

# Quick & Flavorful Mediterranean Diet Cookbook

30-Minute Meals with Easy Recipes  
for Heart-Healthy Eating, Vibrant  
Flavors, and Balanced Living—  
Plant-Based and Simple Options  
Included

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# INTRODUCTION

## Tips for 30-Minute Meals

In our fast-paced world, maintaining a nutritious diet doesn't have to come at the cost of spending excessive time in the kitchen or compromising on taste. The Mediterranean diet, renowned for its heart-healthy fats, fresh produce, and simple yet satisfying dishes, is ideally suited for quick and nourishing meals. With a little strategy and the proper techniques, you can enjoy vibrant, wholesome food in just 30 minutes, without compromising taste or nutrition.

The secret lies in thoughtful preparation, efficient cooking methods, and embracing the Mediterranean philosophy of simplicity. Whether you're a beginner or an experienced cook, these time-saving tips will help you streamline your process, minimize stress, and maximize every minute in the kitchen. From pantry shortcuts to one-pan wonders, you'll learn how easy it is to make tasty, quick meals.

Are you prepared to cook with greater speed, intelligence, and joy? Let's explore the key tips that will elevate your weeknight dinners and turn 30-minute Mediterranean meals into a delightful experience.

### 1. Prep Ahead for Speed

- **Wash & chop veggies in advance:** Store pre-cut vegetables in airtight containers for quick access.
- **Batch-cook staples:** Cook grains like quinoa, farro, or brown rice ahead of time and refrigerate for easy assembly.
- **Keep canned goods handy:** Stock up on olives, artichokes, canned tomatoes, and beans (like chickpeas and cannellini) for instant flavor and protein.

### 2. Master the Mediterranean Flavor Boosters

- **Garlic & olive oil:** Sauté minced garlic in extra-virgin olive oil for 30 seconds to build a flavorful foundation.
- **Fresh herbs:** Keep parsley, basil, and dill on hand—they add brightness with no extra time to cook.
- **Lemon & vinegar:** A squeeze of lemon or a splash of red wine vinegar can elevate simple dishes instantly.

### 3. Choose Quick-Cooking Proteins

- **Opt for seafood:** Shrimp, salmon, and white fish fillets cook in under 10 minutes.
- **Use lean cuts:** Chicken tenderloins or thinly sliced breast cook faster than whole pieces.
- **Go plant-based:** Lentils, canned beans, and tofu require minimal prep and cook quickly.

### 4. Embrace One-Pan & Sheet-Pan Meals

- **Sauté everything together:** Cook veggies and protein in the same skillet for fewer dishes.
- **Roast on a sheet pan:** Toss vegetables and fish or chicken with olive oil and spices, then roast at 400°F (200°C) for 20-25 minutes.

### 5. Keep It Simple & Fresh

- **Focus on 5 ingredients or fewer per dish** to save time without sacrificing taste.
- **Use pre-washed greens** like baby spinach or arugula for instant salads.
- **Grate or shave veggies** (like zucchini or carrots) for faster cooking.

## 6. Multitask Like a Pro

- **Start boiling water first** if making pasta or grains.
- **While cooking proteins**, prepare a quick salad or warm whole-grain bread.
- **Use downtime wisely**—tidy up while something is simmering!

## 7. Stay Encouraged!

- **Don't aim for perfection**—nutritious, tasty meals matter more than elaborate presentations.
- **Celebrate small wins**—every 30-minute meal is a step toward healthier, happier eating.

With these tips, you'll quickly whip up vibrant, Mediterranean-inspired dishes.

## Essential Pantry Staples and Kitchen Tools for 30-Minute Mediterranean Meals

To create vibrant, wholesome Mediterranean dishes in 30 minutes, a well-stocked pantry and a few essential kitchen tools are your best allies. You'll need to maximize efficiency without sacrificing flavor or nutrition.

### Pantry Staples: The Foundation of Mediterranean Cooking

Keep these ingredients on hand to create quick, balanced meals:

#### Oils & Vinegars

- Extra-virgin olive oil (for cooking and finishing)
- Toasted sesame oil (adds depth to dressings)
- Red wine vinegar and balsamic vinegar

#### Canned & Jarred Goods

- Chickpeas, cannellini beans, and lentils (for protein and fiber)
- Canned tomatoes (diced, crushed, or whole)
- Olives (Kalamata, green, or oil-cured)
- Capers and anchovies (for umami punches)
- Artichoke hearts and roasted red peppers

#### Grains & Legumes

- Quick-cooking farro, quinoa, and whole-wheat couscous
- Whole-grain pasta and orzo
- Lentils (red, brown, or French)

#### Spices & Herbs

- Dried oregano, thyme, and rosemary
- Ground cumin, coriander, and smoked paprika
- Turmeric and cinnamon (for added warmth)
- Crushed red pepper flakes
- Za'atar and sumac (for brightness)

## Condiments & Pastes

- Tahini (for dressings and dips)
- Harissa and tomato paste (for instant flavor)
- Pomegranate molasses (for tangy sweetness)

## Nuts & Seeds

- Almonds, walnuts, and pine nuts (for crunch)
- Sesame seeds and pistachios (for garnishes)

## Dairy & Alternatives

- Feta, halloumi, and Parmesan (for salty richness)
- Greek yogurt (for sauces and marinades)

## Fresh Staples

- Garlic, lemons, and onions (Mediterranean cooking's holy trinity)
- Fresh herbs (parsley, mint, dill, and basil)

## Kitchen Tools: The 30-Minute MVPs

Equip your kitchen with these time-saving essentials:

1. **Sharp Chef's Knife**—Speeds up prep work for veggies, herbs, and proteins.
2. **Cutting Boards (two)**—One for produce, one for raw proteins to avoid cross-contamination.
3. **Large Skillet (12-inch)**—For one-pan sautés, stir-fries, and quick sauces.
4. **Sheet Pans (2 rimmed)**—Roast veggies and proteins simultaneously for hands-off cooking.
5. **Medium Saucepan**—For grains, soups, and quick-cooking legumes.
6. **Box Grater**—Zest citrus, shred cheese, or grate veggies like zucchini or carrots.
7. **Microplane**—For finely grating garlic, ginger, or hard cheeses.
8. **Citrus Juicer**—Extract every drop of lemon or lime juice efficiently.
9. **Colander**—Rinse grains, beans, and greens quickly.
10. **Immersion Blender**—Blend soups or sauces directly in the pot.
11. **Salad Spinner**—Wash and dry greens in seconds.
12. **Garlic Press**—Minces garlic instantly (no peeling required!).

Keep tools within easy reach and group ingredients before cooking (mise en place) to streamline your 30-minute window.

Equipped with this pantry and toolkit, you can swiftly take on any recipe in this book!

# ABOUT THE DIET

## What is the Mediterranean Diet?

The Mediterranean diet is more than just a meal plan; it embodies a way of eating inspired by the traditional foods and lifestyles of countries bordering the Mediterranean Sea, such as Greece, Italy, and Spain. Celebrated for its heart-health benefits, delicious flavors, and emphasis on whole foods, this diet is more sustainable than a restrictive regimen.

### Key Principles of the Mediterranean Diet

#### 1. Plant-Based Foundation

- Load up on vegetables, fruits, whole grains, legumes, nuts, and seeds.
- Make it a goal to include various vibrant fruits and vegetables on half of your plate at each meal.

#### 2. Healthy Fats as a Star Ingredient

- Choose extra-virgin olive oil as your main source of fat, rather than butter or processed oils.
- Include fatty fish (like salmon and sardines), avocados, and nuts for omega-3 fatty acids.

#### 3. Lean Proteins in Moderation

- Prioritize fish and seafood (2–3 times per week).
- Include smaller portions of poultry, eggs, and dairy (like yogurt and cheese).
- Limit red meat to occasional servings.

#### 4. Flavorful Herbs and Spices Over Salt

- Season dishes with garlic, basil, oregano, rosemary, and lemon instead of excessive salt.

#### 5. Whole Grains Over Refined Carbs

- Choose whole-wheat bread, quinoa, farro, and brown rice instead of white flour.

#### 6. Moderate Wine Consumption (Optional)

- If you drink alcohol, enjoying a glass of red wine with meals is a common cultural practice, but never required.

#### 7. Social and Mindful Eating

- Share meals with others and savor food slowly—an essential aspect of Mediterranean culture.

## Why It Works for 30-Minute Meals

The diet's simplicity makes it ideal for quick cooking: fresh ingredients, minimal processing, and bold flavors come together quickly. Think lemon-garlic shrimp with spinach, chickpea salads with tahini, or whole-grain bowls topped with roasted vegetables and feta—ready in 30 minutes!

### Health Benefits

The Mediterranean diet offers far more than just good food—it's a holistic approach to wellness that has been scientifically proven to enhance heart health, support sustainable weight management, and promote longevity. This eating pattern, inspired by the culinary traditions of countries bordering the Mediterranean Sea, provides a delicious and natural way to care for your body while enjoying life's pleasures. The diet emphasizes whole, minimally processed foods that work harmoniously to deliver profound health benefits beyond basic nutrition.

Regarding cardiovascular health, the Mediterranean diet is one of the most effective dietary patterns for preventing and managing heart disease. The abundant use of extra-virgin olive oil—a cornerstone of this eating—provides monounsaturated fats that help reduce LDL (bad) cholesterol while maintaining HDL (good) cholesterol levels. Regularly consuming fatty fish like salmon, sardines, and mackerel delivers essential omega-3 fatty acids that decrease inflammation and help maintain healthy blood vessel function. The diet focuses on fresh vegetables, fruits, whole grains, and legumes, resulting in meals inherently abundant in fiber, antioxidants, and phytonutrients, which help safeguard against oxidative stress and arterial damage. This approach proves that including the right fats—from olive oil, nuts, and fish—can be therapeutic for heart health and enhance flavor and satisfaction, unlike restrictive low-fat diets.

For those seeking sustainable weight management, the Mediterranean diet offers a refreshing alternative to fad diets and calorie counting. A balanced combination of high-fiber plant foods, quality proteins, and healthy fats creates nutrient-dense and deeply satisfying meals. The fiber found in vegetables, whole grains, and legumes digests slowly, aiding in regulating appetite hormones. This process aids in avoiding the fluctuations in blood sugar that can provoke cravings and result in overeating. Unlike processed diet foods that leave you feeling deprived, Mediterranean meals celebrate wholesome ingredients prepared in delicious ways—think crunchy vegetables with hummus, hearty lentil soups, or grilled fish with lemon and herbs. This satisfying way of eating naturally leads to better portion control without willpower struggles, as the body receives the nutrients it needs. Research shows that people following Mediterranean eating patterns tend to have healthier body weights over time compared to conventional low-fat diets, proving that nourishment, not deprivation, is the key to lasting results.

Perhaps most remarkably, the Mediterranean diet has been consistently linked to increased longevity and reduced risk of chronic diseases. The anti-inflammatory effects of its key components—olive oil, fatty fish, nuts, and colorful plant foods—appear to slow cellular aging and protect against age-related decline. Studies of Mediterranean populations show lower rates of cognitive disorders, with the diet's combination of healthy fats, antioxidants, and polyphenols helping to maintain brain function well into older age. The social and lifestyle aspects of Mediterranean eating—shared meals, mindful enjoyment of food, and regular physical activity—contribute equally to its life-extending benefits. This holistic approach recognizes that true health encompasses not just what we eat, but how we eat and live.

The Mediterranean diet is remarkable for its ability to be flexible and tailored to suit personal tastes and requirements. It's not about rigid rules or elimination of entire food groups, but rather about making better choices most of the time while still enjoying life's culinary pleasures. Whether your goal is to improve specific health markers, maintain vitality as you age, or simply feel better in your daily life, this time-tested way of eating offers a path that's as enjoyable as beneficial. Focusing on quality ingredients, balanced meals, and mindful eating habits will nourish both body and soul, one delicious, Mediterranean-inspired meal at a time.

This approach to eating reminds us that food should be a source of health and happiness, proving that the most effective diet isn't a diet but a sustainable, pleasurable way of life. As you explore the recipes and principles in this book, remember that every positive choice adds up—whether it's choosing whole grains over refined, adding an extra vegetable to your plate, or simply taking time to savor your meals. These small steps, practiced consistently, can lead to profound changes in how you look, feel, and experience life.

## How to Build a Balanced Plate

Creating a well-balanced Mediterranean meal is simple once you understand the basic building blocks. This flexible approach ensures that every dish delivers optimal nutrition, satisfaction, and flavor without strict measuring or complicated rules. Here's how to compose your plate for maximum benefit and enjoyment.

### The Mediterranean Plate Formula

Aim for this general ratio at each meal, adjusting based on your hunger and needs:

#### 1. 50% Vegetables & Fruits

- Load half your plate with colorful, fiber-rich plants: leafy greens, tomatoes, eggplant, zucchini, peppers, onions, or seasonal fruits.
- Mix raw and cooked options: Try a crisp salad and roasted vegetables for varied textures.
- Pro Tip: Keep pre-cut veggies handy for easy additions.

#### 2. 25% Whole Grains or Starchy Vegetables

- Choose nutrient-dense carbs: quinoa, farro, bulgur, whole-wheat pasta, or sweet potatoes.
- Choose ½ to 1 cup of cooked grains for each meal, roughly the size of your fist.

#### 3. 25% Lean Protein

- Prioritize plant proteins (beans, lentils, chickpeas) and fish/seafood 2-3 times weekly.
- Include moderate portions of poultry, eggs, or dairy products (like feta or yogurt).
- Limit red meat to occasional small portions (3-4 oz, about the size of a deck of cards).

#### 4. Healthy Fats

- Drizzle dishes with 1-2 tbsp extra-virgin olive oil.
- Add small handfuls of nuts, seeds, or olives for crunch and richness.

#### 5. Flavor Boosters

- For brightness, finish with herbs (parsley, dill, basil), spices (cumin, paprika), citrus, or vinegar.

Remember, there's no "perfect" plate—just aim for this balance most of the time. The Mediterranean diet thrives on variety and enjoyment!

# BREAKFAST





## Greek Yogurt Bowl with Honey & Walnuts

*Creamy Greek yogurt topped with crunchy walnuts, sweet honey, and fresh berries.*



Prep. Time:  
5 min



Time to cook:  
0 min



Portions:  
1

### INGREDIENTS:

- 1 cup (240 g) plain Greek yogurt (2% or full-fat)
- 2 tbsp (30 ml) honey
- ¼ cup (30 g) walnuts, roughly chopped
- ½ cup (75 g) mixed berries (strawberries, blueberries, raspberries)
- 1 tsp (2 g) ground cinnamon

### INSTRUCTIONS:

1. Measure 1 cup (240 g) of plain Greek yogurt and spoon it into a medium-sized serving bowl. Use the back of the spoon to spread it evenly for a smooth base.
2. Drizzle 2 tbsp (30 ml) of honey over the yogurt in a zigzag or circular pattern for even distribution. Adjust the amount to taste, if desired.
3. For added crunch and flavor, lightly toast ¼ cup (30 g) of roughly chopped walnuts in a dry pan over medium heat for 2 to 3 minutes, stirring frequently until aromatic. Let it cool slightly before using.
4. Evenly scatter the chopped walnuts (toasted or raw) over the yogurt. Next, arrange ½ cup (75 g) of mixed berries (washed and dried) across the top for visual appeal.
5. Lightly dust 1 tsp (2 g) of ground cinnamon over the entire bowl for a warm, aromatic touch.
6. Enjoy it fresh to maintain the contrast between creamy yogurt, crunchy walnuts, and juicy berries.

### NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal      Carbohydrates: 45 g  
Protein: 18 g      Fiber: 5 g  
Fat: 16 g      Sodium: 60 mg  
Saturated Fat: 3 g



## Mediterranean Scrambled Eggs with Spinach & Feta

*Fluffy scrambled eggs with wilted spinach and tangy feta cheese.*



Prep. Time:  
5 min



Time to cook:  
10 min



Portions:  
1

### INGREDIENTS:

- 2 large eggs
- 1 cup (30 g) fresh spinach, chopped
- ¼ cup (30 g) crumbled feta cheese
- 1 tbsp (15 ml) olive oil
- 1 small garlic clove, minced
- ¼ tsp (0.5 g) black pepper
- 1 slice whole-grain toast (optional)

### INSTRUCTIONS:

1. Pour 1 tbsp (15 ml) of olive oil into the pan and heat on medium. Once warm, add 1 minced garlic clove and sauté until fragrant (about 30 seconds), stirring to prevent burning.
2. Add 1 cup (30 g) of chopped fresh spinach to the skillet. Cook, stirring occasionally, until leaves are fully wilted but still vibrant green (about 2 minutes).
3. While the spinach is cooking, mix the yolks and whites of two large eggs with a fork in a bowl.
4. Gently add the whisked eggs to the skillet containing the spinach. Reduce heat to medium-low and stir gently with a spatula, folding the eggs as they set to create soft curds (about 3-4 minutes total—stop just before they're fully firm).
5. Remove the skillet from the heat. Immediately sprinkle ¼ cup (30 g) crumbled feta cheese and ¼ tsp (0.5 g) black pepper evenly over the eggs. Let residual heat melt the feta slightly (about 30 seconds).
6. Serve warm, optionally with a slice of whole-grain toast on the side for dipping.

### NUTRITIONAL VALUE (PER SERVING):

Calories: 320 kcal      Carbohydrates: 5 g  
Protein: 18 g      Fiber: 1 g  
Fat: 24 g      Sodium: 420 mg  
Saturated Fat: 7 g



## Avocado & Chickpea Toast

*Creamy smashed avocado and protein-rich chickpeas on whole-grain toast.*



Prep. Time:  
5 min



Time to cook:  
5 min



Portions:  
1

### INGREDIENTS:

- 1 slice whole-grain bread (about 1 oz/30 g)
- ½ ripe avocado (about 60 g), mashed
- ¼ cup (40 g) cooked chickpeas, lightly mashed
- 1 tbsp (15 ml) lemon juice
- ½ tsp (1 g) smoked paprika
- 1 tsp (5 ml) extra virgin olive oil
- Pinch of salt and black pepper

### INSTRUCTIONS:

1. Toast one slice (30 g) of whole-grain bread in a toaster or skillet until it reaches a golden brown color and has crisp edges, which should take approximately 2-3 minutes.
2. While the bread toasts, mash ½ ripe avocado (60 g) in a small bowl with a fork until mostly smooth but slightly chunky.
3. Add ¼ cup (40 g) cooked chickpeas to the avocado and lightly mash them together, leaving some chickpeas partially whole for texture.
4. Stir in 1 tbsp (15 ml) lemon juice, ½ tsp (1 g) smoked paprika, and a pinch each of salt and black pepper. Mix until well combined.
5. Spread the avocado-chickpea mixture evenly over the toasted bread, covering the surface completely.
6. Drizzle 1 tsp (5 ml) extra virgin olive oil over the top for richness.
7. Serve right away while the toast remains warm and crisp.

### NUTRITIONAL VALUE (PER SERVING):

Calories: 290 kcal      Carbohydrates: 28 g  
 Protein: 9 g              Fiber: 10 g  
 Fat: 18 g                  Sodium: 180 mg  
 Saturated Fat: 2.5 g



## Quick Shakshuka with Whole-Grain Pita

*Poached eggs in a spiced tomato-pepper sauce with fresh herbs.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- ½ cup (120 g) canned diced tomatoes
- ¼ cup (40 g) red bell pepper, diced
- 1 large egg
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) ground cumin
- ½ tsp (1 g) smoked paprika
- 1 small garlic clove, minced
- 1 tbsp (5 g) fresh parsley, chopped
- 1 whole-grain pita (2 oz/60 g)

### INSTRUCTIONS:

1. Pour 1 tbsp (15 ml) of olive oil into the pan and heat on medium. Add 1 minced garlic clove and ¼ cup (40 g) diced red bell pepper. Sauté, stirring occasionally, until peppers soften (about 3 minutes).
2. Stir in ½ cup (120 g) diced tomatoes (with juices), ½ tsp (1 g) cumin, and ½ tsp (1 g) smoked paprika. Turn the heat down to medium and simmer, stirring regularly, till the sauce thickens slightly (about 5 minutes). Season with salt to taste.
3. Using a spoon, create a small well in the sauce. Crack 1 large egg directly into the well. Place a lid on the skillet and allow it to cook until the egg whites are firm, while the yolk stays runny (5-7 minutes). For firmer yolks, cook 1-2 minutes longer.
4. While the egg cooks, warm 1 whole-grain pita (60 g) in a toaster or dry skillet until pliable (about 30 seconds per side). Cut into wedges for dipping.
5. Remove the skillet from the heat. Sprinkle with 1 tbsp (5 g) chopped parsley and serve immediately with warmed pita on the side.

### NUTRITIONAL VALUE (PER SERVING):

Calories: 350 kcal      Carbohydrates: 35 g  
 Protein: 14 g              Fiber: 6 g  
 Fat: 18 g                  Sodium: 320 mg  
 Saturated Fat: 3 g



# Almond Butter & Banana Oatmeal

Warm oatmeal with creamy almond butter, banana slices, and chia seeds.



