



MEDITERRANEAN DIET COOKBOOK FOR BEGINNERS



**2000 Days of Healthy and
Delicious Recipes with 100+ Easy
Dishes and Real Photos to Boost
Your Health and Energy.
Includes a 90-Day Meal Plan**





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Every effort has been made to ensure accuracy; however, variations in ingredients and preparation methods may occur.

Thank you for choosing this book to guide your Mediterranean lifestyle journey. Your support is appreciated!

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INTRODUCTION

WELCOME TO THE MEDITERRANEAN LIFESTYLE

The Mediterranean lifestyle is a harmonious blend of nutritious eating, cultural tradition, and mindful living. Rooted in the cuisines of Mediterranean countries, it emphasizes fresh, seasonal ingredients, including vegetables, fruits, whole grains, olive oil, and lean proteins. Renowned for its health benefits, this diet promotes vitality, longevity, and a positive relationship with food through flavorful and balanced meals. Central to this approach is the joy of sharing meals, fostering a sense of connection and community.

WHAT IS THE MEDITERRANEAN DIET?

Originating from the Mediterranean region, this diet reflects a rich cultural history of seasonal, local eating. It focuses on plant-based foods, healthy fats from olive oil, and lean proteins like fish and seafood. Moderation is key, with limited consumption of red meat and processed foods. Herbs and spices enhance flavor naturally, making the Mediterranean diet as delicious as it is nutritious while promoting a balanced and sustainable approach to eating.

BENEFITS OF THE MEDITERRANEAN DIET

The Mediterranean diet is celebrated for its ability to boost energy, support heart health, and reduce the risk of chronic diseases. Rich in omega-3s, antioxidants, and anti-inflammatory properties, it helps lower cholesterol, improve cognitive function, and manage weight. Its focus on whole, unprocessed foods makes it an effective and enjoyable path to long-term health.

HOW TO USE THIS COOKBOOK

This cookbook serves as a comprehensive guide to adopting the Mediterranean lifestyle. It features recipes for all meals, detailed instructions, vibrant photos, and nutritional insights, simplifying meal planning. Beginners can start with pantry essentials like olive oil and whole grains, using the 30-day meal plan to ease the transition. By celebrating cooking and eating, this cookbook empowers you to create flavorful, healthful dishes that embody the spirit of the Mediterranean.



CHAPTER 1

THE BASICS OF THE MEDITERRANEAN DIET

ESSENTIAL PANTRY STAPLES

A Mediterranean pantry is a treasure trove of wholesome, versatile ingredients. At its core is extra-virgin olive oil, renowned for its heart-healthy properties and rich flavor. Stock your shelves with various grains, such as quinoa, bulgur, and farro, which provide a nutritious foundation for salads and side dishes. Legumes like chickpeas, lentils, and black beans add protein and texture to many recipes. Dried herbs and spices—such as oregano, thyme, rosemary, paprika, and cumin—enhance dishes with authentic Mediterranean flavors. Don't forget canned tomatoes, garlic, onions, nuts, and seeds for added depth and crunch. With these staples, you're always ready to prepare vibrant and nourishing meals.

TOOLS AND EQUIPMENT FOR MEDITERRANEAN COOKING

Equipping your kitchen with the right tools makes Mediterranean cooking a joy. Start with a high-quality chef's knife and a sturdy cutting board for chopping fresh produce. A heavy-bottomed skillet, cast iron pan, and a grill pan are essential for sautéing vegetables and grilling meats or seafood. A food processor or blender is invaluable for creating dips like hummus and dressings. Stock up on mixing bowls, a salad spinner, and a zester for citrus fruits. Clay pots or Dutch ovens are perfect for slow-cooked stews. These tools simplify meal prep and help you achieve authentic Mediterranean textures and flavors.

TIPS FOR SOURCING FRESH AND SEASONAL INGREDIENTS

The Mediterranean diet thrives on freshness and seasonality. Visit local farmers' markets for fresh produce like ripe tomatoes, crisp cucumbers, and aromatic herbs. Prioritize seasonal fruits and vegetables to maximize flavor and nutritional value. Seek out sustainable and ethically sourced seafood at reputable markets or fishmongers. If possible, grow your herbs like basil, parsley, and mint for a constant supply of fresh flavor. Organic options are ideal, but what matters most is the quality and vibrancy of your ingredients. By choosing fresh, seasonal, and local products, you'll bring the essence of the Mediterranean to your table while supporting sustainable farming practices.



CHAPTER 2

BREAKFASTS TO START YOUR DAY RIGHT

NUTRITION TIPS FOR MEDITERRANEAN BREAKFASTS

Breakfast is the cornerstone of the day, and the Mediterranean diet offers a variety of options that are as delicious as they are nutritious. A Mediterranean breakfast prioritizes whole, unprocessed foods that provide lasting energy and vital nutrients. Incorporate ingredients like Greek yogurt, fresh fruits, whole grains, eggs, and olive oil into your morning routine to enjoy a balanced start. These breakfasts are rich in fiber, healthy fats, and protein, promoting sustained energy levels and better focus throughout the day. A drizzle of honey or a sprinkle of nuts can add natural sweetness and crunch without compromising health. With over 20 breakfast recipes in this cookbook, you'll find plenty of inspiration to brighten your mornings. From hearty dishes like Classic Shakshuka to quick and easy options like Mediterranean Smoothie Bowls, there's something for everyone. These recipes are designed to be simple, flavorful, and packed with nutrients— perfect for fueling your day.

RECIPES:

Classic Shakshuka

This savory dish combines poached eggs with a spiced tomato and bell pepper sauce. Serve with whole-grain bread for a complete meal.

Olive Oil & Herb Scrambled Eggs

Whisk eggs with fresh herbs like parsley and oregano, cook in olive oil, and enjoy a light, flavorful breakfast that's ready in minutes.

Mediterranean Smoothie Bowl Blend

Greek yogurt with fresh berries, a splash of almond milk, and a handful of spinach. Top with granola, chia seeds, and sliced fruit for a refreshing start.

Each recipe is crafted to embrace the Mediterranean principles of simplicity, flavor, and nutrition, ensuring your day begins on a positive and healthful note. These breakfasts are not just meals; they're an invitation to savor the Mediterranean lifestyle every morning.



CHAPTER 3

WHOLESOME SALADS AND SOUPS

Salads and soups are at the heart of Mediterranean cuisine, offering a versatile range of dishes that cater to every season. These wholesome meals are packed with fresh vegetables, legumes, and lean proteins, making them both delicious and nutrient-rich.

Whether you're looking for a light summer salad or a comforting winter soup, these recipes celebrate the flavors and health benefits of the Mediterranean diet.

Salads are a showcase of freshness and simplicity. A Greek Salad with Feta and Olives combines crisp cucumbers, juicy tomatoes, red onions, and briny Kalamata olives, all tossed in a tangy olive oil and lemon dressing.

The addition of creamy feta cheese makes this dish both satisfying and refreshing, perfect as a side or a standalone meal. For heartier options, incorporate grains like quinoa or farro, or add grilled chicken or chickpeas for extra protein. Soups provide warmth and comfort, often doubling as a complete meal. Lentil and Spinach Soup is a prime example, blending protein-packed lentils with nutrient-rich spinach in a savory broth seasoned with garlic, cumin, and paprika.

It's a nourishing dish that comes together quickly, ideal for busy weeknights. Another favorite is Roasted Tomato and Basil Soup, where sweet roasted tomatoes and aromatic basil are puréed into a velvety base, finished with a drizzle of olive oil. Pair it with whole-grain bread for a balanced meal.

GREEK SALAD WITH FETA CHEESE



10 mins



4 Serving

Ingredients:

- 2 cups romaine lettuce, chopped
- 1 cucumber, sliced
- 1 cup cherry tomatoes, halved
- 1 red onion, thinly sliced
- 1/2 cup Kalamata olives
- 1/2 cup feta cheese, crumbled
- 3 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp dried oregano
- Salt and pepper to taste

Preparation

- Combine lettuce, cucumber, cherry tomatoes, onion, and olives in a large salad bowl.
- Drizzle olive oil and red wine vinegar over the vegetables.
- Sprinkle with oregano, salt, and pepper, then toss gently to combine.
- Top with crumbled feta cheese before serving.

Nutrition Per Serving :

Calories: 210 | Protein: 6g | Carbs: 10g | Fat: 18g | Fiber: 3g

LEMON HERB GRILLED CHICKEN



20 mins



4 Serving

Ingredients:

- 4 boneless, skinless chicken breasts
- 3 tbsp olive oil
- Juice of 2 lemons
- 2 garlic cloves, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper to taste

Preparation

- In a bowl, whisk together olive oil, lemon juice, garlic, oregano, thyme, salt, and pepper.
- Pour the marinade over the chicken and let it marinate for at least 30 minutes.
- Preheat a grill to medium-high heat.
- Grill the chicken for 6-7 minutes on each side or until fully cooked.

Nutrition Per Serving :

Calories: 240 | Protein: 26g | Carbs: 2g | Fat: 14g | Fiber: 0g



MEDITERRANEAN QUINOA SALAD



10 mins



4 Serving

Ingredients:

- 1 cup cooked quinoa
- 1 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 red onion, finely chopped
- 1/4 cup parsley, chopped
- 1/4 cup feta cheese, crumbled, 3 tbsp olive oil
- 1 tbsp lemon juice, Salt and pepper to taste

Preparation

- In a large bowl, combine quinoa, cherry tomatoes, cucumber, onion, parsley, and feta.
- Whisk olive oil, lemon juice, salt, and pepper in a small bowl.
- Drizzle the dressing over the salad and toss to combine.

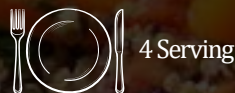
Nutrition Per Serving :

Calories: 190 | Protein: 6g | Carbs: 19g | Fat: 10g | Fiber: 3g

MEDITERRANEAN BAKED SALMON



15 mins



4 Serving

Ingredients:

- 4 salmon fillets (6 oz each)
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 1 tsp dried oregano
- 1 tsp paprika
- Salt and pepper to taste
- Lemon wedges for serving

Preparation

- Preheat the oven to 400°F (200°C).
- Place salmon fillets on a baking sheet lined with parchment paper.
- Mix olive oil, garlic, oregano, paprika, salt, and pepper in a small bowl.
- Brush the mixture over the salmon fillets.
- Bake for 12–15 minutes, or until the salmon is cooked through.

Nutrition Per Serving :

Calories: 300 | Protein: 34g | Carbs: 1g | Fat: 18g | Fiber: 0g





MEDITERRANEAN CHICKPEA STEW



30 mins



4 Serving

Ingredients:

- 2 tbsp olive oil
- 1 onion, diced
- 3 garlic cloves, minced
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 can (14 oz) diced tomatoes
- 1 cup vegetable broth
- 1 tsp cumin
- 1 tsp smoked paprika
- 1/2 tsp chili flakes
- Salt and pepper to taste
- Fresh parsley for garnish

Preparation

- Heat olive oil in a large pot over medium heat.
- Sauté onion and garlic until fragrant.
- Add chickpeas, diced tomatoes, vegetable broth, cumin, paprika, and chili flakes.
- Simmer for 20 minutes, stirring occasionally.
- Garnish with fresh parsley before serving.

Nutrition Per Serving :

Calories: 220 | Protein: 8g | Carbs: 34g | Fat: 6g | Fiber: 9g



SPINACH AND FETA STUFFED PEPPERS



35 mins



4 Serving

Ingredients:

- 4 large bell peppers, halved and seeded
- 2 cups fresh spinach, chopped
- 1 cup cooked quinoa
- 1/2 cup feta cheese, crumbled
- 1 tbsp olive oil
- 1 tsp garlic powder
- Salt and pepper to taste

Preparation

- Preheat oven to 375°F (190°C).
- Mix spinach, quinoa, feta, olive oil, garlic powder, salt, and pepper in a bowl.
- Fill each bell pepper half with the mixture.
- Place stuffed peppers on a baking sheet and bake for 25–30 minutes.

Nutrition Per Serving :

Calories: 190 | Protein: 7g | Carbs: 23g | Fat: 8g | Fiber: 5g

GREEK YOGURT AND CUCUMBER DIP (TZATZIKI)



15 mins



4 Serving

Ingredients:

- 1 cup Greek yogurt
- 1 cucumber, grated and squeezed of excess water
- 2 garlic cloves, minced, 1 tbsp olive oil
- 1 tbsp lemon juice, 1 tsp dried dill
- Salt to taste

Preparation

- Combine Greek yogurt, grated cucumber, garlic, olive oil, lemon juice, dill, and salt in a bowl.
- Mix well until smooth.
- Chill for 15 minutes before serving.

