. **Cook Kale:** Simmer broth, add kale, and cook for 10 minutes until softened.
2. **Add Beans & Tomatoes:** Stir in beans and tomatoes, simmer for 15 minutes.
3. **Add Bread:** Tear bread and add to pot, let it thicken for 10 minutes.
4. **Season:** Add salt, pepper, and herbs, and simmer for another 5 minutes.
5. **Serve:** Ladle into bowls, drizzle with olive oil, and garnish with parsley or Parmesan.

Customizations

Swap kale for spinach or Swiss chard, add chicken or sausage for protein, or garnish with basil, thyme, or rosemary for flavor.



Ingredients

- 4 red bell peppers, halved and seeded
- 1 can (14 oz) diced tomatoes
- 1 small onion, chopped
- 3 cups vegetable broth
- 2 tbsp olive oil

Optional: Smoked paprika or cumin (1 tsp), salt, pepper, fresh herbs (for garnish), garlic

Nutritional (per serving): Calories: 180 kcal | Protein: 3g | Carbohydrates: 19g | Fat: 10g

Red Pepper Tomato Soup

PREP 10 MIN COOK 30 MIN SERVER 4

Instructions

1. **Roast Peppers:** Preheat oven to 400°F (200°C). Place peppers on a baking sheet, skin-side up. Drizzle with 1 tbsp olive oil. Roast for 20-25 min until charred.
2. **Sauté Onion:** Heat remaining oil in a pot. Sauté onion (and garlic, if using) for 5 min.
3. **Simmer:** Add tomatoes and broth. Simmer for 10 min.
4. **Blend:** Peel roasted peppers, add to pot. Blend until smooth.
5. **Season and Serve:** Add salt, pepper, and spices. Serve with fresh herbs.

Customizations

Add red pepper flakes for spice, Greek yogurt or coconut milk for creaminess, or spinach or kale for nutrients.



Ingredients

- 1 can (14 oz) cannellini beans, drained
- 1 large carrot, diced
- 1 small onion, chopped
- 1 can (14 oz) diced tomatoes
- 4 cups low-sodium vegetable broth

Optional: 2 tbsp olive oil (for drizzling), salt, pepper, 1 tsp dried oregano or thyme

Nutritional (per serving): Calories: 230 kcal | Protein: 8g | Carbohydrates: 30g | Fat: 7g

Greek Fasolada Soup

PREP 10 MIN COOK 45 MIN SERVER 4

Instructions

1. **Sauté Vegetables:** Heat 1 tbsp olive oil (optional) in a pot over medium heat. Sauté onion and carrot for 5–7 minutes until softened.
2. **Add Tomatoes and Beans:** Stir in tomatoes and beans. Cook for 2–3 minutes.
3. **Simmer:** Add broth and bring to a boil. Reduce heat and simmer for 30–35 minutes, stirring occasionally.
4. **Season:** Add salt, pepper, and oregano. Simmer for 5 more minutes.
5. **Serve:** Ladle into bowls. Drizzle with olive oil and garnish with parsley or lemon.

Customizations

Add spinach, kale, or chard for nutrients, smoked paprika or cumin for flavor, or top with feta and pair with grilled chicken or fish for a hearty meal.



Ingredients

- 1 can (14 oz) chickpeas, drained and rinsed
- 4 cups fresh spinach, chopped
- 1 small onion, diced
- 4 cups vegetable broth
- 2 tbsp olive oil

Optional: 1 tsp ground cumin or paprika, salt and pepper, to taste, 1 clove garlic, minced

Nutritional (per serving): Calories: 220 kcal | Protein: 7g | Carbohydrates: 24g | Fat: 10g

Chickpea Spinach Soup

PREP 10 MIN COOK 20 MIN SERVER 4

Instructions

1. **Sauté Onion:** Heat olive oil in a pot over medium heat. Sauté onion (and garlic if using) for 5 minutes until soft.
2. **Add Chickpeas and Broth:** Stir in chickpeas and broth. Bring to a boil, then simmer for 10 minutes.
3. **Add Spinach:** Add spinach and simmer for 5 minutes until wilted.
4. **Season:** Add salt, pepper, and cumin or paprika. Cook for 2 more minutes.
5. **Serve:** Ladle into bowls and garnish with olive oil and lemon wedges if desired.

Customizations

Swap spinach for kale or arugula, add quinoa or brown rice for heartiness, or garnish with parsley, cilantro, or mint for freshness.



Ingredients

- 1 cup dry lentils (rinsed)
- 1 can (14 oz) diced tomatoes
- 4 cups vegetable broth
- 1 small diced onion
- 2 tbsp olive oil

Optional: 1 tsp cumin or oregano, salt, pepper, parsley, or lemon

Nutritional (per serving): Calories: 250 kcal | Protein: 12g | Carbohydrates: 30g | Fat: 8g

Mediterranean Lentil Soup

PREP 10 MIN COOK 30 MIN SERVER 4

Instructions

1. **Sauté Onion:** Heat olive oil in a pot, sauté onion for 5 mins.
2. **Add Lentils & Tomatoes:** Stir in lentils and tomatoes. Cook 2 mins.
3. **Add Broth & Simmer:** Add broth, bring to a boil, then simmer for 25–30 mins until lentils are tender.
4. **Season:** Add salt, pepper, cumin, or oregano. Cook 5 more mins.
5. **Serve:** Garnish with parsley or lemon.

Customizations

Add spinach, kale, or chard for nutrients, carrots or celery for texture, or thyme, rosemary, or cilantro for aroma.



Ingredients

- 2 boneless, skinless chicken breasts, diced
- 3 medium potatoes, peeled and diced
- 1 large onion, chopped
- 2 tbsp extra virgin olive oil
- 2 cups low-sodium chicken broth

Optional: 1 tsp ground cumin or coriander, salt, black pepper, 1 tbsp lemon juice, fresh parsley for garnish.

Nutritional (per serving): Calories: 320 kcal | Protein: 25g | Carbohydrates: 28g | Fat: 12g

Lebanese Chicken Potato Stew

PREP 10 MIN COOK 45 MIN SERVER 4

Instructions

1. **Sauté Onion & Chicken:** Heat olive oil in a pot over medium heat. Sauté onion for 5–7 minutes until soft. Add chicken and cook until browned, about 5 minutes.
2. **Add Potatoes:** Stir in diced potatoes and cook for 3–4 minutes.
3. **Add Broth & Simmer:** Pour in broth, bring to a simmer, then reduce heat, cover, and cook for 30–35 minutes until potatoes are tender and chicken is fully cooked.
4. **Season:** Add salt, pepper, cumin, and lemon juice if using. Simmer for 5 more minutes.
5. **Serve:** Garnish with fresh parsley.

Customizations

Customize with carrots, green beans, peas, cinnamon, or garnish with fresh herbs like mint, cilantro, or thyme.



Ingredients

- 1/2 lb lean beef stew meat, cubed
- 1/2 cup pearl barley
- 1 can (14 oz) diced tomatoes
- 1 medium onion, chopped
- 4 cups beef broth (low-sodium)

Optional: 1 tsp dried oregano or thyme, salt, pepper, 2 tbsp olive oil, fresh parsley for garnish

Nutritional (per serving): Calories: 320 kcal | Protein: 25g | Carbohydrates: 30g | Fat: 12g

Beef Barley Stew

PREP 15 MIN COOK 1 HOUR 15 MIN SERVER 4

Instructions

1. **Brown the Beef:** Heat olive oil in a pot. Brown cubed beef on all sides, 5–7 minutes. Set aside.
2. **Sauté Onion:** Sauté chopped onion in the same pot for 5 minutes until soft.
3. **Add Tomatoes & Broth:** Add diced tomatoes, broth, and browned beef. Stir well.
4. **Add Barley & Simmer:** Add barley, simmer covered on low heat for 1 hour until beef is tender. Stir occasionally.
5. **Season:** Add salt, pepper, oregano, or thyme. Simmer for 5 more minutes.
6. **Serve:** Garnish with parsley.

Customizations

Add carrots, celery, or zucchini. Garnish with basil, thyme, or rosemary.



Ingredients

- 1 lb firm white fish, cut into 1-inch pieces
- 1 can (14.5 oz) diced tomatoes
- 1 medium onion, chopped
- 4 cups vegetable or fish broth
- 2 tbsp olive oil

Optional: 1/2 cup celery or bell peppers, minced garlic, 1 tsp thyme or 1 bay leaf, fresh parsley or basil

Nutritional (per serving): Calories: 220 kcal | Protein: 26g | Carbohydrates: 12g | Sugars: 6g | Fat: 8g

Mediterranean Fish Soup

PREP 10 MIN COOK 25 MIN SERVER 4

Instructions

1. **Prepare Base:** Heat olive oil in a pot over medium heat. Sauté onion for 3–4 mins. Add optional garlic, celery, or peppers, and sauté 2–3 more mins.
2. **Add Tomatoes & Broth:** Stir in tomatoes and cook for 2 mins. Add broth and bring to a simmer.
3. **Season:** Add optional thyme or bay leaf, salt, and pepper. Simmer for 10 mins.
4. **Add Fish:** Add fish pieces and cook for 5–7 mins until opaque.
5. **Serve:** Remove bay leaf, serve in bowls, and garnish with parsley or basil.

Serving Suggestions

Pair with whole grain bread or pita and finish with lemon juice or olive oil for added brightness.

CHAPTER 4

Grain, Pasta & Legume



Ingredients

- 1 cup cooked lentils
- 1 cup cooked rice
- 1/2 cup pomegranate seeds
- 2 tbsp olive oil
- Juice of 1 lemon

Optional: Salt, pepper, 1/2 tsp cumin or oregano, parsley or mint

Lentil Rice Salad with Pomegranate

 PREP 10 MIN  COOK 20 MIN  SERVER 4

Instructions

1. **Cook Lentils & Rice:** If uncooked, cook lentils for 15-20 minutes and rice as per package instructions. Let cool.
1. **Mix Base:** Combine lentils, rice, and pomegranate seeds in a large bowl.
2. **Make Dressing:** Whisk olive oil and lemon juice. Add salt, pepper, cumin, or oregano if using.
3. **Toss:** Pour dressing over the mixture and toss to coat.
4. **Serve:** Serve immediately or chill. Garnish with parsley or mint.

Customizations

Add cucumber, tomatoes, or onion for crunch, swap rice for quinoa or bulgur, or top with almonds or pine nuts for texture.



Ingredients

- 1 cup pearl barley
- 2 cups chopped mixed vegetables (zucchini, bell peppers, red onion)
- 1 lemon, juice and zest
- 2 tbsp extra virgin olive oil
- 2 tbsp chopped fresh herbs (parsley, mint)

Optional: Salt and pepper to taste, 1 tsp dried oregano or thyme, grated Parmesan for garnish

Nutritional (per serving): Calories: 300 kcal | Protein: 7g | Carbohydrates: 50g | Fat: 9g

Lemon Barley with Grilled Veggies

PREP 10 MIN COOK 30 MIN SERVER 4

Instructions

1. **Cook the Barley:** Bring 3 cups of water to a boil. Add barley, reduce heat, cover, and simmer for 25–30 minutes until tender. Drain and set aside.
2. **Grill the Vegetables:** Toss veggies in 1 tbsp olive oil, season with salt, pepper, and oregano. Grill for 8–10 minutes until tender and slightly charred.
3. **Make the Dressing:** Whisk lemon juice, zest, 1 tbsp olive oil, and fresh herbs. Season with salt and pepper.
4. **Combine:** Mix barley with grilled veggies and dressing.
5. **Serve:** Enjoy warm with Parmesan and extra herbs, if desired.

Serving Suggestions

You can substitute barley with farro, bulgur, or freekeh for a Mediterranean flavor. Pair with grilled chicken, shrimp, or tofu, and serve with a Greek salad or hummus.



Ingredients

- 1 cup couscous
- 2 cups diced pumpkin (½ inch cubes)
- 1 cup cooked chickpeas (drained and rinsed)
- 2 tbsp extra virgin olive oil
- Juice of 1 lemon (2 tbsp)

Optional: Salt and pepper, 1/2 tsp ground cumin, fresh parsley or mint for garnish

Nutritional (per serving): Calories: 240 kcal | Protein: 7g | Carbohydrates: 35g | Sugars: 4g | Fat: 8g

Pumpkin Chickpea Couscous Salad

PREP 10 MIN COOK 20 MIN SERVER 4

Instructions

1. **Roast Pumpkin:** Preheat oven to 400°F (200°C). Toss diced pumpkin with 1 tbsp olive oil, salt, and pepper, and roast for 20 minutes until tender.
2. **Prepare Couscous:** Place couscous in a bowl, cover with 1 cup boiling water, and let sit for 5 minutes. Fluff with a fork.
3. **Combine:** Add roasted pumpkin, chickpeas, remaining olive oil, and lemon juice to couscous. Toss well.
4. **Season and Garnish:** Add salt, pepper, and cumin if using. Garnish with parsley or mint.
5. **Serve:** Enjoy warm or at room temperature. Add crumbled feta or a sprinkle of pine nuts for extra flavor.



Ingredients

- 1 cup quinoa, rinsed
- 1 can (14 oz) chickpeas, drained and rinsed
- 1 cucumber, diced
- 1/4 cup extra virgin olive oil
- Juice of 1 large lemon

Optional: Salt, pepper, 1 tsp dried oregano or thyme, fresh parsley or mint

Nutritional (per serving): Calories: 310 kcal | Protein: 9g | Carbohydrates: 35g | Fat: 15g

Quinoa Chickpea Salad

PREP 10 MIN COOK 15 MIN SERVER 4

Instructions

1. **Cook Quinoa:** Boil 2 cups of water. Add quinoa, simmer on low for 12–15 minutes until water is absorbed. Fluff and cool.
2. **Prep Ingredients:** Dice cucumber; rinse chickpeas.
3. **Make Dressing:** Whisk olive oil and lemon juice. Add oregano, salt, and pepper.
4. **Assemble Salad:** Mix quinoa, chickpeas, and cucumber. Drizzle with dressing and toss.
5. **Serve:** Garnish with parsley or mint and serve chilled.

Customizations

Add tomatoes, bell peppers, or onion for texture, crumble feta or goat cheese for creaminess, or swap parsley for basil, cilantro, or dill.



Ingredients

- 1 cup orzo pasta
- 1/4 cup chopped sun-dried tomatoes
- 1/4 cup sliced Kalamata olives
- 2 tbsp olive oil
- Juice of 1 lemon

Optional: Salt, pepper, 1 tsp oregano or basil, parsley, or feta

Nutritional (per serving): Calories: 280 kcal | Protein: 6g | Carbohydrates: 33g | Fat: 14g

Mediterranean Orzo Salad

PREP 10 MIN COOK 10 MIN SERVER 4

Instructions

1. **Cook Orzo:** Boil orzo for 8–10 mins until al dente. Drain and rinse.
2. **Prep Ingredients:** Chop sun-dried tomatoes and slice olives.
3. **Make Dressing:** Whisk olive oil, lemon juice, and optional seasonings.
4. **Assemble:** Combine orzo, tomatoes, and olives. Drizzle with dressing and toss.
5. **Serve:** Garnish with parsley or feta. Serve immediately or chill.

Serving Suggestions & Customizations

Serve with grilled chicken, fish, or falafel. Pair with hummus, pita, or add cucumber, tomatoes, peppers, feta, and herbs for extra texture and flavor.



Ingredients

- 1 cup pearl barley
- 2 cups sliced mushrooms
- 1 small onion, chopped
- 4 cups warm vegetable broth
- 1/4 cup grated Parmesan

Optional: 2 tbsp olive oil, salt and pepper to taste, 1 tbsp parsley for garnish, and 1/2 cup white wine

Nutritional (per serving): Calories: 320 kcal | Protein: 10g | Carbohydrates: 48g | Fat: 9g

Mushroom Barley Risotto

PREP 10 MIN COOK 40 MIN SERVER 4

Instructions

1. **Sauté onion and mushrooms:** Sauté onion in olive oil for 3–4 minutes until soft. Add mushrooms and cook for 5 minutes until browned. If using, add wine and cook for 2 minutes.
2. **Toast barley:** Stir in barley and toast for 2–3 minutes.
3. **Add broth:** Gradually add warm broth, 1 cup at a time, stirring until absorbed. Repeat for 30–35 minutes until barley is tender.
4. **Finish & serve:** Stir in Parmesan, season with salt and pepper. Serve hot, garnished with parsley if desired.