Prep. Time:  
5 min



Time to cook:  
10 min



Portions:  
1

## INGREDIENTS:

- ½ cup (40 g) rolled oats
- 1 cup (240 ml) unsweetened almond milk
- 1 tbsp (15 g) almond butter
- ½ medium banana (50 g), sliced
- 1 tsp (5 g) chia seeds
- ½ tsp (2 g) cinnamon

## NUTRITIONAL VALUE (PER SERVING):

Calories: 320 kcal      Carbohydrates: 45 g  
 Protein: 10 g          Fiber: 8 g  
 Fat: 12 g                Sodium: 150 mg  
 Saturated Fat: 1 g

## INSTRUCTIONS:

1. Combine ½ cup (40 g) rolled oats and 1 cup (240 ml) unsweetened almond milk in a small saucepan. Heat gently until it reaches a soft boil, stirring now and then to avoid sticking.
2. Reduce the heat and let it simmer for 5-7 minutes, stirring every minute, until the oats have absorbed most of the liquid and achieved your preferred consistency (add a splash more milk if it's too thick).
3. Take off the heat and mix in 1 tbsp (15 g) of almond butter until completely blended and smooth.
4. Transfer to a bowl and top with ½ medium banana (50 g), sliced, 1 tsp (5 g) chia seeds, and ½ tsp (2 g) cinnamon.
5. For extra creaminess, drizzle with an additional teaspoon of almond butter on top before serving.



# Tahini-Drizzled Chickpea & Za'atar Flatbread

Warm flatbread topped with spiced chickpeas, tahini, and fresh veggies.



Prep. Time:  
10 min



Time to cook:  
15 min



Portions:  
1

## INGREDIENTS:

- 1 small whole-wheat flatbread (2 oz/60 g)
- ½ cup (80 g) cooked chickpeas, drained and patted dry
- 2 tbsp (30 g) tahini
- ¼ cup (40 g) cucumber, diced
- 2 tbsp (20 g) red onion, thinly sliced
- 1 tbsp (15 ml) olive oil, ½ tsp (1 g) za'atar
- ½ tsp (1 g) ground cumin
- 1 tbsp (5 g) fresh mint, chopped
- 1 tsp (5 ml) lemon juice
- Pinch of flaky sea salt

## NUTRITIONAL VALUE (PER SERVING):

Calories: 450 kcal      Carbohydrates: 50 g  
 Protein: 15 g          Fiber: 10 g  
 Fat: 22 g                Sodium: 380 mg  
 Saturated Fat: 3 g

## INSTRUCTIONS:

1. Heat 1 tbsp (15 ml) olive oil in a small skillet over medium heat. Add ½ cup (80 g) drained chickpeas, ½ tsp (1 g) cumin, and ½ tsp (1 g) za'atar. Shake the pan occasionally while cooking the chickpeas for five minutes, or until the outsides are crispy and lightly browned. Remove from heat.
2. While chickpeas cook, warm 1 whole-wheat flatbread (60 g) in a dry skillet over medium heat for 1-2 minutes per side until softened and lightly toasted. Transfer to a serving plate.
3. Spread 2 tbsp (30 g) tahini evenly over the surface of the warm flatbread, leaving a ½-inch border around the edges.
4. Spoon the spiced chickpeas over the tahini, distributing them evenly. Scatter ¼ cup (40 g) diced cucumber and 2 tbsp (20 g) thinly sliced red onion on top.
5. Sprinkle with 1 tbsp (5 g) chopped fresh mint and a pinch of flaky sea salt. Finish with 1 tsp (5 ml) lemon juice drizzled over the entire flatbread.
6. Serve immediately, either folded in half or cut into wedges. The warmth of the flatbread and chickpeas will slightly soften the vegetables while keeping their crisp texture.



# Halloumi & Herb Shakshuka with Olives

*Spicy tomato sauce with crispy halloumi, poached eggs, and briny Kalamata olives.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

## INGREDIENTS:

- ½ cup (120 g) canned crushed tomatoes
- ¼ cup (40 g) red bell pepper, finely diced
- 1 large egg
- 2 oz (60 g) halloumi cheese, sliced
- 5 Kalamata olives (15 g), pitted and halved
- 1 tbsp (15 ml) olive oil
- 1 small garlic clove, minced
- ½ tsp (1 g) ground cumin
- ½ tsp (1 g) smoked paprika
- 1 tbsp (5 g) fresh parsley, chopped
- 1 tsp (5 ml) lemon juice
- 1 small whole-wheat pita (1 oz/30 g), warmed

## NUTRITIONAL VALUE (PER SERVING):

Calories: 420 kcal	Carbohydrates: 22 g
Protein: 20 g	Fiber: 5 g
Fat: 28 g	Sodium: 950 mg
Saturated Fat: 10 g	

## INSTRUCTIONS:

1. Heat 1 tbsp (15 ml) of olive oil in a small skillet over medium heat. Add 1 minced garlic clove and ¼ cup (40 g) diced red bell pepper. Sauté, stirring frequently, until peppers soften but don't brown (about 2 minutes).
2. Stir in ½ cup (120 g) crushed tomatoes, ½ tsp (1 g) cumin, and ½ tsp (1 g) smoked paprika. Turn the heat down to medium and simmer, covered, stirring periodically, until the sauce becomes thick enough to leave a trace when you run a spoon over it (about 5 minutes). Taste before adding salt, as the halloumi will add saltiness later.
3. While the sauce simmers, heat a separate small nonstick pan over medium-high heat. Add 2 oz (60 g) halloumi slices and cook undisturbed for 2 minutes until golden brown on the bottom. Turn over and cook for 2 minutes until both sides achieve a crispy texture. Transfer to a plate.
4. Using the back of a spoon, make a well in the center of the tomato sauce. Crack 1 large egg directly into the well. Cover the skillet promptly with a tight-fitting lid and allow it to cook for 5-7 minutes, checking for doneness at the 5-minute mark. The whites should be fully set while the yolk remains runny.
5. Arrange the fried halloumi slices and 5 halved Kalamata olives (15 g) around the egg. Drizzle 1 tsp (5 ml) fresh lemon juice over everything and sprinkle with 1 tbsp (5 g) chopped parsley.
6. Serve immediately with 1 warmed whole-wheat pita (30 g) on the side for scooping. The residual heat will slightly soften the halloumi and warm the olives.





## Sardine & Lemon Toast with Arugula

*Protein-packed sardines on rye toast with peppery arugula and lemon-dill dressing.*



Prep. Time:  
5 min



Time to cook:  
5 min



Portions:  
1

### INGREDIENTS:

- 1 slice rye bread (1 oz/30 g), toasted
- 2.5 oz (70 g) canned sardines in olive oil, drained
- 1 cup (20 g) arugula
- 1 tbsp (15 ml) extra virgin olive oil
- 1 tsp (5 ml) lemon juice
- ½ tsp (1 g) fresh dill, chopped
- ½ tsp (1 g) lemon zest
- 1 tbsp (10 g) red onion, thinly sliced
- Black pepper to taste

### NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal      Carbohydrates: 20 g  
Protein: 25 g          Fiber: 3 g  
Fat: 22 g               Sodium: 420 mg  
Saturated Fat: 4 g

### INSTRUCTIONS:

1. Toast 1 slice (30 g) of rye bread until golden and crisp. Set aside on a serving plate.
2. In a small bowl, combine 1 tbsp (15 ml) olive oil, 1 tsp (5 ml) lemon juice, ½ tsp (1 g) chopped dill, and ½ tsp (1 g) lemon zest by whisking them together.
3. Place 1 cup (20 g) of arugula in a separate bowl. Drizzle with the lemon-dill dressing and toss gently to coat all leaves.
4. Arrange 2.5 oz (70 g) of drained sardines evenly over the toasted rye bread, breaking them into smaller pieces, if desired.
5. Pile the dressed arugula on the sardines, allowing some to spill over the edges.
6. Scatter 1 tbsp (10 g) thinly sliced red onion over the arugula.
7. Complete with a generous sprinkle of black pepper over the whole toast.
8. Serve right away while the bread is warm and crisp. The heat will slightly wilt the arugula and warm the sardines.



## Warm Fig & Labneh Bowl with Cardamom-Honey Syrup & Pistachio Dukkah

*Creamy labneh paired with caramelized figs, aromatic cardamom-infused honey, and a crunchy pistachio-herb dukkah.*



Prep. Time:  
10 min



Time to cook:  
10 min



Portions:  
1

### INGREDIENTS:

- ½ cup (120 g) labneh or thick Greek yogurt
- 3 fresh figs (120 g), halved. 1 tsp (5 ml) olive oil
- 1 tsp (3 g) flaky sea salt. 2 tbsp (30 ml) honey
- 2 whole cardamom pods, lightly crushed
- 1 tsp (5 ml) orange blossom water (optional)
- 2 tbsp (20 g) shelled pistachios, roughly chopped. 1 tbsp (10 g) sesame seeds
- ½ tsp (1 g) ground cumin
- ½ tsp (1 g) coriander seeds, lightly crushed
- 1 tbsp (3 g) fresh thyme leaves
- 1 tsp (2 g) edible rose petals (optional)
- 1 tbsp (5 g) mint leaves, torn

### NUTRITIONAL VALUE (PER SERVING):

Calories: 420 kcal      Carbohydrates: 55 g  
Protein: 14 g          Fiber: 7 g  
Fat: 18 g               Sodium: 480 mg  
Saturated Fat: 6 g

### INSTRUCTIONS:

1. Toast the pistachios, sesame, cumin, and coriander seeds in a dry pan set over medium-low heat for two to three minutes, or until aromatic and brown. Transfer to a mortar and pestle or a cutting board. Lightly crush (leave some texture). Stir in thyme leaves and set aside.
2. Warm olive oil in the same skillet over medium heat. Place fig halves cut-side down and cook for 2 minutes until lightly caramelized. Flip, cook for 1 more minute, then remove from the heat. Sprinkle with flaky salt.
3. In a small saucepan, warm honey and cardamom pods over low heat for 3 minutes (do not boil). Take off the heat, mix in the orange blossom water (if using), and allow it to steep.
4. Spread labneh in a shallow bowl. Arrange warm figs on top. Drizzle with cardamom-honey syrup (discard cardamom pods). Generously sprinkle dukkah over the bowl. Garnish with rose petals and mint.



# Spinach & Feta Phyllo Parcels

*Crispy phyllo pockets filled with spinach, feta, and pine nuts.*



Prep. Time:  
15 min



Time to cook:  
15 min



Portions:  
1

## INGREDIENTS:

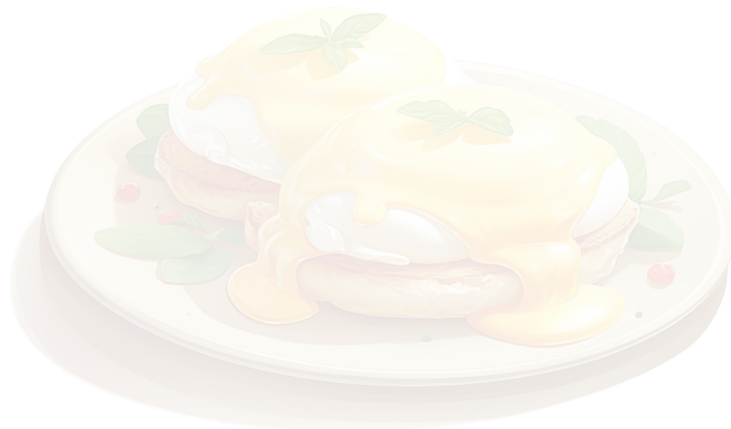
- 2 sheets phyllo dough (about 1 oz/30 g total)
- ½ cup (15 g) fresh spinach, chopped
- ¼ cup (30 g) feta cheese, crumbled
- 1 tbsp (10 g) pine nuts
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) dried oregano
- 1 garlic clove, minced
- 1 tsp (5 ml) lemon juice

## INSTRUCTIONS:

1. Heat 1 tsp (5 ml) olive oil in a small skillet over medium heat. Incorporate 1 minced garlic clove and sauté for approximately 30 seconds until it becomes fragrant, ensuring it does not brown. Add ½ cup (15 g) chopped spinach and cook, stirring frequently, until completely wilted (about 2 minutes). Remove from heat.
2. Transfer the spinach mixture to a bowl. Stir in ¼ cup (30 g) crumbled feta, 1 tbsp (10 g) pine nuts, ½ tsp (1 g) dried oregano, and 1 tsp (5 ml) lemon juice. Mix gently until well combined. Let it cool slightly.
3. Place 1 phyllo sheet on a clean, dry surface. Gently apply olive oil with a pastry brush. Place the second phyllo sheet on top and brush lightly with oil again.
4. Cut the stacked phyllo sheets lengthwise using a sharp knife into 2 equal rectangles (each about 4x6 inches).
5. Spoon half of the spinach-feta mixture onto one end of each phyllo rectangle, leaving a ½-inch (1 cm) border. Fold the sides inward, then roll up tightly to form neat parcels. Press edges gently to seal.
6. Place parcels seam-side down on a parchment-lined baking sheet. Brush tops lightly with remaining olive oil. Put in a preheated oven at 375°F (190°C) and bake for 12-15 minutes, until golden brown and crisp. Turn the baking sheet halfway through to achieve uniform browning.
7. Take it out of the oven and allow it to cool for 2 minutes before serving. The filling will be very hot.

## NUTRITIONAL VALUE (PER SERVING):

Calories: 350 kcal	Carbohydrates: 22 g
Protein: 10 g	Fiber: 2 g
Fat: 25 g	Sodium: 520 mg
Saturated Fat: 7 g	





## Smoked Salmon & Dill Frittata with Caper Yogurt

*Fluffy egg frittata with smoked salmon, fresh dill, and a tangy yogurt-caper sauce.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- 2 large eggs
- 1 oz (30 g) smoked salmon, torn
- 2 tbsp (30 g) Greek yogurt
- 1 tsp (5 g) capers, chopped
- 1 tbsp (5 g) fresh dill, chopped
- ¼ cup (30 g) red onion, thinly sliced
- ½ cup (50 g) baby spinach
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) lemon zest
- 1 slice rye bread (1 oz/30 g), toasted

### NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal      Carbohydrates: 20 g  
Protein: 24 g          Fiber: 3 g  
Fat: 22 g               Sodium: 680 mg  
Saturated Fat: 5 g

### INSTRUCTIONS:

1. Whisk eggs with half the dill and lemon zest. Season lightly with salt and pepper.
2. Warm olive oil in a small oven-safe skillet over medium heat. Sauté the red onion for 2 minutes until it softens, then incorporate the spinach and cook until it wilts, which should take about 1 minute.
3. Pour the egg mixture over the vegetables. Cook undisturbed for 3 minutes until the edges begin to set.
4. Arrange smoked salmon pieces over the top. Move the skillet to the broiler and cook for 3-4 minutes until the eggs are puffed and set.
5. While the frittata cooks, mix yogurt with capers and remaining dill in a small bowl.
6. Transfer the frittata to a plate and present it warm alongside the caper yogurt and toasted rye bread. Garnish with extra dill or lemon zest if desired.



## Harissa Chickpea & Egg Scramble

*Spicy harissa-spiked chickpeas with soft scrambled eggs and preserved lemon.*



Prep. Time:  
5 min



Time to cook:  
10 min



Portions:  
1

### INGREDIENTS:

- 2 large eggs
- ½ cup (80 g) cooked chickpeas
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 g) harissa paste
- 1 tbsp (10 g) preserved lemon, finely chopped
- ¼ cup (40 g) cherry tomatoes, halved
- 1 tbsp (5 g) cilantro, chopped
- ½ tsp (1 g) ground cumin
- 1 whole grain tortilla (1 oz/30 g)

### NUTRITIONAL VALUE (PER SERVING):

Calories: 410 kcal      Carbohydrates: 35 g  
Protein: 19 g          Fiber: 8 g  
Fat: 22 g               Sodium: 420 mg  
Saturated Fat: 4 g

### INSTRUCTIONS:

1. Heat olive oil in a skillet over medium heat. Add chickpeas, harissa, and cumin. Cook for 3 minutes, stirring occasionally, until chickpeas are slightly crispy.
2. Push the chickpea mixture to one side of the pan. Add cherry tomatoes and preserved lemon to the space. Cook for 1 minute until tomatoes soften slightly.
3. In a small bowl, mix the eggs and pour them into the frying pan. Stir gently with a spatula for about 2 minutes until eggs are softly set.
4. Take it off the heat and gently incorporate the chopped cilantro.
5. Warm the tortilla in a dry pan for 30 seconds per side. Serve the scramble wrapped in the tortilla or on the side. Top with extra harissa or a dollop of yogurt if desired.



## Za'atar Baked Eggs with Labneh & Sumac Onions

*Creamy baked eggs with za'atar crust, garlic labneh, and quick-pickled onions.*



Prep. Time:  
15 min



Time to cook:  
15 min



Portions:  
1

### INGREDIENTS:

- 2 large eggs
- ¼ cup (60 g) labneh
- 1 small garlic clove, minced
- ¼ cup (40 g) red onion, thinly sliced
- 1 tsp (5 ml) sumac
- 1 tsp (5 ml) lemon juice
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 g) za'atar
- 1 whole wheat pita (1 oz/30 g)

### NUTRITIONAL VALUE (PER SERVING):

Calories: 450 kcal	Carbohydrates: 30 g
Protein: 22 g	Fiber: 5 g
Fat: 28 g	Sodium: 320 mg
Saturated Fat: 8 g	

### INSTRUCTIONS:

1. Toss red onion with sumac and lemon juice in a small bowl. Set aside to pickle while you prepare the dish.
2. Mix the labneh with minced garlic in another bowl. Spread evenly in a small oven-safe dish or ramekin.
3. Use a spoon to create two small wells in the labneh. Crack an egg into each well.
4. Drizzle olive oil over the eggs and labneh, then sprinkle za'atar evenly on top.
5. Set the oven's temperature to 375°F (190°C) and bake for 12-15 minutes, ensuring the egg whites are set while the yolks stay runny.
6. Remove from the oven and top with the sumac onions. Serve immediately with warm pita for dipping. Garnish with extra za'atar or a drizzle of olive oil if desired.



## Sardine & Roasted Pepper Tartine

*Olive oil-packed sardines on sourdough with roasted pepper walnut spread.*



Prep. Time:  
10 min



Time to cook:  
5 min



Portions:  
1

### INGREDIENTS:

- 1 slice sourdough (1.5 oz/45 g), toasted
- 2.5 oz (70 g) sardines in olive oil
- ¼ cup (40 g) roasted red peppers
- 2 tbsp (20 g) walnuts
- 1 garlic clove
- 1 tsp (5 ml) sherry vinegar
- 1 tbsp (5 g) parsley, chopped
- ½ tsp (1 g) smoked paprika

### INSTRUCTIONS:

1. In a food processor, pulse roasted peppers, walnuts, garlic, and sherry vinegar until a coarse paste forms (about 5 pulses).
2. Toast the sourdough slice until golden and crisp.
3. Spread the pepper-walnut mixture evenly over the toast.
4. Put the sardines on top, then lightly pour about 1 teaspoon of oil from the tin.
5. Finish the dish with chopped parsley and sprinkle with smoked paprika. For a flavor twist, use lemon juice or a hint of crushed red pepper.

### NUTRITIONAL VALUE (PER SERVING):

Calories: 420 kcal	Carbohydrates: 28 g
Protein: 26 g	Fiber: 4 g
Fat: 24 g	Sodium: 580 mg
Saturated Fat: 4 g	



# Turkish Coffee & Cardamom Oatmeal

*Steel-cut oats infused with Turkish coffee and topped with date syrup.*



Prep. Time:  
5 min



Time to cook:  
20 min



Portions:  
1

## INGREDIENTS:

- ½ cup (40 g) steel-cut oats
- 1 cup (240 ml) strong Turkish coffee
- ½ cup (120 ml) almond milk
- 1 cardamom pod, crushed
- 1 tbsp (15 ml) date syrup
- 1 tbsp (10 g) pistachios, chopped
- ½ tsp (1 g) cinnamon

## INSTRUCTIONS:

1. Combine steel-cut oats, Turkish coffee, almond milk, and crushed cardamom pods in a small saucepan. Heat gently until it reaches a soft boil.
2. Simmer uncovered over low heat for 18 to 20 minutes, stirring regularly, until the oats are soft and the liquid is absorbed.
3. Remove and discard the cardamom pod. Transfer the oatmeal to a bowl.
4. Drizzle with date syrup and sprinkle with chopped pistachios and cinnamon. Optionally, add a splash of warm almond milk for a creamier texture.

## NUTRITIONAL VALUE (PER SERVING):

Calories: 350 kcal      Carbohydrates: 55 g  
Protein: 10 g          Fiber: 8 g  
Fat: 10 g               Sodium: 80 mg  
Saturated Fat: 1 g



# SALADS





# Mediterranean Tuna & White Bean Salad with Capers

*A protein-packed salad with briny capers, creamy beans, and flaky tuna.*



Prep. Time:  
10 min



Time to cook:  
0 min



Portions:  
1

## INGREDIENTS:

- ½ cup (100 g) canned white beans, drained
- 3 oz (85 g) canned tuna in olive oil, drained
- ½ cup (75 g) cherry tomatoes, halved
- ¼ cup (40 g) red onion, thinly sliced
- 1 tbsp (10 g) capers, rinsed
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (15 ml) extra virgin olive oil
- ½ tsp (1 g) dried oregano
- 1 cup (30 g) mixed greens
- 2 tbsp (5 g) fresh parsley, chopped

## INSTRUCTIONS:

1. In a medium bowl, carefully mix white beans, tuna, cherry tomatoes, red onion, and capers, not breaking the tuna apart excessively.
2. Whisk together lemon juice, olive oil, oregano, salt, and pepper in a small bowl until well blended.
3. Top the salad with the dressing, then toss gently to mix well.
4. Arrange mixed greens on a serving plate and top with the tuna-bean mixture.
5. Sprinkle generously with fresh parsley before serving.