Nutrition Per Serving :

Calories: 80 | Protein: 4g | Carbs: 5g | Fat: 4g | Fiber: 1g



MEDITERRANEAN LENTIL SOUP



40 mins



6 Serving

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, chopped
- 3 garlic cloves, minced
- 1 cup dried lentils
- 4 cups vegetable broth
- 1 can (14 oz) diced tomatoes, 1 tsp cumin
- 1 tsp smoked paprika, Salt and pepper to taste

Preparation

- Heat olive oil in a pot over medium heat.
- Sauté onion, carrots, and garlic until soft.
- Add lentils, vegetable broth, tomatoes, cumin, paprika, salt, and pepper.
- Simmer for 30 minutes or until lentils are tender.

Nutrition Per Serving :

Calories: 180 | Protein: 9g | Carbs: 28g | Fat: 4g | Fiber: 9g





BAKED EGGPLANT WITH TAHINI SAUCE



30 mins



4 Serving

Ingredients:

- 2 medium eggplants, sliced lengthwise
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- Salt and pepper to taste
- 1/4 cup tahini
- Juice of 1 lemon
- 2 tbsp water

Preparation

- Preheat oven to 400°F (200°C).
- Brush eggplant slices with olive oil and season with garlic powder, salt, and pepper.
- Arrange on a baking sheet and bake for 20–25 minutes.
- Mix tahini, lemon juice, and water in a small bowl. Drizzle over the baked eggplant before serving.

Nutrition Per Serving :

Calories: 160 | Protein: 3g | Carbs: 10g | Fat: 12g | Fiber: 4g



HUMMUS WITH ROASTED RED PEPPERS



10 mins



4 Serving

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1/4 cup tahini
- 2 roasted red peppers, chopped
- 2 tbsp olive oil
- 1 garlic clove, minced
- Juice of 1 lemon
- 1 tsp smoked paprika
- Salt to taste

Preparation

- Combine chickpeas, tahini, red peppers, olive oil, garlic, lemon juice, paprika, and salt in a food processor.
- Blend until smooth, adding water if needed for desired consistency.
- Serve with pita bread or veggies.

Nutrition Per Serving :

Calories: 190 | Protein: 6g | Carbs: 18g | Fat: 10g | Fiber: 5g



GRILLED ZUCCHINI WITH LEMON AND MINT



15 mins



4 Serving

Ingredients:

- 3 medium zucchinis, sliced into rounds
- 2 tbsp olive oil
- Juice of 1 lemon
- 1 tbsp fresh mint, chopped
- Salt and pepper to taste

Preparation

- Preheat grill or grill pan over medium heat.
- Brush zucchini slices with olive oil and season with salt and pepper.
- Grill zucchini for 3–4 minutes per side until tender.
- Drizzle with lemon juice and sprinkle with mint before serving.

Nutrition Per Serving :
 Calories: 90 | Protein: 2g | Carbs: 5g | Fat: 7g | Fiber: 2g

GREEK-STYLE CHICKEN WRAPS



10 mins



4 Serving

Ingredients:

- 4 whole-grain wraps
- 2 cups grilled chicken, sliced
- 1 cup lettuce, shredded
- 1/2 cucumber, thinly sliced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced, 1/2 cup tzatziki sauce

Preparation

- Warm the wraps in a skillet or microwave.
- Layer chicken, lettuce, cucumber, tomatoes, and onion on each wrap.
- Drizzle with tzatziki sauce and roll up tightly.

Nutrition Per Serving :
 Calories: 320 | Protein: 25g | Carbs: 28g | Fat: 11g | Fiber: 5g



SHRIMP SAUTÉED IN GARLIC AND OLIVE OIL



10 mins



4 Serving

Ingredients:

- 1 lb shrimp, peeled and deveined
- 3 tbsp olive oil
- 3 garlic cloves, minced
- 1 tsp red chili flakes (optional)
- Juice of 1 lemon
- Fresh parsley for garnish

Preparation

- Heat olive oil in a skillet over medium heat.
- Sauté garlic and chili flakes for 1 minute.
- Add shrimp and cook for 2–3 minutes per side until pink and opaque.
- Drizzle with lemon juice and garnish with parsley before serving.

Nutrition Per Serving :

Calories: 190 | Protein: 23g | Carbs: 1g | Fat: 10g | Fiber: 0g

MEDITERRANEAN STUFFED TOMATOES



30 mins



6 Serving

Ingredients:

- 6 large tomatoes
- 1 cup cooked quinoa
- 1/4 cup parsley, chopped
- 1/4 cup feta cheese, crumbled
- 2 tbsp olive oil
- 1 garlic clove, minced
- Salt and pepper to taste

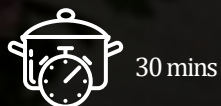
Preparation

- Preheat oven to 375°F (190°C).
- Cut tops off tomatoes and scoop out the flesh.
- Mix quinoa, parsley, feta, olive oil, garlic, salt, and pepper in a bowl.
- Stuff the tomatoes with the mixture and place them in a baking dish.
- Bake for 20–25 minutes.

Nutrition Per Serving :

Calories: 150 | Protein: 4g | Carbs: 15g | Fat: 8g | Fiber: 3g

BAKED FALAFEL WITH TAHINI SAUCE



30 mins



4 Serving

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh cilantro, chopped
- 2 garlic cloves, minced
- 1 small onion, diced
- 1 tsp ground cumin
- 1 tsp coriander
- 3 tbsp olive oil
- Salt and pepper to taste

For Tahini Sauce:

- 1/4 cup tahini
- Juice of 1 lemon
- 2 tbsp water
- 1 garlic clove, minced

Preparation

- Preheat oven to 375°F (190°C).
- In a food processor, blend chickpeas, parsley, cilantro, garlic, onion, cumin, coriander, olive oil, salt, and pepper until smooth.
- Shape into small patties and place on a baking sheet.
- Bake for 20–25 minutes, flipping halfway through.
- Mix tahini, lemon juice, water, and garlic in a bowl to make the sauce.
- Serve falafel with tahini sauce.

Nutrition Per Serving :

Calories: 220 | Protein: 6g | Carbs: 19g | Fat: 12g | Fiber: 5g

MEDITERRANEAN GRILLED VEGETABLE PLATTER



20 mins



4 Serving

Ingredients:

- 1 zucchini, sliced, 1 eggplant, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 red onion, sliced, 3 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper to taste

Preparation

- Preheat grill or grill pan to medium-high heat.
- Toss vegetables with olive oil, oregano, salt, and pepper.
- Grill vegetables for 3–5 minutes per side until tender and slightly charred.
- Serve warm or at room temperature.

Nutrition Per Serving :

Calories: 150 | Protein: 3g | Carbs: 12g | Fat: 10g | Fiber: 4g



MEDITERRANEAN TUNA SALAD



10 mins



2 Serving

Ingredients:

- 2 cans (5 oz each) tuna in olive oil, drained
- 1/2 cup cherry tomatoes, halved
- 1/4 cup Kalamata olives, sliced
- 1 tbsp capers, 1 tbsp olive oil
- Juice of 1 lemon, Salt and pepper to taste

Preparation

- In a bowl, combine tuna, tomatoes, olives, and capers.
- Drizzle with olive oil and lemon juice.
- Season with salt and pepper and mix gently.

Nutrition Per Serving :

Calories: 230 | Protein: 22g | Carbs: 3g | Fat: 15g | Fiber: 1g



HERB-CRUSTED COD



20 mins



4 Serving

Ingredients:

- 4 cod fillets (6 oz each)
- 1 cup breadcrumbs
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped
- 1 garlic clove, minced
- 2 tbsp olive oil
- Salt and pepper to taste

Preparation

- Preheat oven to 400°F (200°C). Mix breadcrumbs, parsley, dill, garlic, salt, and pepper in a bowl.
- Brush cod fillets with olive oil and press them into the breadcrumb mixture to coat.
- Place on a baking sheet and bake for 15-20 minutes

Nutrition Per Serving :

Calories: 220 | Protein: 25g | Carbs: 12g | Fat: 8g | Fiber: 1g



CUCUMBER AND TOMATO SALAD WITH FETA



10 mins



4 Serving

Ingredients:

- 2 cups cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/4 red onion, thinly sliced
- 1/4 cup feta cheese, crumbled
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp dried oregano
- Salt and pepper to taste

Preparation

- In a large bowl, combine cucumber, tomatoes, onion, and feta.
- Whisk olive oil, vinegar, oregano, salt, and pepper in a small bowl.
- Pour the dressing over the salad and toss gently.

Nutrition Per Serving :

Calories: 150 | Protein: 4g | Carbs: 8g | Fat: 11g | Fiber: 2g

SPINACH AND CHICKPEA STIR-FRY



10 mins



4 Serving

Ingredients:

- 2 tbsp olive oil
- 3 cups fresh spinach
- 1 can (15 oz) chickpeas, drained and rinsed
- 2 garlic cloves, minced
- 1/2 tsp smoked paprika
- Salt and pepper to taste

Preparation

- Heat olive oil in a skillet over medium heat.
- Add garlic and sauté for 1 minute.
- Add chickpeas and paprika, cooking for 2-3 minutes.
- Stir in spinach and cook until wilted.
- Season with salt and pepper before serving

Nutrition Per Serving :

Calories: 170 | Protein: 6g | Carbs: 14g | Fat: 9g | Fiber: 4g



MEDITERRANEAN BAKED CHICKEN THIGHS



45 mins



4 Serving

Ingredients:

- 4 bone-in, skin-on chicken thighs
- 2 tbsp olive oil
- 1/2 cup Kalamata olives
- 1 lemon, sliced
- 2 garlic cloves, minced
- 1 tsp dried oregano
- Salt and pepper to taste

Preparation

- Preheat oven to 375°F (190°C).
- Rub chicken thighs with olive oil, garlic, oregano, salt, and pepper.
- Arrange chicken thighs, olives, and lemon slices in a baking dish.
- Bake for 40–45 minutes or until chicken reaches an internal temperature of 165°F (74°C).

Nutrition Per Serving :

Calories: 320 | Protein: 24g | Carbs: 2g | Fat: 24g | Fiber: 0g

ROASTED CAULIFLOWER WITH TAHINI DRESSING



30 mins



4 Serving

Ingredients:

- 1 medium head cauliflower, cut into florets
- 2 tbsp olive oil
- 1/2 tsp ground cumin
- 1/4 tsp smoked paprika, Salt and pepper to taste

For the Dressing:

- 1/4 cup tahini
- 2 tbsp lemon juice
- 2 tbsp water, 1 garlic clove, minced

Preparation

- Preheat oven to 400°F (200°C).
- Toss cauliflower florets with olive oil, cumin, paprika, salt, and pepper.
- Arrange on a baking sheet and roast for 25–30 minutes, turning halfway through.
- Mix tahini, lemon juice, water, and garlic to make the dressing. Drizzle over roasted cauliflower before serving.

Nutrition Per Serving :

Calories: 160 | Protein: 4g | Carbs: 12g | Fat: 11g | Fiber: 4g

ORZO SALAD WITH SPINACH AND SUN-DRIED TOMATOES



20 mins



4 Serving

Ingredients:

- 1 cup orzo pasta
- 2 cups fresh spinach, chopped
- 1/4 cup sun-dried tomatoes, chopped
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 garlic clove, minced
- Salt and pepper to taste

Preparation

- Cook orzo according to package instructions. Drain and cool.
- In a large bowl, combine orzo, spinach, sun-dried tomatoes, olive oil, lemon juice, garlic, salt, and pepper.
- Toss to combine and serve.

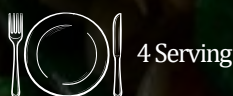
Nutrition Per Serving :

Calories: 250 | Protein: 6g | Carbs: 35g | Fat: 9g | Fiber: 3g

GRILLED HALLOUMI WITH POMEGRANATE MOLASSES



10 mins



4 Serving

Ingredients:

- 8 oz halloumi cheese, sliced
- 1 tbsp olive oil
- 2 tbsp pomegranate molasses
- Fresh mint leaves for garnish

Preparation

- Heat olive oil in a skillet over medium heat.
- Grill halloumi slices for 2-3 minutes per side until golden and crispy.
- Drizzle with pomegranate molasses and garnish with mint leaves before serving.

Nutrition Per Serving :

Calories: 180 | Protein: 9g | Carbs: 3g | Fat: 14g | Fiber: 0g



MEDITERRANEAN PITA PIZZA



15 mins



4 Serving

Ingredients:

- 4 whole-grain pita breads
- 1/2 cup marinara sauce
- 1 cup mozzarella cheese, shredded
- 1/2 cup Kalamata olives, sliced
- 1/4 cup sun-dried tomatoes, chopped
- 1/2 tsp dried oregano

Preparation

- Preheat oven to 375°F (190°C).
- Spread marinara sauce evenly over each pita.
- Top with mozzarella cheese, olives, sun-dried tomatoes, and oregano.
- Place pitas on a baking sheet and bake for 8–10 minutes, or until cheese is melted and bubbly.