Serving Suggestions & Customizations

Serve with salad or roasted veggies. Add spinach, zucchini, or peas, and swap Parmesan for feta, if preferred.



Ingredients

- 4 medium zucchinis, halved lengthwise, seeds scooped
- 1 cup cooked quinoa
- 1 cup fresh spinach, chopped
- 1/2 cup grated cheese (mozzarella or Parmesan)
- 2 tbsp extra virgin olive oil

Optional: Salt, pepper, 1/4 tsp dried oregano or thyme for added flavor, grated Parmesan or feta cheese for garnish (optional)

Nutritional (per serving): Calories: 230 kcal | Protein: 10g | Carbohydrates: 14g | Fat: 14g

Quinoa & Spinach Stuffed Zucchini

PREP 10 MIN COOK 25 MIN SERVER 4

Instructions

1. **Preheat Oven:** Preheat to 375°F (190°C). Line baking sheet with parchment.
2. **Prepare Zucchini:** Slice zucchinis lengthwise, scoop out center, and place on sheet. Drizzle with olive oil.
3. **Make Filling:** Mix quinoa, spinach, and a spoon of olive oil. Season with salt and pepper (optional).
4. **Stuff & Bake:** Fill zucchini boats with quinoa-spinach mixture. Top generously with grated cheese.
5. **Bake:** Bake for 20–25 minutes until zucchini is tender and cheese is melted and golden.

Serving Suggestions

Serve warm with a green salad, tomato soup, or grilled chicken. Add a spoon of Greek yogurt or drizzle with olive oil and herbs for extra flavor.



Ingredients

- 1 lb clams, scrubbed
- 1 cup fregola pasta
- 1 cup cherry tomatoes, halved
- 3 tbsp olive oil
- 3 cloves garlic, minced

Optional: Salt and pepper, to taste • 1/4 tsp red pepper flakes • Fresh parsley or basil

Nutritional (per serving): Calories: 400 kcal | Protein: 22g | Carbohydrates: 38g | Fat: 18g

Fregola with Clams & Tomatoes

🕒 PREP 10 MIN ⏳ COOK 25 MIN 👥 SERVER 4

Instructions

1. **Cook Fregola:** Boil fregola in salted water for 10–12 minutes until al dente. Drain and set aside.
2. **Sauté Garlic & Tomatoes:** Heat olive oil in a skillet over medium heat. Sauté garlic for 1–2 minutes. Add tomatoes and cook for 4–5 minutes until softened.
3. **Add Clams:** Add clams, cover, and cook for 5–7 minutes until they open. Discard any unopened clams.
4. **Combine:** Stir in fregola, season with salt, pepper, and red pepper flakes. Toss to combine.
5. **Serve:** Garnish with fresh herbs.

Serving Suggestions & Customizations

Serve with crusty bread and a green salad. For variations, add shrimp, mussels, or zucchini, or substitute fregola with orzo or couscous.



Ingredients

- 4 large bell peppers, tops cut off and seeds removed
- 1 cup uncooked rice (white or brown)
- 1 medium onion, finely chopped
- 2 cups diced tomatoes (fresh or canned)
- 2 tbsp extra virgin olive oil

Optional: Salt, pepper, dried oregano or basil, parsley or mint

Nutritional (per serving): Calories: 280 kcal | Protein: 6g | Carbohydrates: 40g | Fat: 12g

Stuffed Bell Peppers (Gemista)

🕒 PREP 15 MIN ⏳ COOK 45 MIN 👥 SERVER 4

Instructions

1. **Preheat Oven:** 375 °F (190 °C).
2. **Cook Filling:** Sauté onion in 2 tbsp olive oil for 5 mins. Add tomatoes, rice, and herbs. Cook for 5–7 mins. Season to taste.
3. **Stuff Peppers:** Fill peppers with rice mix. Place in a baking dish, drizzle with olive oil.
4. **Bake:** Add 1/2 cup water to dish. Cover with foil and bake for 30–35 mins.
5. **Serve:** Garnish with parsley or mint.

Serving Suggestions & Customizations

Serve with Greek salad, tzatziki, or bread. Use quinoa or bulgur, add extra veggies, or include ground beef or chickpeas for more protein.



Ingredients

- 1 cup Arborio rice
- 1 cup diced pumpkin (small cubes)
- 1/2 cup red lentils, rinsed
- 4 cups vegetable broth (or as needed)
- 2 tbsp extra virgin olive oil

Optional: Salt, pepper, 1/2 tsp dried thyme or rosemary for extra flavor, fresh parsley or basil for garnish

Nutritional (per serving): Calories: 320 kcal | Protein: 8g | Carbohydrates: 56g | Fat: 8g

Creamy Pumpkin & Lentil Risotto

PREP 10 MIN COOK 30 MIN SERVER 4

Instructions

1. **Prep Ingredients:** Dice the pumpkin into small cubes and rinse lentils.
2. **Sauté Pumpkin and Rice:** Heat 1 tbsp olive oil in a large skillet over medium heat. Add pumpkin and cook for 5 minutes until softened. Add rice and stir for 2 minutes to coat in oil.
3. **Cook with Broth:** Add lentils and pour in 1 cup of broth, stirring until absorbed before adding more. Continue until rice and lentils are tender and creamy, about 25–30 minutes.
4. **Finish with Olive Oil:** Stir in remaining olive oil for creaminess, and season with salt, pepper, and optional herbs.
5. **Serve:** Divide into bowls, garnishing with fresh parsley or basil if desired. Sprinkle with a bit of grated Parmesan if preferred.



Ingredients

- 12 oz spaghetti
- 1 can (14 oz) diced tomatoes
- 3 tbsp extra virgin olive oil
- 1/2 cup Kalamata olives, pitted and halved
- 2 tbsp capers, drained

Optional: 2–3 cloves garlic, minced, 1 tsp red pepper flakes, salt, and pepper to taste, fresh parsley or basil for garnish

Spaghetti alla Puttanesca

PREP 10 MIN COOK 20 MIN SERVER 4

Instructions

1. **Cook Spaghetti:** Boil spaghetti in salted water until al dente (8-10 min). Reserve 1/2 cup pasta water and drain.
2. **Make Puttanesca Sauce:** Heat olive oil in a skillet over medium heat. Add garlic (if using) and sauté until fragrant (1-2 min). Add tomatoes, olives, and capers. Simmer for 10 min, stirring occasionally.
3. **Combine:** Toss cooked pasta with sauce, adding pasta water if needed. Season with salt and pepper.
4. **Serve:** Garnish with fresh parsley or basil.

Serving Suggestions & Customizations

Pair with salad or grilled veggies, and serve with bread or focaccia. Add chicken, shrimp, or tuna; include zucchini, spinach, or artichokes.

Quinoa & Spinach Stuffed Portobellos

🕒 PREP 15 MIN ⏳ COOK 20 MIN 👥 SERVER 4

Instructions

- 1. Prepare Mushrooms:** Preheat oven to 375°F (190°C). Brush Portobellos with olive oil, season, and place gill side up on a baking sheet.
- 2. Make Filling:** Sauté spinach in a bit of olive oil until wilted. Mix with quinoa and feta; season with salt and pepper.
- 3. Stuff and Bake:** Fill each mushroom with the quinoa mixture, drizzle with olive oil, and bake for 15–20 minutes until tender.
- 4. Serve:** Garnish with herbs if desired and serve warm.

Serving Suggestions

Serve with mixed greens or a Greek salad for a complete meal, or enjoy as a Mediterranean-themed appetizer.

Nutritional (per serving): Calories: 180 kcal | Protein: 8g | Carbohydrates: 12g | Fat: 10g



Ingredients

- 4 large Portobello mushroom caps, stems removed
- 1 cup cooked quinoa
- 1 cup fresh spinach, chopped
- 1/3 cup crumbled feta cheese
- 1 tablespoon olive oil

Optional: Fresh herbs for garnish, red pepper flakes for spice



Ingredients

- 1 cup red lentils
- 1/2 cup fine bulgur
- 1 onion, finely chopped
- 2 tbsp olive oil
- 2 tsp cumin

Optional: Salt, pepper, parsley or mint for garnish, red pepper flakes for heat

Lentil Bulgur Meatballs (Kibbeh)

🕒 PREP 20 MIN ⏳ COOK 25 MIN 👥 SERVER 4

Instructions

- 1. Cook Lentils:** Boil 1 cup lentils in 2 cups water. Simmer 15–20 minutes until soft. Drain and cool.
- 2. Prepare Bulgur:** Soak bulgur in 1 cup hot water for 20 minutes until tender. Drain excess water.
- 3. Sauté Onion:** Cook onion in olive oil for 5–7 minutes until golden. Add cumin, cook 1 more minute.
- 4. Combine:** Mix lentils, bulgur, and onion. Season with salt, pepper, and red pepper flakes if desired. Form into small meatballs.
- 5. Cook:** Bake at 375°F (190°C) for 20–25 minutes, or pan-fry until golden.

Serving Suggestions

Serve with tahini, yogurt dip, or hummus; pair with salad, grilled veggies, or stuff in pita.

Nutritional (per serving): Calories: 300 kcal | Protein: 10g | Carbohydrates: 45g | Fat: 9g



Ingredients

- 8 oz (225g) pasta (penne or ziti)
- 1 lb (450g) ground beef or turkey
- 1 cup (240ml) crushed tomatoes
- 1/2 cup (120ml) Greek yogurt
- 1/2 cup grated Parmesan

Optional: Salt, black pepper, 1 tsp dried oregano or cinnamon, fresh parsley or basil for garnish

Nutritional (per serving): Calories: 380 kcal | Protein: 27g | Carbohydrates: 34g | Fat: 14g

Greek Baked Pasta (Pastitsio)

PREP 15 MIN COOK 35 MIN SERVER 4

Instructions

1. **Cook Pasta:** Prepare pasta according to package instructions. Drain and set aside.
2. **Make Turkey Sauce:** In a skillet, brown ground beef (or turkey) over medium heat for about 5–7 minutes, breaking it apart as it cooks. Drain fat, add crushed tomatoes, salt, pepper, and optional cinnamon. Simmer for 10 minutes.
3. **Assemble:** Preheat oven to 350°F (175°C). In a baking dish, layer half the pasta, then the beef (or turkey) sauce, and the remaining pasta. Top with Greek yogurt and sprinkle Parmesan.
4. **Bake:** Bake for 25–30 minutes until golden and bubbly.
5. **Serve:** Let cool for 5 minutes, garnish with parsley or basil if desired. Pair with a Greek salad or roasted vegetables.



Ingredients

- 1 cup quinoa, rinsed
- 1/4 cup almonds, sliced or slivered
- 1/4 cup dried apricots, chopped
- 2 tbsp extra virgin olive oil
- 1 3/4 cups vegetable broth or water

Optional: Salt and pepper, 1 tsp cinnamon or cumin, fresh parsley for garnish

Quinoa Pilaf with Almonds & Apricots

PREP 10 MIN COOK 20 MIN SERVER 4

Instructions

1. **Toast Quinoa:** Heat 1 tbsp olive oil in a saucepan. Add quinoa and toast for 2–3 minutes until golden.
2. **Cook Quinoa:** Add broth or water, bring to a boil, reduce heat, cover, and simmer for 15 minutes. Let sit for 5 minutes, then fluff.
3. **Toast Almonds:** In a small skillet, heat remaining oil and toast almonds for 2–3 minutes.
4. **Add Apricots:** Stir apricots into the quinoa.
5. **Combine and Serve:** Add almonds, season with salt, pepper, and optional spices. Garnish with parsley.

Serving Suggestions & Customizations

Pair with chicken, fish, or tofu, and serve with salad or roasted veggies. Swap almonds for pistachios or pine nuts, and dried apricots for raisins, cranberries, or dates for added variety and texture.

CHAPTER 5

Fish & Seafood



Ingredients

- 1 cup Arborio rice
- 1/2 lb shrimp, peeled and deveined
- 1/2 lb mussels or clams, cleaned
- 1 cup diced tomatoes
- 2 tbsp olive oil

Optional: Salt, pepper, 1/2 tsp smoked paprika or saffron, 1/4 cup chopped parsley, lemon wedges for serving

Seafood Paella

🕒 PREP 15 MIN ⌚ COOK 30 MIN 👥 SERVER 4

Instructions

1. **Sauté Rice:** Heat olive oil in a skillet over medium heat. Add rice and sauté for 2–3 minutes.
2. **Add Tomatoes & Broth:** Stir in diced tomatoes and 2 cups broth. Add salt, pepper, and optional spices. Simmer for 15–20 minutes until rice is almost tender.
3. **Add Seafood:** Add shrimp and mussels. Cover and cook for 8–10 minutes until shrimp is opaque and mussels open.
4. **Serve:** Let rest for 5 minutes. Garnish with parsley and serve with lemon wedges.

Serving Suggestions & Customizations

Pair with salad, grilled veggies, or crusty bread. Use calamari, scallops, or fish; add peas or bell peppers; swap herbs like thyme or cilantro.



Ingredients

- 1 lb baby octopus, cleaned
- 1 cup diced mango
- 1/2 cup diced red bell pepper
- 2 tbsp extra virgin olive oil
- 1 lime, juiced and zested

Optional: Salt and pepper, 1/4 tsp chili flakes or 1 small red chili, finely chopped for extra heat, fresh cilantro for garnish

Nutritional (per serving): Calories: 190 kcal | Protein: 16g | Carbohydrates: 12g | Fat: 8g



Ingredients

- 1 lb large sea scallops, patted dry
- 2 tbsp unsalted butter (or olive oil)
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 1 lemon, juice and zest

Optional: Salt and black pepper, 1/4 cup white wine (optional), 1 tbsp fresh parsley or chives, chopped

Nutritional (per serving): Calories: 270 kcal | Protein: 23g | Carbohydrates: 3g | Fat: 18g

Grilled Octopus & Mango Chili-Lime

PREP 15 MIN COOK 10 MIN SERVER 4

Instructions

1. **Prepare the Octopus:** In a pot of salted water, blanch baby octopus for 2–3 minutes until tender. Drain and pat dry.
2. **Make the Dressing:** In a small bowl, whisk together olive oil, lime juice, lime zest, salt, pepper, and optional chili flakes.
3. **Grill the Octopus:** Preheat grill to medium-high. Toss the octopus with half the dressing, then grill for 2–3 minutes per side until lightly charred.
4. **Prepare the Mango Salsa:** In a bowl, combine diced mango, red bell pepper, and fresh cilantro. Drizzle with a bit of the dressing for added flavor.
5. **Serve:** Place grilled octopus on a serving plate, spoon mango salsa on the side, and drizzle with remaining dressing. Garnish with fresh cilantro.

Garlic Butter Scallops

PREP 5 MIN COOK 10 MIN SERVER 4

Instructions

1. **Prepare Scallops:** Rinse scallops and pat dry. Season with salt and pepper.
2. **Heat Skillet:** Heat 2 tbsp olive oil over medium-high heat until hot.
3. **Sear Scallops:** Sear scallops for 2–3 minutes on each side until golden and opaque. Remove from skillet.
4. **Make Sauce:** Reduce heat, add butter and garlic, and sauté for 1–2 minutes. Add lemon juice, zest, and optional wine. Simmer for 1–2 minutes.
5. **Serve:** Return scallops to skillet and coat with sauce.

Serving Suggestions

Serve over pasta, quinoa, or risotto with steamed veggies like asparagus or spinach.



Ingredients

- 4 salmon fillets (6 oz each)
- 3 tbsp olive oil
- 3 cloves garlic, minced
- 2 tbsp fresh dill (or 1 tbsp dried)
- 1 lemon, sliced

Optional: Salt and pepper to taste, 1/2 tsp paprika or red pepper flakes, 1 tbsp fresh parsley for garnish

Nutritional (per serving): Calories: 380 kcal | Protein: 34g | Carbohydrates: 2g | Fat: 26g

Garlic Dill Baked Salmon

 PREP 10 MIN  COOK 20 MIN  SERVER 4

Instructions

1. **Preheat Oven:** Heat to 375°F (190°C) and line a baking sheet with parchment or grease lightly.
2. **Season Salmon:** Place fillets skin-side down on the sheet, season with salt and pepper.
3. **Add Topping:** Mix olive oil, garlic, and dill. Spread over fillets, then top with lemon slices.
4. **Bake:** Cook for 15–20 minutes, until salmon flakes easily. Optional: broil 1–2 minutes for a crisp top.
5. **Serve:** Transfer to a platter, garnish with parsley, and serve with extra lemon wedges.