## NUTRITIONAL VALUE (PER SERVING):

Calories: 350 kcal      Carbohydrates: 30 g  
 Protein: 25 g          Fiber: 8 g  
 Fat: 15 g                Sodium: 480 mg  
 Saturated Fat: 2 g



# Spiced Chickpea & Roasted Carrot Salad with Tahini-Lemon Dressing

*A warm salad with smoky roasted carrots, spiced chickpeas, and a creamy tahini dressing.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

## INGREDIENTS:

- 1 cup (150 g) cooked chickpeas, drained and rinsed. 1 cup (120 g) carrots, sliced into thin sticks
- 1 tbsp (15 ml) olive oil. ½ tsp (1 g) ground cumin. ½ tsp (1 g) smoked paprika.
- 1 tbsp (15 g) tahini. 1 tbsp (15 ml) lemon juice
- ¼ tsp (0.5 g) garlic powder
- 1 tsp (5 ml) honey or maple syrup
- 1 tbsp (15 ml) water. 1 cup (30 g) arugula
- 2 tbsp (10 g) crumbled feta (optional)
- 1 tbsp (8 g) toasted sunflower seeds

## INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). Toss carrot sticks with ½ tbsp olive oil, cumin, smoked paprika, garlic powder, and salt. Put them on a baking tray and roast for 15 minutes.
2. Coat chickpeas with the remaining ½ tbsp olive oil and salt in a bowl. Add to the baking sheet with carrots and roast 5 more minutes until everything is golden.
3. Make dressing by whisking tahini, lemon juice, honey, and water until creamy. Add more water if it's too thick.
4. Arrange arugula on a plate. Top with warm roasted carrots and chickpeas. Drizzle with tahini dressing.
5. Sprinkle with feta (if using) and toasted sunflower seeds. Best served warm, straight after cooking.

## NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal      Carbohydrates: 45 g  
 Protein: 12 g          Fiber: 10 g  
 Fat: 18 g                Sodium: 320 mg  
 Saturated Fat: 3 g



# Za'atar Roasted Eggplant & Quinoa Salad

*Middle Eastern-spiced eggplant with nutty quinoa and a tangy yogurt dressing.*



Prep. Time: 10 min



Time to cook: 20 min



Portions: 1

## INGREDIENTS:

- 1 cup (100 g) eggplant, diced
- ½ tbsp (7 ml) olive oil
- 1 tsp (2 g) za'atar spice blend
- ½ cup (90 g) cooked quinoa
- ¼ cup (40 g) cucumber, diced
- 2 tbsp (30 g) Greek yogurt
- 1 tsp (5 ml) lemon juice
- 1 tbsp (10 g) pomegranate seeds
- 1 tbsp (5 g) chopped mint

## INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). Toss diced eggplant with olive oil, za'atar, and a pinch of salt. Spread out on a baking sheet. Roast for 20 minutes, stirring occasionally every 10 minutes, until soft and golden.
2. Combine cooked quinoa, diced cucumber, and roasted eggplant in a serving bowl.
3. Using a small bowl, combine Greek yogurt, lemon juice, and a pinch of salt and pepper, whisking until the mixture is smooth.
4. Drizzle the salad with the yogurt dressing and toss to combine.
5. Top with pomegranate seeds and chopped mint.

## NUTRITIONAL VALUE (PER SERVING):

Calories: 290 kcal      Carbohydrates: 40 g  
 Protein: 9 g              Fiber: 7 g  
 Fat: 10 g                  Sodium: 180 mg  
 Saturated Fat: 2 g



# Warm Lentil & Roasted Pepper Salad with Feta

*Hearty lentils with smoky roasted peppers and creamy feta.*



Prep. Time: 10 min



Time to cook: 15 min



Portions: 1

## INGREDIENTS:

- ½ cup (100 g) cooked lentils
- ½ cup (60 g) roasted red peppers (jarred), sliced
- ¼ cup (40 g) red onion, thinly sliced
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 ml) balsamic vinegar
- ½ tsp (1 g) dried thyme
- 1 cup (30 g) baby spinach
- 2 tbsp (20 g) crumbled feta

## INSTRUCTIONS:

1. Heat 1 tbsp (15 ml) of olive oil in a skillet over medium heat. Add 40 g (¼ cup) of thinly sliced red onion and simmer for 3-4 minutes, stirring periodically, until softened and beginning to caramelize.
2. Stir in ½ cup (100 g) cooked lentils, ½ cup (60 g) sliced roasted red peppers, ½ tsp (1 g) dried thyme, and 1 tsp (5 ml) balsamic vinegar. Cook for 2-3 minutes, stirring gently, until everything is heated.
3. Add 1 cup (30 g) baby spinach to the skillet and toss lightly for about 30 seconds to 1 minute, until the spinach begins to wilt but remains slightly firm.
4. Transfer the warm lentil mixture to a serving bowl or plate. Sprinkle 2 tbsp (20 g) crumbled feta over the top while still warm so it softens slightly.
5. Drizzle with olive oil or balsamic vinegar before serving to boost the flavor.

## NUTRITIONAL VALUE (PER SERVING):

Calories: 320 kcal      Carbohydrates: 30 g  
 Protein: 14 g              Fiber: 8 g  
 Fat: 16 g                  Sodium: 420 mg  
 Saturated Fat: 4 g



# Lemon-Garlic Shrimp & Orzo Salad

*Bright, citrusy shrimp with herb-infused orzo and crisp veggies.*


**Prep. Time:** 10 min
 
**Time to cook:** 10 min
 
**Portions:** 1

## INGREDIENTS:

- 4 oz (120 g) shrimp, peeled and deveined
- ½ cup (75 g) cooked orzo
- ½ cup (60 g) cherry tomatoes, halved
- ¼ cup (30 g) cucumber, diced
- 1 tbsp (15 ml) olive oil
- 1 garlic clove, minced
- 1 tsp (2 g) lemon zest
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (5 g) chopped dill
- 1 tbsp (10 g) crumbled feta

## INSTRUCTIONS:

1. Heat 1 tbsp (15 ml) of olive oil in a skillet over medium heat. Add 1 minced garlic clove and sauté for 30 seconds until fragrant. Add shrimp, lemon zest, and a pinch each of salt and pepper. Cook for 2-3 minutes per side until shrimp turn pink and opaque. Remove from heat.
2. Combine cooked orzo, cherry tomatoes, cucumber, lemon juice, and chopped dill in a mixing bowl. Toss gently to coat everything evenly.
3. Transfer the orzo mixture to a plate or serving bowl. Top with the heated shrimp.
4. Sprinkle crumbled feta over the salad just before serving. Optionally, for extra freshness, garnish with additional dill or a squeeze of lemon juice. Serve right away while the shrimp are still warm.

## NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal      Carbohydrates: 40 g  
 Protein: 25 g          Fiber: 3 g  
 Fat: 14 g                Sodium: 380 mg  
 Saturated Fat: 3 g



# Harissa-Roasted Cauliflower & Chickpea Salad with Mint Yogurt

*Spicy roasted cauliflower paired with creamy chickpeas and a cooling mint yogurt drizzle.*


**Prep. Time:** 10 min
 
**Time to cook:** 20 min
 
**Portions:** 1

## INGREDIENTS:

- 1 cup (100 g) cauliflower florets
- ½ cup (80 g) cooked chickpeas, drained and rinsed. 1 tbsp (15 ml) olive oil
- 1 tsp (5 g) harissa paste (or ½ tsp paprika + pinch of cayenne)
- ¼ tsp (0.5 g) ground cumin
- ¼ cup (60 g) Greek yogurt
- 1 tbsp (5 g) fresh mint, finely chopped
- ½ tsp (2.5 ml) lemon juice
- 1 cup (30 g) baby spinach
- 1 tbsp (10 g) toasted almonds, chopped

## NUTRITIONAL VALUE (PER SERVING):

Calories: 320 kcal      Carbohydrates: 28 g  
 Protein: 14 g          Fiber: 8 g  
 Fat: 18 g                Sodium: 290 mg  
 Saturated Fat: 3 g

## INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). Toss cauliflower florets and chickpeas with olive oil, harissa paste, cumin, and a pinch of salt until evenly coated. Place in a single layer on a baking tray.
2. Roast until the cauliflower is soft and has a slight sear on the edges, about 20 minutes, flipping halfway through.
3. As the vegetables roast, combine Greek yogurt, chopped mint, lemon juice, and a pinch of salt in a small bowl. Put aside.
4. Arrange baby spinach on a serving plate as the base. Top with warm roasted cauliflower and chickpeas.
5. Drizzle the mint yogurt sauce generously over the salad. Sprinkle with toasted almonds just before serving. To enhance the flavor, incorporate a pinch of red pepper flakes into the roasted vegetables before cooking.



# Sumac-Spiced Chicken & Farro Salad with Pomegranate

*Juicy sumac-marinated chicken over nutty farro with pops of pomegranate.*



Prep. Time:  
10 min



Time to cook:  
15 min



Portions:  
1

## INGREDIENTS:

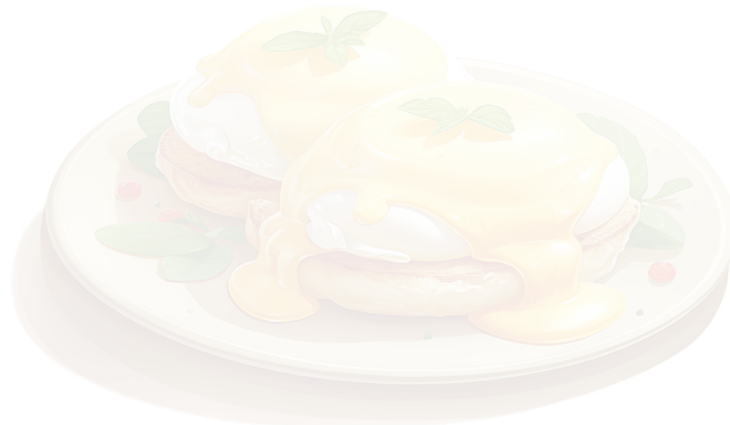
- 1 (5 oz/140 g) boneless, skinless chicken thigh
- ½ cup (90 g) cooked farro (or barley/quinoa)
- 1 tsp (2 g) sumac
- ½ tsp (1 g) garlic powder
- 1 tbsp (15 ml) olive oil, divided
- 2 tbsp (20 g) pomegranate seeds
- 2 tbsp (10 g) chopped parsley
- 1 tbsp (10 g) crumbled feta
- 1 tsp (5 ml) lemon juice
- 1 cup (30 g) shredded kale, massaged

## NUTRITIONAL VALUE (PER SERVING):

Calories: 420 kcal	Carbohydrates: 35 g
Protein: 32 g	Fiber: 6 g
Fat: 18 g	Sodium: 220 mg
Saturated Fat: 4 g	

## INSTRUCTIONS:

1. Mix sumac, garlic powder, ½ tbsp olive oil, and a pinch of salt and pepper in a small bowl. Apply the mixture thoroughly to the chicken thigh, ensuring an even coating. Let it marinate while you prepare the other ingredients (about 5 minutes).
2. Preheat a skillet on medium heat. Incorporate the chicken and allow it to cook on each side for 5-6 minutes, ensuring the internal temperature reaches 165°F (75°C) and the exterior forms a golden crust. Place it on a cutting board and let it rest for three minutes. Then, cut it against the grain into thin slices.
3. In a mixing bowl, blend the cooked farro with the remaining ½ tbsp of olive oil, lemon juice, pomegranate seeds, and chopped parsley. Toss gently to combine.
4. Place the shredded kale on a serving plate. Using your hands, gently massage the kale for about 30 seconds to soften the leaves (this makes it more tender and easier to eat).
5. Spoon the farro mixture over the kale, then arrange the sliced sumac chicken.
6. Sprinkle crumbled feta over the salad just before serving.



# BOWLS





# Harissa Chickpea & Quinoa Bowl with Tahini Drizzle

*Spiced chickpeas and fluffy quinoa with a creamy tahini-lemon dressing.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

## INGREDIENTS:

- ½ cup (90 g) dry quinoa
- ¾ cup (120 g) cooked chickpeas (or canned, drained)
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 g) harissa paste
- ½ tsp (1 g) smoked paprika
- ¼ tsp (0.5 g) cumin
- 1 cup (30 g) baby kale
- ¼ cup (40 g) diced cucumber
- 2 tbsp (30 g) crumbled feta
- 1 tbsp (15 ml) tahini
- 1 tsp (5 ml) lemon juice
- 1 tsp (5 ml) water
- Salt and pepper to taste

## NUTRITIONAL VALUE (PER SERVING):

Calories: 420 kcal  
Protein: 18 g  
Fat: 18 g  
Saturated Fat: 4 g

Carbs: 48 g  
Fiber: 9 g  
Sodium: 320 mg

## INSTRUCTIONS:

1. Rinse the quinoa with a fine mesh strainer under cold running water to eliminate bitterness. Put it in a small pot with 240 ml (1 cup) of water and bring to a boil. Turn down the heat, cover the pot, and let it simmer for 12-15 minutes until the quinoa is soft and all the water is absorbed. Take it off the heat and cover it for 5 minutes. After that, use a fork to fluff it up.
2. Warm olive oil in a skillet over medium heat as the quinoa cooks. Add chickpeas, harissa paste, smoked paprika, cumin, and a pinch each of salt and pepper. Cook for 5 minutes, stirring occasionally, until chickpeas are slightly crispy and spices are fragrant.
3. In a small bowl, combine tahini, lemon juice, water, and a pinch of salt, whisking until the mixture is smooth and creamy. Add more water, 1 tsp at a time, to reach a pourable consistency.
4. Spread the cooked quinoa as the base in a serving bowl to assemble. Top with baby kale leaves, arranging them so they'll slightly wilt from the warmth. Add the spiced chickpeas and diced cucumber.
5. Drizzle the tahini sauce generously over the bowl, making sure to coat some of each component. Finish by sprinkling crumbled feta over the top.
6. For best results, serve immediately while the quinoa and chickpeas are still warm, allowing the kale to soften slightly but retain some crispness. The heat will help the tahini sauce slightly thin out as it coats the ingredients.





# Spiced Lentil & Eggplant Bowl with Yogurt

*Smoky roasted eggplant and spiced lentils with cool yogurt.*


**Prep. Time:** 10 min
 
**Time to cook:** 20 min
 
**Portions:** 1

## INGREDIENTS:

- ½ cup (100 g) cooked lentils
- 1 cup (120 g) diced eggplant
- ½ tsp (1 g) cumin
- ½ tsp (1 g) coriander
- ¼ tsp (0.5 g) cinnamon
- 1 tbsp (15 ml) olive oil
- 2 tbsp (30 g) Greek yogurt
- 1 tsp (5 ml) lemon juice
- 1 tbsp (5 g) chopped mint
- ¼ cup (40 g) diced cucumber

## NUTRITIONAL VALUE (PER SERVING):

Calories: 350 kcal      Carbs: 42 g  
 Protein: 16 g          Fiber: 10 g  
 Fat: 14 g                Sodium: 180 mg  
 Saturated Fat: 2 g

## INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). In a mixing bowl, combine the diced eggplant with olive oil, cumin, coriander, cinnamon, a pinch of salt, and a pinch of pepper. Toss well until the eggplant is evenly coated.
2. Spread the eggplant out in a single layer on a baking sheet. Place in an oven that has already been hot and bake for 15 minutes, or until soft and lightly browned. Stir the food once during the cooking time.
3. While the eggplant roasts, warm the cooked lentils in a small saucepan over medium heat. Add a small amount of water to prevent sticking and stir occasionally until heated through, about 3-4 minutes. Season lightly with salt if needed.
4. Combine the Greek yogurt, lemon juice, and chopped mint in a little bowl until thoroughly blended. Season to taste, adding a pinch of salt if you wish.
5. To assemble, spoon the warmed lentils into a serving bowl. Top with the roasted eggplant and diced cucumber. Drizzle generously with the yogurt sauce and serve immediately.



# Lemon-Garlic Shrimp & Farro Bowl

*Garlicky shrimp over nutty farro with roasted cherry tomatoes.*


**Prep. Time:** 10 min
 
**Time to cook:** 20 min
 
**Portions:** 1

## INGREDIENTS:

- ⅓ cup (60 g) dry farro
- 5 oz (140 g) raw shrimp, peeled
- 1 cup (150 g) cherry tomatoes
- 1 tbsp (15 ml) olive oil
- 2 garlic cloves, minced
- ½ tsp (1 g) red pepper flakes
- 1 tsp (2 g) lemon zest
- 1 tbsp (15 ml) lemon juice
- ¼ cup (15 g) chopped parsley
- Salt and pepper to taste

## NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal      Carbs: 42 g  
 Protein: 30 g          Fiber: 6 g  
 Fat: 12 g                Sodium: 280 mg  
 Saturated Fat: 2 g

## INSTRUCTIONS:

1. Rinse the farro under cold water, then place it in a small saucepan with 1 cup (240 ml) of water and a pinch of salt. Bring to a boil, turn down the heat, cover, and let it simmer for 15-18 minutes, until it is soft but still chewy. Drain any excess water and set aside.
2. While farro cooks, toss cherry tomatoes with ½ tsp olive oil, salt, and pepper on a baking tray. Roast in a 400°F (200°C) oven for 10 minutes until skins blister slightly.
3. Heat the remaining ½ tsp olive oil in a skillet over medium heat. Add minced garlic and sauté for 30 seconds until fragrant. Add shrimp, red pepper flakes, and a pinch each of salt and pepper. Sauté for 2-3 minutes on each side until the shrimp become pink and opaque.
4. Fluff the cooked farro with a fork and stir in lemon zest, lemon juice, and chopped parsley until well combined.
5. To serve, spoon the lemony farro into a bowl. Arrange the roasted tomatoes and garlic shrimp on top, drizzling any remaining pan juices over the bowl.
6. Garnish with extra parsley and lemon wedges if desired. The warmth from the farro and shrimp will lightly wilt the parsley, releasing its fresh aroma.



## Moroccan-Spiced Chicken & Couscous Bowl

*Golden chicken with apricots and almonds over fluffy couscous.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- 1 (140 g) chicken breast, diced
- ½ cup (90 g) dry couscous
- 2 dried apricots, chopped
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) turmeric
- ½ tsp (1 g) cinnamon
- 1 tbsp (10 g) sliced almonds
- 1 tbsp (5 g) chopped cilantro

### NUTRITIONAL VALUE (PER SERVING):

Calories: 410 kcal      Carbs: 42 g  
Protein: 32 g          Fiber: 5 g  
Fat: 14 g                Sodium: 220 mg  
Saturated Fat: 2 g

### INSTRUCTIONS:

1. Put the dry couscous in a heatproof bowl. Pour ½ cup (120 ml) of boiling water over it, then cover the bowl tightly with a lid or plate. Let it sit for 5 minutes to absorb the water fully.
2. While the couscous steams, heat olive oil in a skillet over medium heat. Add the diced chicken breast, turmeric, cinnamon, a pinch of salt, and pepper. Cook, stirring occasionally, for 6-8 minutes, or until the chicken is golden brown and cooked through.
3. In a small dry pan, toast the sliced almonds over medium-low heat for approximately 2 minutes, stirring often, until they are lightly golden and aromatic. Remove from heat immediately to prevent burning.
4. Uncover the couscous and fluff it gently with a fork to separate the grains. Transfer the couscous to a serving bowl.
5. Top the couscous with the spiced chicken, chopped dried apricots, toasted almonds, and freshly chopped cilantro. Serve warm.



## Greek-Style Tuna & White Bean Bowl

*Herbed tuna with creamy white beans and olives.*



Prep. Time:  
10 min



Time to cook:  
5 min



Portions:  
1

### INGREDIENTS:

- 1 (5 oz/140 g) can of tuna in olive oil
- ½ cup (100 g) canned white beans, rinsed
- ¼ cup (40 g) cherry tomatoes, halved
- 5 Kalamata olives, pitted
- 1 tbsp (15 ml) lemon juice
- 1 tsp (1 g) dried oregano
- 1 tbsp (5 g) chopped red onion

### NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal      Carbs: 24 g  
Protein: 35 g          Fiber: 7 g  
Fat: 16 g                Sodium: 450 mg  
Saturated Fat: 2 g

### INSTRUCTIONS:

1. Drain the canned tuna but reserve about 1 tbsp of the olive oil from the can. Place the tuna and reserved oil in a mixing bowl.
2. Add the rinsed white beans, halved cherry tomatoes, pitted Kalamata olives, and chopped red onion to the bowl with the tuna.
3. Drizzle the lemon juice over the mixture, then sprinkle with dried oregano, a pinch of salt, and a pinch of pepper.
4. With a fork or spoon, carefully mix all the ingredients until they are thoroughly combined, taking care not to mash the beans or overly break up the tuna.
5. Taste and adjust seasoning with salt, pepper, or lemon juice if needed.
6. Serve immediately at room temperature, or if you like it chilled, cover and refrigerate for 15-20 minutes.