Nutrition Per Serving:

Calories: 270 | Protein: 13g | Carbs: 25g | Fat: 12g | Fiber: 4g





CHAPTER 4

SATISFYING MAIN COURSES

Main courses are the heart of any Mediterranean meal, offering balanced nutrition and an array of satisfying flavors. The Mediterranean diet emphasizes variety, incorporating fish, poultry, and plant-based proteins to create well-rounded meals that are both delicious and healthful. These dishes are not only nourishing but also easy to prepare, making them perfect for both busy weeknights and special occasions. This section features 30+ main course recipes, each with detailed, step-by-step instructions to guide you through the cooking process. From light seafood options to hearty vegetarian meals, these recipes showcase the versatility of Mediterranean cuisine. Whether you're a novice cook or a seasoned chef, you'll find inspiration to create dishes that delight the palate and nourish the body.

RECIPES

1. Baked Salmon with Lemon and Dill

This simple yet elegant dish combines tender salmon fillets with the bright flavors of lemon and fresh dill. Baked to perfection, it's a healthy and flavorful choice rich in omega-3 fatty acids. Serve with a side of roasted vegetables or a quinoa salad for a complete meal.

2. Grilled Chicken Souvlaki

A Mediterranean classic, chicken souvlaki features marinated chicken skewers grilled to smoky perfection. Infused with garlic, oregano, and lemon juice, this dish pairs beautifully with tzatziki sauce and warm pita bread. It's a crowd-pleaser that's as fun to make as it is to eat.

3. Stuffed Bell Peppers with Quinoa

These vibrant bell peppers are filled with a savory mixture of quinoa, chickpeas, tomatoes, and spices, making them a hearty plant-based option. Packed with protein and fiber, they're both satisfying and nutritious. Enjoy them as a main course or pair them with a fresh green salad.

STUFFED GRAPE LEAVES (DOLMAS)



25 mins



6 Serving

Ingredients:

- 1 jar grape leaves, drained and rinsed
- 1 cup cooked rice
- 2 tbsp olive oil
- 1/4 cup parsley, chopped
- 1/4 cup dill, chopped
- Juice of 1 lemon
- Salt and pepper to taste

Preparation

- Mix rice, olive oil, parsley, dill, lemon juice, salt, and pepper in a bowl.
- Lay a grape leaf flat and place 1 tbsp of filling in the center. Fold sides and roll tightly.
- Repeat with remaining leaves and filling.
- Steam or cook the stuffed leaves in a pot with a little water for 15–20 minutes.

Nutrition Per Serving :

Calories: 140 | Protein: 2g | Carbs: 18g | Fat: 7g | Fiber: 2g

EGGPLANT AND CHICKPEA STEW



30 mins



4 Serving

Ingredients:

- 1 large eggplant, diced
- 2 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 can (14 oz) diced tomatoes
- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp cinnamon
- Salt and pepper to taste
- Fresh parsley for garnish

Preparation

- Heat olive oil in a pot over medium heat. Add onion and garlic; sauté until softened.
- Add diced eggplant and cook for 5 minutes.
- Stir in chickpeas, tomatoes, cumin, paprika, cinnamon, salt, and pepper.
- Cover and simmer for 20 minutes, stirring occasionally.
- Garnish with parsley before serving.

Nutrition Per Serving :

Calories: 220 | Protein: 6g | Carbs: 30g | Fat: 8g | Fiber: 9g



GREEK LENTIL SOUP (FAKES SOUPA)



30 mins



4 Serving

Ingredients:

- 1 cup dried lentils
- 2 tbsp olive oil
- 1 onion, chopped
- 2 carrots, diced
- 2 garlic cloves, minced
- 1 can (14 oz) diced tomatoes
- 4 cups vegetable broth
- 1 bay leaf
- 1 tsp dried oregano
- Salt and pepper to taste
- 2 tbsp red wine vinegar

Preparation

- Rinse lentils and set aside.
- Heat olive oil in a pot over medium heat. Sauté onion, carrots, and garlic until softened.
- Add lentils, tomatoes, broth, bay leaf, oregano, salt, and pepper.
- Simmer for 30 minutes or until lentils are tender.
- Stir in vinegar before serving

Nutrition Per Serving :

Calories: 250 | Protein: 14g | Carbs: 35g | Fat: 7g | Fiber: 12g

GRILLED LAMB CHOPS WITH ROSEMARY AND GARLIC



30 mins



4 Serving

Ingredients:

- 8 lamb chops
- 3 garlic cloves, minced
- 2 tbsp fresh rosemary, chopped
- 2 tbsp olive oil
- Salt and pepper to taste

Preparation

- In a bowl, mix garlic, rosemary, olive oil, salt, and pepper.
- Rub the mixture onto lamb chops and marinate for at least 30 minutes.
- Preheat grill to medium-high heat. Grill lamb chops for 3–4 minutes per side for medium-rare.

Nutrition Per Serving :

Calories: 330 | Protein: 24g | Carbs: 1g | Fat: 26g | Fiber: 0g





MEDITERRANEAN QUINOA BOWLS WITH AVOCADO



30 mins



4 Serving

Ingredients:

- 1 cup cooked quinoa
- 1/2 cucumber, diced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup Kalamata olives, sliced
- 1/4 cup feta cheese, crumbled
- 1 avocado, sliced
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper to taste

Preparation

- In a bowl, layer quinoa, cucumber, tomatoes, olives, feta, and avocado.
- Drizzle with olive oil and lemon juice.
- Season with salt and pepper before serving.

Nutrition Per Serving :

Calories: 370 | Protein: 10g | Carbs: 32g | Fat: 24g | Fiber: 8g



SPINACH AND FETA STUFFED MUSHROOMS



25 mins



4 Serving

Ingredients:

- 12 large button mushrooms, stems removed
- 1 tbsp olive oil
- 1 cup fresh spinach, chopped
- 1/4 cup feta cheese, crumbled
- 2 tbsp breadcrumbs
- 1 garlic clove, minced
- Salt and pepper to taste

Preparation

- Preheat oven to 375°F (190°C).
- Heat olive oil in a skillet and sauté spinach and garlic until wilted.
- Mix spinach, feta, breadcrumbs, salt, and pepper in a bowl.
- Spoon the mixture into mushroom caps and place on a baking sheet.
- Bake for 15–20 minutes.

Nutrition Per Serving :

Calories: 120 | Protein: 5g | Carbs: 6g | Fat: 8g | Fiber: 1g



LEMON HERB COUSCOUS



10 mins



4 Serving

Ingredients:

- 1 cup couscous
- 1 cup vegetable broth
- 1 tbsp olive oil
- Juice of 1 lemon
- 1/4 cup parsley, chopped
- 1/4 cup mint, chopped
- Salt and pepper to taste

Preparation

- Bring vegetable broth to a boil. Remove from heat and stir in couscous.
- Cover and let sit for 5 minutes.
- Fluff couscous with a fork and stir in olive oil, lemon juice, parsley, mint, salt, and pepper.

Nutrition Per Serving :

Calories: 180 | Protein: 5g | Carbs: 30g | Fat: 5g | Fiber: 2g

SHRIMP SAGANAKI (SHRIMP WITH TOMATO AND FETA)



20 mins



4 Serving

Ingredients:

- 1 lb large shrimp, peeled and deveined
- 2 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can (14 oz) diced tomatoes
- 1/2 tsp red pepper flakes
- 1/4 cup fresh parsley, chopped
- 1/4 cup feta cheese, crumbled
- Salt and pepper to taste

Preparation

- Heat olive oil in a skillet over medium heat. Sauté onion and garlic until softened.
- Add tomatoes, red pepper flakes, salt, and pepper. Simmer for 10 minutes.
- Add shrimp and cook for 3–4 minutes until pink.
- Top with feta cheese and parsley before serving.

Nutrition Per Serving :

Calories: 210 | Protein: 20g | Carbs: 8g | Fat: 10g | Fiber: 2g



MEDITERRANEAN CHICKPEA SALAD WRAPS



10 mins



4 Serving

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1/2 cup cucumber, diced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, diced
- 2 tbsp olive oil
- Juice of 1 lemon
- 1/4 tsp cumin
- Salt and pepper to taste
- 4 whole-grain tortillas

Preparation

- Mash chickpeas lightly in a bowl. Add cucumber, tomatoes, onion, olive oil, lemon juice, cumin, salt, and pepper.
- Spread the mixture onto tortillas and roll up tightly.

Nutrition Per Serving:

Calories: 250 | Protein: 7g | Carbs: 35g | Fat: 9g | Fiber: 7g

ROASTED RED PEPPER AND WALNUT DIP (MUHAMMARA)



10mins



4 Serving

Ingredients:

- 2 large roasted red peppers, peeled and seeded
- 1 cup walnuts, 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 garlic clove
- 1/2 tsp smoked paprika
- Salt and pepper to taste

Preparation

- Combine all ingredients in a food processor. Blend until smooth.
- Adjust seasoning as needed and serve with pita bread or vegetables.

Nutrition Per Serving:

Calories: 180 | Protein: 4g | Carbs: 7g | Fat: 16g | Fiber: 3g

BAKED RATATOUILLE



45 mins



4 Serving

Ingredients:

- 1 zucchini, thinly sliced
- 1 eggplant, thinly sliced
- 1 red bell pepper, sliced
- 1 yellow squash, thinly sliced
- 2 tbsp olive oil
- 1 can (14 oz) diced tomatoes
- 2 garlic cloves, minced
- 1 tsp dried thyme
- Salt and pepper to taste

Preparation

- Preheat oven to 375°F (190°C).
- Spread diced tomatoes in a baking dish and season with garlic, thyme, salt, and pepper.
- Layer zucchini, eggplant, bell pepper, and squash over the tomatoes.
- Drizzle with olive oil and bake for 35–40 minutes

Nutrition Per Serving :

Calories: 140 | Protein: 3g | Carbs: 16g | Fat: 7g | Fiber: 5g

GREEK YOGURT PARFAIT WITH HONEY AND NUTS



5 mins



4 Serving

Ingredients:

- 2 cups Greek yogurt
- 2 tbsp honey
- 1/4 cup walnuts, chopped
- 1/4 cup pistachios, chopped

Preparation

- In serving glasses, layer Greek yogurt, honey, walnuts, and pistachios.
- Repeat layers and drizzle with extra honey on top.

Nutrition Per Serving :

Calories: 220 | Protein: 10g | Carbs: 16g | Fat: 11g | Fiber: 1g





MEDITERRANEAN STUFFED BELL PEPPERS



40 mins



4 Serving

Ingredients:

- 4 large bell peppers, tops removed and seeds removed
- 1 cup cooked quinoa
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, diced
- 1/4 cup feta cheese, crumbled
- 2 tbsp parsley, chopped, 1 tsp olive oil
- Salt and pepper to taste

Preparation

- Preheat oven to 375°F (190°C).
- Mix quinoa, tomatoes, onion, feta, parsley, olive oil, salt, and pepper in a bowl.
- Stuff the mixture into bell peppers and place in a baking dish.
- Bake for 30–35 minutes.

Nutrition Per Serving :

Calories: 200 | Protein: 6g | Carbs: 25g | Fat: 8g | Fiber: 5g



GARLIC AND LEMON ROASTED POTATOES



35 mins



4 Serving

Ingredients:

- 1 lb baby potatoes, halved
- 2 tbsp olive oil
- 2 garlic cloves, minced
- Juice of 1 lemon
- 1 tsp dried oregano
- Salt and pepper to taste

Preparation

- Preheat oven to 400°F (200°C).
- Toss potatoes with olive oil, garlic, lemon juice, oregano, salt, and pepper.
- Spread on a baking sheet and roast for 30–35 minutes, flipping halfway through.

Nutrition Per Serving :

Calories: 180 | Protein: 3g | Carbs: 28g | Fat: 6g | Fiber: 4g



GRILLED VEGETABLE PLATTER WITH BALSAMIC GLAZE



20 mins



4 Serving

Ingredients:

- 1 zucchini, sliced lengthwise
- 1 eggplant, sliced lengthwise
- 1 red bell pepper, halved
- 1 yellow squash, sliced lengthwise
- 2 tbsp olive oil
- 1/4 cup balsamic glaze
- Salt and pepper to taste

Preparation

- Preheat grill to medium heat.
- Brush vegetables with olive oil and season with salt and pepper.
- Grill vegetables for 3–5 minutes per side until tender and slightly charred.
- Arrange on a platter and drizzle with balsamic glaze before serving.