Serving Suggestions & Customizations

Serve with steamed veggies, Greek salad, quinoa, or brown rice. Swap dill for thyme, add sliced veggies.



Ingredients

- 200g shrimp (peeled and deveined)
- 4 cups fresh spinach (washed and dried)
- 10-12 black olives (pitted, halved)
- 1 tbsp extra virgin olive oil (for cooking shrimp)
- 1 medium lemon (for juice and zest)

Optional: Salt, parsley or basil for garnish, black pepper or red pepper flakes, cherry tomatoes

Nutritional (per serving): Calories: 280 kcal | Protein: 27g | Carbohydrates: 8g | Fat: 16g

Shrimp & Spinach Salad

 PREP 10 MIN  COOK 5 MIN  SERVER 2

Instructions

1. **Cook the shrimp:** Heat 1 tbsp olive oil in a skillet over medium heat. Sauté shrimp for 2–3 minutes on each side until pink and cooked through. Set aside to cool slightly.
2. **Make the dressing:** In a small bowl, mix juice and zest of the lemon with 1 tbsp olive oil. Season with salt and pepper (add optional red pepper flakes if desired).
3. **Assemble the salad:** Arrange spinach on a plate, top with cooked shrimp and olives. Drizzle with lemon dressing and toss gently.
4. **Garnish (optional):** Add fresh parsley or basil for extra flavor, and sprinkle with black pepper or red pepper flakes. For added protein or healthy fats, consider topping with crumbled feta cheese or a few slices of avocado.



Ingredients

- 1 lb fresh sardines, cleaned and gutted
- 1/2 cup white wine vinegar
- 1/4 cup extra virgin olive oil
- 3 cloves garlic, thinly sliced
- 1 bay leaf

Optional: Salt and pepper, 1 tsp smoked paprika or red pepper flakes, 1 tbsp fresh parsley or thyme for garnish

Nutritional (per serving): Calories: 280 kcal | Protein: 24g | Carbohydrates: 1g | Fat: 19g

Vinegar Sardines (Escabeche)

PREP 10 MIN COOK 15 MIN SERVER 4

Instructions

1. **Prepare Sardines:** Rinse and pat dry. Season with salt and pepper.
2. **Sear:** Heat 2 tbsp olive oil in a skillet. Sear sardines for 2–3 minutes per side. Transfer to a dish.
3. **Marinade:** In the same skillet, sauté garlic in remaining oil. Add vinegar and bay leaf. Simmer 3–4 minutes.
4. **Marinate:** Pour hot marinade over sardines. Cool, then refrigerate for 2 hours or overnight.
5. **Serve:** Let sardines come to room temperature before serving. Garnish with fresh herbs if desired.

Customizations

Use oregano, basil, or cilantro, add onions or peppers, or swap white wine vinegar for apple cider vinegar.



Ingredients

- 1 lb white fish fillets (e.g., cod, halibut), cut into chunks
- 1 cup diced tomatoes
- 4 cups vegetable or fish broth
- 3 cloves garlic, minced
- 3 tbsp extra virgin olive oil

Optional: Salt, pepper, 1/4 cup white wine, 1 tsp dried thyme or basil, fresh parsley or chives

Nutritional (per serving): Calories: 280 kcal | Protein: 28g | Carbohydrates: 6g | Fat: 15g

Fish Stew (Bourride)

PREP 15 MIN COOK 25 MIN SERVER 4

Instructions

1. **Sauté Garlic:** Heat olive oil in a large pot over medium heat. Add minced garlic and sauté for 1–2 minutes until fragrant.
2. **Add Tomatoes and Broth:** Stir in diced tomatoes and broth. Bring to a boil, then simmer for 10 minutes. Season with salt and pepper.
3. **Add Fish:** Add fish chunks, cover, and simmer for 8–10 minutes until fish is opaque and flakes easily. Stir in white wine and dried thyme if using.
4. **Serve:** Ladle into bowls and garnish with fresh herbs.

Serving Suggestions

Serve with crusty bread or pita, salad, or roasted veggies. Add lemon juice for freshness.



Ingredients

- 4 swordfish steaks (6 oz each, 1-inch thick)
- 3 tbsp extra virgin olive oil
- 2 tbsp capers, drained and rinsed
- 1 lemon, juice and zest
- 2 cloves garlic, minced

Optional: Salt and black pepper, to taste, 1/4 tsp red pepper flakes (for heat), 1 tbsp chopped parsley or basil

Nutritional (per serving): Calories: 380 kcal | Protein: 33g | Carbohydrates: 2g | Fat: 26g



Ingredients

- 2 cans (5 oz each) tuna, drained
- 1 can (15 oz) white beans, drained and rinsed
- 1/4 cup red onion, thinly sliced
- 3 tbsp olive oil
- Juice and zest of 1 lemon

Optional: Salt and pepper, to taste, 1/4 cup chopped parsley or basil, 1/4 tsp red pepper flakes

Nutritional (per serving): Calories: 250 kcal | Protein: 20g | Carbohydrates: 20g | Fat: 10g

Grilled Swordfish with Lemon Capers

PREP 10 MIN COOK 15 MIN SERVER 4

Instructions

1. **Prepare Marinade:** Whisk 2 tbsp olive oil, lemon juice, zest, and minced garlic with salt and pepper.
2. **Marinate Swordfish:** Coat steaks with marinade in a dish or bag. Let sit for 10 minutes at room temperature.
3. **Preheat Grill:** Preheat grill or pan to medium-high. Lightly oil grates.
4. **Grill Swordfish:** Pat fish dry, brush with remaining olive oil. Grill 4–5 mins per side, until opaque and flaky.
5. **Finish & Serve:** Top with capers, lemon slices, and parsley.

Serving Suggestions

Serve with roasted potatoes, quinoa, or couscous; pair with steamed asparagus or a green salad.

Tuna Bean Salad

PREP 10 MIN COOK NONE SERVER 4

Instructions

1. **Prepare Ingredients:** Combine drained tuna, beans, and red onion in a large bowl.
2. **Make Dressing:** Whisk olive oil, lemon juice, zest, salt, pepper, and optional red pepper flakes.
3. **Combine Salad:** Pour dressing over tuna mixture and toss gently. Adjust seasoning as needed.
4. **Serve:** Serve the salad immediately, garnished with fresh parsley or basil if desired.

Serving Suggestions & Customizations

Pair with whole-grain bread or pita, and add avocado or cherry tomatoes for extra color and nutrients. Add cucumber, bell peppers, or celery for crunch, dill, mint, or cilantro for freshness, or swap lemon juice for red wine or balsamic vinegar for a tangy twist.



Ingredients

- 8 medium squid tubes, cleaned
- 1/2 cup cooked rice or quinoa
- 1/4 cup chopped tomatoes
- 2 tbsp chopped fresh parsley
- 2 tbsp extra virgin olive oil

Optional: Salt and pepper to taste, 1/4 cup finely diced onions for added flavor, 1/4 tsp chili flakes for heat

Nutritional (per serving): Calories: 190 kcal | Protein: 15g | Carbohydrates: 12g | Fat: 10g

Stuffed Calamari

PREP 15 MIN COOK 25 MIN SERVER 4

Instructions

1. **Prepare the Filling:** In a bowl, mix the rice (or quinoa), tomatoes, parsley, salt, pepper, and optional onions and chili flakes.
2. **Stuff the Calamari:** Fill each squid tube with the rice mixture, leaving a little space at the top. Secure with toothpicks.
3. **Sear and Cook:** In a skillet, heat olive oil over medium heat. Add stuffed calamari and sear until lightly browned on all sides. Lower the heat, cover, and cook for 15–20 minutes, or until tender.
4. **Serve:** Garnish with extra parsley and a drizzle of olive oil, if desired.

Serving Suggestions

Serve with a side of roasted vegetables or a Greek salad. Pair with a light tomato sauce for added flavor.



Ingredients

- 1 lb white fish fillets (tilapia, cod, or halibut), cut into strips
- 2 tbsp olive oil
- 1/2 tsp ground cumin
- 1/4 cup Greek yogurt
- 1/4 cup chopped fresh cilantro
- 8 small corn tortillas

Optional: Salt and pepper, juice and zest of 1 lime, 1/2 cup shredded cabbage or lettuce, 1/4 tsp smoked paprika or red pepper flakes

Nutritional (per serving): Calories: 280 kcal | Protein: 25g | Carbohydrates: 18g | Fat: 12g

Fish Tacos with Lime Crema

PREP 15 MIN COOK 15 MIN SERVER 4

Instructions

1. **Prepare Fish:** Toss fish strips with 1 tbsp olive oil, cumin, salt, and pepper. Marinate for 5–10 minutes.
2. **Make Cream:** Mix Greek yogurt, chopped cilantro, and lime juice/zest. Season with salt and pepper.
3. **Cook Fish:** Heat 1 tbsp olive oil in a skillet over medium heat. Cook fish 2–3 minutes per side until golden.
4. **Warm Tortillas:** Heat tortillas in a dry skillet for 20–30 seconds on each side, or wrap in foil and warm in oven.
5. **Assemble Tacos:** Place cooked fish in tortillas. Top with cream and optional cabbage or lettuce for crunch.

Serving Suggestions

Garnish with cilantro, avocado, or diced tomatoes.



Ingredients

- 1 lb large shrimp, peeled and deveined
- 4 tbsp olive oil
- 6 cloves garlic, thinly sliced
- 1/4 tsp red pepper flakes (optional)
- 1 tbsp chopped parsley

Optional: Salt and pepper, juice of 1 lemon, 1/4 cup white wine

Nutritional (per serving): Calories: 220 kcal | Protein: 25g | Carbohydrates: 3g | Fat: 14g

Garlic Shrimp (Gambas al Ajillo)

 PREP 5 MIN  COOK 10 MIN  SERVER 4

Instructions

1. **Prepare Shrimp:** Rinse and pat dry shrimp. Season with salt and pepper.
2. **Heat Oil:** Heat olive oil over medium heat. Sauté garlic and red pepper flakes for 1–2 minutes until fragrant.
3. **Cook Shrimp:** Add shrimp in a single layer. Cook for 1–2 minutes per side until pink. Add white wine (if using) and simmer 1–2 minutes.
4. **Serve:** Remove from heat. Sprinkle with parsley and optional lemon juice. Serve immediately.

Serving Suggestions & Customizations

Serve with crusty bread, salad, or roasted veggies. Add thyme, basil, bell peppers, or paprika for extra flavor.



Ingredients

- 4 whole mackerel, cleaned and gutted (8 oz each)
- 3 tbsp extra virgin olive oil
- 4 cloves garlic, minced
- 1 lemon, sliced into rounds (plus extra wedges)
- 1 tbsp chopped fresh parsley (optional)

Optional: Salt and pepper, 1/2 tsp oregano or thyme, 1/4 tsp red pepper flakes

Nutritional (per serving): Calories: 320 kcal | Protein: 28g | Carbohydrates: 2g | Fat: 22g

Grilled Lemon Garlic Mackerel

 PREP 10 MIN  COOK 15 MIN  SERVER 4

Instructions

1. **Prepare Fish:** Rinse and pat dry mackerel. Make diagonal cuts on each side.
2. **Marinate:** Mix olive oil, garlic, salt, pepper, and optional herbs. Brush onto fish and into cuts.
3. **Preheat Grill:** Heat grill or oven (400°F/200°C), and oil grates or line baking sheet.
4. **Grill Fish:** Place lemon slices inside fish. Grill 4–5 mins per side, or bake 15–20 mins until cooked through.
5. **Serve:** Garnish with parsley and lemon wedges.

Serving Suggestions

Serve with roasted veggies, asparagus, or quinoa salad. Pair with pita or crusty bread. Enjoy with hummus, olives, or Greek salad.



Ingredients

- 4 whole sea bream (8-10 oz each)
- 2 cups halved cherry tomatoes
- 1/2 cup halved Kalamata olives
- 3 tbsp olive oil
- 1 lemon, sliced

Optional: Salt and pepper, 1 tbsp chopped parsley or basil, 1/2 tsp dried oregano

Nutritional (per serving): Calories: 310 kcal | Protein: 32g | Carbohydrates: 6g | Fat: 18g

Baked Sea Bream with Tomatoes

PREP 15 MIN COOK 30 MIN SERVER 4

Instructions

1. **Preheat Oven:** Preheat to 375°F (190°C).
2. **Season Fish:** Rinse, pat dry, and make diagonal cuts on each side of the fish. Season with salt and pepper.
3. **Arrange and Bake:** Place fish, tomatoes, and olives on a baking sheet. Drizzle with olive oil. Add lemon slices to the fish cavity and around it. Bake for 25–30 minutes, or until fish is opaque and flakes easily.
4. **Serve:** Garnish with parsley or basil, if desired.

Serving Suggestions & Customizations

Serve with potatoes, quinoa, or salad. Use thyme, rosemary, or oregano, add zucchini or peppers, or splash with wine for extra flavor.

Tuna Steak with Olive Tapenade

PREP 10 MIN COOK 10 MIN SERVER 4

Instructions

1. **Make Olive Mixture:** Combine olives, capers, 2 tbsp olive oil, lemon zest, and juice in a food processor. Pulse until finely chopped but still a bit chunky. Add garlic if desired.
2. **Prepare Tuna:** Pat tuna dry, then season with salt and pepper.
3. **Sear Tuna:** Heat 1 tbsp oil in a skillet over medium-high heat. Sear tuna for 2–3 mins per side, keeping the inside slightly pink. Let rest for a few minutes.
4. **Serve:** Plate tuna and spoon the olive mixture over the steaks. Garnish with parsley or basil, if desired.

Serving Suggestions

Serve with green beans, asparagus, or roasted veggies. Pair with quinoa, couscous, or potatoes.



Ingredients

- 4 tuna steaks (6 oz each, 1-inch thick)
- 1 cup pitted Kalamata olives
- 2 tbsp drained capers
- 3 tbsp olive oil
- 1 lemon, juice and zest

Optional: Salt and pepper, 1 minced garlic clove, 1 tbsp chopped parsley or basil

Nutritional (per serving): Calories: 320 kcal | Protein: 32g | Carbohydrates: 3g | Fat: 20g

CHAPTER 6

Poultry & Meat



Ingredients

- 1 lb ground lean beef or lamb
- 1/4 cup crumbled feta cheese
- 1/4 cup finely chopped red onion
- 4 whole-wheat burger buns
- 4 lettuce leaves

Optional: Cucumber or tomato slices, parsley, tzatziki or hummus, olive oil, salt and pepper

Mediterranean Hamburgers

🕒 PREP 10 MIN ⏱️ COOK 15 MIN 👥 SERVER 4

Instructions

1. **Mix the Patty Ingredients:** In a bowl, combine ground meat, feta, and onion. Season with salt and pepper if desired.
2. **Form the Patties:** Shape the mixture into 4 burger patties.
3. **Cook the Patties:** Grill or pan-fry the patties over medium heat for about 4–5 minutes per side, until fully cooked.
4. **Toast the Buns:** Lightly toast the buns in a skillet or on the grill.
5. **Assemble the Burgers:** Layer each bun with a lettuce leaf and a patty. Add cucumber, tomato, or a spoonful of tzatziki if desired. For a lighter version, skip the bun and use lettuce wraps instead.

Moroccan Apricot Chicken Tagine

🕒 PREP 15 MIN ⏳ COOK 40 MIN 👥 SERVER 4

Instructions

- 1. Season Chicken:** Sprinkle chicken thighs with salt, pepper, and cumin.
- 2. Brown Chicken:** Heat 2 tbsp olive oil in a skillet over medium-high heat. Brown chicken 3–4 mins per side. Remove the chicken from the skillet and set aside.
- 3. Cook Onions & Apricots:** In the same skillet, add 1 tbsp oil. Sauté onions 5–7 mins. Add apricots and cook 2 mins.
- 4. Simmer:** Return chicken to skillet, add broth (if using), and simmer covered on low heat for 25–30 mins.
- 5. Serve:** Garnish with chopped cilantro or parsley.