## Za'atar Halloumi & Roasted Grape Bowl

*Crispy halloumi with sweet roasted grapes, nutty freekeh, and a minty yogurt drizzle.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- ½ cup (90 g) dry freekeh (or farro/quinoa)
- 3 oz (85 g) halloumi cheese, sliced
- ½ cup (75 g) red grapes, halved
- 1 tbsp (15 ml) olive oil
- 1 tsp (2 g) za'atar seasoning
- ¼ tsp (0.5 g) sumac (optional)
- 2 tbsp (30 g) Greek yogurt
- 1 tsp (5 ml) lemon juice
- 1 tbsp (5 g) chopped mint
- 1 cup (30 g) baby arugula

### NUTRITIONAL VALUE (PER SERVING):

Calories: 480 kcal      Carbs: 48 g  
 Protein: 22 g          Fiber: 8 g  
 Fat: 22 g                Sodium: 620 mg  
 Saturated Fat: 10 g

### INSTRUCTIONS:

1. Rinse the freekeh under cold water, then drain. In a small saucepan, combine the freekeh with 1 cup (240 ml) of water and a pinch of salt. When it starts to boil, lower the heat, cover, and let it cook for 15 to 18 minutes, until it's soft but still a little chewy. Drain any excess water and set aside.
2. While the freekeh cooks, preheat the oven to 400°F (200°C). Combine the halved grapes with ½ tbsp olive oil and arrange them in a single layer on a small baking sheet. Roast for 10 minutes until the grapes are slightly blistered and juicy.
3. Warm the remaining ½ tbsp of olive oil in a nonstick skillet over medium heat. Place the halloumi slices in a single layer and cook for 2 minutes on each side until they are golden brown and crisp. Remove from heat and immediately sprinkle with za'atar and sumac (if using).
4. Mix the Greek yogurt, lemon juice, and finely chopped mint in a small bowl until the mixture is smooth. Add a pinch of salt for seasoning if desired.
5. To assemble, spread the cooked freekeh in a bowl as the base. Top with fresh arugula, followed by the crispy halloumi and roasted grapes. Drizzle generously with the mint yogurt sauce and serve warm.



## Turmeric Chicken & Cauliflower "Tabbouleh" Bowl

*Golden turmeric chicken over a grain-free cauliflower tabbouleh with pomegranate.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- 1 (5 oz/140 g) chicken thigh, diced
- 1 tsp (2 g) turmeric
- ½ tsp (1 g) cumin
- 1 tbsp (15 ml) olive oil
- 1.5 cups (150 g) cauliflower rice (raw)
- ¼ cup (40 g) diced tomato
- 2 tbsp (20 g) diced cucumber
- 1 tbsp (10 g) pomegranate seeds
- 1 tbsp (5 g) chopped parsley
- 1 tsp (5 ml) lemon juice

### NUTRITIONAL VALUE (PER SERVING):

Calories: 350 kcal      Carbs: 18 g  
 Protein: 30 g          Fiber: 6 g  
 Fat: 18 g                Sodium: 220 m  
 Saturated Fat: 3 g

### INSTRUCTIONS:

1. Place the diced chicken leg in a medium-sized bowl. Add the cumin, salt, and pepper. Toss the chicken until it is evenly covered.
2. Warm olive oil in a skillet set to medium-high heat. Incorporate the seasoned chicken and sauté for 6-8 minutes, stirring occasionally, until the chicken becomes golden brown and fully cooked.
3. While the chicken cooks, prepare the cauliflower tabbouleh. Combine the raw cauliflower rice, diced tomato, cucumber, pomegranate seeds, chopped parsley, and lemon juice in a mixing bowl. Toss gently to combine.
4. Taste the tabbouleh and adjust seasoning with additional salt, pepper, or lemon juice if needed.
5. To serve, spoon the cauliflower tabbouleh into a bowl and top with the warm turmeric chicken. For best flavor, let the chicken rest for 2 minutes before plating to allow the juices to redistribute.
6. Garnish with extra pomegranate seeds or parsley if desired. Serve right away while the chicken is still warm.



# Sardine & White Bean Bowl with Preserved Lemon & Crispy Capers

Warm white beans and sardines with briny olives, crispy capers, and a preserved lemon dressing over herbed quinoa.



Prep. Time:  
5 min



Time to cook:  
5 min



Portions:  
1

## INGREDIENTS:

- ½ cup (90 g) dry quinoa
- 1 (3.5 oz/100 g) can sardines in olive oil (drained, oil reserved)
- ½ cup (100 g) canned white beans, rinsed
- 1 tbsp (15 ml) olive oil (use sardine oil + extra as needed)
- 1 tbsp (10 g) capers, patted dry
- ¼ cup (40 g) diced cucumber
- 5 kalamata olives, pitted and halved
- 1 tsp (2 g) preserved lemon, finely chopped (or ½ tsp zest + ½ tsp juice)
- ½ tsp (1 g) dried oregano
- 1 tbsp (5 g) red onion, thinly sliced
- 1 cup (30 g) baby spinach
- 1 tbsp (5 g) chopped parsley
- Salt and pepper to taste

## NUTRITIONAL VALUE (PER SERVING):

Calories: 450 kcal	Carbs: 38 g
Protein: 32 g	Fiber: 8 g
Fat: 22 g	Sodium: 650 mg
Saturated Fat: 3 g	

## INSTRUCTIONS:

1. Thoroughly rinse quinoa using a fine mesh strainer. Combine with 1 cup (240 ml) water and a pinch of salt in a small saucepan. Bring to a boil, lower the heat, cover, and let it simmer for 12-15 minutes until the water is fully absorbed. Take off the heat and allow to sit covered for 5 minutes, then use a fork to fluff.
2. Bring 1 tsp of the saved sardine oil (or olive oil) to a medium-low temperature in a small pan. Pat the capers dry with paper towels. Fry for 1-2 minutes until crispy, shaking the pan occasionally. Transfer to paper towels to drain.
3. Add rinsed white beans, dried oregano, and 1 tbsp of water to the same skillet. Heat over medium for 2-3 minutes until thoroughly warmed. Season with salt and pepper.
4. Put 2 tsp of the saved sardine oil (or olive oil), preserved lemon, salt, and pepper in a small bowl. Whisk the ingredients together.
5. Spread cooked quinoa in a serving bowl as a base. Top with baby spinach leaves. Arrange warm white beans in one section. Break sardines into chunks and add to the bowl. Scatter cucumber, olives, and red onion over the top.
6. Drizzle the dressing over everything. Finish with crispy capers and chopped parsley. Serve immediately while warm.



# SOUPS





# Spiced Red Lentil & Lemon Soup with Crispy Garlic



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

## INGREDIENTS:

- $\frac{3}{4}$  cup (150 g) red lentils, rinsed
- 3 cups (720 ml) vegetable broth
- 1 tbsp (15 ml) olive oil
- 1 small onion, finely diced (~ $\frac{1}{2}$  cup/75 g)
- 2 garlic cloves, minced (1 for soup, 1 for crispy topping)
- $\frac{1}{2}$  tsp (1 g) ground cumin
- $\frac{1}{4}$  tsp (0.5 g) smoked paprika
- 1 tbsp (15 ml) lemon juice
- $\frac{1}{2}$  tsp (1 g) lemon zest
- 1 tbsp (15 ml) extra olive oil (for crispy garlic)
- 2 tbsp (5 g) chopped fresh parsley
- Salt and pepper to taste

## NUTRITIONAL VALUE (PER SERVING):

Calories: 290 kcal	Carbohydrates: 38 g
Protein: 15 g	Fiber: 8 g
Fat: 10 g	Sodium: 480 mg
Saturated Fat: 1.5 g	

## INSTRUCTIONS:



1. Heat 1 tbsp of olive oil over medium-low heat in a medium-sized pot. Add the diced onion and cook for 3 minutes, stirring occasionally, until softened and translucent. Add 1 minced garlic clove, cumin, and smoked paprika. Cook while stirring for 30 seconds until aromatic.
2. Add the rinsed red lentils along with the vegetable broth. Raise the heat until it reaches a boil, then lower it to maintain a gentle simmer. Cook uncovered for 15 minutes, stirring occasionally, until the lentils are fully soft and beginning to break apart.
3. While the soup cooks, prepare the crispy garlic. Heat a small pan over a medium-low temperature with 1 tbsp of olive oil. Include the rest of the chopped garlic and cook, stirring constantly, for one to two minutes, until the food is golden brown and crispy. Immediately move to a plate lined with paper towels to drain.
4. Once the lentils are cooked, incorporate the lemon juice and zest, then season with salt and pepper according to your preference. To achieve a creamier texture, utilize an immersion blender to partially puree the soup, allowing some texture to remain, if preferred.
5. Ladle the hot soup into bowls. Top each serving with the crispy garlic pieces and a sprinkle of fresh chopped parsley. Serve right away with lemon wedges on the side for those seeking additional brightness.





# Tomato-Fennel Soup with White Beans & Basil Oil

*Aromatic fennel and tomatoes with creamy white beans, finished with herb-infused oil.*


**Prep. Time:** 10 min
 
**Time to cook:** 20 min
 
**Portions:** 1

## INGREDIENTS:

- 1 can (14 oz/400 g) diced tomatoes
- 1 small fennel bulb, sliced (~1 cup/100 g)
- ½ cup (120 ml) vegetable broth
- ½ cup (100 g) cooked white beans
- 1 tbsp (15 ml) olive oil
- 1 small shallot, diced (~¼ cup/40 g)
- 1 garlic clove, minced
- ¼ tsp (0.5 g) red pepper flakes
- 2 tbsp (30 ml) basil oil (blend 2 tbsp (30 ml) olive oil and 5 fresh basil leaves)
- Salt and pepper to taste

## NUTRITIONAL VALUE (PER SERVING):

Calories: 250 kcal      Carbohydrates: 28 g  
 Protein: 8 g              Fiber: 7 g  
 Fat: 12 g                  Sodium: 420 mg  
 Saturated Fat: 2 g

## INSTRUCTIONS:

1. Heat olive oil in a medium pot. Add minced garlic and sliced fennel. Stir continually until vegetables are cooked but not browned, about 5 minutes.
2. Pour the canned tomatoes with juice, vegetable broth, and white beans. Add red pepper flakes. Stir well to combine. Bring to a gentle simmer.
3. Maintain a simmer by reducing the heat. Cook uncovered for 12-15 minutes, stirring periodically, until fennel is soft and flavors have blended.
4. For a creamier texture, carefully transfer half of the soup to a blender and puree until smooth. Return the pureed portion to the pot and stir to combine with the chunky remainder. Alternatively, use an immersion blender to purée the soup directly in the pot.
5. Add salt and freshly ground black pepper to the soup according to your preferences. Adjust the red pepper flakes if more heat is desired.
6. Prepare the basil oil by blending fresh basil leaves with olive oil until smooth (can be done while the soup simmers).
7. Ladle the hot soup into bowls. Drizzle each serving generously with the basil oil. Serve immediately with crusty bread for dipping. The contrast of the warm soup with the fresh basil oil creates a wonderful flavor balance.



# Turmeric Chickpea & Spinach Soup with Toasted Almonds

*Golden turmeric broth with hearty chickpeas, spinach, and crunchy almonds.*


**Prep. Time:** 5 min
 
**Time to cook:** 25 min
 
**Portions:** 1

## INGREDIENTS:

- 1 can (14 oz/400 g) chickpeas, drained
- 3 cups (720 ml) vegetable broth
- 1 tbsp (15 ml) olive oil
- 1 small carrot, diced (~½ cup/60 g)
- 1 celery stalk, diced (~½ cup/50 g)
- 1 tsp (2 g) ground turmeric
- ½ tsp (1 g) cumin
- 2 cups (60 g) baby spinach
- 2 tbsp (15 g) toasted sliced almonds
- 1 tbsp (15 ml) lemon juice

## NUTRITIONAL VALUE (PER SERVING):

Calories: 280 kcal      Carbohydrates: 35 g  
 Protein: 12 g              Fiber: 10 g  
 Fat: 11 g                  Sodium: 450 mg  
 Saturated Fat: 1 g

## INSTRUCTIONS:

1. In a medium pot, warm olive oil over medium heat. Add diced carrot and celery. Sauté for 5 minutes, stirring occasionally, until the vegetables soften.
2. Add turmeric and cumin to the pot. Stir constantly for 30 seconds to toast the spices and release their aromas. Be careful not to let them burn.
3. Raise the heat to achieve a boil, then lower it to keep a gentle simmer. Cook uncovered for 15 minutes to allow flavors to develop.
4. As the soup simmers, toast sliced almonds in a dry skillet over medium heat for 2-3 minutes until they turn golden and release a fragrant aroma. Put aside.
5. Stir baby spinach and lemon juice into the soup. Continue cooking for 2 minutes just until the spinach wilts. Season with salt and pepper to taste.
6. Ladle the soup into bowls. Top each serving with a sprinkle of toasted almonds. Add brightness with lemon wedges on the side and serve hot.



## Greek Avgolemono (Lemon-Egg) Soup with Orzo

*A velvety lemon-egg broth with orzo and fresh dill.*



Prep. Time:  
5 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- 3 cups (720 ml) chicken or vegetable broth
- ¼ cup (50 g) orzo pasta
- 1 egg
- 2 tbsp (30 ml) lemon juice
- 1 tsp (5 ml) olive oil
- 1 tbsp (3 g) fresh dill
- Salt and pepper to taste

### NUTRITIONAL VALUE (PER SERVING):

Calories: 220 kcal	Carbohydrates: 30 g
Protein: 10 g	Fiber: 2 g
Fat: 6 g	Sodium: 500 mg
Saturated Fat: 1.5 g	

### INSTRUCTIONS:

1. Pour the broth into a medium saucepan and heat it over high heat until it reaches a rolling boil. Incorporate the orzo pasta and lower the heat to sustain a gentle simmer. Cook without a lid for 10 minutes, stirring occasionally until the orzo reaches an al dente texture.
2. As the orzo cooks, break the egg into a medium bowl and whisk it energetically until it becomes frothy. Incorporate the lemon juice and keep whisking until everything is thoroughly blended. When the orzo is cooked, remove the pot from the heat. Slowly ladle about ½ cup of the hot broth into the egg-lemon mixture while continuously whisking to temper the eggs.
3. Place the pot back on the heat, setting it to the lowest level. Carefully pour the cooled egg mixture into the soup in a thin stream, stirring continuously with a wooden spoon. Stir for 2 minutes until the soup thickens slightly and achieves a velvety texture.
4. Take off the heat and incorporate the olive oil and fresh dill. Add salt and freshly ground black pepper according to your preference. The soup should have a smooth, creamy consistency with a bright lemon flavor.
5. Serve immediately while hot. Soup thickens as it cools. Garnish with additional dill sprigs and a lemon wedge on the side for extra freshness. Note: Avoid boiling after adding the egg mixture to prevent curdling.



## Moroccan-Spiced Carrot & Chickpea Soup with Yogurt Swirl

*Sweet carrots with warming spices, blended smooth and swirled with yogurt.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- 3 medium carrots (~2 cups/200 g), chopped
- 1 can (14 oz/400 g) chickpeas, drained
- 3 cups (720 ml) vegetable broth
- 1 tbsp (15 ml) olive oil
- 1 tsp (2 g) cumin
- ½ tsp (1 g) cinnamon
- 2 tbsp (30 g) plain Greek yogurt
- 1 tsp (5 ml) honey

### NUTRITIONAL VALUE (PER SERVING):

Calories: 270 kcal	Carbohydrates: 42g
Protein: 11 g	Fiber: 10 g
Fat: 8 g	Sodium: 480 mg
Saturated Fat: 1 g	

### INSTRUCTIONS:

1. Prepare the olive oil in a large pan by heating it over medium heat. Add chopped carrots and sauté for 5 minutes, stirring occasionally, until they soften.
2. Stir in cumin and cinnamon, cooking for 30 seconds until fragrant. Add drained chickpeas and vegetable broth. Bring to a simmer, reduce the heat, and cook uncovered for 15 minutes, or until carrots are completely tender.
3. Gently pour the soup into a blender and puree until smooth (or use an immersion blender directly in the pot). Return to the pot and keep warm over low heat.
4. Mix Greek yogurt and honey in a bowl.
5. Ladle the hot soup into bowls. Drizzle the yogurt mixture over the top and use a spoon to swirl it into the soup gently.
6. Serve immediately, with additional yogurt on the side if desired. The warmth of the spiced soup will slightly melt the yogurt swirl for a creamy, flavorful finish.

# STEW





# Moroccan-Spiced Chickpea & Tomato Stew with Lemon Yogurt

*A fragrant, slightly spicy stew with creamy chickpeas and a cooling yogurt topping.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

## INGREDIENTS:

- ½ tbsp/7 ml olive oil
- ¼ cup/40 g diced onion
- 1 garlic clove, minced
- ½ tsp/1 g ground cumin
- ½ tsp/1 g smoked paprika
- ¼ tsp/0.5 g ground cinnamon
- 1 cup/240 g canned diced tomatoes
- ½ cup/80 g cooked chickpeas (canned, drained)
- ¼ cup/60 ml vegetable broth
- 1 tsp/5 ml honey
- ½ cup/75 g diced zucchini
- 2 tbsp/30 g plain Greek yogurt
- ½ tsp/2 ml lemon juice
- 1 tbsp/5 g chopped fresh cilantro

## NUTRITIONAL VALUE (PER SERVING):

Calories: 280 kcal	Carbohydrates: 42 g
Protein: 12 g	Fiber: 9 g
Fat: 8 g	Sodium: 320 mg
Saturated Fat: 1 g	

## INSTRUCTIONS:

1. Heat a small amount of olive oil in a saucepan set to medium. Add diced onion and cook for 3 minutes, stirring occasionally, until softened and translucent. Add minced garlic, cumin, smoked paprika, and cinnamon. Cook while stirring constantly for 30 seconds until the spices become aromatic.
2. Include the diced tomatoes and their juices, the drained chickpeas, vegetable broth, and honey. Then, add the diced zucchini. Stir well to combine all ingredients. Increase the heat to bring the mixture to a lively simmer.
3. Once simmering, reduce heat to maintain gentle bubbling. Leave the lid off and cook for 12 to 15 minutes, stirring now and then, until the zucchini is soft and the sauce has thickened a bit. The stew should have a rich, fragrant aroma.
4. While the stew cooks, prepare the yogurt topping. Using a small bowl, combine Greek yogurt with lemon juice. Stir until smooth and well blended.
5. Once the stew is ready, sample it and modify the seasoning if necessary. Transfer to a serving bowl. Dollop the lemon yogurt over the top and sprinkle generously with fresh chopped cilantro.
6. Serve immediately while hot, with warm bread or couscous if desired.





## Greek Lemon-Artichoke White Bean Stew with Feta

*Bright, tangy flavors with tender artichokes and creamy white beans.*



Prep. Time:  
5 min



Time to cook:  
25 min



Portions:  
1

### INGREDIENTS:

- ½ tbsp/7 ml olive oil
- ¼ cup/40 g diced red onion
- 1 garlic clove, minced
- ½ tsp/1 g dried oregano
- ½ cup/120 ml vegetable broth
- ½ cup/80 g canned white beans, drained
- ½ cup/60 g frozen artichoke hearts, thawed
- 1 tbsp/15 ml lemon juice
- ½ tsp/1 g lemon zest
- 1 tbsp/15 g crumbled feta cheese
- 1 tbsp/5 g chopped fresh dill

### NUTRITIONAL VALUE (PER SERVING):

Calories: 260 kcal      Carbohydrates: 35 g  
 Protein: 11 g      Fiber: 10 g  
 Fat: 9 g      Sodium: 480 mg  
 Saturated Fat: 2 g

### INSTRUCTIONS:

1. Heat a small amount of olive oil in a saucepan set to medium. Add diced red onion and sauté for 3 minutes, stirring regularly, until softened and slightly golden at the edges. Add minced garlic and dried oregano, cooking for another 30 seconds while stirring constantly to prevent burning.
2. Pour vegetable broth, then gently stir in drained white beans and thawed artichoke hearts. Bring the mixture to a vibrant simmer, then lower the heat to keep a gentle bubble going. Cook uncovered for 15 minutes, stirring regularly, until the liquid reduces and the artichokes become tender.
3. Stir in lemon juice and zest, cooking for an additional 2 minutes, giving the ingredients time to infuse. The broth should develop a bright, tangy character.
4. Transfer the stew to a serving bowl. Finish with feta cheese and generously sprinkle with fresh chopped dill.
5. Serve immediately while hot, with a wedge of lemon on the side for those who want extra brightness. For a heartier meal, serve with crusty bread to soak up the flavorful broth.



## Spanish-Inspired Chorizo & Lentil Stew with Smoked Paprika

*A smoky, hearty stew with lentils and a touch of spicy chorizo.*



Prep. Time:  
5 min



Time to cook:  
25 min



Portions:  
1

### INGREDIENTS:

- ½ tbsp (7 ml) olive oil
- 1 oz (30 g) Spanish chorizo, diced
- ¼ cup (40 g) diced onion
- ½ carrot, diced (about ¼ cup/30 g)
- 1 garlic clove, minced
- ½ tsp (1 g) smoked paprika
- ½ cup (100 g) cooked lentils (canned, drained)
- ½ cup (120 ml) tomato sauce
- ¼ cup (60 ml) vegetable broth
- 1 tsp (5 ml) red wine vinegar
- 1 tbsp (5 g) chopped parsley

### NUTRITIONAL VALUE (PER SERVING):

Calories: 320 kcal      Carbohydrates: 32 g  
 Protein: 16 g      Fiber: 11 g  
 Fat: 14 g      Sodium: 620 mg  
 Saturated Fat: 4 g

### INSTRUCTIONS:

1. Heat a small amount of olive oil in a saucepan set to medium. Add diced chorizo and cook for 2 minutes, stirring regularly, until the fat melts and the edges become slightly crisp.
2. Add diced onion, carrot, and minced garlic to the pot. Cook for 4 minutes, stirring often, until the vegetables soften and the onions turn translucent. Stir in smoked paprika and cook for 30 seconds to toast the spice.
3. Pour in the drained lentils, tomato sauce, and vegetable broth. Stir well to combine. Bring to a gentle simmer, then lower the heat. Cook uncovered for 15 minutes, stirring periodically, until the sauce thickens and flavors blend.
4. Take off the heat and incorporate red wine vinegar for brightness. Taste and adjust seasoning if needed (the chorizo will add saltiness).
5. Move to a bowl and garnish with freshly chopped parsley. Serve hot alongside crusty bread to absorb the rich, smoky broth.