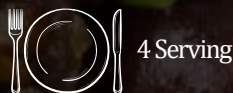
Nutrition Per Serving :

Calories: 150 | Protein: 2g | Carbs: 18g | Fat: 7g | Fiber: 5g

MEDITERRANEAN LENTIL SALAD WITH MINT



10 mins



4 Serving

Ingredients:

- 1 cup cooked lentils
- 1/2 cucumber, diced
- 1/2 cup cherry tomatoes, halved
- 2 tbsp fresh mint, chopped
- 2 tbsp parsley, chopped
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper to taste

Preparation

- In a large bowl, combine lentils, cucumber, tomatoes, mint, and parsley.
- Drizzle with olive oil and lemon juice. Toss to coat and season with salt and pepper.

Nutrition Per Serving :

Calories: 200 | Protein: 9g | Carbs: 27g | Fat: 6g | Fiber: 8g



SPINACH PIE (SPANAKOPITA)



40 mins



4 Serving

Ingredients:

- 1 lb fresh spinach, chopped
- 1/2 cup feta cheese, crumbled
- 1/4 cup dill, chopped
- 2 garlic cloves, minced
- 8 sheets phyllo dough
- 2 tbsp olive oil
- Salt and pepper to taste

Preparation

- Preheat oven to 375°F (190°C).
- Sauté spinach and garlic until wilted. Drain excess liquid.
- Mix spinach, feta, dill, salt, and pepper in a bowl.
- Layer two sheets of phyllo, brushing with olive oil between layers. Place filling and roll into a log.
- Repeat with remaining phyllo and bake for 25 minutes.

Nutrition Per Serving:

Calories: 250 | Protein: 8g | Carbs: 18g | Fat: 16g | Fiber: 3g

MEDITERRANEAN TUNA SALAD



10 mins



2 Serving

Ingredients:

- 1 can (5 oz) tuna, drained
- 1/2 cup cucumber, diced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, diced
- 2 tbsp Kalamata olives, sliced
- 1 tbsp capers
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper to taste

Preparation

- In a bowl, combine tuna, cucumber, tomatoes, onion, olives, and capers.
- Drizzle with olive oil and lemon juice. Toss and season with salt and pepper.

Nutrition Per Serving:

Calories: 220 | Protein: 22g | Carbs: 5g | Fat: 12g | Fiber: 2g

GARLIC HERB ROASTED CHICKEN



60 mins



6 Serving

Ingredients:

- 1 whole chicken (about 3 lbs)
- 3 garlic cloves, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 lemon, sliced
- Salt and pepper to taste

Preparation

- Preheat oven to 400°F (200°C).
- Rub chicken with olive oil, garlic, oregano, thyme, salt, and pepper.
- Stuff the cavity with lemon slices.
- Roast for 1 hour or until the internal temperature reaches 165°F (74°C).

Nutrition Per Serving :

Calories: 320 | Protein: 25g | Carbs: 1g | Fat: 24g | Fiber: 0g

HUMMUS AND VEGGIE PLATTER



5 mins



4 Serving

Ingredients:

- 1 cup hummus
- 1/2 cup cucumber slices
- 1/2 cup carrot sticks
- 1/2 cup celery sticks
- 1/4 cup cherry tomatoes

Preparation

- Arrange hummus in a bowl and surround with fresh vegetables.
- Serve as a snack or appetizer.

Nutrition Per Serving :

Calories: 150 | Protein: 5g | Carbs: 14g | Fat: 8g | Fiber: 4g

BAKED SALMON WITH LEMON AND DILL



20 mins



4 Serving

Ingredients:

- 4 salmon fillets (6 oz each)
- 2 tbsp olive oil
- 1 lemon, sliced
- 2 tbsp fresh dill, chopped
- Salt and pepper to taste

Preparation

- Preheat oven to 375°F (190°C).
- Place salmon fillets on a baking sheet lined with parchment paper.
- Drizzle with olive oil and top with lemon slices and dill.
- Bake for 15–20 minutes until cooked through.

Nutrition Per Serving:

Calories: 310 | Protein: 34g | Carbs: 1g | Fat: 20g | Fiber: 0g

GREEK ORZO SALAD WITH LEMON VINAIGRETTE



15 mins



4 Serving

Ingredients:

- 1 cup cooked orzo
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 1/4 cup Kalamata olives, sliced
- 1/4 cup red onion, diced
- 1/4 cup feta cheese, crumbled
- 2 tbsp parsley, chopped

For the Dressing:

- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp Dijon mustard, Salt and pepper to taste

Preparation

1. In a bowl, combine orzo, tomatoes, cucumber, olives, onion, feta, and parsley.
2. Whisk together dressing ingredients and pour over salad. Toss to coat.

Nutrition Per Serving:

Calories: 220 | Protein: 6g | Carbs: 27g | Fat: 10g | Fiber: 2g



BAKED FALAFEL WITH TAHINI SAUCE



30 mins



4 Serving

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1/4 cup parsley, chopped
- 1/4 cup cilantro, chopped
- 1 garlic clove, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tbsp olive oil
- Salt and pepper to taste

For the Sauce:

- 1/4 cup tahini
- 2 tbsp lemon juice
- 1 tbsp water

Preparation

- Preheat oven to 375°F (190°C).
- Blend all falafel ingredients in a food processor until a coarse mixture forms.
- Shape into small patties and place on a baking sheet. Bake for 20–25 minutes.
- Mix tahini sauce ingredients until smooth and serve with falafel.

Nutrition Per Serving :

Calories: 180 | Protein: 6g | Carbs: 16g | Fat: 9g |
Fiber: 4g



STUFFED GRAPE LEAVES (DOLMAS)



45 mins



4 Serving

Ingredients:

- 20 grape leaves, rinsed and patted dry
- 1 cup cooked rice
- 1/4 cup onion, finely diced
- 2 tbsp parsley, chopped
- 2 tbsp pine nuts (optional)
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper to taste

Preparation

- Mix rice, onion, parsley, pine nuts, olive oil, salt, and pepper in a bowl.
- Place a small spoonful of filling on each grape leaf and roll tightly.
- Arrange in a pot, seam side down, and pour lemon juice over the top. Add water to cover and simmer for 30 minutes.

Nutrition Per Serving :

Calories: 150 | Protein: 3g | Carbs: 18g | Fat: 7g | Fiber: 2g





MEDITERRANEAN GRILLED HALLOUMI SALAD



10 mins



2 Serving

Ingredients:

- 6 oz halloumi cheese, sliced
- 4 cups mixed greens
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

Preparation

- Heat a grill pan over medium heat. Grill halloumi slices for 2 minutes per side.
- Arrange mixed greens, tomatoes, and cucumber on a platter. Top with grilled halloumi.
- Drizzle with olive oil and balsamic vinegar. Season with salt and pepper.

Nutrition Per Serving :

Calories: 250 | Protein: 12g | Carbs: 6g | Fat: 20g | Fiber: 2g



SPAGHETTI WITH OLIVE OIL, GARLIC, AND PARSLEY



20 mins



4 Serving

Ingredients:

- 8 oz spaghetti, 3 tbsp olive oil
- 4 garlic cloves, thinly sliced
- 1/4 tsp red pepper flakes
- 1/4 cup parsley, chopped
- Salt and pepper to taste

Preparation

- Cook spaghetti according to package instructions. Reserve 1/4 cup pasta water.
- Heat olive oil in a skillet over medium heat. Add garlic and red pepper flakes; cook until fragrant.
- Toss spaghetti with garlic oil, parsley, and reserved pasta water. Season with salt and pepper

Nutrition Per Serving :

Calories: 320 | Protein: 7g | Carbs: 48g | Fat: 10g | Fiber: 2g



GREEK EGGPLANT DIP (MELITZANOSALATA)



45 mins



4 Serving

Ingredients:

- 1 large eggplant, 2 tbsp olive oil
- 1 garlic clove, minced
- 1 tbsp lemon juice
- 1 tbsp parsley, chopped
- Salt and pepper to taste

Preparation

- Preheat oven to 400°F (200°C). Prick the eggplant with a fork and roast for 30–40 minutes until soft.
- Scoop out the flesh and mash with olive oil, garlic, lemon juice, parsley, salt, and pepper. Serve warm or chilled.

Nutrition Per Serving :

Calories: 90 | Protein: 1g | Carbs: 5g | Fat: 7g | Fiber: 3g

LEMON HERB ROASTED CAULIFLOWER



30 mins



4 Serving

Ingredients:

- 1 head cauliflower, cut into florets
- 2 tbsp olive oil
- Juice of 1 lemon
- 1 tsp dried oregano
- 1/4 tsp garlic powder
- Salt and pepper to taste

Preparation

- Preheat oven to 400°F (200°C).
- Toss cauliflower with olive oil, lemon juice, oregano, garlic powder, salt, and pepper.
- Spread on a baking sheet and roast for 25–30 minutes until golden.

Nutrition Per Serving :

Calories: 120 | Protein: 3g | Carbs: 10g | Fat: 7g | Fiber: 3g





GREEK LEMON CHICKEN SOUP (AVGOLEMONO)



30 mins



4 Serving

Ingredients:

- 1 lb chicken breast, cooked and shredded
- 6 cups chicken broth
- 1/2 cup uncooked white rice
- 2 eggs
- Juice of 2 lemons
- 2 tbsp parsley, chopped
- Salt and pepper to taste

Preparation

- In a pot, bring chicken broth to a boil and add rice. Cook until tender.
- Reduce heat and stir in shredded chicken.
- Whisk eggs and lemon juice in a bowl. Slowly add a ladle of hot broth to the mixture while whisking.
- Gradually pour the egg mixture back into the pot, stirring constantly. Do not boil.
- Garnish with parsley and serve.

Nutrition Per Serving :

Calories: 200 | Protein: 20g | Carbs: 14g | Fat: 6g | Fiber: 0g



ROASTED EGGPLANT AND TOMATO STACK



25 mins



4 Serving

Ingredients:

- 1 large eggplant, sliced
- 2 large tomatoes, sliced
- 8 oz fresh mozzarella, sliced
- 2 tbsp olive oil
- 2 tbsp balsamic glaze
- Salt and pepper to taste

Preparation

- Preheat oven to 400°F (200°C).
- Arrange eggplant slices on a baking sheet, brush with olive oil, and season with salt and pepper. Roast for 20 minutes.
- Stack roasted eggplant, tomato slices, and mozzarella. Drizzle with balsamic glaze before serving.

Nutrition Per Serving :

Calories: 190 | Protein: 9g | Carbs: 6g | Fat: 14 | Fiber: 2g

CHAPTER 5

DELICIOUS SIDES AND APPETIZERS

Sides and appetizers are the soul of Mediterranean dining, transforming any meal into a vibrant feast. They serve as perfect pairings to enhance your main dishes and bring diverse textures and flavors to the table. From creamy dips to roasted vegetables and flavorful small plates, Mediterranean sides are designed to delight the palate and celebrate wholesome ingredients.

This section offers over 20 recipes to inspire your culinary adventures. Each dish highlights simple, fresh ingredients combined with traditional techniques, creating appetizers that are both easy to prepare and bursting with flavor.

Whether you're hosting a gathering or enjoying a casual family meal, these recipes will add a touch of Mediterranean magic to your table.

1. HUMMUS WITH PITA BREAD

Creamy and versatile, hummus is a Mediterranean classic. Made with chickpeas, tahini, olive oil, garlic, and lemon juice, it's a flavorful dip that pairs perfectly with warm pita bread or fresh vegetables. To prepare, blend all ingredients until smooth, adjusting seasoning to taste. Garnish with paprika, parsley, and a drizzle of olive oil for a delightful presentation.

2. ROASTED EGGPLANT WITH GARLIC AND TAHINI

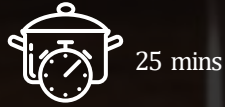
This dish brings smoky, savory flavors to the forefront. Slice eggplants in half, drizzle with olive oil and roast until tender. Top with a garlic-tahini sauce, fresh parsley, and a sprinkle of pomegranate seeds for a tangy twist. Serve warm or at room temperature as an elegant appetizer.

3. MARINATED ARTICHOKES

Marinated artichokes are a tangy, herby addition to any spread. Combine canned or freshly cooked artichoke hearts with olive oil, lemon juice, garlic, and fresh herbs like oregano and thyme. Let the mixture marinate for a few hours to develop its flavors. Serve as part of an antipasto platter or alongside crusty bread. With these recipes and more, you'll find endless inspiration for creating memorable Mediterranean sides and appetizers that showcase the region's vibrant culinary traditions.



MEDITERRANEAN CHICKPEA AND SPINACH STEW



25 mins



4 Serving

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 2 cups fresh spinach
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1 can (14 oz) diced tomatoes
- 1 tsp ground cumin
- 1/2 tsp paprika
- Salt and pepper to taste

Preparation

- Heat olive oil in a pot over medium heat. Sauté onion and garlic until softened.
- Add tomatoes, chickpeas, cumin, paprika, salt, and pepper. Simmer for 10 minutes.
- Stir in spinach and cook until wilted. Serve warm.