Serving Suggestions

Serve with couscous, quinoa, or basmati rice. Pair with roasted vegetables or a green salad.

Nutritional (per serving): Calories: 390 kcal | Protein: 25g | Carbohydrates: 35g | Fat: 16g



Ingredients

- 1 ½ lbs boneless, skinless chicken thighs
- 1 cup dried apricots, halved
- 1 large onion, thinly sliced
- 3 tbsp olive oil
- 1 tbsp ground cumin

Optional: Salt and pepper, 1/2 cup chicken broth, 1 tsp ground cinnamon or coriander, 1 tbsp chopped cilantro or parsley



Ingredients

- 1 lb ground beef or lamb
- 1 small onion, finely grated
- 3 tbsp fresh parsley, finely chopped
- 2 cloves garlic, minced
- 1 tbsp ground cumin

Optional: Salt and black pepper, 1 tsp ground coriander or allspice, 1/4 tsp cayenne pepper, 1 tbsp fresh mint

Lebanese Kofta Skewers

🕒 PREP 15 MIN ⏳ COOK 15 MIN 👥 SERVER 4

Instructions

- 1. Mix Ingredients:** Combine ground meat, onion, parsley, garlic, and cumin in a bowl. Season with salt, pepper, and optional spices.
- 2. Shape Kofta:** Divide into 8 portions and shape around skewers or into patties.
- 3. Cook:** Grill, bake (400°F/200°C for 15–20 mins), or pan-fry for 4–5 mins per side until browned and cooked through.
- 4. Serve:** Let rest and serve with desired sides.

Serving Suggestions & Customizations

Pair with hummus, tzatziki, or a cucumber-tomato salad. Use mint, cilantro, or oregano for herbal variety, add paprika for spice, and mix in grated zucchini or carrot for moisture and nutrients.



Ingredients

- 1½ lbs bone-in, skinless chicken thighs or drumsticks (6-8 pieces)
 - 1 large red bell pepper, sliced
 - 1 medium onion, sliced
 - 1 can (14.5 oz) crushed tomatoes
 - 3 tbsp olive oil
- Optional:** Salt, pepper, 1 tsp oregano or thyme, 1/2 cup white wine or chicken broth, 2 minced garlic cloves

Nutritional (per serving): Calories: 320 kcal | Protein: 28g | Carbohydrates: 14g | Fat: 18g

Italian Chicken Cacciatore

🕒 PREP 10 MIN ⏳ COOK 40 MIN 👥 SERVER 4

Instructions

1. **Prepare Chicken:** Season chicken with salt and pepper.
2. **Sear:** Heat 2 tbsp oil in a skillet over medium-high heat. Sear chicken for 4-5 mins per side until golden. Set aside.
3. **Sauté Vegetables:** Add 1 tbsp oil to the same skillet. Sauté onion and bell pepper for 5-7 mins until soft. Add garlic, if using, and cook 1-2 mins.
4. **Make Sauce:** Add crushed tomatoes, salt, pepper, and oregano. Stir. Return chicken to skillet.
5. **Simmer:** Cover and simmer on low for 25-30 mins until chicken is cooked through. If using white wine or chicken broth, add it along with the tomatoes to create a richer sauce.
6. **Serve:** Place chicken on a plate, spoon sauce and vegetables over top. Garnish with herbs if desired.



Ingredients

For the Lamb Kebabs:

- 1 lb ground lamb (or lamb and beef mix)
- 1 small onion, grated
- 2 tbsp chopped parsley
- 1 tbsp ground cumin
- 1 tbsp olive oil

For the Yogurt Sauce:

- 1 cup Greek yogurt, 1 tbsp lemon juice
- 1 garlic clove, minced, salt and pepper

Lamb Kebabs with Yogurt

🕒 PREP 15 MIN ⏳ COOK 15 MIN 👥 SERVER 4

Instructions

1. **Prepare Kebab Mixture:** Combine ground lamb, onion, parsley, cumin, olive oil, salt, and pepper. Mix until incorporated.
2. **Shape Kebabs:** Divide into 8 portions. Shape around skewers or form into small patties.
3. **Make Yogurt Sauce:** Mix yogurt, lemon juice, garlic, salt, and pepper. Add mint if desired.
4. **Cook Kebabs:**
 - **Grill:** Preheat to medium-high, oil grates, and grill 4-5 mins per side.
 - **Oven:** Preheat to 400 °F (200 °C) and bake for 15-20 minutes, turning halfway through.
 - **Skillet:** Heat olive oil over medium-high and cook 4-5 mins per side.
5. **Serve:** Serve with yogurt sauce. Pair with Mediterranean salad or roasted vegetables for a complete meal.

Nutritional (per serving): Calories: 320 kcal | Protein: 25g | Carbohydrates: 6g | Fat: 22g



Ingredients

- 8 oz sliced Spanish chorizo
- 1 lb potatoes, cubed
- 1 diced onion
- 1 can diced tomatoes (14.5 oz)
- 3 tbsp olive oil

Optional: Salt and pepper, 1 cup chicken broth, 1 tsp smoked paprika or cumin, 1 tbsp chopped parsley or cilantro

Nutritional (per serving): Calories: 350 kcal | Protein: 14g | Carbohydrates: 35g | Fat: 18g

Chorizo Potato Stew

PREP 10 MIN COOK 30 MIN SERVER 4

Instructions

1. **Sauté Chorizo:** Heat 1 tbsp olive oil in a skillet over medium heat. Cook chorizo 3–4 mins until browned. Remove and set aside.
2. **Sauté Onion:** In the same skillet, add 2 tbsp olive oil and diced onion. Cook 5–7 mins until soft.
3. **Add Potatoes and Tomatoes:** Add potatoes, tomatoes, and chicken broth (if using). Season with salt, pepper, and optional spices.
4. **Simmer:** Return chorizo to skillet. Cover and simmer for 20–25 mins until potatoes are tender.
5. **Serve:** Let stew rest for a few mins. Serve with chopped parsley or cilantro.

Serving Suggestions

Serve with whole-grain bread, salad, or red wine.



Ingredients

- 1½ lbs bone-in, skin-on chicken thighs or drumsticks
- 1 lb potatoes, peeled and cut into wedges
- 1 large lemon, juiced and zested
- 4 tbsp olive oil
- 4 minced garlic cloves

Optional: Salt, pepper, 1 tsp dried oregano, 1 tbsp chopped parsley

Nutritional (per serving): Calories: 380 kcal | Protein: 27g | Carbohydrates: 24g | Fat: 21g

Lemon Chicken with Potatoes

PREP 10 MIN COOK 50 MIN SERVER 4

Instructions

1. **Preheat Oven:** Preheat to 400°F (200°C). Grease a baking dish or line with parchment.
2. **Marinate Chicken:** Mix lemon juice, zest, garlic, 2 tbsp olive oil, salt, and pepper. Marinate chicken with half the mixture for 15 minutes.
3. **Prepare Potatoes:** Toss potato wedges with 2 tbsp olive oil, salt, and pepper.
4. **Arrange:** Place chicken in the baking dish. Surround with potatoes. Drizzle remaining lemon-garlic mixture.
5. **Bake:** Roast 50–60 mins until chicken reaches 165°F (74°C) and potatoes are tender. Baste halfway through.
6. **Serve:** Rest for a few minutes, then garnish with parsley, if desired.



Ingredients

- 2 ½ lbs boneless pork loin, trimmed
- 4 minced garlic cloves
- 2 tbsp chopped rosemary
- 3 tbsp olive oil
- Zest of 1 lemon

Optional: Salt and pepper, 1 tbsp fennel seeds, 1 tsp dried thyme or sage

Nutritional (per serving): Calories: 320 kcal | Protein: 30g | Carbohydrates: 2g | Fat: 22g

Italian Porchetta (Roast Pork)

PREP 15 MIN COOK 1 HOUR 30 MIN SERVER 6

Instructions

1. **Preheat Oven:** Preheat oven to 375°F (190°C).
2. **Season Pork:** Score the fat in a crisscross pattern and rub the pork with a mixture of garlic, rosemary, lemon zest, and olive oil. Let sit 15–20 min.
3. **Sear:** In a hot skillet, sear pork on all sides for 2–3 min per side until golden.
4. **Wrap & Roast:** Transfer to foil-lined baking dish. Wrap pork tightly in foil and bake for 1 hr. Open foil and roast uncovered for 15–30 min until crust is crisp and internal temp reaches 145°F (63°C).
5. **Rest & Slice:** Let rest 10 min. Slice and serve.

Serving Suggestions

Serve with greens, roasted vegetables, or light salad with lemon dressing.



Ingredients

For the Lamb Meatballs:

- 1 lb ground lamb
- 1 small onion, finely grated
- 2 cloves garlic, minced
- 1 tbsp ground cumin
- 1 tbsp olive oil

For the Couscous: 1 cup whole-wheat couscous, 1 ½ cups chicken broth or water, 1 tbsp olive oil

Moroccan Lamb Meatballs

PREP 15 MIN COOK 20 MIN SERVER 4

Instructions

1. **Mix Meatballs:** Combine lamb, onion, garlic, cumin, salt, and pepper. Form into 16–18 meatballs.
2. **Cook Meatballs:** Heat 1 tbsp olive oil in skillet. Cook meatballs 8–10 mins, turning occasionally.
3. **Prepare Couscous:** Boil broth with 1 tbsp olive oil and salt. Stir in couscous, cover, and let sit 5 mins. Fluff with a fork.
4. **Serve:** Place couscous on plates, top with meatballs. Garnish with parsley or cilantro.

Customizations

Add cinnamon, paprika, or cayenne for spice, chopped bell peppers or zucchini for texture, or chickpeas or white beans to couscous for heartiness.

Nutritional (per serving): Calories: 380 kcal | Protein: 22g | Carbohydrates: 35g | Fat: 18g



Ingredients

- 1½ lbs boneless, skinless chicken thighs or breasts, cut into strips
 - 2 tbsp olive oil
 - 2 tbsp lemon juice
 - 1 tbsp ground cumin
 - 4 whole-wheat pita breads or flatbreads
- Optional Add-Ons:** Plain Greek yogurt (for sauce) fresh vegetables (e.g., cucumber, tomato, red onion), salt, pepper, chopped parsley or cilantro

Nutritional (per serving): Calories: 410 kcal | Protein: 32g | Carbohydrates: 30g | Fat: 17g

Chicken Shawarma Wraps

🕒 PREP 15 MIN ⏳ COOK 20 MIN 👥 SERVER 4

Instructions

1. **Marinate Chicken:** Mix olive oil, lemon juice, cumin, and salt (if using). Add chicken, toss to coat, and marinate for 30 minutes to 2 hours.
2. **Cook Chicken:** Heat a skillet over medium-high heat. Cook chicken for 5–7 minutes per side until golden and cooked through.
3. **Prepare Sauce (Optional):** Mix Greek yogurt with a pinch of salt, lemon juice, and spices to taste.
4. **Assemble Wraps:** Place chicken in pita breads. Add fresh chopped vegetables and a spoonful of yogurt sauce, if desired.
5. **Serve:** Wrap tightly. Serve immediately with extra sauce or veggies on the side.



Ingredients

- 1½ lbs bone-in, skinless chicken thighs or drumsticks (4-6 pieces)
 - 1 cup cherry or grape tomatoes, halved
 - ½ cup Kalamata olives, halved
 - 3 tbsp olive oil
 - 1 tbsp dried Herbes de Provence (or a mix of thyme, rosemary, and oregano)
- Optional:** Salt, pepper, 2 minced garlic cloves, 1 lemon (sliced), ½ cup white wine or chicken broth

Nutritional (per serving): Calories: 340 kcal | Protein: 25g | Carbohydrates: 8g | Fat: 24g

French Chicken Provençal

🕒 PREP 10 MIN ⏳ COOK 40 MIN 👥 SERVER 4

Instructions

1. **Prepare Chicken:** Preheat oven to 375°F (190°C). Pat chicken dry and season with salt and pepper.
2. **Sear Chicken:** Heat 2 tbsp oil in oven-safe skillet. Sear chicken 4–5 mins per side. Remove and set aside.
3. **Sauté Tomatoes and Olives:** Add 1 tbsp oil, tomatoes, and Herbes de Provence to skillet. Sauté 2–3 mins. Stir in olives and garlic (if using) for 1–2 mins.
4. **Combine and Roast:** Return chicken to skillet. Add wine or broth (if using). Roast in oven for 20–25 mins until chicken reaches 165°F (74°C).
5. **Serve:** Spoon tomato-olive mixture over chicken.

Serving Suggestions

Serve over couscous, quinoa, or rice. Pair with roasted veggies or a green salad. Garnish with basil, parsley.



Ingredients

- 1 lb ground turkey or lean ground beef
- 1/2 cup whole-wheat breadcrumbs
- 1 large egg, lightly beaten
- 1 can (14.5 oz) crushed tomatoes
- 2 tbsp extra virgin olive oil

Optional: Parmesan cheese, parsley (fresh or dried), salt, pepper, garlic, oregano, and red pepper flakes

Nutritional (per serving): Calories: 320 kcal | Protein: 27g | Carbohydrates: 20g | Fat: 15g

Baked Italian Meatballs

PREP 15 MIN COOK 40 MIN SERVER 4

Instructions

1. **Preheat Oven:** Preheat oven to 400°F (200°C). Grease or line a baking sheet.
2. **Make Meatball Mixture:** Combine ground meat, breadcrumbs, and egg. Add parsley and Parmesan (if using), and season with salt and pepper.
3. **Shape Meatballs:** Form into 1-inch meatballs and place on the baking sheet.
4. **Bake Meatballs:** Bake for 15–20 mins until firm and browned.
5. **Prepare Sauce:** In a skillet, heat olive oil. Add garlic and sauté for 1–2 minutes. Stir in crushed tomatoes and simmer for 10 minutes, seasoning with oregano and red pepper flakes, if preferred.
6. **Combine and Simmer:** Add baked meatballs to the sauce. Simmer 10–15 mins.
7. **Serve:** Serve over pasta, quinoa, or zoodles. Garnish with parsley and Parmesan if desired.



Ingredients

- 1 lb eggplant (2 medium), sliced into 1/4-inch rounds
- 1 lb ground beef or lamb
- 1 medium onion, finely chopped
- 1 can (14.5 oz) diced tomatoes or 2 fresh tomatoes, chopped
- 3 tbsp olive oil

Optional: Salt, pepper, 1 tsp cinnamon or allspice, 1 tsp cumin or paprika, 1 tbsp parsley or cilantro

Nutritional (per serving): Calories: 350 kcal | Protein: 22g | Carbohydrates: 12g | Fat: 24g

Turkish Eggplant Moussaka

PREP 15 MIN COOK 40 MIN SERVER 4

Instructions

1. **Prepare Eggplants:** Preheat oven to 375 °F (190 °C). Arrange eggplant slices on a baking sheet, brush with 2 tbsp olive oil, and season with salt and pepper. Roast for 15–20 minutes, flipping halfway, until tender and browned.
2. **Cook Meat:** Heat 1 tbsp olive oil in a skillet over medium heat. Sauté onion for 5–7 minutes until soft. Add meat and cook for 8–10 minutes until browned. Stir in tomatoes and optional spices. Simmer for 10 minutes. Season to taste.
3. **Assemble Moussaka:** In a baking dish, layer half of the eggplants, add half of the meat mixture, and repeat layers.
4. **Bake:** Cover with foil and bake for 20 minutes. Remove foil and bake another 10 minutes until golden and bubbling.
5. **Serve:** Let rest before serving. Garnish with parsley or cilantro if desired.