## Turkish Eggplant & Chickpea Stew with Pomegranate Molasses

*Sweet, tangy, and rich with tender eggplant and chickpeas.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- ½ tbsp (7 ml) olive oil
- 1 cup (120 g) diced eggplant
- ¼ cup (40 g) diced onion
- 1 garlic clove, minced
- ½ tsp (1 g) ground cumin
- ½ cup (80 g) cooked chickpeas
- ½ cup (120 ml) tomato sauce
- 1 tsp (5 ml) pomegranate molasses
- 1 tbsp (15 g) toasted pine nuts
- 1 tbsp (5 g) chopped mint

### NUTRITIONAL VALUE (PER SERVING):

Calories: 290 kcal	Carbohydrates: 38 g
Protein: 9 g	Fiber: 10 g
Fat: 12 g	Sodium: 380 mg
Saturated Fat: 1 g	

### INSTRUCTIONS:

1. Heat a small amount of olive oil in a saucepan set to medium. Add diced eggplant and onion, stirring to coat in oil. Cook for 5 minutes, until the eggplant softens and the onions turn translucent.
2. Stir in minced garlic and cumin, cooking for 30 seconds until fragrant. Watch out that the garlic doesn't burn.
3. Add chickpeas, tomato sauce, and pomegranate molasses. Stir well to combine. Allow it to reach a gentle simmer, then lower the heat.
4. Simmer uncovered for 12 minutes, stirring occasionally, until the eggplant is completely tender and the sauce thickens slightly. The pomegranate molasses will create a glossy, rich sauce.
5. In the meantime, toast pine nuts in a dry pan over medium heat, tossing regularly, until nicely golden—about 2 to 3 minutes.
6. Transfer the stew to a serving bowl. Serve topped with pine nuts and a sprinkle of fresh mint.



## Sicilian Tuna & White Bean Stew with Green Olives

*A briny, protein-packed stew with Mediterranean flavors.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- ½ tbsp (7 ml) olive oil
- ¼ cup (40 g) diced red onion
- 1 garlic clove, minced
- ½ tsp (1 g) dried thyme
- ½ cup (80 g) canned white beans, drained
- ½ cup (120 ml) tomato sauce
- ¼ cup (60 ml) vegetable broth
- 3 oz (85 g) canned tuna in water, drained
- 5 green olives, sliced
- 1 tsp (5 ml) lemon juice

### NUTRITIONAL VALUE (PER SERVING):

Calories: 310 kcal	Carbohydrates: 30 g
Protein: 28 g	Fiber: 8 g
Fat: 9 g	Sodium: 680 mg
Saturated Fat: 1 g	

### INSTRUCTIONS:

1. Heat a small amount of olive oil in a saucepan set to medium. Add diced red onion and sauté for 3 minutes, stirring regularly, until softened and slightly translucent.
2. Incorporate minced garlic and dried thyme, sautéing for 30 seconds until aromatic. Take care to avoid browning the garlic.
3. Add drained white beans, tomato sauce, and vegetable broth. Allow it to simmer gently, then lower the heat to medium-low. Cook uncovered for 12 minutes, stirring occasionally, until the liquid reduces slightly and the flavors combine.
4. Gently fold in the drained tuna and sliced green olives. Cook for 3 more minutes just to heat through—avoid over-stirring to keep the tuna chunks intact.
5. Take off the heat and mix in the lemon juice. Taste and adjust seasoning if needed (the olives will add saltiness).
6. Serve hot in a deep bowl, preferably with a slice of crusty bread for dipping.

# SEAFOOD





## Lemon-Garlic Butter Shrimp with White Beans & Spinach

*Plump shrimp in a bright lemon-garlic butter sauce over creamy white beans and wilted spinach.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- 5 oz (140 g) large shrimp, peeled and deveined
- ½ cup (100 g) canned white beans, drained and rinsed
- 1 cup (30 g) baby spinach. 1 tbsp (15 ml) olive oil
- 1 tbsp (15 g) unsalted butter
- 2 garlic cloves, minced. 1 tbsp (15 ml) fresh lemon juice. ½ tsp (1 g) lemon zest
- ¼ tsp (0.5 g) red pepper flakes
- ¼ tsp (0.5 g) dried oregano
- 1 tbsp (5 g) grated Parmesan (optional)
- Salt and black pepper to taste

### NUTRITIONAL VALUE (PER SERVING):

Calories: 320 kcal	Carbohydrates: 18 g
Protein: 28 g	Fiber: 5 g
Fat: 16 g	Sodium: 380 mg
Saturated Fat: 6 g	

### INSTRUCTIONS:

1. Heat a small amount of olive oil in a saucepan set to medium. Add chopped garlic, red pepper flakes, and dried oregano. Sauté for 30 seconds, stirring constantly, until fragrant but not browned.
2. Increase heat to medium-high. Place the shrimp in a single layer and cook for 2 minutes without stirring. Flip and cook for another 1-2 minutes until pink and opaque. Transfer to a plate and set aside.
3. Reduce heat to medium. In the same skillet, melt butter, then stir in lemon juice and zest. Add white beans and cook for 3 minutes, gently stirring occasionally, allowing the beans to soak up the flavors. Add baby spinach to the skillet. Toss with tongs for 1-2 minutes until wilted but still bright green.
4. Add the shrimp back to the skillet, including any collected juices. Gently toss everything together and cook for 1 more minute to reheat the shrimp. Flavor with a pinch of salt and a twist of black pepper, to taste.
5. Move to a serving dish and, if you like, top with grated Parmesan. Serve immediately while hot, preferably with crusty bread to soak up the delicious lemon-garlic butter sauce.



## Spicy Tomato-Braised Cod with Olives & Capers

*Flaky cod simmered in a bold tomato sauce with briny olives and capers.*



Prep. Time:  
5 min



Time to cook:  
25 min



Portions:  
1

### INGREDIENTS:

- 5 oz (140 g) cod fillet
- ½ cup (120 g) canned crushed tomatoes
- 2 tbsp (30 ml) olive oil
- ¼ cup (60 ml) vegetable broth
- 1 garlic clove, minced
- 5 Kalamata olives, pitted and sliced
- 1 tsp (5 g) capers
- ½ tsp (1 g) smoked paprika
- ¼ tsp (0.5 g) red pepper flakes
- 1 tbsp (5 g) fresh parsley, chopped

### NUTRITIONAL VALUE (PER SERVING):

Calories: 290 kcal	Carbohydrates: 8 g
Protein: 25 g	Fiber: 2 g
Fat: 18 g	Sodium: 520 mg
Saturated Fat: 3 g	

### INSTRUCTIONS:

1. Heat a small amount of olive oil in a saucepan set to medium. Add chopped garlic, smoked paprika, and red pepper flakes. Cook for 30 seconds while stirring constantly to bloom the spices and prevent burning.
2. Pour in crushed tomatoes and vegetable broth, stirring to combine. Add sliced Kalamata olives and capers. Bring to a gentle simmer and cook uncovered for 10 minutes, stirring regularly, until the sauce reduces slightly and the flavors meld.
3. Season the cod fillet lightly with salt and pepper on both sides. Gently nestle it into the simmering sauce, spooning some sauce. Cover the skillet with a lid.
4. Cook the cod for 8-10 minutes (depending on thickness) until the flesh becomes opaque and flakes easily with a fork. The fish will gently poach in the flavorful tomato broth.
5. Carefully transfer the cod to a serving bowl. Spoon the rich tomato-olive sauce around it. Garnish generously with fresh chopped parsley.



## Harissa-Glazed Salmon with Chickpeas & Kale

*Sweet-spicy harissa salmon over smoky roasted chickpeas and kale.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- 5 oz (140 g) salmon fillet
- ½ cup (80 g) cooked chickpeas
- 1 cup (30 g) chopped kale
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 g) harissa paste
- ½ tsp (1 g) ground cumin
- ½ tsp (2 g) honey
- 1 tbsp (15 ml) lemon juice
- Salt to taste

### NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal	Carbohydrates: 25 g
Protein: 30 g	Fiber: 6 g
Fat: 18 g	Sodium: 320 mg
Saturated Fat: 3 g	

### INSTRUCTIONS:

1. Mix harissa paste, honey, and cumin in a small bowl until well combined. Pat the salmon fillet dry and brush both sides generously with the harissa mixture. Set aside to marinate while you prepare the other components.
2. Set the oven's temperature to 400°F (200°C). Toss the chickpeas with olive oil, a pinch of cumin, and salt. Arrange them in a single layer on a baking tray and roast for 10 minutes until they become slightly crispy, shaking the pan halfway through the cooking time.
3. Splash olive oil into a nonstick skillet over medium-high heat. Once hot, add the salmon skin-side down (if it has skin). Sear for 4 minutes until the glaze caramelizes, then flip and cook for another 3-4 minutes until the salmon is cooked and flakes easily. Add more oil if needed in the same skillet (reduce heat to medium). Toss in the chopped kale and lemon juice. Cook for 2-3 minutes, stirring frequently, until the kale is bright green and slightly wilted but still has texture. Season with a pinch of salt.
4. Spread the roasted chickpeas on a plate, top with the wilted kale, and place the harissa-glazed salmon on top. Drizzle with any remaining pan juices or a squeeze of fresh lemon for extra brightness.



## Miso-Glazed Tuna with Sesame Green Beans

*Seared tuna with sweet-savory miso glaze over sesame-tossed green beans.*



Prep. Time:  
10 min



Time to cook:  
10 min



Portions:  
1

### INGREDIENTS:

- 5 oz (140 g) tuna steak
- 1 cup (100 g) green beans
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 g) white miso paste
- 1 tsp (5 ml) honey
- ½ tsp (1 g) grated ginger
- 1 tsp (5 g) sesame seeds
- 1 tsp (5 ml) soy sauce

### NUTRITIONAL VALUE (PER SERVING):

Calories: 340 kcal	Carbohydrates: 18 g
Protein: 35 g	Fiber: 5g
Fat: 14 g	Sodium: 650 mg
Saturated Fat: 2 g	

### INSTRUCTIONS:

1. Combine white miso paste, honey, and grated ginger in a small bowl. Pat the tuna steak dry and coat evenly with the miso mixture.
2. Warm a small amount of olive oil in a skillet over medium-high heat until it glistens. Place the tuna in the pan and sear for 2 minutes on each side for medium-rare, or until it reaches your preferred level of doneness. The miso glaze should caramelize slightly.
3. While the tuna cooks, bring a pot of salted water to a boil. Add green beans and cook for 3 minutes until crisp-tender. Drain and immediately toss with soy sauce and sesame seeds.
4. Move the seared tuna to a cutting board and allow it to rest for 1 minute. Slice against the grain into ½-inch/1 cm thick pieces.
5. Arrange the sesame green beans on a plate and top with sliced miso-glazed tuna. Drizzle with any remaining pan juices if desired.



## Cumin-Lime Grilled Mackerel with Quinoa Tabbouleh

*Smoky mackerel with a zesty lime kick, served over a fresh quinoa-parsley tabbouleh.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- 1 small (5 oz/140 g) mackerel fillet
- ½ cup (90 g) cooked quinoa
- ¼ cup (15 g) chopped parsley
- 2 tbsp (20 g) diced cucumber
- 1 tbsp (10 g) diced tomato
- 1 tbsp (15 ml) olive oil
- 1 tsp (2 g) ground cumin
- ½ tsp (1 g) lime zest
- 1 tbsp (15 ml) lime juice
- Salt and black pepper to taste

### NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal	Carbohydrates: 20 g
Protein: 26 g	Fiber: 3 g
Fat: 22 g	Sodium: 180 mg
Saturated Fat: 4 g	

### INSTRUCTIONS:

1. Pat the mackerel fillet dry and rub evenly with ground cumin, lime zest, ½ tablespoon olive oil, salt, and black pepper. Let it marinate at room temperature for 5 minutes while you prepare the tabbouleh.
2. Heat a grill pan or skillet over medium-high heat until very hot. Place the mackerel skin-side down and cook for 3-4 minutes without moving to develop a crispy crust. Flip carefully and heat for 3-4 minutes until the fish flakes easily and is cooked.
3. Combine cooked quinoa, chopped parsley, diced cucumber, diced tomato, remaining ½ tablespoon olive oil, lime juice, salt, and black pepper using a mixing bowl. Toss gently but thoroughly to combine all flavors.
4. Spread the quinoa tabbouleh on a serving plate. Place the grilled mackerel fillet on top, skin-side up, to showcase the crispy texture.
5. Serve right away with lime wedges alongside for an added touch of freshness.



## Turmeric-Scallion Pan-Seared Tilapia with Lentils

*Golden turmeric-crust tilapia over garlicky lentils for a hearty, anti-inflammatory meal.*



Prep. Time:  
5 min



Time to cook:  
25 min



Portions:  
1

### INGREDIENTS:

- 5 oz (140 g) tilapia fillet
- ½ cup (100 g) cooked lentils
- 1 tbsp (15 ml) olive oil
- 1 garlic clove, minced
- 1 scallion, thinly sliced
- ½ tsp (1 g) ground turmeric
- ¼ tsp (0.5 g) smoked paprika
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (5 g) chopped cilantro

### NUTRITIONAL VALUE (PER SERVING):

Calories: 350 kcal	Carbohydrates: 28 g
Protein: 32 g	Fiber: 8 g
Fat: 12 g	Sodium: 150 mg
Saturated Fat: 2 g	




### INSTRUCTIONS:

1. Pat the tilapia fillet dry with paper towels. Mix turmeric, smoked paprika, salt, and ½ tbsp olive oil in a small bowl to form a paste. Apply this mixture uniformly to both sides of the fish.
2. Heat a nonstick skillet over medium-high heat. Incorporate the remaining ½ tbsp of olive oil and swirl to ensure an even coating. Place the seasoned tilapia in the pan and cook undisturbed for 3-4 minutes until a golden crust forms. Flip carefully and cook for another 3-4 minutes until the fish flakes easily with a fork. Move to a plate and cover loosely to maintain warmth.
3. In the same skillet (no need to wipe clean), add minced garlic and sliced scallions. Sauté for 1 minute over medium heat until fragrant but not browned.
4. Add minced garlic and sliced scallions in the same skillet (no need to wipe clean). Sauté for 1 minute over medium heat until fragrant but not browned.
5. Spoon the garlicky lentils onto a serving plate. Place the golden turmeric tilapia on top. Garnish with fresh chopped cilantro.



# Anchovy Pasta with Golden Breadcrumbs & Kale

*Umami-rich anchovy pasta with crispy garlic breadcrumbs and wilted kale.*


**Prep. Time:** 5 min
 
**Time to cook:** 0 min
 
**Portions:** 1

## INGREDIENTS:

- 2 oz (60 g) whole-wheat spaghetti
- 3 anchovy fillets, chopped
- 1 garlic clove, minced
- 2 tbsp (15 g) whole-wheat breadcrumbs
- 1 cup (30 g) chopped kale
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) red pepper flakes
- 1 tbsp (5 g) grated Parmesan

## NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal      Carbohydrates: 48 g  
 Protein: 16 g          Fiber: 7 g  
 Fat: 14 g                Sodium: 420 mg  
 Saturated Fat: 3 g



## INSTRUCTIONS:

1. Cook spaghetti in boiling salted water for 8-10 minutes until al dente. Before draining, set aside ¼ cup of the starchy pasta water. Drain the pasta and set it aside.
2. Heat ½ tbsp of olive oil in a saucepan set to medium. Add breadcrumbs and toast for 2-3 minutes, stirring frequently, until golden and crisp. Transfer to a small bowl and set aside.
3. Put the last ½ tablespoon of olive oil in the same pan. Add minced garlic, chopped anchovies, and red pepper flakes. Cook for 1-2 minutes, mashing the anchovies with a spoon until they dissolve into a fragrant paste.
4. Add the drained pasta and chopped kale to the skillet. Pour in the reserved pasta water. Toss everything together for 2-3 minutes until the kale wilts and the sauce coats the pasta.
5. Top generously with the toasted breadcrumbs and grated Parmesan. Serve immediately while hot.



# Smoked Paprika Squid with Romesco Sauce

*Tender squid rings with smoky romesco sauce—a Spanish-inspired twist.*


**Prep. Time:** 5 min
 
**Time to cook:** 0 min
 
**Portions:** 1

## INGREDIENTS:

- 5 oz (140 g) cleaned squid rings
- ¼ cup (60 g) roasted red peppers
- 1 tbsp (10 g) almonds
- ½ garlic clove
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) smoked paprika
- 1 tsp (5 ml) sherry vinegar
- Salt to taste

## NUTRITIONAL VALUE (PER SERVING):

Calories: 290 kcal      Carbohydrates: 10 g  
 Protein: 22 g          Fiber: 3 g  
 Fat: 16 g                Sodium: 320 mg  
 Saturated Fat: 2 g

## INSTRUCTIONS:

1. Prepare the romesco sauce by blending roasted red peppers, almonds, garlic, sherry vinegar, and ½ tablespoon olive oil in a food processor or blender until combined. Sprinkle with salt and set aside.
2. Gently pat the squid rings dry using paper towels. Toss with smoked paprika and a pinch of salt until evenly coated.
3. Heat the leftover ½ tbsp olive oil in a skillet on high until nearly smoking. Add the squid in a single layer and sear for 1-2 minutes, stirring occasionally, until just opaque and tender. Be careful not to overcook.
4. Transfer the seared squid to a plate. Drizzle generously with the romesco sauce.



## Lemon-Dill Pollock with Herbed Yogurt & Roasted Carrots

*Flaky pollock with tangy yogurt sauce and honey-glazed carrots.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- 5 oz (140 g) pollock fillet
- ½ cup (80 g) sliced carrots
- ¼ cup (60 g) Greek yogurt
- 1 tbsp (5 g) fresh dill, chopped
- ½ tsp (1 g) lemon zest
- 1 tsp (5 ml) honey
- 1 tbsp (15 ml) olive oil
- Salt and pepper to taste

### NUTRITIONAL VALUE (PER SERVING):

Calories: 320 kcal	Carbohydrates: 20 g
Protein: 30 g	Fiber: 3 g
Fat: 12 g	Sodium: 220 mg
Saturated Fat: 2 g	

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). Toss sliced carrots with ½ tablespoon olive oil, honey, salt, and pepper. Lay them out on a baking tray and roast for 15 minutes, stirring halfway through, until they are tender and caramelized.
2. While carrots roast, pat pollock fillet dry and season with lemon zest, salt, and pepper. Heat the leftover ½ tbsp of olive oil in a skillet over medium-high heat. Add the fish and fry on each side for 3-4 minutes until it becomes opaque and flaky.
3. Combine Greek yogurt, chopped dill, and a pinch of salt using a small bowl. Stir well.
4. Place roasted carrots on a plate, top with seared pollock, and dollop with herbed yogurt sauce.



## Moroccan-Spiced Mussel Pot with Chickpeas & Tomatoes

*Plump mussels steamed in a smoky harissa-tomato broth with creamy chickpeas.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- ½ lb (225 g) fresh mussels, scrubbed
- ½ cup (120 g) canned chickpeas, drained
- ½ cup (120 g) diced tomatoes
- ¼ cup (60 ml) vegetable broth
- 1 tbsp (15 ml) olive oil
- 1 garlic clove, minced
- ½ tsp (1 g) smoked paprika
- ½ tsp (2 g) harissa paste
- 1 tbsp (5 g) chopped cilantro
- 1 lemon wedge

### NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal	Carbohydrates: 32 g
Protein: 28 g	Fiber: 7 g
Fat: 14 g	Sodium: 480 mg
Saturated Fat: 2 g	

### INSTRUCTIONS:

1. Warm olive oil in a medium-sized pot over medium heat. Add minced garlic, smoked paprika, and harissa paste. Cook for 30 seconds, stirring regularly, until fragrant.
2. Stir in diced tomatoes (with juices), drained chickpeas, and vegetable broth. Bring to a vibrant simmer and cook for 3 minutes to harmonize the flavors.
3. Add cleaned mussels to the pot and immediately cover with a tight-fitting lid. Steam for 5-6 minutes, shaking the pot occasionally, until all mussel shells have opened.
4. Discard any unopened mussels (do not force them open). Ladle the mussels and broth into a deep bowl.
5. Generously garnish with chopped cilantro and serve alongside a lemon wedge for squeezing.



## Sardine & White Bean "Pan Bagnat" (Provençal Tuna Salad Sandwich)

*A deconstructed Niçoise sandwich with sardines, white beans, and olives on crusty bread.*



Prep. Time:  
10 min



Time to cook:  
5 min



Portions:  
1

### INGREDIENTS:

- 1 small (3.5 oz/100 g) can of sardines in oil
- ½ cup (100 g) white beans, mashed
- 1 tbsp (15 g) Greek yogurt
- 1 tsp (5 ml) lemon juice
- 5 Kalamata olives, sliced
- 1 tbsp (10 g) red onion, thinly sliced
- 1 slice (40 g) whole-grain baguette
- ½ cup (15 g) arugula

### NUTRITIONAL VALUE (PER SERVING):

Calories: 420 kcal      Carbohydrates: 35 g  
Protein: 30 g          Fiber: 8 g  
Fat: 18 g               Sodium: 650 mg  
Saturated Fat: 3 g

### INSTRUCTIONS:

1. Combine the mashed white beans, Greek yogurt, and lemon juice in a small bowl. Lightly season using salt and freshly milled black pepper, stirring until the mixture is smooth and easy to spread.
2. Toast the baguette slice lightly, if desired, for extra crunch. Spread the bean mixture evenly over the bread.
3. Layer the sardines (drained but with a bit of their oil for flavor) over the bean spread. Top with sliced Kalamata olives, red onion, and a handful of fresh arugula.
4. Wrap the sandwich tightly in foil and gently press down with your hands or a heavy pan for 5 minutes. This melts the flavors and softens the bread slightly, mimicking the traditional pan bagnat texture.
5. Unwrap and serve immediately, or for authentic Provençal style, chill for 1 hour before eating to let the flavors develop further.