Nutrition Per Serving :

Calories: 180 | Protein: 6g | Carbs: 22g | Fat: 8g | Fiber: 6g

GRILLED LAMB CHOPS WITH MINT YOGURT SAUCE



50 mins



4 Serving

Ingredients:

- 8 lamb chops
- 2 tbsp olive oil
- 1 garlic clove, minced
- 1 tsp dried rosemary
- Salt and pepper to taste

For the Sauce:

- 1/2 cup Greek yogurt
- 1 tbsp mint, chopped
- 1 tbsp lemon juice
- Salt and pepper to taste

Preparation

- Rub lamb chops with olive oil, garlic, rosemary, salt, and pepper. Let marinate for 30 minutes.
- Preheat grill to medium-high heat. Grill lamb chops for 3–4 minutes per side.
- Mix yogurt sauce ingredients and serve alongside lamb chops.

Nutrition Per Serving :

Calories: 350 | Protein: 25g | Carbs: 3g | Fat: 26g | Fiber: 0g





MEDITERRANEAN LENTIL AND COUSCOUS BOWL



Ingredients:

- 1 cup cooked lentils
- 1 cup cooked couscous
- 1/2 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 2 tbsp parsley, chopped

For the Sauce:

- 2 tbsp tahini
- Juice of 1 lemon
- 1 tbsp water
- Salt and pepper to taste

Preparation

- In a bowl, layer lentils, couscous, tomatoes, cucumber, and parsley.
- Mix tahini sauce ingredients and drizzle over the bowl before serving.

Nutrition Per Serving :

Calories: 250 | Protein: 10g | Carbs: 38g | Fat: 6g | Fiber: 8g



MEDITERRANEAN GRILLED ZUCCHINI ROLL-UPS



Ingredients:

- 2 large zucchinis, sliced lengthwise
- 1/2 cup feta cheese, crumbled
- 1/4 cup sun-dried tomatoes, chopped
- 1 tbsp olive oil
- Salt and pepper to taste

Preparation

- Preheat grill to medium heat. Brush zucchini slices with olive oil and season with salt and pepper. Grill for 2 minutes per side.
- Spread feta and sun-dried tomatoes on each slice and roll up. Secure with a toothpick if needed.

Nutrition Per Serving :

Calories: 130 | Protein: 5g | Carbs: 5g | Fat: 10g | Fiber: 2g

BAKED COD WITH OLIVES AND CAPERS



20 mins



4 Serving

Ingredients:

- 4 cod fillets (6 oz each)
- 2 tbsp olive oil
- 1/4 cup Kalamata olives, sliced
- 2 tbsp capers
- 1 lemon, sliced
- Salt and pepper to taste

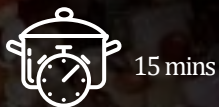
Preparation

- Preheat oven to 375°F (190°C).
- Place cod fillets in a baking dish. Drizzle with olive oil and top with olives, capers, and lemon slices.
- Bake for 15–20 minutes until fish flakes easily with a fork.

Nutrition Per Serving :

Calories: 220 | Protein: 28g | Carbs: 2g | Fat: 11g | Fiber: 1g

MEDITERRANEAN QUINOA SALAD WITH SUN-DRIED TOMATOES



15 mins



4 Serving

Ingredients:

- 1 cup cooked quinoa
- 1/4 cup sun-dried tomatoes, chopped
- 1/2 cup cucumber, diced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup feta cheese, crumbled
- 2 tbsp parsley, chopped
- 2 tbsp olive oil
- 2 tbsp lemon juice
- Salt and pepper to taste

Preparation

- Combine quinoa, sun-dried tomatoes, cucumber, cherry tomatoes, feta, and parsley in a large bowl.
- Drizzle with olive oil and lemon juice. Toss to coat. Season with salt and pepper before serving.

Nutrition Per Serving :

Calories: 240 | Protein: 7g | Carbs: 22g | Fat: 12g | Fiber: 3g





MEDITERRANEAN SHRIMP SKEWERS



30 mins



4 Serving

Ingredients:

- 1 lb large shrimp, peeled and deveined
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tsp dried oregano, 1/2 tsp paprika
- Juice of 1 lemon
- Salt and pepper to taste

Preparation

- In a bowl, mix olive oil, garlic, oregano, paprika, lemon juice, salt, and pepper. Marinate shrimp for 15 minutes.
- Thread shrimp onto skewers and grill for 2–3 minutes per side until pink and opaque.

Nutrition Per Serving :

Calories: 180 | Protein: 24g | Carbs: 1g | Fat: 8g | Fiber: 0g



MEDITERRANEAN ROASTED SWEET POTATOES



30 mins



4 Serving

Ingredients:

- 2 large sweet potatoes, diced
- 2 tbsp olive oil
- 1 tsp paprika
- 1/2 tsp garlic powder
- 1 tsp dried thyme
- Salt and pepper to taste

Preparation

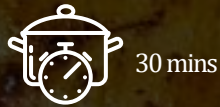
- Preheat oven to 400°F (200°C).
- Toss sweet potato pieces with olive oil, paprika, garlic powder, thyme, salt, and pepper.
- Spread on a baking sheet and roast for 25–30 minutes, flipping halfway through.

Nutrition Per Serving :

Calories: 180 | Protein: 2g | Carbs: 28g | Fat: 6g | Fiber: 4g



MEDITERRANEAN SPINACH AND FETA STUFFED CHICKEN



30 mins



4 Serving

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 cup fresh spinach, chopped
- 1/4 cup feta cheese, crumbled
- 2 tbsp olive oil
- 1 garlic clove, minced
- Salt and pepper to taste

Preparation

- Preheat oven to 375°F (190°C).
- Sauté spinach and garlic in 1 tbsp olive oil until wilted. Mix with feta cheese.
- Cut a pocket in each chicken breast and stuff with the spinach-feta mixture. Secure with toothpicks.
- Heat the remaining olive oil in a skillet and sear chicken on both sides. Transfer to the oven and bake for 20 minutes.

Nutrition Per Serving :

Calories: 280 | Protein: 32g | Carbs: 2g | Fat: 15g | Fiber: 0g

TZATZIKI SAUCE WITH FRESH VEGGIES



40 mins



4 Serving

Ingredients:

- 1 cup Greek yogurt
- 1/2 cucumber, grated and squeezed to remove excess water
- 1 garlic clove, minced
- 1 tbsp fresh dill, chopped
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

Preparation

- Mix all ingredients in a bowl until well combined.
- Chill for 30 minutes and serve with sliced vegetables like carrots, celery, and bell peppers.

Nutrition Per Serving :

Calories: 80 | Protein: 4g | Carbs: 3g | Fat: 5g | Fiber: 0g





MEDITERRANEAN STUFFED BELL PEPPERS



40 mins



4 Serving

Ingredients:

- 4 bell peppers, tops removed and seeds cleaned
- 1 cup cooked quinoa
- 1 cup cooked chickpeas
- 1/2 cup diced tomatoes
- 2 tbsp parsley, chopped
- 1 tbsp olive oil
- 1 tsp paprika
- Salt and pepper to taste

Preparation

- Preheat oven to 375°F (190°C).
- Mix quinoa, chickpeas, tomatoes, parsley, olive oil, paprika, salt, and pepper in a bowl.
- Stuff mixture into bell peppers and place in a baking dish. Cover with foil and bake for 30 minutes.

Nutrition Per Serving:

Calories: 200 | Protein: 8g | Carbs: 30g | Fat: 5g | Fiber: 6g



GREEK YOGURT AND HONEY PARFAIT



5 mins



4 Serving

Ingredients:

- 2 cups Greek yogurt, 2 tbsp honey
- 1/4 cup chopped walnuts
- 1/4 cup fresh berries (optional)

Preparation

- In a glass or bowl, layer Greek yogurt, honey, walnuts, and berries.
- Repeat layers until ingredients are used up. Serve immediately.

Nutrition Per Serving:

Calories: 180 | Protein: 10g | Carbs: 12g | Fat: 8g | Fiber: 1g



MEDITERRANEAN GARLIC HERB BREAD



Ingredients:

- 1 baguette, sliced, 3 tbsp olive oil
- 2 garlic cloves, minced
- 1 tsp dried oregano
- 1 tsp dried thyme, Salt to taste

Preparation

- Preheat oven to 350°F (175°C).
- Mix olive oil, garlic, oregano, thyme, and salt. Brush mixture over baguette slices.
- Arrange slices on a baking sheet and bake for 8–10 minutes until crispy.

Nutrition Per Serving :

Calories: 150 | Protein: 4g | Carbs: 18g | Fat: 7g | Fiber: 1g

MEDITERRANEAN SPAGHETTI WITH OLIVE TAPENADE



Ingredients:

- 12 oz whole-grain spaghetti
- 1/2 cup Kalamata olives, pitted
- 1 tbsp capers
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1/4 cup fresh parsley, chopped

Preparation

- Cook spaghetti according to package instructions. Drain and set aside.
- In a blender or food processor, blend olives, capers, garlic, olive oil, and lemon juice into a coarse paste.
- Toss cooked spaghetti with the tapenade and sprinkle parsley on top. Serve warm.

Nutrition Per Serving :

Calories: 350 | Protein: 12g | Carbs: 52g | Fat: 10g | Fiber: 6g





MEDITERRANEAN STUFFED ZUCCHINI BOATS



30 mins



4 Serving

Ingredients:

- 4 medium zucchinis, halved and hollowed
- 1 cup cooked quinoa
- 1/2 cup cherry tomatoes, diced
- 1/4 cup feta cheese, crumbled
- 1 garlic clove, minced
- 2 tbsp olive oil, 1 tsp oregano
- Salt and pepper to taste

Preparation

- Preheat oven to 375°F (190°C).
- Mix quinoa, cherry tomatoes, feta, garlic, olive oil, oregano, salt, and pepper in a bowl.
- Fill zucchini halves with the mixture and bake for 25–30 minutes.

Nutrition Per Serving:

Calories: 190 | Protein: 6g | Carbs: 18g | Fat: 10g | Fiber: 4g



MEDITERRANEAN LENTIL AND KALE SOUP



30 mins



4 Serving

Ingredients:

- 1 cup dried lentils
- 4 cups vegetable broth
- 2 cups kale, chopped, 1 onion, diced
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt and pepper to taste

Preparation

- Heat olive oil in a pot and sauté onion and garlic until softened.
- Add lentils, vegetable broth, cumin, paprika, salt, and pepper. Simmer for 20 minutes.
- Stir in kale and cook for an additional 5 minutes. Serve warm.

Nutrition Per Serving:

Calories: 220 | Protein: 10g | Carbs: 32g | Fat: 6g | Fiber: 10g



MEDITERRANEAN HERB-CRUSTED SALMON



15 mins



4 Serving

Ingredients:

- 4 salmon fillets (6 oz each)
- 1/2 cup breadcrumbs
- 1 tbsp fresh dill, chopped
- 1 tbsp parsley, chopped
- 1 garlic clove, minced
- 2 tbsp olive oil
- Salt and pepper to taste

Preparation

- Preheat oven to 400°F (200°C).
- Mix breadcrumbs, dill, parsley, garlic, olive oil, salt, and pepper. Press mixture onto the salmon fillets.
- Bake for 12–15 minutes until salmon is cooked through and the topping is golden brown.

Nutrition Per Serving :

Calories: 320 | Protein: 30g | Carbs: 6g | Fat: 20g | Fiber: 1g

MEDITERRANEAN FLATBREAD WITH HUMMUS AND VEGGIES



10 mins



2 Serving

Ingredients:

- 2 whole-grain flatbreads, 1/2 cup hummus
- 1/4 cup cherry tomatoes, halved
- 1/4 cup cucumber, sliced
- 2 tbsp Kalamata olives, sliced, 1 tbsp olive oil

Preparation

- Spread hummus evenly over the flatbreads.
- Top with cherry tomatoes, cucumber, and olives. Drizzle with olive oil before serving.



Nutrition Per Serving :

Calories: 300 | Protein: 8g | Carbs: 38g | Fat: 12g | Fiber: 8g

GRILLED HALLOUMI WITH WATERMELON SALAD



10 mins



4 Serving

Ingredients:

- 8 oz halloumi cheese, sliced
- 2 cups watermelon, diced
- 1/4 cup fresh mint leaves
- 1 tbsp olive oil
- 1 tbsp balsamic glaze

Preparation

- Heat a grill pan and sear halloumi slices for 1–2 minutes per side.
- Combine watermelon and mint leaves in a bowl.
- Serve grilled halloumi with watermelon salad and drizzle with balsamic glaze.

Nutrition Per Serving:

Calories: 220 | Protein: 12g | Carbs: 12g | Fat: 14g | Fiber: 1g

CHAPTER 6

LIGHT AND HEALTHY SNACKS

Snacking can be a wholesome part of your Mediterranean lifestyle when done right. Light and healthy snacks provide quick energy while satisfying cravings, making them a perfect way to fuel your day. With an emphasis on fresh, nutrient-dense ingredients, Mediterranean snacks are not only delicious but also good for your health. They're ideal for busy schedules, offering a balance of protein, healthy fats, and fiber to keep you energized.