Ingredients

For the Pork Tenderloin:

- 1 ½ lbs pork tenderloin, trimmed
- 2 tbsp olive oil
- 1 tsp smoked paprika

For the Romesco Sauce:

- 1 cup roasted red peppers, drained
- 1/4 cup roasted almonds

Optional: Salt, pepper, 1 tbsp vinegar, 2 garlic cloves, 1/2 tsp cayenne

Nutritional (per serving): Calories: 350 kcal | Protein: 35g | Carbohydrates: 8g | Fat: 20g

Pork Tenderloin with Romesco Sauce

PREP 15 MIN COOK 25 MIN SERVER 4

Instructions

1. **Prepare Pork:** Preheat oven to 400°F (200°C). Pat pork dry, rub with 1 tbsp oil, smoked paprika, and a pinch of salt and pepper. Sear in skillet with 1 tbsp oil for 2–3 mins per side.
2. **Roast:** Transfer skillet to oven and roast 15–20 mins until internal temp is 145°F (63°C). Let rest 5–10 mins before slicing.
3. **Make Sauce:** In a blender, combine peppers and almonds. Blend until smooth. Add garlic, vinegar, salt, and cayenne if desired. If the sauce is too thick, add 1–2 tbsp of water or olive oil to adjust consistency.
4. **Serve:** Slice pork and top with Romesco sauce. Garnish with parsley or cilantro if desired.

Serving Suggestions

Serve with roasted potatoes, green beans, or quinoa.



Ingredients

For the Chicken:

- 2 tbsp lemon juice
- 1 ½ lbs chicken breasts or thighs
- 3 tbsp olive oil
- 1 tbsp ground cumin

For the Garlic Sauce (Toum):

- 4 garlic cloves
- 1/2 cup olive oil

Optional: Salt, black pepper, 1 tbsp yogurt, 1 tsp paprika/cayenne, 1 tbsp parsley/cilantro

Nutritional (per serving): Calories: 390 kcal | Protein: 36g | Carbohydrates: 5g | Fat: 25g

Lebanese Grilled Chicken with Garlic Sauce

PREP 15 MIN COOK 25 MIN SERVER 4
+1 hour marinating

Instructions

1. **Marinate Chicken:** Combine olive oil, lemon juice, cumin, salt, and pepper. Add chicken and marinate 1–4 hours.
2. **Make Garlic Sauce:** Blend garlic and salt until minced. Slowly add olive oil until smooth. Thin with lemon juice or water if needed.
3. **Grill Chicken:** Preheat grill to medium-high. Cook chicken 5–7 mins per side until 165°F. Let rest.
4. **Serve:** Slice chicken, top with garlic sauce, and garnish with parsley or cilantro.

Serving Suggestions

Serve with hummus, tabbouleh, or veggies. Pair with pita or rice. Add herbs, grilled veggies, or adjust garlic and spice for heat.



Ingredients

- 1 lb chicken thighs or drumsticks, cut into pieces
- 1/2 lb rabbit, cut into pieces
- 1 1/2 cups Bomba rice (or Arborio)
- 4 cups chicken broth
- 2 tbsp olive oil

Optional: Salt, pepper, saffron (or 1/2 tsp turmeric), 1 cup green beans or peas, minced garlic, smoked paprika

Nutritional (per serving): Calories: 460 kcal | Protein: 30g | Carbohydrates: 45g | Sugars: 1g | Fat: 15g

Chicken and Rabbit Paella

PREP 20 MIN COOK 40 MIN SERVER 4

Instructions

1. **Prepare Ingredients:** Cut chicken and rabbit into 1-2 inch pieces, season with salt and pepper.
2. **Sear Meat:** Heat 2 tbsp olive oil in a paella pan over medium-high heat. Sear chicken and rabbit for 5-7 mins until golden. Remove and set aside.
3. **Cook Rice:** In the same pan, add rice, sauté for 1-2 mins. Add saffron or turmeric if using. Pour in chicken broth and add meat back to the pan.
4. **Simmer:** Boil, then reduce heat to low. Simmer for 20-25 mins without stirring until rice is tender. Add green beans or peas in the last 10 mins if desired.
5. **Finish:** Increase heat for 2-3 mins to create a crispy bottom layer. Remove from heat and let rest.
6. **Serve:** Serve directly from the pan or on a platter.



Ingredients

- 4 boneless, skinless chicken breasts (1 1/2 lbs)
- 1 cup fresh spinach, chopped (or 1/2 cup frozen spinach, thawed and drained)
- 1/3 cup crumbled feta cheese
- 2 tbsp extra virgin olive oil
- 1 tsp dried oregano

Optional: Salt, pepper, 1/4 tsp garlic powder, 1 tbsp lemon juice, 1/4 cup sun-dried tomatoes

Greek Stuffed Chicken

PREP 10 MIN COOK 25 MIN SERVER 4

Instructions

1. **Preheat oven** to 375°F (190°C).
2. **Prepare filling:** Mix spinach, feta, and optional ingredients.
3. **Stuff chicken:** Cut a pocket in each chicken breast and fill with the mixture.
4. **Season and sear:** Sprinkle with oregano, salt, and pepper. Sear in 1 tbsp olive oil, 2-3 minutes per side.
5. **Bake:** Transfer skillet to oven and bake for 15-20 minutes until internal temp reaches 165°F (74°C).
6. **Serve:** Rest, then garnish with lemon juice if desired.

Serving Suggestions

Serve with roasted vegetables, Greek salad, or whole grain couscous. Drizzle with olive oil and garnish with fresh herbs.

Nutritional (per serving): Calories: 270 kcal | Protein: 32g | Carbohydrates: 2g | Fat: 15g

CHAPTER 7

Vegetarian dishes



Ingredients

- 2 large eggplants, sliced lengthwise
- 2 medium zucchinis, sliced lengthwise
- 1 cup canned diced tomatoes, drained
- 1/2 cup crumbled feta cheese
- 3 tbsp olive oil

Optional: Salt, pepper, 1 tsp oregano or thyme, 1 cup Greek yogurt, pinch of ground cinnamon

Vegetable Moussaka

🕒 PREP 20 MIN ⏳ COOK 45 MIN 👤 SERVER 4

Instructions

1. **Bake Vegetables:** Preheat oven to 375°F (190°C). Arrange eggplant and zucchini on a parchment-lined baking sheet. Brush with 2 tbsp olive oil, season with salt and pepper, and bake for 15–20 mins until tender.
2. **Tomato Filling:** Heat 1 tbsp olive oil in a skillet over medium heat. Add drained tomatoes, oregano, and cinnamon (if using). Simmer for 5–7 mins until thickened.
3. **Assemble:** In a baking dish, layer half the eggplant and zucchini. Spread tomato mixture, then add remaining vegetables on top.
4. **Feta Topping:** Sprinkle feta over the top. If desired, mix yogurt with a pinch of salt and spread over feta.
5. **Bake:** Bake for 25–30 mins until golden and bubbly. Let cool before serving.



Ingredients

- 2 large eggplants
- 3 tbsp olive oil
- 2 large onions, thinly sliced
- 2 large tomatoes, diced
- 4 minced garlic cloves

Optional: Salt, pepper, 1 tsp ground cumin or coriander, 1 tbsp parsley or cilantro, 1 tbsp lemon juice

Nutritional (per serving): Calories: 210 kcal | Protein: 4g | Carbohydrates: 28g | Fat: 12g

Stuffed Eggplant (Imam Bayildi)

 PREP 15 MIN  COOK 40 MIN  SERVER 4

Instructions

1. **Prepare Eggplants:** Preheat oven to 375°F (190°C). Cut eggplants in half, scoop out flesh, and brush inside with 1 tbsp olive oil. Roast cut-side up for 15–20 mins until tender and golden.
2. **Make Filling:** Sauté onions in 2 tbsp olive oil for 8–10 mins until soft. Add garlic, cook 2 mins. Stir in tomatoes and chopped eggplant flesh, and optional spices. Cook for 10–12 mins until well combined. Season with salt and pepper.
3. **Stuff Eggplants:** Remove roasted eggplants and spoon filling into each half.
4. **Bake:** Bake stuffed eggplants for 15–20 mins until heated through.
5. **Serve:** Let rest, drizzle with lemon juice, and garnish with parsley or cilantro.



Ingredients

- 1½ cups short-grain rice (Arborio or Bomba)
- 4 cups low-sodium vegetable broth
- 1 cup cherry tomatoes, halved
- 1 large bell pepper, diced
- 3 tbsp extra virgin olive oil

Optional: Salt, pepper, 1 tsp smoked paprika or saffron, 1 cup peas or green beans, 1 cup artichoke hearts, 1 lemon (sliced)

Nutritional (per serving): Calories: 310 kcal | Protein: 7g | Carbohydrates: 47g | Fat: 12g

Mediterranean Veggie Paella

 PREP 15 MIN  COOK 30 MIN  SERVER 4

Instructions

1. **Sauté Vegetables:** Heat olive oil in a large skillet. Add bell pepper and sauté for 5–7 mins until soft. Add tomatoes, cook 3–4 mins.
2. **Toast Rice:** Stir in rice and toast for 1–2 mins until slightly translucent.
3. **Cook Paella:** Add broth and saffron (if using). Bring to a boil, reduce heat, and simmer for 20–25 mins without stirring. Add peas or beans in the last 10 mins.
4. **Crisp the Bottom Layer:** Increase heat for the last 2–3 mins to form a crispy bottom layer.
5. **Serve:** Let rest, garnish with lemon slices and herbs.

Customizations

Add shrimp or chicken for protein, swap rice for quinoa, use smoked paprika for smoky flavor, add zucchini or artichokes for variety, garnish with fresh herbs.

Zucchini Fritters with Yogurt Sauce

🕒 PREP 15 MIN ⏳ COOK 20 MIN 👥 SERVER 4

Instructions

- 1. Prepare Zucchini:** Grate zucchini, squeeze out excess moisture using a kitchen towel.
- 2. Make Batter:** Combine zucchini, eggs, flour, salt, and pepper. Add green onions, herbs, or spices if desired. Mix until thick batter forms.
- 3. Cook Fritters:** Heat olive oil in skillet over medium heat. Drop batter in 2-tbsp portions, flatten. Cook 3–4 mins per side until golden brown. Drain on paper towels.
- 4. Make Sauce:** Mix yogurt, garlic, and lemon juice. Season with salt.
- 5. Serve:** Serve fritters warm with yogurt sauce. Garnish with herbs or lemon if desired.

For the Yogurt Sauce: 1 cup Greek yogurt, 1 garlic clove (minced), 1 tbsp lemon juice



Ingredients

- 2 medium zucchini, grated (about 2 cups)
- 2 large eggs, lightly beaten
- 1/2 cup all-purpose or whole wheat flour
- 3 tbsp olive oil
- 1/4 cup chopped green onions (optional)

Optional: Salt, pepper, 1 tbsp fresh herbs (dill, mint, or parsley), 1 tsp cumin or paprika, 1 tbsp Parmesan

Nutritional (per serving): Calories: 200 kcal | Protein: 8g | Carbohydrates: 15g | Fat: 12g

Chickpea and Spinach Stew

🕒 PREP 10 MIN ⏳ COOK 20 MIN 👥 SERVER 4

Instructions

- 1. Sauté Garlic:** Heat olive oil in a skillet over medium heat. Add garlic and sauté 1–2 minutes until fragrant.
- 2. Add Tomatoes & Chickpeas:** Stir in tomatoes and chickpeas. Season with salt, pepper, cumin, or paprika. Simmer for 5–7 minutes.
- 3. Add Spinach:** Add spinach and stir until wilted, 3–4 minutes. If too thick, add broth or water, 1/4 cup at a time, until desired consistency.
- 4. Simmer & Serve:** Simmer on low for 5–7 minutes. Drizzle with lemon juice before serving.

Serving Suggestions & Customizations

Serve with whole-grain bread, rice, or quinoa. Pair with salad or roasted vegetables. Top with yogurt or feta for creaminess.



Ingredients

- 2 cups cooked chickpeas (or 1 can, drained)
- 1 cup diced tomatoes
- 4 cups fresh spinach (or 1 package frozen, drained)
- 3 tbsp olive oil
- 4 minced garlic cloves

Optional: Salt, pepper, 1 tsp cumin or paprika, red pepper flakes, 1 cup broth, 1 tbsp lemon juice

Nutritional (per serving): Calories: 280 kcal | Protein: 10g | Carbohydrates: 28g | Fat: 14g



Ingredients

- 1 pre-made whole-wheat pie crust
- 1 cup diced mixed vegetables (e.g., bell peppers, zucchini, tomatoes, onions)
- 1/2 cup crumbled feta cheese
- 2 tbsp olive oil
- 2 large eggs

Optional: Salt, pepper, 1 tsp oregano or thyme, 1 minced garlic clove, 1 tbsp fresh basil

Nutritional (per serving): Calories: 280 kcal | Protein: 11g | Carbohydrates: 20g | Fat: 18g



Ingredients

- 1 lb fresh spinach, chopped (or 16 oz frozen, drained)
- 1 cup crumbled feta cheese
- 1/2 cup chopped onion
- 2 tbsp olive oil
- 6 sheets phyllo dough

Optional: 1 clove garlic, minced, 1 tbsp dill or parsley, salt and pepper, to taste

Nutritional (per serving): Calories: 250 kcal | Protein: 8g | Carbohydrates: 22g | Fat: 15g

Roasted Vegetable and Feta Tart

PREP 15 MIN COOK 35 MIN SERVER 4

Instructions

1. **Prepare Crust:** Preheat oven to 375°F (190°C). Place crust in a tart pan, prick with a fork.
2. **Roast Vegetables:** Toss diced veggies with olive oil, salt, pepper, and herbs. Roast for 15–20 mins until tender.
3. **Egg Mixture:** Whisk eggs and fold in feta. Season with salt and pepper.
4. **Assemble Tart:** Add roasted veggies to crust, pour egg-feta mix over them.
5. **Bake:** Bake for 20–25 mins until set and golden.
6. **Serve:** Cool slightly, garnish with basil.

Serving Suggestions

Serve this Roasted Vegetable and Feta Tart with a Mediterranean salad or yogurt dip.

Greek Spanakopita (Spinach Pie)

PREP 15 MIN COOK 40 MIN SERVER 6

Instructions

1. **Preheat oven** to 350°F (175°C).
2. **Make filling:** Sauté onion (and garlic, if using) in 1 tbsp olive oil until soft. Add spinach and cook until wilted. Stir in feta, herbs, salt, and pepper.
3. **Layer phyllo:** Brush a baking dish with olive oil. Layer 4 phyllo sheets, brushing each with oil.
4. **Fill and top:** Spread the spinach mixture, then cover with 2 more phyllo sheets, brushing with oil.
5. **Bake:** Bake for 30–35 minutes until golden. Let cool slightly before serving.

Serving Suggestions

Pair with a Greek salad, roasted vegetables, or a warm bowl of tomato, lentil, or minestrone soup for a satisfying Mediterranean meal.



Ingredients

- 1 cup red lentils
- 1/2 cup fine bulgur (quick-cooking)
- 1 cup chopped onions
- 3 tbsp olive oil
- 2 tbsp tomato paste

Optional: Salt, pepper, 1 tsp cumin/paprika, 1 minced garlic clove, 1 tbsp parsley/mint, 1 tbsp lemon juice.

Nutritional (per serving): Calories: 210 kcal | Protein: 8g | Carbohydrates: 30g | Fat: 8g

Lentil and Bulgur Patties

PREP 20 MIN COOK 25 MIN SERVER 4

Instructions

1. **Cook Lentils:** Boil lentils in 2 cups water for 10–12 mins until soft. Remove from heat.
2. **Add Bulgur:** While the lentils are still hot, stir in the fine bulgur. Cover and let sit for 10 minutes, allowing the bulgur to absorb the liquid and soften.
3. **Sauté Onions:** Sauté onions in olive oil for 5–7 mins until soft. Add garlic if using, cook 1–2 mins.
4. **Combine:** Mix onions and tomato paste with lentil-bulgur mixture. Season with salt, pepper, and spices.
5. **Shape Patties:** Shape into 2-inch patties with wet hands.

Serving Suggestions

Serve with lettuce, Greek yogurt, or tzatziki. Pair with a tomato-cucumber salad or roasted veggies.