## Greek-Style Shrimp with Feta & Orzo (One-Pot)

*Juicy shrimp baked with tomato, oregano, and briny feta over lemony orzo.*



Prep. Time:  
5 min



Time to cook:  
25 min



Portions:  
1

### INGREDIENTS:

- 5 oz (140 g) shrimp, peeled
- ½ cup (100 g) orzo
- ½ cup (120 ml) vegetable broth
- ¼ cup (60 g) diced tomatoes
- 1 oz (30 g) feta, crumbled
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) dried oregano
- ½ lemon, zested and juiced

### NUTRITIONAL VALUE (PER SERVING):

Calories: 480 kcal      Carbohydrates: 45 g  
Protein: 35 g          Fiber: 3 g  
Fat: 18 g               Sodium: 620 mg  
Saturated Fat: 5 g

### INSTRUCTIONS:

1. Add olive oil to a skillet and heat it on medium. Add orzo and toast for 2 minutes, stirring frequently, until lightly golden and nutty-smelling.
2. Add vegetable broth and diced tomatoes along with their juices. Garnish with dried oregano. Allow it to reach a simmer, then lower the heat to a gentle setting. Cover and cook for 12 minutes, stirring frequently, until the orzo achieves an al dente texture and the liquid is largely absorbed.
3. While orzo cooks, pat shrimp dry and season lightly with salt and pepper. Nestle shrimp into the partially cooked orzo in a single layer.
4. Crumble feta evenly over the shrimp and orzo. Sprinkle lemon zest on top.
5. Transfer skillet to the broiler (or oven at 450°F/230°C if no broiler). In 3 to 4 minutes, the shrimp will turn pink and opaque, and the feta will soften and turn a little brown.
6. Take off the heat and add a drizzle of fresh lemon juice. Let it rest 2 minutes before serving.



## "Crab Louie" Stuffed Avocado (California-Inspired)

*Lump crab mixed with lime and Old Bay, stuffed into an avocado with a yogurt-dill sauce.*



Prep. Time:  
15 min



Time to cook:  
0 min



Portions:  
1

### INGREDIENTS:

- ½ cup (75 g) lump crabmeat
- 1 ripe avocado, halved
- 2 tbsp (30 g) Greek yogurt
- 1 tsp (5 ml) lime juice
- ½ tsp (1 g) Old Bay seasoning
- 1 tbsp (5 g) diced celery
- 1 tsp (2 g) fresh dill

### INSTRUCTIONS:

1. Gently mix the lump crabmeat, diced celery, Old Bay seasoning, and ½ tsp lime juice in a small bowl. Be careful not to break up the crab too much.
2. Whisk together the Greek yogurt, fresh dill, and remaining ½ tsp lime juice in another bowl until smooth. Season lightly with salt if needed.
3. Carefully remove the pit from the halved avocado, leaving the halves intact. Spoon the crab mixture evenly into both avocado halves, mounding it slightly.
4. Drizzle the yogurt-dill sauce generously over the stuffed avocado.

### NUTRITIONAL VALUE (PER SERVING):

Calories: 320 kcal      Carbohydrates: 12 g  
 Protein: 18 g          Fiber: 8 g  
 Fat: 22 g                Sodium: 380 mg  
 Saturated Fat: 3.5 g



## Spanish-Inspired Clams with Sherry & Chorizo Breadcrumbs

*Clams steamed in garlicky sherry broth, topped with crispy chorizo breadcrumbs.*



Prep. Time:  
10 min



Time to cook:  
15 min



Portions:  
1

### INGREDIENTS:

- ½ lb (225 g) clams
- 2 tbsp (30 ml) dry sherry
- 1 garlic clove, minced
- 1 oz (30 g) chorizo, finely diced
- 2 tbsp (15 g) panko breadcrumbs
- 1 tbsp (15 ml) olive oil
- 1 tbsp (5 g) parsley, chopped

### INSTRUCTIONS:

1. Gently heat some olive oil in a pan set to medium. Add diced chorizo and cook for 2-3 minutes, stirring frequently, until crispy and the fat renders. Add panko breadcrumbs and toast for 1-2 minutes until golden and crisp. Transfer to a bowl and set aside.
2. Add minced garlic in the same skillet (no need to wipe clean) and cook for 30 seconds until fragrant but not browned.
3. Add the cleaned clams and dry sherry to the skillet. Immediately cover with a tight-fitting lid and steam over medium-high heat for 5-6 minutes, shaking the pan occasionally, until all clams have opened. Remove any clams that are still closed.
4. Add the clams and broth to a serving bowl. Sprinkle generously with the chorizo breadcrumbs and chopped parsley.

### NUTRITIONAL VALUE (PER SERVING):

Calories: 340 kcal      Carbohydrates: 15 g  
 Protein: 22 g          Fiber: 1 g  
 Fat: 18 g                Sodium: 620 mg  
 Saturated Fat: 4 g



# Sicilian Swordfish with Olive & Caper Salsa

*Meaty swordfish topped with a bright, briny salsa—like a Mediterranean ceviche.*



Prep. Time:  
10 min



Time to cook:  
10 min



Portions:  
1

## INGREDIENTS:

- 5 oz (140 g) swordfish steak
- ¼ cup (40 g) cherry tomatoes, diced
- 5 Kalamata olives, pitted and chopped
- 1 tbsp (10 g) red onion, minced
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 g) capers
- ½ tsp (1 g) dried oregano
- Salt and pepper to taste

## NUTRITIONAL VALUE (PER SERVING):

Calories: 290 kcal	Carbohydrates: 5 g
Protein: 28 g	Fiber: 1 g
Fat: 18 g	Sodium: 480 mg
Saturated Fat: 3.5 g	

## INSTRUCTIONS:

1. In a small bowl, combine diced cherry tomatoes, chopped olives, minced red onion, capers, lemon juice, ½ tablespoon olive oil, oregano, and a pinch each of salt and pepper. Stir gently and let the salsa sit while you cook the fish to allow flavors to meld.
2. Pour the remaining ½ tbsp of olive oil and warm it over medium-high heat. Pat the swordfish dry and season both sides with salt and pepper.
3. Once the oil is shimmering, add the swordfish. Sear undisturbed for 3-4 minutes until a golden crust forms. Turn it over and cook for an additional 3-4 minutes (adjusting for thickness) until it is opaque all through.
4. Transfer the swordfish to a plate. Spoon the olive-caper salsa generously over the top, letting some fall onto the plate.



# POULTRY





# Lemon-Garlic Chicken with Artichokes & Olives

*Juicy chicken breasts simmered with briny olives, tangy artichokes, and a bright lemon-garlic sauce.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

## INGREDIENTS:

- 1 (6 oz/170 g) boneless, skinless chicken breast. ½ cup (80 g) canned artichoke hearts, quartered
- ¼ cup (40 g) Kalamata olives, pitted
- 1 tbsp (15 ml) olive oil. 2 garlic cloves, minced
- ½ tsp (1 g) dried oregano
- ¼ tsp (0.5 g) red pepper flakes
- ½ lemon, juiced (1 tbsp/15 ml) + 2 thin slices
- ¼ cup (60 ml) low-sodium chicken broth
- ½ cup (90 g) cherry tomatoes, halved
- 1 tbsp (5 g) fresh parsley, chopped

## NUTRITIONAL VALUE (PER SERVING):

Calories: 340 kcal      Carbohydrates: 14 g  
 Protein: 36 g      Fiber: 4 g  
 Fat: 16 g      Sodium: 480 mg  
 Saturated Fat: 2.5 g

## INSTRUCTIONS:

1. Heat olive oil in a medium skillet over medium-high heat. Sprinkle salt, pepper, and dried oregano on both sides of the chicken breast to season it. Sear for 4-5 minutes per side until deeply golden. Transfer to a plate and set aside.
2. In the same skillet, reduce heat to medium. Add minced garlic and red pepper flakes. Sauté for 30 seconds until fragrant but not browned.
3. Add artichoke hearts, olives, cherry tomatoes, lemon juice, lemon slices, and chicken broth. Gently stir to lift any browned bits from the bottom of the pan. Simmer uncovered for 3 minutes to reduce the liquid slightly.
4. Place the chicken back into the skillet, gently immersing it in the sauce. Cover and cook over medium-low heat for 5 to 7 minutes, or until the chicken reaches a temperature of 75°C (165°F).
5. Sprinkle with fresh parsley. Serve immediately, spooning the briny artichoke-olive sauce over the chicken.



# Spiced Harissa Chicken with Chickpeas & Yogurt

*Bold North African flavors with creamy yogurt to balance the heat.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

## INGREDIENTS:

- 1 (5 oz/140 g) boneless, skinless chicken thigh
- ½ cup (100 g) canned chickpeas, drained
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 g) harissa paste
- ½ tsp (1 g) ground cumin
- ½ tsp (1 g) smoked paprika
- ¼ cup (60 g) Greek yogurt
- 1 small garlic clove, grated
- ½ cup (75 g) diced cucumber
- 1 tbsp (5 g) fresh mint, chopped

## NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal      Carbohydrates: 25 g  
 Protein: 30 g      Fiber: 6 g  
 Fat: 18 g      Sodium: 320 mg  
 Saturated Fat: 3 g

## INSTRUCTIONS:

1. Mix the harissa paste, cumin, smoked paprika, and ½ tsp olive oil using a small bowl. Coat the chicken thigh evenly with this mixture and let it sit for 5 minutes to marinate.
2. Pour the leftover ½ tsp of olive oil into a pan and gently heat over medium. Add the chicken and cook for 5 minutes on each side, until fully cooked and nicely browned. Transfer to a plate.
3. In the same skillet, add the drained chickpeas. Cook for 2 minutes, stirring regularly, until somewhat crispy and warmed.
4. Mix Greek yogurt, grated garlic, a teaspoon of salt, and a little water to thin in another bowl. Stir thoroughly.
5. Place the crispy chickpeas on a plate, top the cooked chicken, and drizzle with the garlic yogurt sauce. Finish with diced cucumber and chopped mint.



## Sun-Dried Tomato & Feta Stuffed Chicken

*Juicy chicken breast stuffed with tangy sun-dried tomatoes and creamy feta, baked to perfection.*



Prep. Time:

10 min



Time to cook:

20 min



Portions:

1

### INGREDIENTS:

- 1 (6 oz/170 g) boneless, skinless chicken breast
- 2 tbsp (20 g) crumbled feta cheese
- 1 tbsp (10 g) sun-dried tomatoes (oil-packed), finely chopped
- ½ tsp (1 g) dried oregano
- 1 tsp (5 ml) olive oil
- ½ cup (120 ml) low-sodium chicken broth
- ½ cup (75 g) cherry tomatoes, halved
- 1 cup (30 g) baby spinach
- 1 garlic clove, minced

### NUTRITIONAL VALUE (PER SERVING):

Calories: 320 kcal  
Protein: 38 g  
Fat: 14 g  
Saturated Fat: 5 g

Carbohydrates: 10 g  
Fiber: 3 g  
Sodium: 380 mg

### INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). With a sharp knife, carefully create a deep horizontal slit along the side of the chicken breast to form a pocket. Be careful not to cut all the way through.
2. Combine crumbled feta, chopped sun-dried tomatoes, and dried oregano in a small bowl. Stuff this mixture into the chicken pocket and secure the opening with a toothpick.
3. Heat some olive oil in a heatproof skillet on medium-high. Add the stuffed chicken breast and sear for 2-3 minutes per side until golden brown.
4. Add minced garlic, halved cherry tomatoes, baby spinach, and chicken broth to the skillet around the chicken. Immediately transfer the skillet to the preheated oven.
5. Bake for 12-15 minutes, ensuring the chicken's internal temperature climbs to 165°F (75°C). The tomatoes should soften, and the spinach will wilt.
6. Take the chicken out of the oven and rest for 3 minutes. Remove the toothpick, slice the chicken crosswise, and serve with the pan juices and roasted vegetables.



## Moroccan-Spiced Chicken with Apricots & Almonds

*A sweet-savory blend of warm spices, tender chicken, and chewy apricots.*



Prep. Time:

10 min



Time to cook:

20 min



Portions:

1

### INGREDIENTS:

- 1 (5 oz/140 g) boneless, skinless chicken thigh, cubed
- ¼ cup (40 g) dried apricots, chopped
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) ground cumin
- ½ tsp (1 g) ground cinnamon
- ¼ tsp (0.5 g) ground ginger
- 1 tbsp (15 g) slivered almonds
- ½ cup (120 ml) low-sodium chicken broth
- 1 tbsp (5 g) fresh cilantro, chopped
- ½ cup (90 g) cooked quinoa

### NUTRITIONAL VALUE (PER SERVING):

Calories: 420 kcal  
Protein: 32 g  
Fat: 18 g  
Saturated Fat: 3 g

Carbohydrates: 35 g  
Fiber: 5 g  
Sodium: 220 mg

### INSTRUCTIONS:

1. Warm olive oil in a medium-sized skillet set over medium heat. Add cubed chicken thigh and cook for 4-5 minutes, stirring occasionally, until evenly browned on all sides.
2. Sprinkle cumin, cinnamon, and ginger over the chicken. Mix properly and cook for 30 seconds to toast the spices and coat the chicken.
3. Add chopped apricots, slivered almonds, and chicken broth to the skillet. Bring to a gentle simmer.
4. Lower the heat to medium-low and cook uncovered for 8-10 minutes, stirring occasionally, until the liquid reduces slightly and the apricots plump up.
5. Spoon the cooked quinoa onto a plate. Top with the spiced chicken mixture, including the apricots, almonds, and sauce.
6. Garnish with fresh chopped cilantro. Serve warm.



## Greek Herbed Chicken & Orzo Skillet with Kalamata Olives

*Rich, tangy chicken with briny olives and creamy orzo—no lemon needed!*



Prep. Time:  
5 min



Time to cook:  
25 min



Portions:  
1

### INGREDIENTS:

- 1 (5 oz/140 g) boneless, skinless chicken thigh
- ½ cup (100 g) orzo pasta
- 1 tbsp (15 ml) olive oil
- 1 garlic clove, minced
- ½ tsp (1 g) dried oregano
- 1 cup (240 ml) low-sodium chicken broth
- 1 tbsp (15 ml) red wine vinegar
- ¼ cup (40 g) crumbled feta
- 2 tbsp (20 g) Kalamata olives, pitted and halved
- 1 tbsp (5 g) fresh parsley, chopped

### NUTRITIONAL VALUE (PER SERVING):

Calories: 490 kcal      Carbohydrates: 40 g  
 Protein: 35 g      Fiber: 3 g  
 Fat: 22 g      Sodium: 480 mg  
 Saturated Fat: 6 g

### INSTRUCTIONS:

1. Warm olive oil in a medium-sized skillet set over medium heat. Season the chicken thighs with salt, pepper, and dried oregano. Sear for 4 minutes per side until golden brown. Transfer to a plate and set aside.
2. In the same skillet, add the orzo and minced garlic. Toast for 1 minute, stirring regularly, until the garlic is fragrant and the orzo turns slightly golden.
3. Pour in the chicken broth and red wine vinegar, stirring to loosen any stuck-on pieces. Add the halved Kalamata olives and stir to combine.
4. Place the seared chicken back into the skillet, gently positioning it among the orzo. Place a lid on top and lower the heat to medium-low. Cook for 12-15 minutes, until the orzo is soft and has taken in most of the liquid.
5. Take off the heat and top with chopped parsley and crumbled feta. Let it sit covered for 2 minutes before serving to allow the feta to soften slightly.



## Lemon-Tahini Turkey Meatballs with Cucumber Salad

*Zesty turkey meatballs with creamy tahini sauce over a crisp cucumber salad.*



Prep. Time:  
10 min



Time to cook:  
15 min



Portions:  
1

### INGREDIENTS:

- 5 oz (140 g) ground turkey
- 1 tbsp (10 g) breadcrumbs
- 1 tsp (2 g) lemon zest
- ½ tsp (1 g) ground coriander
- 1 tbsp (15 ml) olive oil
- 1 cup (100 g) cucumber, sliced
- ¼ cup (40 g) cherry tomatoes, quartered
- 1 tbsp (15 ml) tahini
- 1 tsp (5 ml) lemon juice. 1 tsp (5 ml) water
- Salt and pepper to taste

### NUTRITIONAL VALUE (PER SERVING):

Calories: 350 kcal      Carbohydrates: 12 g  
 Protein: 26 g      Fiber: 3 g  
 Fat: 22 g      Sodium: 210 mg  
 Saturated Fat: 4 g

### INSTRUCTIONS:

1. Combine ground turkey, breadcrumbs, lemon zest, coriander, a pinch of salt, and black pepper in a bowl. Gently combine with your hands until mixed, then form into 4 evenly sized meatballs.
2. Heat some olive oil in a heatproof skillet on medium-high. Incorporate the meatballs and allow them to cook for 8-10 minutes, turning them occasionally, until golden brown and fully cooked (internal temperature of 165°F/75°C).
3. Using a small bowl, combine tahini, lemon juice, water, and a pinch of salt, whisking until the mixture is smooth. Add more water, if needed, to reach a drizzling consistency.
4. Toss the sliced cucumber and quartered cherry tomatoes in a serving bowl. Arrange the warm meatballs on top.
5. Drizzle the tahini sauce generously over the meatballs and salad. Serve immediately while the meatballs are still warm.



## Pomegranate-Glazed Turkey Cutlets with Herbed Bulgur

*Juicy turkey cutlets with a sweet-tart pomegranate glaze and nutty bulgur.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- 1 (5 oz / 140 g) turkey breast cutlet
- ½ cup (90 g) cooked bulgur wheat
- 2 tbsp (30 ml) pomegranate juice
- 1 tsp (5 ml) honey
- ½ tsp (1 g) thyme
- 1 tbsp (15 ml) olive oil
- 1 tbsp (10 g) chopped walnuts
- 1 tbsp (5 g) fresh mint
- Salt and pepper to taste

### NUTRITIONAL VALUE (PER SERVING):

Calories: 390 kcal	Carbohydrates: 32 g
Protein: 32 g	Fiber: 5 g
Fat: 16 g	Sodium: 150 mg
Saturated Fat: 2 g	

### INSTRUCTIONS:

1. Pour ½ tbsp of olive oil into a pan and gently heat over medium. Season the turkey cutlet with salt, pepper, and thyme. Cook for 4-5 minutes per side until golden brown and cooked through (internal temperature of 165 °F/75 °C). Transfer to a plate and set aside.
2. In the same skillet, add pomegranate juice and honey. Cook over a low simmer for a few minutes, stirring occasionally, until thickened into a light syrup.
3. Return the turkey cutlet to the skillet, turning to coat evenly in the glaze. Cook for 1 more minute to let the flavors meld.
4. Combine the cooked bulgur with the remaining ½ tbsp olive oil, chopped walnuts, and fresh mint. If needed, enhance flavor with a touch of salt and pepper.
5. Spoon the herbed bulgur onto a plate and top with the glazed turkey cutlet. Drizzle any remaining pan glaze over the dish.



## Smoky Turkey & White Bean Sauté with Crispy Kale

*Seared turkey with creamy white beans, crispy kale, and a smoky paprika finish.*



Prep. Time:  
5 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- 5 oz (140 g) turkey breast, thinly sliced
- ½ cup (100 g) canned white beans, rinsed and drained
- 1 cup (30 g) kale, stems removed, chopped
- 1 tbsp (15 ml) olive oil
- 1 tsp (2 g) smoked paprika
- ½ tsp (1 g) garlic powder
- ½ tsp (1 g) dried thyme. 1 tbsp (15 ml) lemon juice. Salt and pepper to taste
- 1 tbsp (10 g) crumbled feta (optional)

### NUTRITIONAL VALUE (PER SERVING):

Calories: 350 kcal	Carbohydrates: 24 g
Protein: 34 g	Fiber: 7 g
Fat: 12 g	Sodium: 180 mg
Saturated Fat: 2 g	

### INSTRUCTIONS:

1. Heat ½ tbsp of olive oil in a skillet over medium-high heat. Season the turkey slices with salt, pepper, and garlic powder. Cook for 3-4 minutes per side until golden brown and cooked through. Transfer to a plate and set aside.
2. Add the rest ½ tbsp of olive oil and chopped kale using the same pan. Sauté for 2-3 minutes, stirring occasionally, until the kale is wilted and the edges begin to crisp.
3. Add the white beans, smoked paprika, and thyme to the skillet. Continue cooking, stirring softly for 2 minutes to infuse with spices without breaking the beans.
4. Return the turkey slices to the skillet, nestling them into the bean and kale mixture. Pour lemon juice over and mix lightly.
5. If using, sprinkle crumbled feta over the top just before serving.