Explore 15+ snack ideas such as yogurt with honey and nuts, vegetable sticks with tzatziki, marinated olives, or roasted chickpeas. These options are simple to prepare and packed with flavor. You'll find that Mediterranean snacking is both satisfying and guilt-free, helping you maintain energy levels between meals.

RECIPES:

1. Spiced Nuts

Mix almonds, walnuts, and cashews with olive oil, paprika, cumin, and a pinch of sea salt. Roast at 350°F (175°C) for 10-12 minutes until golden. Let cool and enjoy.

2. Cucumber and Hummus Wraps

Spread hummus on a whole-grain tortilla, layer with cucumber slices, and sprinkle with fresh dill. Roll tightly and slice into bite-sized pieces.

3. Olive Tapenade Crostini

Blend black olives, capers, garlic, and olive oil into a tapenade. Spread over toasted baguette slices for a flavorful, quick snack.



MEDITERRANEAN CHICKPEA BURGERS



15 mins



4 Serving

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1/4 cup breadcrumbs, 1 garlic clove, minced
- 1 tbsp parsley, chopped
- 1 tsp cumin, 1/2 tsp paprika
- 1 tbsp olive oil, Salt and pepper to taste

Preparation

- Mash chickpeas in a bowl and mix with breadcrumbs, garlic, parsley, cumin, paprika, salt, and pepper.
- Form mixture into patties.
- Heat olive oil in a skillet and cook patties for 3–4 minutes per side until golden brown.

Nutrition Per Serving :

Calories: 180 | Protein: 7g | Carbs: 24g | Fat: 6g | Fiber: 6g

MEDITERRANEAN EGGPLANT CAPONATA



30 mins



4 Serving

Ingredients:

- 2 medium eggplants, diced
- 2 tbsp olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 cup diced tomatoes
- 2 tbsp capers
- 1/4 cup Kalamata olives, sliced
- 2 tbsp red wine vinegar
- 1 tsp sugar
- Salt and pepper to taste

Preparation

- Heat olive oil in a skillet and sauté eggplant until softened. Remove and set aside.
- In the same skillet, sauté onion and garlic. Add tomatoes, capers, olives, vinegar, sugar, salt, and pepper.
- Return eggplant to the skillet and simmer for 15 minutes. Serve warm or at room temperature.

Nutrition Per Serving :

Calories: 140 | Protein: 2g | Carbs: 15g | Fat: 9g | Fiber: 5g





MEDITERRANEAN ORZO SALAD WITH LEMON DRESSING



15 mins



4 Serving

Ingredients:

- 1 cup cooked orzo
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 1/4 cup red onion, diced
- 2 tbsp parsley, chopped
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

Preparation

- Combine orzo, cherry tomatoes, cucumber, red onion, and parsley in a bowl.
- Whisk olive oil, lemon juice, salt, and pepper in a separate bowl. Toss with the salad.

Nutrition Per Serving :

Calories: 200 | Protein: 5g | Carbs: 30g | Fat: 8g | Fiber: 2g



MEDITERRANEAN GRILLED CHICKEN THIGHS



40 mins



4 Serving

Ingredients:

- 6 chicken thighs, bone-in and skin-on
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp dried oregano
- 1 tsp garlic powder
- Salt and pepper to taste

Preparation

- In a bowl, mix olive oil, lemon juice, oregano, garlic powder, salt, and pepper. Coat chicken thighs in the marinade and let sit for 30 minutes.
- Grill chicken for 6–8 minutes per side until fully cooked.

Nutrition Per Serving :

Calories: 250 | Protein: 22g | Carbs: 1g | Fat: 18g | Fiber: 0g

MEDITERRANEAN WHITE BEAN DIP



10 mins



4 Serving

Ingredients:

- 1 can (15 oz) cannellini beans, drained and rinsed
- 2 tbsp olive oil
- 1 garlic clove, minced
- 2 tbsp lemon juice
- 1/4 tsp paprika
- Salt and pepper to taste

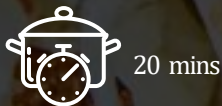
Preparation

- Blend all ingredients in a food processor until smooth.
- Adjust seasoning and serve with pita bread or vegetable sticks.

Nutrition Per Serving :

Calories: 120 | Protein: 5g | Carbs: 16g | Fat: 4g | Fiber: 4g

MEDITERRANEAN FISH TACOS



20 mins



4 Serving

Ingredients:

- 4 white fish fillets (e.g., cod or tilapia)
- 1 tsp paprika
- 1 tsp cumin
- 1 tbsp olive oil
- 8 small whole-grain tortillas
- 1/2 cup tzatziki sauce
- 1/2 cup shredded lettuce
- 1/4 cup cherry tomatoes, diced

Preparation

- Season fish with paprika, cumin, salt, and pepper. Pan-fry in olive oil for 3–4 minutes per side.
- Assemble tacos with fish, tzatziki, lettuce, and cherry tomatoes.

Nutrition Per Serving :

Calories: 250 | Protein: 20g | Carbs: 22g | Fat: 8g | Fiber: 4g



MEDITERRANEAN GARLIC SHRIMP PASTA



20 mins



4 Serving

Ingredients:

- 12 oz whole-grain spaghetti
- 1 lb shrimp, peeled and deveined
- 2 tbsp olive oil
- 4 garlic cloves, minced
- 1/4 cup parsley, chopped
- Juice of 1 lemon, Salt and pepper to taste

Preparation

- Cook spaghetti according to package instructions.
- In a skillet, heat olive oil and sauté garlic. Add shrimp and cook until pink.
- Toss shrimp and garlic with cooked spaghetti, parsley, lemon juice, salt, and pepper.

Nutrition Per Serving :

Calories: 360 | Protein: 28g | Carbs: 45g | Fat: 8g | Fiber: 6g



MEDITERRANEAN ROASTED CARROTS WITH TAHINI DRIZZLE



30 mins



4 Serving

Ingredients:

- 1 lb carrots, peeled and halved
- 2 tbsp olive oil, 1 tsp cumin
- Salt and pepper to taste
- 2 tbsp tahini
- 1 tbsp lemon juice
- 1 tbsp water

Preparation

- Preheat oven to 400°F (200°C). Toss carrots with olive oil, cumin, salt, and pepper. Roast for 25 minutes.
- Whisk tahini, lemon juice, and water. Drizzle over roasted carrots before serving.

Nutrition Per Serving :

Calories: 120 | Protein: 2g | Carbs: 12g | Fat: 7g | Fiber: 4g



MEDITERRANEAN LEMON HERB COUSCOUS



10 mins



4 Serving

Ingredients:

- 1 cup couscous
- 1 1/4 cups vegetable broth
- 1 tbsp olive oil
- Juice and zest of 1 lemon
- 2 tbsp parsley, chopped
- 1 tbsp fresh mint, chopped
- Salt and pepper to taste

Preparation

- Bring vegetable broth to a boil, stir in couscous, cover, and remove from heat. Let sit for 5 minutes.
- Fluff couscous with a fork and mix in olive oil, lemon juice, zest, parsley, mint, salt, and pepper. Serve warm or chilled.

Nutrition Per Serving :

Calories: 180 | Protein: 5g | Carbs: 30g | Fat: 4g | Fiber: 2g

MEDITERRANEAN CHICKPEA AND AVOCADO TOAST



10 mins



4 Serving

Ingredients:

- 4 slices whole-grain bread
- 1 avocado, mashed
- 1/2 cup canned chickpeas, mashed
- 1 tbsp lemon juice
- 1/2 tsp garlic powder
- Salt and pepper to taste
- Optional: chili flakes for garnish

Preparation

- Toast the bread slices.
- Mix mashed avocado, chickpeas, lemon juice, garlic powder, salt, and pepper. Spread on toasted bread.
- Garnish with chili flakes if desired.

Nutrition Per Serving :

Calories: 220 | Protein: 6g | Carbs: 28g | Fat: 10g | Fiber: 7g





MEDITERRANEAN BAKED COD WITH TOMATOES AND OLIVES



25 mins



4 Serving

Ingredients:

- 4 cod fillets (6 oz each)
- 1 cup cherry tomatoes, halved
- 1/4 cup Kalamata olives, sliced
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp oregano
- Salt and pepper to taste

Preparation

- Preheat oven to 375°F (190°C). Place cod fillets in a baking dish.
- Top with cherry tomatoes, olives, olive oil, lemon juice, oregano, salt, and pepper.
- Bake for 20 minutes or until fish flakes easily

Nutrition Per Serving :

Calories: 220 | Protein: 30g | Carbs: 4g | Fat: 8g | Fiber: 1g



MEDITERRANEAN GRILLED VEGETABLE PLATTER



20 mins



4 Serving

Ingredients:

- 1 zucchini, sliced
- 1 eggplant, sliced
- 1 red bell pepper, cut into strips
- 1 yellow squash, sliced
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

Preparation

- Preheat a grill or grill pan. Brush vegetables with olive oil and season with salt and pepper.
- Grill vegetables until tender and lightly charred. Drizzle with balsamic vinegar before serving.

Nutrition Per Serving :

Calories: 120 | Protein: 2g | Carbs: 10g | Fat: 8g | Fiber: 3g



MEDITERRANEAN SPINACH AND MUSHROOM FRITTATA



25 mins



4 Serving

Ingredients:

- 6 large eggs
- 1/2 cup milk
- 1 cup spinach, chopped
- 1/2 cup mushrooms, sliced
- 1/4 cup feta cheese, crumbled
- 1 tbsp olive oil
- Salt and pepper to taste

Preparation

- Preheat oven to 375°F (190°C).
- Whisk eggs, milk, salt, and pepper in a bowl.
- Sauté spinach and mushrooms in olive oil until softened. Pour egg mixture over and sprinkle feta on top.
- Bake for 15–20 minutes or until set.

Nutrition Per Serving :

Calories: 180 | Protein: 12g | Carbs: 3g | Fat: 13g | Fiber: 1g

MEDITERRANEAN HERB-MARINATED OLIVES



5 mins



4 Serving

Ingredients:

- 2 cups mixed olives
- 1/4 cup olive oil
- 1 tbsp lemon zest
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 garlic clove, minced

Preparation

- Mix olives with olive oil, lemon zest, thyme, rosemary, and garlic.
- Let marinate for at least 30 minutes before serving.

Nutrition Per Serving :

Calories: 140 | Protein: 1g | Carbs: 2g | Fat: 15g | Fiber: 1g



CHAPTER 7

DESSERTS WITH A MEDITERRANEAN TOUCH

Mediterranean desserts bring together the perfect balance of sweetness and wholesomeness, using natural ingredients that delight the palate without overwhelming it. These treats are crafted with a focus on simple yet luxurious flavors, often incorporating honey, nuts, fruits, and aromatic spices. From flaky pastries to rich cakes, Mediterranean desserts showcase the region's dedication to celebrating seasonal ingredients and traditional methods of preparation.

This cookbook features 20+ dessert recipes inspired by the authentic flavors of the Mediterranean. Each recipe has been designed to satisfy your sweet tooth while staying true to the principles of the Mediterranean diet. You'll discover treats that are indulgent yet nourishing, using natural sweeteners and nutrient-rich ingredients. From baklava with its delicate layers of phyllo dough to cakes bursting with citrus and almonds, these desserts are a testament to the Mediterranean's love for wholesome, satisfying foods.

RECIPES:

1. Honey-Drizzled Baklava

A classic Mediterranean dessert, baklava is made with layers of buttery phyllo dough, chopped nuts, and a fragrant honey syrup. Its crisp texture and sweet, nutty flavor make it a timeless favorite.

2. Orange Almond Cake

This moist and fragrant cake combines zesty orange with ground almonds, offering a gluten-free treat that's both light and flavorful. Perfect for pairing with tea or coffee.

3. Fresh Fig Tart

Featuring a buttery crust and a luscious filling, this tart highlights the natural sweetness of fresh figs. A hint of honey and a sprinkle of pistachios add depth and elegance to this simple yet impressive dessert. With these recipes and more, you'll bring the warmth and charm of Mediterranean sweets to your table, enjoying treats that are as nourishing as they are delicious.



MEDITERRANEAN TOMATO AND CUCUMBER SALAD



10 mins



4 Serving

Ingredients:

- 2 cups cherry tomatoes, halved
- 1 cup cucumber, diced
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1/4 tsp oregano
- Salt and pepper to taste

Preparation

- Combine tomatoes and cucumbers in a bowl.
- Whisk olive oil, vinegar, oregano, salt, and pepper. Toss with the salad before serving.