Ingredients

- 4 large bell peppers, tops cut off, seeds removed
- 1 cup cooked quinoa (2 cups cooked)
- 1 cup diced tomatoes
- 1/2 cup crumbled feta cheese
- 3 tbsp olive oil

Optional: Salt, pepper, 1 tsp oregano/basil, 1 tbsp parsley/mint, 1 minced garlic clove

Nutritional (per serving): Calories: 280 kcal | Protein: 9g | Carbohydrates: 30g | Fat: 14g

Quinoa-Stuffed Peppers

PREP 15 MIN COOK 35 MIN SERVER 4

Instructions

1. **Prep Peppers:** Preheat oven to 375°F (190°C). Trim bottoms if needed to stand upright. Arrange in a baking dish.
2. **Cook Quinoa:** Cook 1 cup quinoa with 2 cups water over low heat for 15 mins. Fluff and set aside.
3. **Make Filling:** Combine quinoa, tomatoes, feta, salt, pepper, oregano, and 2 tbsp olive oil.
4. **Stuff Peppers:** Fill each pepper with quinoa mixture, pressing lightly.
5. **Bake:** Drizzle with 1 tbsp olive oil. Cover with foil and bake for 25 mins. Uncover and bake 10 mins more.
6. **Serve:** Let cool, garnish with parsley or mint.

Serving Suggestions

Pair with balsamic glaze or lemon juice for brightness.



Ingredients

For the Falafel: 1 ½ cups cooked chickpeas (or 1 can, drained); 1 chopped onion; 1/2 cup chopped parsley; 3 tbsp flour; 3 tbsp olive oil (divided)

Optional: 1 tsp cumin/coriander, 1 minced garlic clove, pinch baking powder

For the Tahini Sauce: 1/4 cup tahini; 2 tbsp lemon juice; 2 tbsp water; 1 tbsp olive oil

Optional: Salt, 1 tsp garlic powder

Nutritional (per serving): Calories: 290 kcal | Protein: 9g | Carbohydrates: 28g | Fat: 16g

Falafel with Tahini Sauce

🕒 PREP 15 MIN ⏳ COOK 20 MIN 👥 SERVER 4

Instructions

- 1. Falafel Mixture:** In a food processor, pulse chickpeas, onion, parsley, flour, and 1 tbsp olive oil until combined but textured. Add salt, pepper, and optional spices.
- 2. Shape Falafel:** Form mixture into 1.5-inch balls or patties. If sticky, add more flour.
- 3. Cook Falafel:**
 - **Baked:** Preheat oven to 375°F (190°C). Place falafel on a parchment-lined sheet, brush with olive oil, and bake for 15–20 minutes, flipping halfway through.
 - **Pan-Fried:** Heat 2 tbsp olive oil in skillet over medium heat. Cook falafel 3–4 mins per side until golden.
- 4. Tahini Sauce:** Whisk tahini, lemon juice, water, and 1 tbsp olive oil. Season with salt and optional garlic powder. Adjust consistency with more water if needed.



Ingredients

For the Roasted Cauliflower: 1 large cauliflower head, cut into florets; 3 tbsp olive oil; 1 tsp cumin or paprika (optional); salt and pepper

For the Tahini Sauce: 1/4 cup tahini; 2 tbsp lemon juice; 2 tbsp water (adjust to desired consistency)

Optional: 1 minced garlic clove, 1 tbsp chopped parsley or mint, 1 tsp ground coriander or sumac

Roasted Cauliflower & Tahini

🕒 PREP 10 MIN ⏳ COOK 30 MIN 👥 SERVER 4

Instructions

- 1. Roast the Cauliflower:** Preheat oven to 400°F (200°C). Toss florets with oil, cumin, salt, and pepper. Spread on a baking sheet and roast for 25–30 mins, turning halfway, until golden and tender.
- 2. Make Tahini Sauce:** Whisk tahini, lemon juice, and water. Adjust consistency with more water if needed. Add salt or garlic, if desired.
- 3. Serve:** Drizzle tahini sauce over roasted cauliflower. Garnish with parsley or mint, if desired.

Serving Suggestions

Serve as a side dish alongside grilled chicken, fish, or lamb. Pair with a Greek salad or a light quinoa salad for a complete meal.

Nutritional (per serving): Calories: 180 kcal | Protein: 4g | Carbohydrates: 13g | Fat: 14g



Ingredients

- 1 cup Arborio rice
- 1 bunch asparagus (about 1 lb), trimmed and cut into 1-inch pieces
- 4 cups vegetable broth
- 1 small onion, finely chopped
- 2 tbsp extra virgin olive oil

Optional: 1/4 cup grated Parmesan (for creaminess), salt and pepper to taste, zest of 1 lemon, fresh parsley or basil for garnish

Nutritional (per serving): Calories: 220 kcal | Protein: 5g | Carbohydrates: 35g | Fat: 7g

Asparagus Risotto

PREP 10 MIN COOK 25 MIN SERVER 4

Instructions

1. **Prep Asparagus:** Trim and cut asparagus into 1-inch pieces.
2. **Sauté Onion:** In a skillet, heat 1 tbsp olive oil over medium heat. Add onion and cook until softened, about 3 minutes.
3. **Toast Rice:** Stir in Arborio rice and cook for 1–2 minutes to coat in oil.
4. **Cook Risotto:** Add broth, 1/2 cup at a time, stirring until absorbed before adding more. Continue for 18–20 minutes until rice is creamy and tender.
5. **Add Asparagus:** Stir in asparagus when rice is nearly done. Cook until tender, about 5 minutes.
6. **Finish and Serve:** Stir in remaining olive oil, season with salt, pepper, and lemon zest if desired. Garnish with fresh herbs. Optionally, top with a sprinkle of Parmesan or a drizzle of extra olive oil.



Ingredients

- 2 cups diced pumpkin (about 1/2 inch cubes)
- 1/2 cup red lentils, rinsed
- 4 cups vegetable broth
- 1 small onion, chopped
- 2 tbsp extra virgin olive oil

Optional: Salt, pepper, 1/2 tsp ground cumin for warmth, fresh parsley or cilantro for garnish

Creamy Pumpkin & Lentil Soup

PREP 10 MIN COOK 25 MIN SERVER 4

Instructions

1. **Sauté Onion and Pumpkin:** Heat 1 tbsp olive oil in a large pot over medium heat. Add onion and pumpkin, cooking for 5 minutes until softened.
2. **Add Lentils and Broth:** Stir in lentils and broth, bring to a boil, then simmer for 20 minutes until tender.
3. **Blend Soup:** Blend until smooth. Adjust thickness by simmering longer or adding broth.
4. **Finish with Olive Oil:** Stir in remaining olive oil and season with salt, pepper, and optional cumin.
5. **Serve:** Garnish with fresh parsley or cilantro if desired.

Serving Suggestions

Add a sprinkle of toasted pumpkin seeds or a drizzle of Greek yogurt for added texture and flavor.



Ingredients

- 1 cup uncooked white or brown rice
- 1 jar grape leaves in brine (about 50 leaves, drained and rinsed)
- 1/2 cup olive oil, divided
- 1 large onion, finely chopped
- 1/4 cup lemon juice (about 2 lemons)

Optional: Salt, pepper, 1 tbsp chopped herbs (dill, mint, or parsley), 1 minced garlic clove

Nutritional (per serving): Calories: 210 kcal | Protein: 4g | Carbohydrates: 26g | Fat: 11g

Stuffed Grape Leaves (Dolmas)

PREP 20 MIN COOK 45 MIN SERVER 4

Instructions

1. **Prepare Filling:** Sauté onion in 1/4 cup olive oil over medium heat for 5–7 mins until soft. Add rice and cook 2–3 mins until slightly toasted. Add 1/2 cup water, salt, and herbs. Cook for 5 mins until water is absorbed. Cool.
2. **Prep Leaves:** Rinse and lay grape leaves flat. Remove tough stems.
3. **Assemble:** Place 1 tbsp rice filling at leaf base. Fold sides and roll tightly.
4. **Cook:** Arrange seam-side down in a pot. Drizzle with 1/4 cup olive oil and 1 cup water. Add lemon juice. Cover with a plate, simmer for 35–40 mins.
5. **Serve:** Let cool. Serve with olive oil drizzle and lemon wedges.

Customizations

For a heartier version, add ground meat (lamb or beef).



Ingredients

For the Skewers: 2 zucchinis, sliced; 1 red bell pepper, cubed; 1 yellow bell pepper, cubed; 1 red onion, wedged; 3 tbsp olive oil

For the Sauce: 1 cup Greek yogurt; 1 garlic clove, minced; 1 tbsp lemon juice

Optional: Salt, pepper, 1 tsp oregano, 1 tbsp chopped herbs

Nutritional (per serving): Calories: 180 kcal | Protein: 5g | Carbohydrates: 13g | Fat: 12g

Veggie Skewers with Garlic Yogurt

PREP 15 MIN COOK 15 MIN SERVER 4

Instructions

1. **Prep Vegetables:** Toss veggies with olive oil, salt, pepper, and optional oregano.
2. **Assemble Skewers:** Thread veggies onto skewers, alternating colors.
3. **Grill:** Cook on medium-high for 10–15 mins, turning until charred.
4. **Make Sauce:** Mix yogurt, garlic, lemon juice, and season.
5. **Serve:** Drizzle sauce over skewers or serve on the side.

Serving Suggestions

Pair with quinoa, rice, or grilled meats, and enjoy with pita and hummus.



Ingredients

- 2 eggplants, diced
- 1 cup diced tomatoes
- 1 red onion, chopped
- 3 tbsp capers, rinsed
- 3 tbsp olive oil

Optional: Salt, pepper, 2 tbsp red wine or balsamic vinegar, 1 tbsp chopped herbs, 2 tbsp chopped olives

Nutritional (per serving): Calories: 170 kcal | Protein: 2g | Carbohydrates: 15g | Fat: 11g

Eggplant Caponata

PREP 15 MIN COOK 30 MIN SERVER 4

Instructions

1. **Prep Eggplant:** Dice eggplant, salt, and let sit 15 mins to remove moisture. Rinse and pat dry.
2. **Sauté:** Heat olive oil in a skillet, cook onion for 5–7 mins until soft. Add eggplant and cook 10 mins until golden.
3. **Add Tomatoes and Capers:** Stir in tomatoes, capers, and vinegar. Season and simmer for 15 mins.
4. **Finish:** Adjust seasoning and add herbs if desired.
5. **Serve:** Cool slightly and serve warm or room temperature.

Serving Suggestions & Customizations

Serve with bread, alongside grilled meats, or over pasta. Add raisins for sweetness, bell peppers for texture, or chili flakes for spice.



Ingredients

- 1 cup roasted red peppers (from a jar or 2 large homemade peppers)
- 1/2 cup crumbled feta cheese
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 garlic clove, minced

Optional: Salt, pepper, 1/2 tsp oregano or thyme, 1 tbsp parsley or dill, 1/2 tsp red pepper flakes

Nutritional (per serving - 1/4 cup): Calories: 130 kcal | Protein: 4g | Carbohydrates: 5g | Fat: 11g

Roasted Red Pepper Feta Dip

PREP 10 MIN COOK 20 MIN SERVER 4

Instructions

1. **Prepare Peppers:** If using fresh red peppers, preheat oven to 400°F (200°C). Halve, seed, roast cut-side down for 20–25 minutes until charred. Cover in a bowl, let steam for 10 minutes, then peel.
2. **Blend:** Combine peppers, feta, olive oil, lemon juice, and garlic in a blender. Blend until smooth.
3. **Season:** Adjust with salt, pepper, oregano, or red pepper flakes if desired.
4. **Serve:** Garnish with herbs and extra olive oil.

Serving Suggestions & Customizations

Pair with pita, veggies, or use as a spread for sandwiches or wraps. Add roasted eggplant or sun-dried tomatoes for a richer flavor, or a pinch of cayenne or smoked paprika for spice.

CHAPTER 8

Desserts



Ingredients

- 1 cup mixed dried fruit (e.g., figs, apricots, dates, raisins)
- 1/2 cup chopped nuts (e.g., almonds, walnuts)
- 1 cup almond flour
- 1/2 cup Greek yogurt (unsweetened)
- 2 tbsp honey or maple syrup

Optional: 1 tsp cinnamon or nutmeg, zest of 1 orange or lemon

Christmas Fruit & Nut Cake

🕒 PREP 15 MIN ⏳ COOK 45 MIN 👥 SERVER 8

Instructions

1. **Prepare ingredients:** Preheat oven to 350°F (175°C). Grease or line a loaf pan. Dice dried fruit and chop nuts as needed.
2. **Mix batter:** In a bowl, combine dried fruit, nuts, almond flour, and optional spices. Stir in Greek yogurt and honey until well combined.
3. **Bake:** Pour into the pan and bake for 40–45 minutes, until a toothpick comes out clean.
4. **Cool and serve:** Let the cake cool in the pan for 10 minutes, then transfer to a rack to cool completely.

Serving Suggestions

Serve with Greek yogurt and pair with herbal tea or espresso. Drizzle with honey if desired, or garnish with almond flakes on top.



Ingredients

- 1 cup plain Greek yogurt
- 1 cup whole milk (or almond milk for a dairy-free option)
- 2 tbsp honey or maple syrup
- 1 tbsp gelatin powder
- 1 tsp vanilla extract

Optional: Zest of 1 lemon or orange, fresh berries

Nutritional (per serving): Calories: 120 kcal | Protein: 7g | Carbohydrates: 12g | Fat: 5g



Ingredients

- 2 cups cream cheese (softened)
 - 1 cup Greek yogurt
 - 3/4 cup honey (or sugar)
 - 4 large eggs
 - 2 tbsp whole wheat or all-purpose flour
- Optional:** 1 tsp vanilla extract, zest of 1 lemon, pinch of salt

Nutritional (per serving): Calories: 270 kcal | Protein: 8g | Carbohydrates: 25g | Fat: 16g

Italian Panna Cotta

 PREP 10 MIN

 COOK 5 MIN
Chill 2-4 hrs

 SERVER 4

Instructions

1. **Prepare Gelatin:** Bloom 1 tbsp gelatin powder in 2 tbsp cold water for 5 minutes.
2. **Heat Milk:** Warm the milk and honey over medium-low heat, stirring until dissolved. Remove from heat.
3. **Add Gelatin:** Combine the warm milk mixture with the bloomed gelatin, whisking until fully dissolved. Add vanilla and zest, if desired.
4. **Mix with Yogurt:** Whisk yogurt in a separate bowl, then slowly whisk in the milk mixture until smooth.
5. **Chill:** Pour into 4 ramekins, cover, and refrigerate for 2-4 hours until set.

Serving Suggestions

Serve chilled with fresh berries or a berry topping for a light Mediterranean-inspired dessert.

Spanish Basque Cheesecake

 PREP 15 MIN

 COOK 45 MIN

 SERVER 8

Instructions

1. **Preheat Oven:** Preheat to 400°F (200°C). Line an 8-inch spring form pan with parchment paper and lightly grease.
2. **Prepare Batter:** Beat cream cheese, yogurt, and honey until smooth. Add eggs one at a time, mixing well. Fold in flour, and if using, add vanilla, lemon zest, and salt.
3. **Bake:** Pour batter into the pan, tap to release air bubbles. Bake for 45 minutes, or until the top is browned and the center slightly jiggles.
4. **Cool and Set:** Cool for 1 hour at room temperature, then refrigerate for at least 3 hours or overnight.
5. **Serve:** Remove from the pan, slice, and serve with berries, honey, or nuts.



Ingredients

- 1 package phyllo dough (250g, thawed if frozen)
 - 1 ½ cups mixed nuts (walnuts, almonds, pistachios, finely chopped)
 - 1 cup honey
 - ½ cup olive oil (or melted butter)
 - 1 tsp ground cinnamon
- Optional:** 1 tsp vanilla extract, zest of 1 lemon or orange, pinch of cloves or nutmeg

Nutritional (per serving): Calories: 180 kcal | Protein: 3g | Carbohydrates: 20g | Fat: 10g

Greek Baklava

🕒 PREP 20 MIN ⏳ COOK 40 MIN 👥 SERVER 16

Instructions

1. **Prepare:** Preheat oven to 350°F (175°C). Mix chopped nuts with cinnamon. Cover phyllo dough with a damp towel to prevent drying.
2. **Assemble:** Brush baking dish with oil. Layer 8 phyllo sheets, brushing each with oil. Add a layer of nut mixture. Repeat with 2 phyllo sheets and nuts until all nuts are used. Top with 8-10 more phyllo sheets, brushing each with oil.
3. **Cut and Bake:** Cut into diamond or square shapes. Bake for 35–40 minutes until golden and crisp.
4. **Honey Syrup:** While baking, heat honey and ½ cup water (add zest if desired) to a simmer for 5 minutes. Let cool.
5. **Finish:** Pour syrup over hot baklava. Cool for 2 hours or overnight.