# Turkish-Style Turkey & Apricot Flatbread Pizza

*Whole wheat flatbread topped with spiced turkey, sweet apricots, and creamy yogurt sauce.*



Prep. Time:  
10 min



Time to cook:  
15 min



Portions:  
1

## INGREDIENTS:

- 1 small whole wheat flatbread or pita (about 6"/15 cm diameter)
- 5 oz (140 g) ground turkey
- 2 tbsp (30 g) dried apricots, finely chopped
- 1 tsp (2 g) ground cumin
- ½ tsp (1 g) cinnamon. 1 garlic clove, minced
- 2 tbsp (30 g) plain Greek yogurt
- 1 tsp (5 ml) lemon juice. 1 tbsp (5 g) fresh mint, chopped. 1 tbsp (15 ml) olive oil
- Salt and pepper to taste

## NUTRITIONAL VALUE (PER SERVING):

Calories: 420 kcal      Carbohydrates: 38 g  
 Protein: 32 g      Fiber: 5 g  
 Fat: 16 g      Sodium: 280 mg  
 Saturated Fat: 3 g

## INSTRUCTIONS:

1. Preheat a medium pan over medium heat. Pour in the olive oil and let it warm for about 30 seconds until it starts to shimmer. Mix the ground turkey with minced garlic, cumin, cinnamon, salt, and pepper. Cook the turkey, breaking it up with a wooden spoon into small pieces, for 5-6 minutes, or until fully browned with no pink remaining. Stir in the chopped apricots, coating them evenly with the spiced turkey, then remove the pan from the heat.
2. Combine the Greek yogurt, lemon juice, and half of the chopped mint using a small bowl. Stir well until smooth and evenly mixed. Set aside.
3. Place the flatbread on a baking sheet or oven-safe tray. Evenly distribute the spiced turkey and apricot mixture across the flatbread, ensuring to leave a small border around the edges. Drizzle the yogurt sauce generously on top.
4. Preheat the broiler on high. Place the flatbread under the broiler for 2-3 minutes, watching closely to prevent burning, until the edges are golden and crispy. Take it out of the oven and adorn it with the leftover fresh mint. Serve immediately while warm.



# Mediterranean Turkey & Chickpea Pita Pocket with Tahini Slaw

*Spiced ground turkey and chickpeas sautéed with warm spices, stuffed into a pita with crunchy tahini slaw—all the flavors of the meatball version but faster and simpler.*



Prep. Time:  
5 min



Time to cook:  
0 min



Portions:  
1

## INGREDIENTS:

- 5 oz (140 g) ground turkey
- ¼ cup (40 g) canned chickpeas, roughly mashed. 1 tsp (2 g) ground coriander
- ½ tsp (1 g) smoked paprika
- 1 whole wheat pita pocket
- ½ cup (50 g) shredded cabbage and carrot mix
- 1 tbsp (15 ml) tahini. 1 tsp (5 ml) lemon juice
- 1 tsp (5 ml) water. 1 tbsp (5 g) parsley, chopped. 1 tbsp (15 ml) olive oil
- Salt and pepper to taste

## NUTRITIONAL VALUE (PER SERVING):

Calories: 440 kcal      Carbohydrates: 42 g  
 Protein: 30 g      Fiber: 8 g  
 Fat: 18 g      Sodium: 350 mg  
 Saturated Fat: 3 g

## INSTRUCTIONS:

1. Preheat a medium skillet on medium heat. Pour the olive oil and warm it for approximately 30 seconds until it simmers gently. Stir in the ground turkey and cook for 4-5 minutes, breaking it into small crumbs with a wooden spoon. Add mashed chickpeas, coriander, smoked paprika, salt, and pepper. Cook for 3-4 minutes, stirring regularly, until the turkey is thoroughly browned and the spices release their aroma. Take it off the heat.
2. Combine the tahini, lemon juice, water, and a pinch of salt using a small bowl. Whisk vigorously until smooth and slightly creamy. Add the shredded cabbage and carrot mix, tossing until evenly coated. Set aside.
3. Toast the pita bread in a dry frying pan for 30 seconds on each side, or microwave it for 10-15 seconds while wrapped in a damp paper towel to achieve a softer texture.
4. Carefully open the pita pocket halfway. Fill it with the turkey-chickpea mixture first, then top with the tahini slaw. Sprinkle the chopped parsley over the filling. Serve immediately while warm.

# LEAN BEEF





# Balsamic-Glazed Beef & Fig Skillet

*Tender beef strips with a sweet-tangy balsamic reduction, caramelized onions, and fresh figs over herbed quinoa.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

## INGREDIENTS:

- 5 oz (140 g) lean beef sirloin, thinly sliced
- ½ cup (90 g) cooked quinoa
- 2 fresh figs, quartered
- ½ small red onion, thinly sliced
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 ml) balsamic vinegar
- 1 tsp (5 ml) honey
- ½ tsp (1 g) dried thyme
- ¼ tsp (0.5 g) black pepper
- 1 garlic clove, minced
- 1 cup (30 g) arugula

## NUTRITIONAL VALUE (PER SERVING):

Calories: 420 kcal      Carbohydrates: 42 g  
 Protein: 32 g      Fiber: 5 g  
 Fat: 14 g      Sodium: 55 mg  
 Saturated Fat: 3 g

## INSTRUCTIONS:

1. Prepare a skillet by heating it over medium-high heat. Pour the olive oil and let it warm for 30 seconds until shimmering. Add the sliced red onion and sauté, stirring occasionally, for 3–4 minutes until softened and beginning to turn translucent.
2. Push the onions to one side of the skillet. Set the heat to medium-high and add the beef strips in a single layer. Fry without stirring for 2-3 minutes until a golden-brown crust forms. Flip and cook for another 2-3 minutes. Stir in the chopped garlic and dried thyme, mixing with the beef and onions.
3. Whisk together the balsamic vinegar, honey, and black pepper in a small bowl until fully combined. Spread the mixture evenly over the beef and onions, stirring gently to coat everything in the glaze. Simmer for 1 minute to thicken.
4. Add the quartered figs to the skillet, arranging them cut-side down. Cook for 1-2 minutes until the figs begin to caramelize and release their juices. Remove the skillet from the heat. Immediately, toss the arugula into the hot skillet, folding it gently into the beef and fig mixture until slightly wilted, about 30 seconds.
5. Transfer the cooked quinoa onto a plate and top with the beef, fig, and arugula mixture, drizzling any remaining pan sauce over the dish. Serve warm.



# Spiced Beef & Eggplant Shakshuka

*Lean beef cooked in a smoky tomato-eggplant sauce with soft-poached eggs and warm spices.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

## INGREDIENTS:

- 5 oz (140 g) lean ground beef
- 1 cup (120 g) diced eggplant
- ½ cup (120 ml) crushed tomatoes
- 1 egg, 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) smoked paprika
- ½ tsp (1 g) cumin
- ¼ tsp (0.5 g) cinnamon
- 1 garlic clove, minced
- ½ cup (40 g) small red bell pepper, diced
- Fresh parsley, chopped (for garnish)

## NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal      Carbohydrates: 18 g  
 Protein: 30 g      Fiber: 6 g  
 Fat: 20 g      Sodium: 120 mg  
 Saturated Fat: 5 g

## INSTRUCTIONS:

1. Heat a medium skillet over medium heat. Add olive oil and let it warm for 30 seconds until shimmering. Add diced eggplant and red bell pepper. Sauté, stirring occasionally, for 5 minutes until vegetables soften and eggplant begins to turn golden.
2. Push the vegetables to the side of the pan. Add ground beef to the cleared space, breaking it apart with a wooden spoon. Cook undisturbed for 1 minute to develop color, then stir and cook for 2-3 minutes until all pink is gone.
3. Stir in minced garlic, smoked paprika, cumin, and cinnamon. Cook for 30 seconds until fragrant, mixing thoroughly with the beef and vegetables.
4. Pour in crushed tomatoes, stirring to combine. Turn the heat down to low and simmer uncovered for 5 minutes, stirring occasionally, until the sauce thickens slightly. Season with salt to taste. Using the back of a spoon, make a well in the center of the mixture. Crack the egg directly into the well. Lid the skillet tightly and cook for 3-4 minutes for a runny yolk, or 4-5 minutes for a firmer yolk.
5. Remove from heat. Sprinkle generously with chopped fresh parsley. Enjoy straight from the skillet or transfer to a shallow bowl, being careful to keep the egg intact.



# Beef & Walnut-Stuffed Peppers

*Lean beef and crunchy walnuts in a cinnamon-spiced tomato filling, baked in bell peppers.*



Prep. Time:  
10 min



Time to cook:  
25 min



Portions:  
1

## INGREDIENTS:

- 1 large bell pepper, halved and deseeded
- 5 oz (140 g) lean ground beef
- 2 tbsp (15 g) walnuts, chopped
- ¼ cup (40 g) cooked brown rice
- ½ cup (120 ml) tomato sauce
- ½ tsp (1 g) cinnamon
- ½ tsp (1 g) oregano
- 1 garlic clove, minced
- 1 tbsp (5 g) grated Parmesan (optional)

## NUTRITIONAL VALUE (PER SERVING):

Calories: 410 kcal	Carbohydrates: 28 g
Protein: 28 g	Fiber: 6 g
Fat: 20 g	Sodium: 180 mg
Saturated Fat: 5 g	

## INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C). Prepare the bell pepper by carefully slicing it in half lengthwise through the stem. Remove all seeds and white membranes, keeping the stem intact for desired presentation. Place the hollowed pepper halves, cut-side up, in a small baking dish large enough to hold them snugly.
2. Prepare a skillet by heating it over medium-high heat. Add the ground beef and cook it without stirring for 1 minute to develop a browned crust. Use a wooden spoon to smash apart and cook for 2-3 minutes until all pink is gone. Remove any excess fat if needed, leaving approximately 1 teaspoon in the pan for added flavor.
3. Reduce heat to medium-low. Add the minced garlic, cinnamon, and oregano to the beef. Cook for 30 seconds, stirring regularly, until fragrant. The spices should become aromatic but not burn.
4. Add the tomato sauce, mixing thoroughly to ensure a complete blend. Add the chopped walnuts and cooked brown rice. Simmer the mixture for exactly 2 minutes, stirring regularly, until the sauce thickens slightly and coats the filling ingredients. After taking off the heat, add salt to taste.
5. Divide the filling evenly between the pepper halves, packing it in firmly with the back of a spoon. The filling should mound slightly above the pepper edges. If using Parmesan, sprinkle it evenly over the tops.
6. Cook in the oven for 20 minutes on the middle rack, leaving it uncovered. The peppers should become tender but still hold their shape, and the filling will develop a light crust. For extra browning, broil for the final 1-2 minutes, watching carefully to prevent burning.
7. Take it out of the oven and rest for 3 minutes before serving. This allows the filling to set slightly for cleaner slicing. The peppers should be tender enough to cut with a fork but retain some texture.





# Beef & Olive Tagine with Cauliflower Couscous

North African-inspired spiced beef with briny olives and tender carrots over light cauliflower couscous.


**Prep. Time:** 10 min
 
**Time to cook:** 20 min
 
**Portions:** 1

## INGREDIENTS:

- 5 oz (140 g) lean beef, cubed
- 1 cup (100 g) riced cauliflower
- ½ carrot, sliced
- ¼ cup (40 g) green olives
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) turmeric
- ½ tsp (1 g) coriander
- ½ cup (120 ml) low-sodium beef broth
- 1 tbsp (5 g) chopped cilantro

## NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal	Carbohydrates: 16 g
Protein: 30 g	Fiber: 5 g
Fat: 18 g	Sodium: 450 mg
Saturated Fat: 4 g	

## INSTRUCTIONS:

1. Prepare the olive oil in a medium saucepan or deep skillet for 30 seconds until shimmering. Pat beef cubes dry with paper towels (this ensures better browning). Add to the pot in a single layer, leaving space between pieces. Sear undisturbed for 2 minutes to develop a crust, then turn and brown all sides (total 3-4 minutes). Remove to a plate, leaving drippings in the pot.
2. In the same pot, add sliced carrots. Cook for 1 minute, stirring to ensure an even coating with the delicious oil. Sprinkle turmeric and coriander directly onto the carrots, stirring for 30 seconds to toast the spices until fragrant. Return beef to the pot along with any accumulated juices. Add the beef broth to scrape up any browned bits from the bottom.
3. Bring to a vibrant simmer, then reduce the heat to keep a gentle bubble. Cover and cook for 8 minutes. Uncover, add olives, and continue simmering uncovered for 2 more minutes to reduce the sauce slightly. The beef ought to be tender yet maintain its structure.
4. While the tagine simmers, heat a separate dry skillet over medium-high heat. Add riced cauliflower, spreading it in an even layer. Cook undisturbed for 1 minute to lightly toast, then stir and cook for 2-3 minutes until just tender but still with bite. Season lightly with salt.
5. Fork-fluff the cauliflower couscous and place on a warm plate. Make sure the fragrant tagine sauce covers the couscous evenly. Sprinkle chopped cilantro over the dish for freshness.





# Mediterranean Beef & Lemon-Zucchini Sauté

*Searred beef strips with garlicky zucchini, fresh mint, and a bright lemon-olive oil finish.*



Prep. Time:  
10 min



Time to cook:  
15 min



Portions:  
1

## INGREDIENTS:

- 5 oz (140 g) lean beef sirloin, thinly sliced
- 1 medium zucchini, spiralized or julienned (~1.5 cups/150 g)
- 1 tbsp (15 ml) olive oil
- 1 garlic clove, minced
- ½ tsp (1 g) dried oregano
- ¼ tsp (0.5 g) red pepper flakes (optional)
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (3 g) fresh mint, chopped
- 1 tbsp (10 g) crumbled feta cheese (optional)
- Salt and black pepper to taste

## NUTRITIONAL VALUE (PER SERVING):

Calories: 320 kcal	Carbohydrates: 8 g
Protein: 28 g	Fiber: 2 g
Fat: 18 g	Sodium: 180 mg
Saturated Fat: 4 g	

## INSTRUCTIONS:

1. Set a medium skillet over medium-high heat and pour in half the olive oil; heat until shimmering. Place the beef strips in a single layer, seasoning them with salt and black pepper. Sear undisturbed for 2 minutes to develop color, then flip and cook for 1-2 minutes until browned but still slightly pink inside. Move to a clean plate and cover it loosely.
2. Incorporate the remaining olive oil in the same skillet and lower the heat to medium. Add the zucchini and minced garlic. Cook, stirring occasionally, for 3-4 minutes until the zucchini softens slightly but still retains some crispness. Gently incorporate any browned bits from the beef as you stir.
3. Sprinkle the oregano and red pepper flakes (if using) over the zucchini. Drizzle the lemon juice around the edges of the pan. Return the beef strips and any accumulated juices to the skillet. Toss everything gently for 30 seconds to combine flavors and rewarm the beef.
4. Remove the skillet from the heat. Sprinkle the chopped mint evenly over the dish, followed by the crumbled feta. Serve immediately while hot, with the zucchini as a bed for the beef strips.



A close-up photograph of a white ceramic bowl filled with a vibrant vegetarian main dish. The dish consists of fluffy, light-colored quinoa at the base, topped with chickpeas, roasted orange squash cubes, fresh green leafy vegetables, and bright red pomegranate seeds. The bowl is set on a dark wooden surface, and the background is softly blurred, showing a person in a white shirt. A vertical purple banner on the right side of the image contains the text 'VEGETARIAN MAINS' in white, uppercase letters.

# VEGETARIAN MAINS



## Lemon-Tahini Stuffed Eggplant with Quinoa & Chickpeas

Roasted eggplant halves filled with herbed quinoa, chickpeas, and a creamy lemon-tahini drizzle.



Prep. Time:  
15 min



Time to cook:  
25 min



Portions:  
1

### INGREDIENTS:

- ½ small eggplant (about 7 oz/200 g), halved lengthwise. ¼ cup (45 g) cooked quinoa
- ¼ cup (50 g) cooked chickpeas, drained
- 1 tbsp (15 ml) olive oil, divided
- ½ small shallot, finely diced (about 2 tbsp/20 g)
- ½ garlic clove, minced. ¼ tsp (0.5 g) ground cumin. ⅛ tsp (0.25 g) smoked paprika
- 1 tbsp (15 g) tahini. ½ tsp (7.5 ml) lemon juice. 1 tbsp (15 ml) water
- 2 tbsp (7.5 g) chopped fresh parsley
- Salt and pepper to taste
- 1 tbsp (7.5 g) crumbled feta (optional)

### NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal      Fiber: 10 g  
Protein: 12 g      Sodium: 180 mg  
Fat: 22 g  
Saturated Fat: 3 g  
Carbohydrates: 38 g

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). Brush eggplant halves with 1 tbsp olive oil, season with salt, and roast cut-side down for 15 minutes until tender and pierced with a fork.
2. In the meantime, preheat the remaining oil in a skillet set to medium heat. Sauté shallot and garlic until softened, 2-3 minutes. Stir in cumin and smoked paprika, then add quinoa and chickpeas. Cook 3-4 minutes until heated through. Remove from the heat and mix in parsley.
3. Mix tahini, lemon juice, water, and a pinch of salt in a small bowl until homogeneous and creamy. Adjust consistency with additional water if needed.
4. Flip roasted eggplant halves and divide filling between them. Generously pour with tahini sauce and, if desired, sprinkle with feta. Return to the oven for 5 minutes to warm through. Let it rest 2 minutes before serving.



## Spinach & Feta Stuffed Portobello with Balsamic Glaze

Juicy portobello caps stuffed with garlicky spinach, feta, and walnuts, finished with a sweet-tangy balsamic reduction.



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- 1 large Portobello mushroom (about 6 oz/170 g), stem removed
- 1 cup (30 g) fresh spinach, chopped
- ¼ cup (38 g) crumbled feta
- 1 tbsp (7.5 g) chopped walnuts
- ½ garlic clove, minced
- ½ tsp (7.5 ml) olive oil
- ½ tsp (7.5 ml) balsamic vinegar
- ½ tsp (2.5 ml) honey
- ¼ tsp (0.5 g) dried oregano
- Salt and pepper to taste

### NUTRITIONAL VALUE (PER SERVING):

Calories: 290 kcal      Carbohydrates: 12 g  
Protein: 11 g      Fiber: 3 g  
Fat: 22 g      Sodium: 450 mg  
Saturated Fat: 7 g

### INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Brush mushroom caps with ½ tsp olive oil and season lightly with salt. Arrange on a baking sheet, gill-side up.
2. Pour the rest of the olive oil into a frying pan and gently heat over medium. Add garlic and sauté 30 seconds until fragrant. Stir in spinach and oregano, cooking until just wilted, about 2 minutes. Remove from heat and fold in feta and walnuts.
3. Pack the mixture into the cap lightly. Let it bake for 15 minutes until the filling is hot and the mushrooms have softened.
4. While the mushroom bakes, combine balsamic vinegar and honey in a small saucepan. Simmer for three to four minutes over medium-low heat until it has reduced by half and has a slightly syrupy consistency. Drizzle over baked mushrooms before serving.



## Spiced Lentil & Sweet Potato Dolmas

*Greek-inspired grape leaves stuffed with hearty lentils, sweet potatoes, and warm spices for a vegetarian twist on dolmades.*



Prep. Time:  
15 min



Time to cook:  
25 min



Portions:  
1

### INGREDIENTS:

- 6 large grape leaves (jarred, rinsed)
- ¼ cup (50 g) cooked brown or green lentils
- ¼ cup (38 g) mashed sweet potato
- 1 tbsp (10 g) finely diced red onion
- ½ tsp (7.5 ml) olive oil. ½ tsp (1.5 g) chopped fresh mint
- ½ tsp (1.5 g) chopped fresh dill
- ¼ tsp (0.5 g) ground cumin. ¼ tsp (0.5 g) cinnamon. ⅛ tsp (0.25 g) allspice
- ½ tsp (7.5 ml) lemon juice. Salt and pepper to taste. ¼ cup (60 ml) vegetable broth

### NUTRITIONAL VALUE (PER SERVING):

Calories: 280 kcal	Carbohydrates: 42 g
Protein: 10 g	Fiber: 9 g
Fat: 8 g	Sodium: 320 mg
Saturated Fat: 1 g	

### INSTRUCTIONS:

1. Warm olive oil in a medium-sized skillet set over medium heat. Sauté red onion until softened, about 2 minutes. Add lentils, sweet potato, cumin, cinnamon, allspice, salt, and pepper. Cook for 3 minutes, stirring frequently. Remove from heat and stir in mint, dill, and lemon juice.
2. Lay grape leaves shiny-side down on a work surface. Position 1 tablespoon of filling close to the stem end of each leaf. Fold the sides inward, then roll tightly from the stem end upward. Repeat with the remaining leaves and filling.
3. Arrange dolmas seam-side down in a small pot. Pour vegetable broth over them until halfway submerged. Cover with a lid and let it simmer on low heat for 20 minutes, checking occasionally to ensure they don't dry out.
4. Take off the heat and allow to cool a bit before serving. Enhance with extra olive oil and lemon juice, if you wish. Serve either warm or at room temperature.



## Creamy White Bean & Artichoke Risotto

*A no-cream risotto with blended white beans for richness, studded with artichokes and lemon zest.*



Prep. Time:  
5 min



Time to cook:  
0 min



Portions:  
1

### INGREDIENTS:

- ¼ cup (50 g) Arborio rice
- ½ cup (75 g) canned white beans, drained (reserve 2 tbsp liquid)
- ¼ cup (38 g) marinated artichoke hearts, chopped. 1½ cups (360 ml) hot vegetable broth. 2 tbsp (20 g) finely diced shallot
- 1 garlic clove, minced. 1 tbsp (15 ml) olive oil
- 2 tbsp (30 ml) dry white wine (or sub broth)
- ½ tsp (2.5 g) lemon zest. 1 tbsp (15 ml) lemon juice. 1 tbsp (5 g) grated Parmesan (optional). 1 tbsp (3 g) chopped parsley
- Salt and pepper to taste

### NUTRITIONAL VALUE (PER SERVING):

Calories: 420 kcal	Carbohydrates: 58 g
Protein: 14 g	Fiber: 10 g
Fat: 16 g	Sodium: 480 mg
Saturated Fat: 2 g	

### INSTRUCTIONS:

1. Blend the reserved ¼ cup of white beans with ¼ cup of vegetable broth in a blender or food processor until smooth. Set this creamy bean mixture aside for later.
2. In a medium saucepan, warm olive oil over medium heat. Incorporate shallot and garlic, sautéing until they become tender and aromatic, approximately 3 minutes. Incorporate Arborio rice and sauté for 1 minute, stirring continuously to ensure each grain is evenly coated with oil.
3. Pour in white wine, stirring continuously until fully absorbed. Start incorporating the remaining hot broth, adding it in ½ cup increments. Stir frequently and ensure that each addition is almost fully absorbed before introducing the next one. This process should take about 15 minutes total.
4. When rice is al dente and creamy, stir in the bean puree, remaining whole beans, chopped artichokes, lemon zest, and lemon juice. Heat for 2 minutes more. After cooking, gently stir in Parmesan and minced parsley. If needed, enhance flavor with a touch of salt and pepper.