Nutrition Per Serving :

Calories: 90 | Protein: 1g | Carbs: 5g | Fat: 8g | Fiber: 1g

MEDITERRANEAN ROASTED RED PEPPER HUMMUS



10 mins



4 Serving

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1/2 cup roasted red peppers
- 2 tbsp tahini
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 garlic clove, minced
- Salt and pepper to taste

Preparation

- Blend chickpeas, roasted red peppers, tahini, olive oil, lemon juice, garlic, salt, and pepper in a food processor until smooth.
- Adjust seasoning and serve with pita bread or vegetable sticks.

Nutrition Per Serving :

Calories: 140 | Protein: 5g | Carbs: 15g | Fat: 7g | Fiber: 4g





MEDITERRANEAN SKEWERS SHRIMP



10 mins



4 Serving

Ingredients:

- 1 lb shrimp, peeled and deveined
- 2 tbsp olive oil
- Juice of 1 lemon
- 2 garlic cloves, minced
- 1 tsp dried oregano
- Salt and pepper to taste
- Skewers

Preparation

- Mix olive oil, lemon juice, garlic, oregano, salt, and pepper. Marinate shrimp for 30 minutes.
- Thread shrimp onto skewers and grill for 2–3 minutes per side. Serve immediately.

Nutrition Per Serving:

Calories: 185 | Protein: 25g | Carbs: 2g | Fat: 7g | Fiber: 0g



MEDITERRANEAN LENTIL SALAD WITH FETA



15 mins



4 Serving

Ingredients:

- 1 cup cooked lentils
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 2 tbsp red onion, finely chopped
- 1/4 cup feta cheese, crumbled
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- Salt and pepper to taste

Preparation

- Combine lentils, tomatoes, cucumber, red onion, and feta in a bowl.
- Whisk olive oil, vinegar, salt, and pepper. Toss with the salad before serving.

Nutrition Per Serving:

Calories: 210 | Protein: 9g | Carbs: 20g | Fat: 9g | Fiber: 8g

MEDITERRANEAN TZATZIKI DIP



10 mins



4 Serving

Ingredients:

- 1 cup Greek yogurt
- 1/2 cucumber, grated
- 1 garlic clove, minced
- 1 tbsp olive oil, 1 tbsp lemon juice
- 1 tsp dill, chopped, Salt and pepper to taste

Preparation

- Squeeze excess water from the grated cucumber.
- Mix yogurt, cucumber, garlic, olive oil, lemon juice, dill, salt, and pepper in a bowl. Chill before serving.

Nutrition Per Serving :

Calories: 80 | Protein: 5g | Carbs: 4g | Fat: 5g | Fiber: 0g

MEDITERRANEAN QUINOA STUFFED PEPPERS



35 mins



4 Serving

Ingredients:

- 4 bell peppers, halved and hollowed
- 1 cup cooked quinoa
- 1/2 cup diced tomatoes
- 1/4 cup feta cheese, crumbled
- 1/4 cup parsley, chopped
- 2 tbsp olive oil
- Salt and pepper to taste

Preparation

- Preheat oven to 375°F (190°C).
- Mix quinoa, tomatoes, feta, parsley, olive oil, salt, and pepper. Stuff the peppers with the mixture.
- Bake for 25–30 minutes until peppers are tender.

Nutrition Per Serving :

Calories: 200 | Protein: 6g | Carbs: 24g | Fat: 8g | Fiber: 5g



MEDITERRANEAN GRILLED LAMB CHOPS



15 mins



4 Serving

Ingredients:

- 8 lamb chops
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tsp rosemary, chopped
- Juice of 1 lemon
- Salt and pepper to taste

Preparation

- Mix olive oil, garlic, rosemary, lemon juice, salt, and pepper. Marinate lamb chops for at least 30 minutes.
- Grill lamb chops for 3–4 minutes per side until desired doneness.

Nutrition Per Serving :

Calories: 250 | Protein: 20g | Carbs: 1 | Fat: 19g | Fiber: 0g



MEDITERRANEAN BAKED EGGPLANT PARMESAN



30 mins



4 Serving

Ingredients:

- 2 medium eggplants, sliced
- 1 cup marinara sauce
- 1/2 cup mozzarella cheese, shredded
- 1/4 cup Parmesan cheese, grated
- 2 tbsp olive oil
- Salt and pepper to taste

Preparation

- Preheat oven to 375°F (190°C). Arrange eggplant slices on a baking sheet, brush with olive oil, and season with salt and pepper. Bake for 15 minutes.
- Layer baked eggplant with marinara sauce, mozzarella, and Parmesan in a baking dish. Bake for another 15 minutes.

Nutrition Per Serving :

Calories: 220 | Protein: 10g | Carbs: 14g | Fat: 15g | Fiber: 4g



MEDITERRANEAN SPINACH AND FETA STUFFED CHICKEN BREASTS



30 mins



4 Serving

Ingredients:

- 4 chicken breasts
- 1 cup spinach, chopped
- 1/4 cup feta cheese, crumbled
- 1 garlic clove, minced
- 1 tsp dried oregano
- 2 tbsp olive oil, Salt and pepper to taste

Preparation

- Preheat oven to 375°F (190°C).
- Slice a pocket into each chicken breast.
- Mix spinach, feta, garlic, oregano, salt, and pepper. Stuff mixture into chicken breasts.
- Heat olive oil in a skillet and sear chicken for 3 minutes per side. Transfer to oven and bake for 20 minutes.

Nutrition Per Serving :

Calories: 250 | Protein: 34g | Carbs: 2g | Fat: 11g | Fiber: 1g

MEDITERRANEAN FALAFEL WRAPS WITH TAHINI SAUCERS



15 mins



4 Serving

Ingredients:

- 8 falafel patties
- 4 whole-grain pitas
- 1 cup lettuce, shredded
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, sliced
- 1/4 cup tahini sauce

Preparation

- Warm falafel patties in a skillet or oven.
- Assemble wraps with falafel, lettuce, tomatoes, onion, and tahini sauce in pitas.

Nutrition Per Serving :

Calories: 300 | Protein: 10g | Carbs: 38g | Fat: 12g | Fiber: 6g





MEDITERRANEAN LEMON HERB SALMON



15 mins



4 Serving

Ingredients:

- 4 salmon fillets
- 2 tbsp olive oil
- Juice and zest of 1 lemon
- 1 tsp dried oregano
- 1 tsp garlic powder
- Salt and pepper to taste

Preparation

- Rub salmon with olive oil, lemon juice, zest, oregano, garlic powder, salt, and pepper.
- Heat a skillet and sear salmon for 3–4 minutes per side until cooked through.

Nutrition Per Serving :

Calories: 280 | Protein: 26g | Carbs: 1g | Fat: 18g | Fiber: 0g



MEDITERRANEAN ZUCCHINI NOODLES WITH PESTO



10 mins



4 Serving

Ingredients:

- 4 medium zucchinis, spiralized
- 1/2 cup pesto sauce
- 2 tbsp olive oil
- Salt and pepper to taste
- Optional: grated Parmesan cheese

Preparation

- Heat olive oil in a skillet and sauté zucchini noodles for 2–3 minutes until slightly softened.
- Toss with pesto sauce and season with salt and pepper. Top with Parmesan if desired

Nutrition Per Serving :

Calories: 150 | Protein: 4g | Carbs: 7g | Fat: 13g | Fiber: 2g



CHAPTER 8

BEVERAGES AND SMOOTHIES

Hydration is an integral part of the Mediterranean lifestyle, and beverages in this diet are designed to be both refreshing and nourishing. Unlike sugary or heavily processed drinks, Mediterranean beverages prioritize natural ingredients like fruits, herbs, and teas to quench thirst while delivering vital nutrients. From fruit-infused waters to herbal teas and smoothies, these drinks are perfect for staying hydrated and energized throughout the day.

Here are three featured recipes to get started:

MINT LEMONADE

This classic drink combines the tang of fresh lemons with the cooling effect of mint. Simply mix freshly squeezed lemon juice with water, a touch of honey or agave for sweetness, and crushed mint leaves. Serve over ice for a revitalizing drink, perfect for hot days.

POMEGRANATE SPRITZER

Bursting with antioxidants, this spritzer is both delicious and good for you. Mix fresh pomegranate juice with sparkling water and a splash of lime. Garnish with pomegranate seeds and mint for a festive twist.

MEDITERRANEAN HERBAL TEA

A comforting blend of chamomile, mint, and rosemary, this tea is soothing and aromatic. Steep fresh herbs in hot water for 5-7 minutes, strain, and enjoy warm or chilled. Add a drizzle of honey if desired.

These recipes are just a glimpse into the Mediterranean approach to beverages — simple, healthy, and full of flavor.



TIPS FOR LONG-TERM SUCCESS

Adopting the Mediterranean diet is more than just following recipes; it's about embracing a way of life. Start by incorporating Mediterranean habits into your daily routine. Prepare meals with fresh, seasonal ingredients and make cooking a joyful experience. Share meals with loved ones to foster a sense of community, a hallmark of Mediterranean culture. Small changes, like swapping butter for olive oil or adding an extra serving of vegetables to your plate, can create lasting health benefits. Over time, these habits will become second nature, ensuring your commitment to this lifestyle remains sustainable.

Balancing variety and consistency is key to maintaining interest and nutritional balance. While the Mediterranean diet offers a broad spectrum of flavors and ingredients, consistency in key practices like meal prepping and mindful eating is essential. Rotate between different vegetables, proteins, and grains to keep meals exciting while ensuring you're getting a diverse range of nutrients.

Plan your weekly meals ahead of time to avoid last-minute choices that may stray from your goals. Stay motivated by seeking inspiration from new recipes, seasonal produce, and culinary traditions. Joining a Mediterranean cooking class or following food blogs can spark creativity. Celebrate your progress and remember that small, consistent efforts lead to long-term success. This journey is about enjoyment, not perfection.

90 DAY MEAL PLAN

This 90-day Mediterranean meal plan is designed to simplify healthy eating and boost your energy with delicious, easy-to-make dishes. Each day includes three balanced meals featuring wholesome ingredients like fresh vegetables, lean proteins, healthy fats, and whole grains. The plan offers a variety of options like Greek yogurt bowls, frittatas, grilled seafood, hearty salads, and flavorful vegetarian dishes. The plan is divided into weekly phases to promote consistency and sustainable habits. Whether you're a beginner or looking to deepen your love for Mediterranean cuisine, this guide provides everything you need for a healthier, happier lifestyle!



WEEK 1: DAY 1-7 MEAL PLANNER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST Greek Yogurt with Honey and Walnuts	BREAKFAST Mediterranean Spinach and Mushroom Frittata	BREAKFAST Overnight Oats with Fresh Berries	BREAKFAST Mediterranean Tzatziki with Whole-Grain Crackers	BREAKFAST Avocado and Egg Toast	BREAKFAST Chia Pudding with Almonds and Honey	BREAKFAST Banana and Almond Butter Smoothie
LUNCH Mediterranean Chickpea and Avocado Toast	LUNCH Tomato and Cucumber Salad	LUNCH Lentil Salad with Feta	LUNCH Quinoa-Stuffed Peppers	LUNCH Roasted Red Pepper Hummus with Veggie Sticks	LUNCH Grilled Vegetable Platter	LUNCH Falafel Wraps with Tahini Sauce
DINNER Mediterranean Lemon Herb Salmon	DINNER Baked Cod with Tomatoes and Olives	DINNER Grilled Lamb Chops	DINNER Spinach and Feta Stuffed Chicken Breasts	DINNER Mediterranean Shrimp Skewers	DINNER Zucchini Noodles with Pesto	DINNER Couscous Salad with Roasted Vegetables



WEEK 2: DAY 8-14 MEAL PLANNER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST Greek Yogurt with Berries	BREAKFAST Mediterranean Spinach and Mushroom Frittata	BREAKFAST Overnight Oats with Fresh Berries	BREAKFAST Mediterranean Tzatziki with Pita	BREAKFAST Chia Pudding with Nuts	BREAKFAST Avocado and Egg Toast	BREAKFAST Smoothie Bowl with Almonds
LUNCH Mediterranean Herb-Marinated Olives	LUNCH Lentil Salad with Feta	LUNCH Chickpea and Avocado Toast	LUNCH Grilled Vegetable Platter	LUNCH Falafel Wraps with Tahini Sauce	LUNCH Tomato and Cucumber Salad	LUNCH Roasted Red Pepper Hummus
DINNER Baked Cod with Tomatoes and Olives	DINNER Lemon Herb Salmon	DINNER Grilled Lamb Chops	DINNER Quinoa-Stuffed Peppers	DINNER Spinach and Feta Stuffed Chicken Breasts	DINNER Mediterranean Shrimp Skewers	DINNER Eggplant Parmesan