Ingredients

- 3 cups all-purpose flour (plus extra for dusting)
 - 1 cup apple slices (peeled, finely chopped)
 - ½ cup honey
 - ¼ cup olive oil
 - 1 tbsp ground cinnamon
- Optional:** 1 tsp vanilla extract, pinch of salt, ½ tsp nutmeg or cardamom

Nutritional (per serving): Calories: 240 kcal | Protein: 4g | Carbohydrates: 45g | Fat: 6g

Jewish Cinnamon Apple Babka

🕒 PREP 30 MIN ⏳ COOK 45 MIN 👥 SERVER 12

Instructions

1. **Dough:** Combine flour and salt (if using). Add ½ cup warm water, ¼ cup olive oil, and ¼ cup honey. Mix into a dough, then knead until smooth (5-7 minutes). Let rise for 1 hour.
2. **Filling:** Sauté apples in 1 tbsp olive oil for 3–4 minutes. Stir in ¼ cup honey and cinnamon, then let cool.
3. **Assemble:** Preheat oven to 350°F (175°C). Roll dough into a rectangle, spread filling, and roll into a log. Cut lengthwise and twist into a braid. Place in a greased loaf pan.
4. **Bake:** Brush with olive oil and bake for 40–45 minutes until golden.
5. **Serve:** Drizzle with honey if desired. Cool before serving.



Ingredients

- 2 cups fresh cherries (or other fruits like blueberries, strawberries, or figs)
- 3 large eggs
- 1 cup almond milk (or any milk)
- 1/2 cup whole wheat flour (or all-purpose flour)
- 1/4 cup honey (or maple syrup)

Optional: 1 tsp vanilla extract, lemon zest, pinch of salt

Nutritional (per serving): Calories: 160 kcal | Protein: 5g | Carbohydrates: 28g | Fat: 3g

French Clafoutis

 PREP 15 MIN  COOK 35 MIN  SERVER 6

Instructions

1. **Prepare Fruit:** Preheat oven to 350°F (175°C). Grease a 9-inch baking dish or skillet. Spread pitted cherries (or chosen fruit) evenly in the dish.
2. **Make Batter:** Whisk eggs and honey until smooth. Add almond milk and mix. Sift in flour and fold until smooth. Add vanilla and lemon zest if desired.
3. **Assemble:** Pour batter over the fruit and tap gently to release air bubbles.
4. **Bake:** Bake for 35 minutes until golden and set. Check with a toothpick for doneness.
5. **Serve:** Let cool for 10 minutes. Serve warm or at room temperature.

Serving Suggestions

Serve with tea or coffee, sprinkle with powdered sugar, or pair with Greek yogurt drizzled with honey.



Ingredients

- 4 medium apples, peeled, cored, and sliced thin
- 3 tbsp raisins (optional)
- 1 tbsp honey
- 1 tbsp cinnamon
- 4 sheets phyllo dough (thawed if frozen)

Optional: 1 tbsp chopped nuts for crunch, 1 tbsp lemon juice for brightness, 1 tsp vanilla extract for aroma

Nutritional (per serving): Calories: 160 kcal | Protein: 2g | Carbohydrates: 31g | Fat: 4g

Apple Strudel (Apfelstrudel)

 PREP 20 MIN  COOK 30 MIN  SERVER 6

Instructions

1. **Prepare Filling:** Toss apples, raisins, honey, and cinnamon in a bowl. Add nuts and lemon juice if desired.
2. **Prepare Phyllo:** Preheat oven to 350°F (175°C). Layer 4 phyllo sheets, brushing each with water or oil.
3. **Assemble:** Place apple mix on one side of phyllo, fold in edges, and roll up. Place seam-side down on a baking sheet.
4. **Bake:** Bake for 25–30 minutes until golden. Let cool slightly before slicing.
5. **Serve:** Serve warm, optionally dusted with powdered sugar.

Serving Suggestions

Serve with Greek yogurt or honey for dessert, or enjoy as a breakfast treat with tea or coffee.



Ingredients

- 1½ cups all-purpose flour (or whole wheat flour)
- ¼ cup extra virgin olive oil
- ½ cup chopped Kalamata olives
- 2 tsp fresh rosemary (or 1 tsp dried rosemary)
- ¼ cup cold water (or as needed)

Optional: 1 tsp lemon zest for a citrusy flavor, substitute rosemary with oregano or thyme

Nutritional (Per Biscuit): Calories: 110 kcal | Protein: 2g | Carbohydrates: 10g | Fat: 7g

Mediterranean Olive Biscuits



PREP 15 MIN



COOK 15 MIN



YIELD: 12 biscuits

Instructions

1. **Prepare Dough:** Preheat oven to 375 °F (190 °C). Line a baking sheet with parchment paper. In a bowl, mix flour and olive oil until crumbly. Stir in olives and rosemary.
2. **Add Water:** Gradually add water and mix until a cohesive dough forms. Add lemon zest or salt if desired.
3. **Shape:** Roll out dough to ¼ inch thickness and cut into rounds. Place on baking sheet.
4. **Bake:** Bake for 15–18 minutes until golden. Cool on a wire rack.
5. **Serve:** Serve warm or at room temperature.

Serving Suggestions

Pair with soups or salads, enjoy with hummus or cheese.



Ingredients

- 1 cup dried figs, finely chopped
- ½ cup walnuts, coarsely chopped
- 1 cup whole wheat flour
- ¼ cup extra virgin olive oil
- 3 tablespoons honey (or maple syrup)

Optional: 1 tsp cinnamon, substitute walnuts with almonds or pecans

Nutritional (Per Cookie): Calories: 140 kcal | Protein: 2g | Carbohydrates: 17g | Fat: 8g

Fig Walnut Cookies



PREP 15 MIN



COOK 15 MIN



YIELD: 12 cookies

Instructions

1. **Preheat Oven:** Preheat to 350°F (175°C) and line a baking sheet with parchment paper.
2. **Make Dough:** In a bowl, combine figs, walnuts, and flour. Stir in olive oil and honey until dough forms. Add water if needed.
3. **Shape Cookies:** Scoop 1 ½ tablespoons of dough, roll into balls, and flatten slightly on the baking sheet.
4. **Bake:** Bake for 12–15 minutes until edges are golden. Cool on the sheet for 5 minutes, then transfer to a wire rack.
5. **Serve:** Serve at room temperature with tea or coffee. Store in an airtight container for up to a week.

Serving Suggestions

Pair with green or herbal tea for a healthy snack, or serve with Greek yogurt and honey for a richer dessert.



Ingredients

- 2 cups (480g) Greek yogurt
- 1 ½ cups (225g) mixed fresh berries
- 1/2 cup (60g) granola (optional)
- 2 tablespoons (30ml) honey or maple syrup
- 1/4 cup (30g) chopped nuts (e.g., almonds, walnuts)

Optional: 1 tsp vanilla extract, pinch of cinnamon

Nutritional (per serving): Calories: 250 kcal | Protein: 14g | Carbohydrates: 30g | Fat: 8g

Berry Yogurt Parfaits

🕒 PREP 10 MIN ⏳ CHILL 10 MIN 👥 SERVER 4

Instructions

1. **Prepare Ingredients:** Wash and pat dry berries. Mix yogurt with 1 tbsp honey if desired.
2. **Assemble Parfaits:** Layer yogurt, berries, granola, and nuts in glasses. Drizzle with honey on top.
3. **Serve:** Serve immediately for a crunchy texture, or refrigerate for 10–15 minutes for softer consistency.

Serving Suggestions

Enjoy these parfaits as a wholesome breakfast with tea or coffee, and add a pinch of cinnamon or mint leaves for extra flavor.



Ingredients

- 1 cup (100g) almond flour
- 1/4 cup honey or maple syrup
- 1 large egg (room temperature)
- 1 tbsp orange zest (from 1 medium orange)
- 2 tbsp fresh orange juice

Optional: 1/4 tsp vanilla extract, pinch of cinnamon, almond flakes

Orange Almond Biscuits

🕒 PREP 15 MIN ⏳ COOK 15 MIN 👥 YIELD: 12 biscuits

Instructions

1. **Preheat Oven:** Preheat to 350°F (175°C) and line a baking sheet with parchment.
2. **Prepare Dough:** Mix almond flour and honey in a bowl. In another bowl, whisk the egg, then add the orange zest and juice. Combine the wet and dry ingredients until a soft dough forms.
3. **Shape:** Scoop dough into small balls and flatten gently on the sheet.
4. **Bake:** Bake for 15–18 minutes until edges are golden.
5. **Cool and Serve:** Let cool on the sheet, then transfer to a wire rack.

Serving Suggestions

For extra flavor, drizzle with melted dark chocolate or dust with powdered sugar. You can also sprinkle with almond flakes for added crunch.



Ingredients

- 1 cup pitted dates, chopped
- 1 cup mixed nuts (toasted almonds, walnuts, or cashews)
- 2 tbsp honey or maple syrup
- 1/2 cup rolled oats (optional)
- 1/4 tsp cinnamon (optional)

Date and Nut Bars

PREP 10 MIN COOK 5 MIN SERVER 2

Instructions

1. **Toast Nuts:** Lightly toast the nuts in a dry skillet for 3–5 minutes.
2. **Blend Dates:** In a food processor, blend dates, honey, and cinnamon until sticky.
3. **Combine:** Add nuts and oats to the processor, pulse until a cohesive mixture forms.
4. **Press:** Spread mixture into a parchment-lined dish, pressing it firmly.
5. **Chill and Cut:** Refrigerate for 30 minutes, then cut into bars.

Serving Suggestions

Enjoy these Date and Nut Bars as a healthy Mediterranean-inspired snack, perfect with Greek yogurt or a cup of herbal tea.

Nutritional (per serving): Calories: 150 kcal | Protein: 4g | Carbohydrates: 22g | Fat: 7g



Ingredients

- 1 ripe avocado
- 1/4 cup cocoa powder (unsweetened)
- 3 tsp honey or maple syrup
- 1 tsp vanilla extract
- 1/4 cup roasted hazelnuts (optional for added texture)

Optional: Pinch of sea salt, 1 tbsp almond milk for smoother consistency

Avocado Chocolate Spread

PREP 10 MIN COOK NONE YIELD 4

Instructions

1. **Blend Ingredients:** Combine avocado, cocoa powder, honey, and vanilla in a blender. Blend until smooth.
2. **Add Hazelnuts (Optional):** Pulse roasted hazelnuts for texture.
3. **Adjust Consistency:** Add almond milk if too thick.
4. **Taste and Adjust:** Adjust sweetness or add sea salt as needed.

Serving Suggestions

Spread on whole grain toast, or use as a dip for fresh fruit like apple slices or strawberries. Serve as a topping for pancakes or waffles for a healthy twist on breakfast.

Nutritional (per serving): Calories: 120 kcal | Protein: 2g | Carbohydrates: 14g | Fat: 7g



Ingredients

- 1½ cups ricotta cheese
- 1/2 cup honey or maple syrup
- 3 large eggs
- Zest and juice of 2 lemons
- 3/4 cup almond flour or whole wheat flour

Optional: 1 tsp vanilla extract, 1 tsp baking powder, pinch of salt

Nutritional (per serving): Calories: 220 kcal | Protein: 8g | Carbohydrates: 20g | Fat: 12g

Ricotta and Lemon Cake

🕒 PREP 10 MIN ⏳ COOK 40 MIN 👥 SERVER 8

Instructions

1. **Preheat Oven:** Preheat to 350°F (175°C). Grease an 8-inch cake pan or line with parchment paper.
2. **Mix Wet Ingredients:** Whisk ricotta, honey, eggs, lemon zest, and juice until smooth. Add vanilla if using.
3. **Combine Dry Ingredients:** Fold in flour and baking powder. Mix gently until just combined.
4. **Bake:** Pour batter into the pan. Bake for 35–40 minutes until a toothpick comes out clean.
5. **Cool and Serve:** Cool for 10 minutes, then transfer to a wire rack. Dust with powdered sugar if desired.

Serving Suggestions & Customizations

Serve with Greek yogurt, honey, fresh berries, or citrus slices. Pair with tea or espresso. Add herbs like rosemary, or mix in berries for variety.



Ingredients

- 1 cup (120g) almond flour
- 1/4 cup honey (or maple syrup)
- 2 large eggs (room temperature)
- 1 cup (250g) ricotta cheese (drained)
- 1/4 cup (60g) candied citrus peel or chopped dried fruit (apricots or dates)

Optional: 1 tsp vanilla extract or lemon zest for added flavor

Nutritional (per serving): Calories: 190 kcal | Protein: 9g | Carbohydrates: 17g | Fat: 9g

Sicilian Cassata Cake

🕒 PREP 20 MIN ⏳ COOK 30 MIN 👥 SERVER 8

Instructions

1. **Preheat Oven:** Preheat to 350 °F (175 °C). Grease or line a 9-inch round baking pan.
2. **Make Cake Base:** In a bowl, whisk together almond flour and honey. In another bowl, beat the eggs until frothy, then combine with the almond flour mixture. Pour the batter into the prepared pan and bake for 15–20 minutes, until golden. Let the cake cool completely in the pan.
3. **Prepare Ricotta Filling:** Mix ricotta and candied citrus or dried fruit. Add vanilla or lemon zest if desired.
4. **Assemble:** Spread ricotta mixture over the cooled cake. Cover and refrigerate for 2–3 hours until set.
5. **Serve:** Optionally garnish with fresh fruit or a light dusting of powdered sugar before serving.

Week 1 Meal Plan

DAY	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT
1	Sunshine Smoothie	Greek Lemon Chicken Soup	Garlic Dill Baked Salmon	Ricotta Honey Berry Toast
2	Zucchini Cheese Frittata	Seafood Paella	Tuna Bean Salad	Fig Walnut Cookies
3	Greek Yogurt Berry	Mediterranean Lentil Soup	Shrimp & Spinach Salad	Avocado Chocolate Spread
4	Cottage Cheese Nut Pancakes	Pork Tenderloin with Romesco Sauce	Lemon Broccoli Feta Salad	Apple Date Cinnamon Smoothie
5	Mediterranean Hummus Veggie Bowl	Chickpea and Spinach Stew	Eggplant Caponata	Orange Almond Biscuits
6	Broccoli and Parmesan Fritters	Grilled Lemon Garlic Mackerel	Vegetable Moussaka	Carrot sticks with Tzatziki Dip
7	Pomegranate Berry Smoothie	Lentil and Bulgur Patties	Garlic Butter Scallops	Greek Baklava

Week 2 Meal Plan

DAY	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT
1	Mediterranean Hummus Veggie Bowl	Mediterranean Lentil Soup	Lebanese Chicken with Garlic Sauce	Avocado Chocolate Spread
2	Pomegranate Muesli	Beef Barley Stew	Balsamic Caprese Salad	Date and Nut Bars
3	Cottage Cheese Nut Pancakes	Moroccan Apricot Chicken Tagine	Grilled Octopus & Mango Chili-Lime	Banana Tahini Smoothie
4	Quinoa Chickpea Salad	Chickpea Spinach Soup	Stuffed Eggplant (Imam Bayildi)	Spanish Basque Cheesecake
5	Egg Veggie Muffins with Feta	Turkish Eggplant Moussaka	French Chicken Provençal	Apple with Nut Butter
6	Spinach Feta Omelet	Tuna Steak with Olive Tapenade	Zucchini Fritters	Red Pepper Hummus
7	Sunshine Smoothie	Spaghetti alla Puttanesca	Citrus Beet & Spinach Salad	Christmas Fruit & Nut Cake

Week 3 Meal Plan

DAY	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT
1	Cheese & Herb Gözleme	Chicken and Rabbit Paella	Veggie Skewers with Garlic Yogurt	Apple Date Cinnamon Smoothie
2	Spinach Mushroom Quesadilla	French Ratatouille Stew	Vinegar Sardines (Escabeche)	Mediterranean Olive Biscuits
3	Pomegranate Berry Smoothie	Spanish Gazpacho Soup	Roasted Veggie Quinoa Salad	Apple Strudel (Apfelstrudel)
4	Ricotta Honey Berry Toast	Mediterranean Hamburgers	Citrus Herb Salmon Salad	Fig with Goat Cheese
5	Greek Yogurt Berry	Stuffed Bell Peppers (Gemista)	Grilled Swordfish with Lemon Capers	Avocado Chocolate Spread
6	Flavorful Shakshuka	Fish Stew (Bourride)	Pomegranate Mint Bulgur Salad	Roasted Eggplant Dip
7	Pumpkin Chickpea Couscous Salad	Cauliflower Tahini Soup	Chicken Shawarma Wraps	Ricotta and Lemon Cake

Week 4 Meal Plan

DAY	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT
1	Chickpea Avocado Salad	Mediterranean Fish Soup	Quinoa-Stuffed Peppers	Ricotta Honey Berry Toast
2	Chocolate Chia Pudding	Lebanese Chicken Potato Stew	Halloumi Arugula Pomegranate Salad	Roasted Red Pepper Feta Dip
3	Broccoli and Parmesan Fritters	Greek Fasolada Soup	Baked Sea Bream with Tomatoes	Cucumber Mint Lime Smoothie
4	Ratatouille Omelette	Baked Italian Meatballs	Lemon Broccoli Feta Salad	Berry Yogurt Parfaits
5	Banana Tahini Smoothie	Red Pepper Tomato Soup	Roasted Vegetable and Feta Tart	Fig Walnut Cookies
6	Cottage Cheese Nut Pancakes	Stuffed Calamari	Zucchini Fritters with Yogurt Sauce	Italian Panna Cotta
7	Chickpea Avocado Toast	Greek Baked Pasta (Pastitsio)	Shrimp & Spinach Salad	Sunshine Smoothie
8	Pomegranate Muesli	Falafel with Tahini Sauce	French Ratatouille Stew	Greek Feta Oregano Salad
9	Apple Date Cinnamon Smoothie	Mediterranean Veggie Paella	Citrus Beet & Spinach Salad	French Clafoutis

7-Day Mediterranean Reset Plan

Reset Basics: Rituals and Nutritional Boosts

- 1. Morning Ritual:** Start each day on the detox program with 1 cup (250 ml) of warm **lemon water** made by mixing the juice of 1/2 lemon with 1 cup of warm water, and optionally adding a few slices of fresh ginger and mint leaves for added flavor. This practice enhances digestion and kickstarts your metabolism.
- 2. Daily Intake:** Aim for at least 2 liters of fluids per day, approximately 8 cups (250 ml each). This total can include water, herbal teas, and green tea.
- 3. Drinking Interval:** Drink water at least 20–30 minutes after meals and between meals to optimize digestion and hydration.
- 4. Nutritional Recommendations:** Incorporate chia seeds or oat bran into your salads and soups. Adding 1 tsp of chia seeds or 1/4 cup of oat bran not only boosts fiber content but also aligns with the Mediterranean diet's emphasis on whole, nutrient-rich foods, supporting overall health and digestion.

Benefits of the Reset Plan

- 1. Improved Nutritional Balance:** Ensures a variety of essential nutrients from diverse food groups, including fruits, vegetables, proteins, and healthy fats.
- 2. Enhanced Digestion:** Incorporates fiber-rich foods that support digestive health and regularity.
- 3. Increased Energy Levels:** Provides complex carbohydrates that sustain energy throughout the day.
- 4. Weight Management:** Focuses on light meals and portion control, helping to prevent overeating and facilitate weight loss or maintenance.
- 5. Natural Cleanse Support:** High antioxidant content from fruits and vegetables aids in the body's natural cleansing processes.
- 6. Hydration Boost:** Regular consumption of lemon water improves hydration and digestion.
- 7. Psychological Well-Being:** Provides a variety of delectable meals that enhance motivation and satisfaction, thereby enhancing the enjoyment of dietary modifications.
- 8. Positive Lifestyle Changes:** Encourages healthier eating habits and mindfulness around food choices.

DAY	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT
1	Cottage cheese with berries and walnuts	Lentil soup with spinach	Baked salmon with steamed broccoli	Carrot sticks with hummus
2	Vegetable Omelet (eggs, bell pepper, spinach, cherry tomatoes)	Quinoa with shrimp and vegetables	Grilled chicken breast with steamed broccoli	1 small apple or pear
3	Green Reset Smoothie + whole-grain crispbread	Tomato and bell pepper soup	Baked cod with lemon and herbs + steamed asparagus	Vegetable sticks with yogurt dip
4	Chia Pudding with almond milk and fruit	Bulgur with roasted vegetables	Shrimp with sautéed spinach	1 small handful of dried figs (2-3 pieces)
5	Kiwi Spinach Reset Smoothie + whole-grain crispbread	Lentil and vegetable salad	Tuna Salad with Mixed Greens, cherry tomatoes, and cucumber	Sliced cucumber with yogurt dip
6	Oatmeal with fruits and chia seeds	Zucchini and carrot soup	Grilled chicken with steamed green beans	1/2 cup fresh berries
7	Banana Avocado Smoothie + whole-grain crispbread	Tuna and bean salad	Simple Stir-Fried Vegetables	1 orange, sliced

Reset Meal Preparation Descriptions

Day 1

- **Cottage Cheese with Greek Yogurt, Berries, and Walnuts:** Mix 1 cup cottage cheese with 1/4 cup Greek yogurt, topped with 1/2 cup fresh berries and 1/4 cup chopped walnuts.
- **Lentil Soup with Spinach:** Cook 1 cup of lentils in 4 cups of vegetable broth with 1 diced onion, 1 diced carrot, and 2 minced garlic cloves. Add 2 cups of fresh spinach just before serving. (Serve 1-1.5 cups per person).
- **Baked Salmon with Steamed Broccoli:** Season 200g salmon fillets with lemon, salt, and pepper, and bake until cooked through. Serve with 1 cup steamed broccoli.

Day 2

- **Vegetable Omelet:** Whisk 2 eggs and pour into a heated pan. Add 1/4 cup diced bell peppers, 1/2 cup spinach, and a handful of cherry tomatoes. Cook until set and fold.
- **Quinoa with Shrimp and Vegetables:** Cook 1 cup quinoa according to package instructions. Sauté 200g shrimp with seasonal vegetables in 1 tsp olive oil and mix with quinoa. (Serve 1-1.5 cups per person).
- **Grilled Chicken Breast with Steamed Broccoli:** Season 200g chicken breasts and grill until cooked. Serve with 1 cup steamed broccoli.

Day 3

- **Green Reset Smoothie:** Blend 1 cup spinach, 1 banana, 1/2 apple, and 1 cup water until smooth. Serve with whole-grain crispbread.
- **Tomato and Bell Pepper Soup:** Sauté 1 diced onion and 2 minced garlic cloves, then add 4 chopped tomatoes and 1 bell pepper. Simmer until soft and blend until smooth. (Serve 1-1.5 cups per person).
- **Baked Cod with Lemon and Herbs:** Season 200g cod fillets with lemon juice, salt, and herbs. Bake until flaky and serve with 1 cup steamed asparagus.
- **Yogurt dip:** Mix 1 cup Greek yogurt with 1 minced garlic clove, 1 tbsp olive oil, 1 tbsp lemon juice, salt, pepper, and optional herbs.

Day 4

- **Chia Pudding with Almond Milk and Fruit:** Mix 1/4 cup chia seeds with 1 cup almond milk and let sit overnight. Top with fresh fruit before serving.

- **Bulgur with Roasted Vegetables:** Cook 1 cup bulgur according to package instructions. Roast seasonal vegetables and mix with bulgur. (Serve 1-1.5 cups per person).
- **Shrimp with Sautéed Spinach:** Sauté 200g shrimp in 1 tablespoon olive oil, add garlic, and mix in 2 cups fresh spinach until wilted. Serve warm.

Day 5

- **Kiwi Spinach Reset Smoothie:** Blend 1 kiwi, 1 cup spinach, and 1 cup water until smooth. Serve with whole-grain crispbread.
- **Lentil and Vegetable Salad:** Mix 1 cup cooked lentils with chopped vegetables (cucumbers, tomatoes) and a light vinaigrette. (Serve 1-1.5 cups per person).
- **Tuna Salad with Mixed Greens:** Combine 1 can of drained tuna with 2 cups mixed greens, cherry tomatoes, and cucumber, then dress lightly. (Serve 1-2 cups per person).

Day 6

- **Oatmeal with Fruits and Chia Seeds:** Cook 1 cup oatmeal and top with 1/2 cup fresh fruits and 1 tsp chia seeds for added texture. (Serve 1-1.5 cups per person).
- **Zucchini and Carrot Soup:** Sauté 1 diced onion, 1 diced zucchini, and 2 diced carrots, then add 4 cups vegetable broth and blend until smooth. (Serve 1-1.5 cups per person).
- **Grilled Chicken with Steamed Green Beans:** Season 200g chicken breast and grill until cooked through. Serve with 1 cup steamed green beans.

Day 7

- **Banana Avocado Smoothie:** Blend 1 banana, 1/2 avocado, and 1 cup almond milk until smooth. Serve with whole-grain crispbread.
- **Tuna and Bean Salad:** Mix 1 can tuna with 1 cup canned beans, diced onion, and parsley, drizzled with olive oil. (Serve 1-2 cups per person).
- **Simple Stir-Fried Vegetables:** Stir-fry seasonal vegetables (like bell peppers, broccoli, carrots) in 1 tsp olive oil until tender. (Serve 1-1.5 cups per person).

20 Quick and Delicious Mediterranean Snacks in 5 Minutes

These 20 snacks can be prepared in 5 minutes, helping you stay on track with healthy eating even when time is short.

1. Pistachio Dip with Carrot Sticks: Blend pistachios, olive oil, garlic, and a splash of lemon juice in a food processor until smooth. Serve with sliced carrot sticks.
Benefit: Healthy fats and fiber.

2. Stuffed Dates with Blue Cheese: Slice dates, remove the pits, and fill them with blue cheese for an unusual flavor combination.
Benefit: Healthy carbs and protein.

3. Veggie Sticks with Hummus: Cut cucumber, carrot, and celery sticks, and serve with 2–3 tablespoons of hummus.
Benefit: Vitamins and fiber from vegetables + protein from hummus.

4. Whole Grain Crackers with Avocado: Mash half an avocado and spread it on 2 whole grain crackers. Sprinkle with flax or chia seeds.
Benefit: Healthy fats and fiber.

5. Olives with Feta Cheese: Slice 50g of feta cheese and serve with 8–10 olives.
Benefit: Protein, healthy fats, and calcium.

6. Apple with Nut Butter: Slice an apple and spread 1–2 teaspoons of almond or peanut butter on the slices.
Benefit: Vitamins, fiber, and healthy fats.

7. Green Smoothie with Berries: Blend a handful of spinach, 100g of berries, 1 tablespoon of chia seeds, and 200ml of almond milk.
Benefit: Vitamins, antioxidants, and omega-3 fatty acids.

8. Toast with Avocado and Egg: Toast a slice of whole grain bread, mash some avocado, and add a boiled egg.
Benefit: Healthy fats, protein, and fiber.

9. Oatmeal with Berries and Nuts: Mix 2 tablespoons of oats, add hot water, and top with berries and nuts.
Benefit: Fiber, antioxidants, and protein.

10. Avocado Dip with Vegetable Sticks: Prepare a creamy dip from avocado, lemon juice, and olive oil, and serve with carrot and celery sticks.
Benefit: Healthy fats and fiber.

11. Stuffed Cucumbers with Ricotta and Pomegranate: Cut cucumbers lengthwise, remove the seeds, and fill them with ricotta cheese, then sprinkle with pomegranate seeds.
Benefit: Protein and antioxidants.

12. Pear with Camembert Cheese: Slice pear and add thin slices of Camembert cheese. A perfect balance of sweetness and creaminess.
Benefit: Vitamins and healthy fats.

13. Fig with Goat Cheese: Slice fresh figs and add pieces of goat cheese. You can garnish with nuts or honey for extra flavor.
Benefit: A balanced snack with protein and fiber.

14. Toast with Tomato and Basil: Take a slice of whole grain toast, drizzle with olive oil, add tomato slices, and top with fresh basil leaves.
Benefit: Fiber, antioxidants, and healthy fats.

15. Avocado with Tuna: Cut an avocado in half, remove the pit, and fill the halves with canned tuna (in water).
Benefit: Healthy fats, protein, and omega-3.

16. Greek Yogurt with Nuts and Honey: Take 150g of Greek yogurt, add 1 teaspoon of honey, and sprinkle with a handful of nuts.
Benefit: Protein, calcium, and healthy fats.

17. Mini Pizza on Lavash with Hummus and Olives: Spread hummus on lavash, add sliced olives and tomatoes, and heat on a skillet or in the oven for 2–3 minutes.
Benefit: Protein, fiber, and vitamins.

18. Mini Grape and Mozzarella Skewers: Thread grapes and small mozzarella balls onto skewers, then drizzle with balsamic vinegar.
Benefit: Antioxidants and protein.

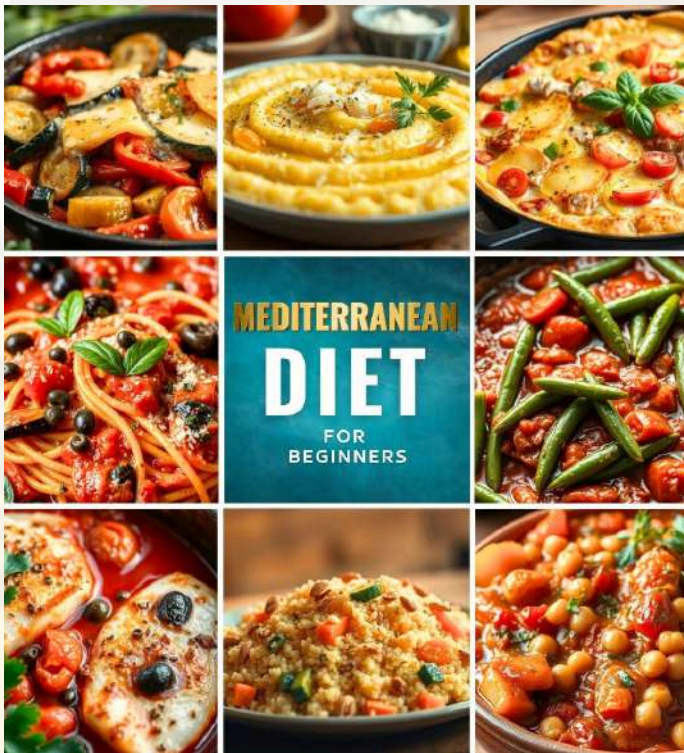
19. Greek Yogurt with Berries, Oat Bran, and Chia Seeds: Add fresh or frozen berries (strawberries, blueberries) to Greek yogurt, along with 1 tsp of chia seeds and 1 tsp of oat bran.
Benefit: Protein, fiber, and antioxidants.

20. Stuffed Mini Peppers with Tuna and Capers: Fill small sweet peppers with a mixture of tuna, capers, and olive oil.
Benefit: Protein, omega-3 fatty acids, and vitamins.

**Extra
BONUS**

A Special Thank-You Gift Just for You!

Enjoy "15 Easy & Tasty Mediterranean One-Pot Recipes"



Quick and delicious meals to make your Mediterranean journey even more enjoyable.

Scan the QR code below to download your bonus:



Your Feedback Matters!

As you turn the final page of this book, I want to express my heartfelt gratitude for allowing me to be part of your journey to a healthier and more balanced life. I hope this book has ignited your passion for cooking, deepened the connection to the food you prepare, and inspired you to embrace the philosophy of Mediterranean living.

If you've enjoyed this book or found a new favorite recipe, I'd truly appreciate a quick review on Amazon if you'd like to share your experience.

Thank you for being a part of this Mediterranean adventure!

With warm culinary wishes,
Alanna Sims