WEEK 3: DAY 15-21 MEAL PLANNER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST Greek Yogurt with Walnuts	BREAKFAST Mediterranean Spinach and Mushroom Frittata	BREAKFAST Overnight Oats with Fresh Berries	BREAKFAST Mediterranean Tzatziki with Whole-Grain Crackers	BREAKFAST Chia Pudding with Honey	BREAKFAST Avocado and Egg Toast	BREAKFAST Smoothie Bowl with Almonds
LUNCH Lentil Salad with Feta	LUNCH Chickpea and Avocado Toast	LUNCH Grilled Vegetable Platter	LUNCH Falafel Wraps with Tahini Sauce	LUNCH Tomato and Cucumber Salad	LUNCH Roasted Red Pepper Hummus	LUNCH Lentil Salad with Feta
DINNER Zucchini Noodles with Pesto	DINNER Grilled Lamb Chops	DINNER Lemon Herb Salmon	DINNER Quinoa-Stuffed Peppers	DINNER Baked Cod with Tomatoes and Olives	DINNER Spinach and Feta Stuffed Chicken Breasts	DINNER Eggplant Parmesan



WEEK 4: DAY 22-28 MEAL PLANNER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST Greek Yogurt with Berries	BREAKFAST Mediterranean Spinach and Mushroom Frittata	BREAKFAST Overnight Oats with Fresh Berries	BREAKFAST Mediterranean Tzatziki with Pita	BREAKFAST Chia Pudding with Almonds	BREAKFAST Avocado and Egg Toast	BREAKFAST Smoothie Bowl with Berries
LUNCH Chickpea and Avocado Toast	LUNCH Grilled Vegetable Platter	LUNCH Falafel Wraps with Tahini Sauce	LUNCH Lentil Salad with Feta	LUNCH Roasted Red Pepper Hummus	LUNCH Tomato and Cucumber Salad	LUNCH Chickpea and Avocado Toast
DINNER Lemon Herb Salmon	DINNER Grilled Lamb Chops	DINNER Quinoa-Stuffed Peppers	DINNER Spinach and Feta Stuffed Chicken Breasts	DINNER Mediterranean Shrimp Skewers	DINNER Zucchini Noodles with Pesto	DINNER Eggplant Parmesan

WEEK 5: DAY 29-35 MEAL PLANNER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST Greek Yogurt with Walnuts and Berries	BREAKFAST Mediterranean Spinach and Mushroom Frittata	BREAKFAST Chia Pudding with Fresh Berries	BREAKFAST Avocado and Egg Toast	BREAKFAST Smoothie Bowl with Almonds	BREAKFAST Overnight Oats with Almond Butter	BREAKFAST Greek Yogurt with Honey
LUNCH Chickpea and Avocado Toast	LUNCH Tomato and Cucumber Salad	LUNCH Lentil Salad with Feta	LUNCH Grilled Vegetable Platter	LUNCH Falafel Wraps with Tahini Sauce	LUNCH Mediterranean Herb-Marinated Olives	LUNCH Roasted Red Pepper Hummus
DINNER Mediterranean Lemon Herb Salmon	DINNER Grilled Lamb Chops	DINNER Baked Cod with Tomatoes and Olives	DINNER Spinach and Feta Stuffed Chicken	DINNER Eggplant Parmesan	DINNER Quinoa-Stuffed Peppers	DINNER Mediterranean Shrimp Skewers



WEEK 6: DAY 36-42 MEAL PLANNER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST Mediterranean Tzatziki with Pita	BREAKFAST Banana and Almond Butter Smoothie	BREAKFAST Chia Pudding with Walnuts	BREAKFAST Greek Yogurt with Fresh Berries	BREAKFAST Avocado and Egg Toast	BREAKFAST Smoothie Bowl with Almonds	BREAKFAST Chia Pudding with Almonds and Honey
LUNCH Lentil Salad with Feta	LUNCH Chickpea and Avocado Toast	LUNCH Falafel Wraps with Tahini Sauce	LUNCH Grilled Vegetable Platter	LUNCH Tomato and Cucumber Salad	LUNCH Falafel Wraps with Tahini Sauce	LUNCH Lentil Salad with Feta
DINNER Zucchini Noodles with Pesto	DINNER Grilled Lamb Chops	DINNER Lemon Herb Salmon	DINNER Spinach and Feta Stuffed Chicken	DINNER Baked Cod with Tomatoes and Olives	DINNER Quinoa-Stuffed Peppers	DINNER Eggplant Parmesan

WEEK 7: DAY 42-49 MEAL PLANNER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST Greek Yogurt with Berries	BREAKFAST Mediterranean Spinach and Mushroom Frittata	BREAKFAST Overnight Oats with Fresh Berries	BREAKFAST Mediterranean Tzatziki with Pita	BREAKFAST Chia Pudding with Almond Butter	BREAKFAST Overnight Oats with Almond Butter	BREAKFAST Smoothie Bowl with Seasonal Fruits
LUNCH Chickpea and Avocado Toast	LUNCH Grilled Vegetable Platter	LUNCH Falafel Wraps with Tahini Sauce	LUNCH Lentil Salad with Feta	LUNCH Roasted Red Pepper Hummus	LUNCH Tomato and Cucumber Salad	LUNCH Chickpea and Avocado Toast
DINNER Lemon Herb Salmon	DINNER Grilled Lamb Chops	DINNER Quinoa-Stuffed Peppers	DINNER Spinach and Feta Stuffed Chicken	DINNER Mediterranean Shrimp Skewers	DINNER Zucchini Noodles with Pesto	DINNER Eggplant Parmesan



WEEK 8: DAY 50-56 MEAL PLANNER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST Greek Yogurt with Honey	BREAKFAST Mediterranean Spinach and Mushroom Frittata	BREAKFAST Smoothie Bowl with Almonds	BREAKFAST Avocado and Egg Toast	BREAKFAST Chia Pudding with Walnuts and Honey	BREAKFAST Overnight Oats with Almond Butter	BREAKFAST Greek Yogurt with Seasonal Fruits
LUNCH Lentil Salad with Feta	LUNCH Grilled Vegetable Platter	LUNCH Falafel Wraps with Tahini Sauce	LUNCH Roasted Red Pepper Hummus	LUNCH Tomato and Cucumber Salad	LUNCH Grilled Vegetable Platter	LUNCH Chickpea and Avocado Toast
DINNER Baked Cod with Tomatoes and Olives	DINNER Lemon Herb Salmon	DINNER Grilled Lamb Chops	DINNER Eggplant Parmesan	DINNER Mediterranean Shrimp Skewers	DINNER Spinach and Feta Stuffed Chicken	DINNER Zucchini Noodles with Pesto

WEEK 9: DAY 57-63 MEAL PLANNER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST Greek Yogurt with Walnuts and Berries	BREAKFAST Mediterranean Spinach and Mushroom Frittata	BREAKFAST Chia Pudding with Fresh Berries	BREAKFAST Avocado and Egg Toast	BREAKFAST Smoothie Bowl with Almonds	BREAKFAST Overnight Oats with Almond Butter	BREAKFAST Greek Yogurt with Honey
LUNCH Chickpea and Avocado To	LUNCH Tomato and Cucumber Salad	LUNCH Lentil Salad with Feta	LUNCH Grilled Vegetable Platter	LUNCH Falafel Wraps with Tahini Sauce	LUNCH Mediterranean Herb-Marinated Olives	LUNCH Roasted Red Pepper Hummus
DINNER Mediterranean Lemon Herb Salmon	DINNER Grilled Lamb Chops	DINNER Baked Cod with Tomatoes and Olives	DINNER Spinach and Feta Stuffed Chicken	DINNER Eggplant Parmesan	DINNER Quinoa-Stuffed Peppers	DINNER Mediterranean Shrimp Skewers



WEEK 10: DAY 64-70 MEAL PLANNER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST Mediterranean Tzatziki with Pita	BREAKFAST Banana and Almond Butter Smoothie	BREAKFAST Chia Pudding with Walnuts	BREAKFAST Greek Yogurt with Fresh Berries	BREAKFAST Avocado and Egg Toast	BREAKFAST Overnight Oats with Almond Butter	BREAKFAST Chia Pudding with Almonds and Honey
LUNCH Lentil Salad with Feta	LUNCH Chickpea and Avocado Toast	LUNCH Falafel Wraps with Tahini Sauce	LUNCH Grilled Vegetable Platter	LUNCH Tomato and Cucumber Salad	LUNCH Falafel Wraps with Tahini Sauce	LUNCH Lentil Salad with Feta
DINNER Zucchini Noodles with Pesto	DINNER Grilled Lamb Chops	DINNER Lemon Herb Salmon	DINNER Spinach and Feta Stuffed Chicken	DINNER Baked Cod with Tomatoes and Olives	DINNER Quinoa-Stuffed Peppers	DINNER Eggplant Parmesan

WEEK 11: DAY 71-77 MEAL PLANNER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST Greek Yogurt with Berries	BREAKFAST Mediterranean Spinach and Mushroom Frittata	BREAKFAST Overnight Oats with Fresh Berries	BREAKFAST Mediterranean Tzatziki with Pita	BREAKFAST Chia Pudding with Almond Butter	BREAKFAST Avocado and Egg Toast	BREAKFAST Smoothie Bowl with Seasonal Fruits
LUNCH Chickpea and Avocado Toast	LUNCH Grilled Vegetable Platter	LUNCH Falafel Wraps with Tahini Sauce	LUNCH Lentil Salad with Feta	LUNCH Roasted Red Pepper Hummus	LUNCH Tomato and Cucumber Salad	LUNCH Chickpea and Avocado Toast
DINNER Lemon Herb Salmon	DINNER Grilled Lamb Chops	DINNER Quinoa-Stuffed Peppers	DINNER Spinach and Feta Stuffed Chicken	DINNER Mediterranean Shrimp Skewers	DINNER Zucchini Noodles with Pesto	DINNER Eggplant Parmesan



WEEK 12: DAY 78-84 MEAL PLANNER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST Greek Yogurt with Honey	BREAKFAST Mediterranean Spinach and Mushroom Frittata	BREAKFAST Smoothie Bowl with Almonds	BREAKFAST Avocado and Egg Toast	BREAKFAST Chia Pudding with Walnuts and Honey	BREAKFAST Overnight Oats with Almond Butter	BREAKFAST Greek Yogurt with Seasonal Fruits
LUNCH Lentil Salad with Feta	LUNCH Chickpea and Avocado Toast	LUNCH Falafel Wraps with Tahini Sauce	LUNCH Roasted Red Pepper Hummus	LUNCH Tomato and Cucumber Salad	LUNCH Grilled Vegetable Platter	LUNCH Chickpea and Avocado Toast
DINNER Baked Cod with Tomatoes and Olives	DINNER Lemon Herb Salmon	DINNER Grilled Lamb Chops	DINNER Eggplant Parmesan	DINNER Mediterranean Shrimp Skewers	DINNER Spinach and Feta Stuffed Chicken	DINNER Zucchini Noodles with Pesto

WEEK 13: DAY 85-90 MEAL PLANNER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST Greek Yogurt with Walnuts and Berries	BREAKFAST Mediterranean Spinach and Mushroom Frittata	BREAKFAST Chia Pudding with Fresh Berries	BREAKFAST Mediterranean Tzatziki with Pita	BREAKFAST Chia Pudding with Almond Butter	BREAKFAST Avocado and Egg Toast	
LUNCH Chickpea and Avocado Toast	LUNCH Tomato and Cucumber Salad	LUNCH Lentil Salad with Feta	LUNCH Lentil Salad with Feta	LUNCH Roasted Red Pepper Hummus	LUNCH Grilled Vegetable Platter	
DINNER Mediterranean Lemon Herb Salmon	DINNER Grilled Lamb Chops	DINNER Baked Cod with Tomatoes and Olives	DINNER Spinach and Feta Stuffed Chicken	DINNER Mediterranean Shrimp Skewers	DINNER Spinach and Feta Stuffed Chicken	





CONCLUSION

Embracing the Mediterranean lifestyle is more than adopting a diet; it's a commitment to savoring life, one wholesome meal at a time. This way of eating celebrates simplicity, balance, and the joy of sharing food with loved ones. By focusing on fresh, nutrient-dense ingredients, the Mediterranean lifestyle offers a path to sustained health and happiness. It's a diet rooted in centuries of tradition, yet its benefits are timeless and backed by modern science.

As you embark on this journey, remember that small, consistent changes lead to lasting results. Start by incorporating more fresh vegetables, fruits, whole grains, and olive oil into your meals. Experiment with the flavors of herbs and spices, and take the time to savor each bite. The Mediterranean lifestyle isn't about restriction but about abundance—nourishing your body while delighting your senses.

Ultimately, the Mediterranean diet is a gateway to improved health, increased energy, and a greater sense of well-being. By adopting this lifestyle, you're not just choosing a way to eat but embracing a holistic approach to life. Let this cookbook serve as your guide, inspiring you to create delicious meals and build habits that support your journey to a vibrant, fulfilling future.