## Mushroom & Walnut "Keftedes" (Greek Meatless Balls)

*Herbed mushroom-walnut balls with a crispy crust, served with tzatziki.*



Prep. Time:  
15 min



Time to cook:  
15 min



Portions:  
1

### INGREDIENTS:

- 1 cup (70 g) finely chopped mushrooms
- ½ cup (50 g) walnuts, finely ground
- ¼ cup (25 g) breadcrumbs
- 1 tbsp (8 g) flaxseed + 3 tbsp water (or 1 egg)
- 2 tbsp (6 g) chopped parsley
- 1 tsp (2 g) dried oregano
- ½ tsp (1 g) ground cumin
- 1 garlic clove, minced
- 2 tbsp (30 ml) olive oil
- ½ cup (120 g) tzatziki

### NUTRITIONAL VALUE (PER SERVING):

Calories: 320 kcal	Carbohydrates: 15 g
Protein: 10 g	Fiber: 4 g
Fat: 26 g	Sodium: 200 mg
Saturated Fat: 4 g	

### INSTRUCTIONS:

1. In a small bowl, mix flaxseed with water and let it thicken for 5 minutes until it reaches an egg-like consistency.
2. Combine chopped mushrooms, ground walnuts, breadcrumbs, flax mixture, parsley, oregano, cumin, minced garlic, salt, and pepper in a mixing bowl. Mix well until the ingredients hold together when pressed.
3. Shape the mixture into 6-8 small balls, about 1 inch/2.5 cm in diameter each. Press firmly to help them hold their shape.
4. Heat some olive oil in a heatproof skillet on medium-high. Carefully add the balls and cook for 3-4 minutes per side, turning gently, until golden brown and crisp on all sides.
5. Serve warm with tzatziki sauce for dipping, garnished with additional parsley if desired. The balls will firm up slightly as they cool.



## Sicilian Caponata Pasta

*Eggplant, olives, and capers in a sweet-sour tomato sauce over whole wheat spaghetti.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- 2.5 oz (75 g) whole wheat spaghetti
- ½ cup (60 g) diced eggplant
- 2 tbsp (20 g) diced red onion
- 1 tbsp (15 ml) olive oil. 1 tbsp (10 g) chopped green olives. ½ tsp (5 g) capers
- ½ cup (100 g) crushed tomatoes
- ½ tsp (7.5 ml) balsamic vinegar
- ½ tsp (2.5 g) sugar
- 2 tbsp (5 g) fresh basil, torn
- Salt and pepper to taste

### NUTRITIONAL VALUE (PER SERVING):

Calories: 390 kcal	Carbohydrates: 55 g
Protein: 10 g	Fiber: 10 g
Fat: 16 g	Sodium: 450 mg
Saturated Fat: 2 g	



### INSTRUCTIONS:

1. Prepare spaghetti in boiling salted water following the package instructions until it reaches an al dente texture. Drain the pasta, reserving ½ cup of the starchy water, and then set it aside.
2. Meanwhile, heat olive oil in a large skillet on medium. Sauté eggplant and red onion for 5 minutes, stirring regularly, until softened and gently browned.
3. Stir in olives, capers, crushed tomatoes, balsamic vinegar, sugar, salt, and pepper. Turn the heat down to medium-low and cook uncovered for 10 minutes, stirring often, till the sauce becomes thick.
4. Incorporate the cooked spaghetti into the skillet, adding a splash of the reserved pasta water. Toss carefully to coat the pasta evenly with the sauce, adding water, if necessary, to achieve a smooth sauce consistency.
5. Remove from the heat and tear fresh basil leaves over the top before serving. The sweet-sour flavors develop best when served warm.



# Turkish Lentil Köfte with Pomegranate Molasses

*Spiced red lentil patties with bulgur, served with tangy pomegranate dressing.*


**Prep. Time:** 15 min
 
**Time to cook:** 15 min
 
**Portions:** 1

## INGREDIENTS:

- ¼ cup (50 g) red lentils, cooked
- 3 tbsp (25 g) fine bulgur, soaked in hot water for 10 mins (drained)
- 1 tbsp (3 g) chopped scallions
- ½ tbsp (1.5 g) chopped mint
- ½ tsp (1 g) cumin. ¼ tsp (0.5 g) Aleppo pepper
- 1 tbsp (15 ml) pomegranate molasses
- ½ tbsp (7.5 ml) olive oil
- 2-3 large lettuce leaves (butter or romaine)
- Lemon wedge for serving

## NUTRITIONAL VALUE (PER SERVING):

Calories: 280 kcal      Carbohydrates: 42 g  
 Protein: 12 g          Fiber: 8 g  
 Fat: 8 g                Sodium: 150 mg  
 Saturated Fat: 1 g


## INSTRUCTIONS:

1. Drain the soaked bulgur thoroughly, pressing out excess water. In a mixing bowl, combine it with cooked lentils, scallions, mint, cumin, Aleppo pepper, salt, and ½ tbsp pomegranate molasses. Mix well until the ingredients hold together.
2. With damp hands, shape the mixture into 4-5 small log-shaped patties (about 2 inches/5 cm long). Place on a plate and refrigerate for 10 minutes to help them firm up.
3. Whisk together the remaining ½ tbsp of pomegranate molasses with olive oil in a small bowl to create a dressing.
4. To serve, put the lettuce leaves neatly on a plate. Place one köfte in each lettuce leaf, drizzle with the molasses dressing, and serve with lemon wedges for squeezing. The köfte can be eaten warm or at room temperature.



# Provençal Socca Pizza with Caramelized Onions

*Chickpea flour crust topped with herbed cashew cream and onions.*


**Prep. Time:** 5 min
 
**Time to cook:** 25 min
 
**Portions:** 1

## INGREDIENTS:

- ¼ cup (30 g) chickpea flour
- ¼ cup (60 ml) water
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) rosemary
- ¼ cup (30 g) caramelized onions
- 2 tbsp (30 g) cashew cream (blended cashews + lemon juice)
- 1 tbsp (3 g) fresh thyme
- Pinch of salt

## NUTRITIONAL VALUE (PER SERVING):

Calories: 250 kcal      Carbohydrates: 28 g  
 Protein: 8 g            Fiber: 5 g  
 Fat: 12 g                Sodium: 180 mg  
 Saturated Fat: 2 g

## INSTRUCTIONS:

1. Using a medium bowl, whisk chickpea flour, water, ½ tbsp olive oil, rosemary, and a pinch of salt until smooth. Let the batter rest for 5 minutes to thicken slightly.
2. Add the remaining ½ tbsp of olive oil to a 10-inch skillet (cast iron or nonstick) and heat over medium. Pour in the batter, swirling to coat the pan evenly. Cook without stirring for 3-4 minutes until the edges pull away and the bottom is golden.
3. Carefully flip the socca using a spatula and cook the other side for 3-4 minutes until crisp and cooked.
4. Preheat your broiler. Spread cashew cream evenly over the cooked socca, then top with caramelized onions and fresh thyme. Place under the broiler for 2 minutes just to warm the toppings.
5. Slice into wedges and serve warm. The socca is best enjoyed immediately while the crust remains crisp.



## Za'atar Halloumi & Watermelon Skewers with Minted Yogurt Dip

*Grilled halloumi and watermelon skewers with a smoky za'atar crust, served with a cool yogurt dip.*



Prep. Time:  
10 min



Time to cook:  
10 min



Portions:  
1

### INGREDIENTS:

- 3.5 oz (100 g) halloumi cheese, cut into 1-inch cubes
- 1 cup (150 g) watermelon, cut into 1-inch cubes
- 1 tbsp (15 ml) olive oil, divided
- ½ tbsp (4 g) za'atar spice blend
- ¼ tsp (0.5 g) smoked paprika
- ¼ cup (60 g) Greek yogurt. ½ tbsp (7.5 ml) lemon juice. ½ tbsp (1.5 g) chopped fresh mint
- ½ small garlic clove, minced (optional)
- Salt to taste

### NUTRITIONAL VALUE (PER SERVING):

Calories: 350 kcal      Carbohydrates: 18 g  
 Protein: 18 g      Fiber: 2 g  
 Fat: 24 g      Sodium: 720 mg  
 Saturated Fat: 11 g

### INSTRUCTIONS:

1. In a small bowl, toss the halloumi cubes with ½ tbsp olive oil, za'atar, and smoked paprika until evenly coated. Let it sit for 5 minutes to allow the flavors to meld.
2. Soak the wooden skewers in water for five minutes to keep them from burning. Place the watermelon cubes and marinated halloumi on the skewers one after the other, leaving a little room between each one to ensure they cook evenly.
3. Prepare a grill or a grill pan by heating it over medium-high heat. Brush the pan lightly with the remaining ½ tbsp olive oil. Arrange the skewers in the pan and cook for 2-3 minutes on each side, turning carefully with tongs, until the halloumi achieves a golden brown color with grill marks and the watermelon shows a light char at the edges.
4. Combine the Greek yogurt, lemon juice, chopped mint, minced garlic (if desired), and a pinch of salt using another small bowl. Stir well until smooth. Taste and adjust seasoning if needed.
5. Place the skewers on a plate and serve immediately with the minted yogurt dip. Best enjoyed while the halloumi is still warm and slightly crisp.



## Sicilian "Pasta alla Norma" with Almond Ricotta

*Classic eggplant pasta with a dairy-free almond ricotta twist.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- 3 oz (90 g) rigatoni
- ½ cup (60 g) diced eggplant
- ½ cup (100 g) crushed tomatoes
- 2 tbsp (30 ml) olive oil
- 1 garlic clove, minced
- ¼ tsp (0.5 g) chili flakes
- ¼ cup (30 g) almond ricotta (blanched almonds + lemon juice)
- 2 tbsp (6 g) basil

### NUTRITIONAL VALUE (PER SERVING):

Calories: 420 kcal      Carbohydrates: 55 g  
 Protein: 12 g      Fiber: 9 g  
 Fat: 18 g      Sodium: 210 mg  
 Saturated Fat: 2 g

### INSTRUCTIONS:

1. Heat a pot of water with salt until it reaches a rolling boil. Incorporate the rigatoni and simmer until it reaches an al dente texture, approximately 10-12 minutes. Before draining, set aside ½ cup of the pasta water.
2. Warm olive oil in a spacious skillet over medium heat as the pasta cooks. Incorporate the diced eggplant and sauté, stirring occasionally, until it turns golden and becomes tender, which should take around 8 minutes.
3. Incorporate the minced garlic and chili flakes into the skillet. Cook for 1 minute, stirring continuously, until aromatic.
4. Pour in the crushed tomatoes and simmer for 5 minutes, allowing the sauce to thicken slightly. Season with salt to taste.
5. Put the cooked rigatoni in the pan with some of the pasta water you saved. Mix the sauce well so that it covers the spaghetti evenly. If the sauce is too thick, add water.
6. Transfer the pasta into a serving bowl. Crumble the almond ricotta over the top and garnish with fresh basil. Serve immediately.



# Smoky Eggplant & Chickpea Tagine

North African-inspired stew with tender eggplant, chickpeas, and warming spices, served with almond couscous.



Prep. Time: 10 min



Time to cook: 20 min



Portions: 1

### INGREDIENTS:

- ¼ cup small eggplant (60 g), cubed
- ½ cup (100 g) cooked chickpeas
- ¼ cup (40 g) diced onion. 2 garlic cloves, minced. 1 tbsp (15 ml) olive oil
- 1 tsp (2 g) smoked paprika
- ½ tsp (1 g) ground cumin. ½ tsp (1 g) ground coriander. ½ cup (120 ml) crushed tomatoes
- ½ cup (120 ml) vegetable broth
- 2 tbsp (6 g) chopped cilantro
- ½ cup (90 g) whole wheat couscous, cooked with ½ tsp turmeric

### NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal      Carbohydrates: 62 g  
 Protein: 14 g      Fiber: 16 g  
 Fat: 10 g      Sodium: 320 mg  
 Saturated Fat: 1 g

### INSTRUCTIONS:

1. Warm olive oil in a deep skillet or tagine over medium heat. Incorporate the diced onion and minced garlic, sautéing until they are tender and aromatic, approximately 3 minutes.
2. Incorporate the smoked paprika, cumin, and coriander. Toast the spices with the onions for 30 seconds until aromatic.
3. Add the cubed eggplant, chickpeas, crushed tomatoes, and vegetable broth. Stir well to combine all ingredients.
4. Cover and let it simmer for 15 minutes, stirring occasionally, until the eggplant is fully tender and the sauce thickens.
5. While the tagine cooks, prepare the couscous according to package instructions, adding ½ teaspoon turmeric to the cooking water for color and flavor.
6. Remove the tagine from the heat and stir in the chopped cilantro. If needed, enhance flavor with a touch of salt and pepper.
7. Serve the warm tagine over a bed of the turmeric-infused couscous.



# Stuffed Bell Peppers with Freekeh & Feta

Roasted bell peppers filled with nutty freekeh, sun-dried tomatoes, and Greek herbs.



Prep. Time: 10 min



Time to cook: 20 min



Portions: 1

### INGREDIENTS:

- 1 large bell pepper, halved lengthwise
- ¼ cup (45 g) cooked freekeh (or farro)
- ¼ cup (30 g) crumbled feta
- 2 tbsp (20 g) chopped sun-dried tomatoes
- 1 tbsp (3 g) chopped dill
- 1 tsp (1 g) dried oregano
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (15 ml) olive oil
- ¼ tsp (0.5 g) cinnamon

### NUTRITIONAL VALUE (PER SERVING):

Calories: 290 kcal      Carbohydrates: 38 g  
 Protein: 10 g      Fiber: 8 g  
 Fat: 12 g      Sodium: 280 mg  
 Saturated Fat: 4 g

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). Prepare a small baking sheet by covering it with parchment paper.
2. Brush the inside and outside of the bell pepper halves with ½ tbsp of olive oil. Place cut-side down on the baking sheet and roast for 10 minutes until slightly softened.
3. While peppers roast, combine cooked freekeh, feta, sun-dried tomatoes, dill, oregano, lemon juice, remaining ½ tbsp olive oil, cinnamon, and a pinch of salt in a mixing bowl. Stir gently to combine.
4. Remove peppers from the oven and carefully flip them over. Divide the freekeh mixture evenly between the two pepper halves, packing it gently.
5. Return to the oven and bake for 10 more minutes until the pepper edges begin to char and the filling is heated through.
6. Let the dish cool for 2 minutes before serving. The peppers can be enjoyed warm or at room temperature.



## Black Lentil & Fig "Dolmades" with Walnut Tzatziki

*Black beluga lentils and figs wrapped in grape leaves, served with walnut-studded tzatziki.*



Prep. Time:  
15 min



Time to cook:  
15 min



Portions:  
1

### INGREDIENTS:

- 6 grape leaves, rinsed
- ¼ cup (50 g) cooked black lentils
- 2 dried figs, finely chopped
- 1 shallot, minced
- 1 tsp (2 g) ground allspice
- ½ cup (120 g) Greek yogurt
- 2 tbsp (15 g) grated cucumber
- 1 tbsp (8 g) crushed walnuts
- 1 garlic clove, grated
- 1 tbsp (15 ml) lemon juice

### NUTRITIONAL VALUE (PER SERVING):

Calories: 320 kcal	Carbohydrates: 48 g
Protein: 16 g	Fiber: 10 g
Fat: 8 g	Sodium: 350 mg
Saturated Fat: 3 g	

### INSTRUCTIONS:

1. Heat a small skillet over medium heat. Incorporate the minced shallot and sauté until it becomes translucent, approximately 2 minutes. Stir in cooked lentils, chopped figs, allspice, salt, and water. Simmer for 5 minutes until the mixture comes together and most liquid is absorbed. Remove from heat and let cool slightly.
2. Lay grape leaves vein-side up on a clean surface. Place about 1 tbsp of filling near the stem end of each leaf. Fold sides over filling, then roll tightly from the stem end to form neat parcels.
3. Prepare a steamer basket over simmering water. Arrange dolmades seam-side down in the basket, cover, and steam for 8 minutes to soften the leaves and warm through.
4. While dolmades steam, make the tzatziki: In a small bowl, combine yogurt, drained cucumber, walnuts, grated garlic, and lemon juice. Mix thoroughly, then add salt to your preference.
5. Serve warm dolmades with the walnut tzatziki on the side. For best texture, enjoy immediately while the grape leaves are still tender.



## Saffron-Infused Chickpea "Paella" with Charred Lemons

*A Spanish-inspired skillet dish with chickpeas, artichokes, and smoky pimentón.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- ½ cup (100 g) cooked chickpeas
- ¼ cup (45 g) bomba rice. ⅛ tsp saffron threads, steeped in 1 tbsp hot water
- ¼ cup (40 g) artichoke hearts, quartered
- ¼ red bell pepper, sliced
- ½ tsp (1 g) smoked pimentón
- ¼ lemon, sliced and charred
- 1 tbsp (15 ml) olive oil. ½ garlic clove, minced
- 2 tbsp (5 g) chopped parsley
- ½ cup (120 ml) vegetable broth

### NUTRITIONAL VALUE (PER SERVING):

Calories: 420 kcal	Carbohydrates: 58 g
Protein: 14 g	Fiber: 11 g
Fat: 16 g	Sodium: 290 mg
Saturated Fat: 2 g	

### INSTRUCTIONS:

1. Heat olive oil in a small (8-inch) skillet over medium heat. Add bell pepper and garlic, cooking until softened, about 3 minutes.
2. Add rice and toast for one minute, stirring constantly, until the grains become slightly translucent at the edges.
3. Stir in chickpeas, artichokes, pimentón, saffron water (with threads), and vegetable broth. Reduce heat to low and cover after simmering.
4. Cook undisturbed for 15 minutes until the liquid is absorbed and the rice is tender. Add 1-2 more tbsp of broth and cook 2 minutes longer.
5. While paella cooks, heat a dry small skillet over high heat. Add lemon slices and char for 1-2 minutes per side until blackened in spots.
6. Remove paella from the heat and let it rest covered for 2 minutes. Top with charred lemon slices and sprinkle generously with parsley.



# Turkish "Manti" Dumplings with Brown Butter & Sumac Yogurt

*Mini lentil-stuffed dumplings with crispy sage brown butter and tangy yogurt sauce.*



Prep. Time:  
20 min



Time to cook:  
10 min



Portions:  
1

## INGREDIENTS:

- 12 wonton wrappers
- ¼ cup (50 g) cooked red lentils, mashed
- ½ tsp (1 g) ground cumin
- ¼ tsp (0.5 g) Aleppo pepper
- Pinch of salt
- 2 tbsp (30 g) Greek yogurt
- ½ tsp (1 g) sumac
- 1 tbsp (15 g) unsalted butter
- 2 fresh sage leaves
- ½ tbsp (7.5 ml) lemon juice

## NUTRITIONAL VALUE (PER SERVING):

Calories: 380 kcal	Carbohydrates: 50 g
Protein: 15 g	Fiber: 8 g
Fat: 14 g	Sodium: 420 mg
Saturated Fat: 8 g	

## INSTRUCTIONS:

1. Combine mashed lentils, cumin, Aleppo pepper, and salt in a small bowl. Mix until well blended.
2. Place about ½ tsp of filling in the center of each wonton wrapper. Moisten the edges gently with water and fold them into triangles, applying firm pressure to seal them.
3. Bring a pot of salted water to a gentle boil. Carefully add dumplings and cook for 3-4 minutes until they float to the surface. Remove and drain using a slotted spoon.
4. While dumplings cook, melt butter in a small skillet over medium heat. Add sage leaves and sauté until the butter reaches a nutty brown hue and the sage becomes crispy, approximately 2-3 minutes. Remove from heat immediately.
5. Using a separate small bowl, stir together yogurt, sumac, and lemon juice.
6. Arrange cooked dumplings on a plate. Drizzle with brown butter and sage, then serve with sumac yogurt on the side.



SIDE DISHES





# Turmeric-Roasted Cauliflower with Crispy Chickpeas & Lemon Tahini Drizzle

Golden cauliflower with crunchy chickpeas and a creamy tahini sauce.



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

## INGREDIENTS:

- 1 ½ cups (150 g) cauliflower florets
- ½ cup (100 g) canned chickpeas, rinsed and dried.
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) ground turmeric
- ¼ tsp (0.5 g) cumin. 1 garlic clove, minced
- 1 tbsp (15 g) tahini
- 1 tsp (5 ml) lemon juice
- 1 tsp (5 ml) water
- ¼ tsp (0.5 g) smoked paprika
- 2 tbsp (5 g) fresh parsley, chopped

## NUTRITIONAL VALUE (PER SERVING):

Calories: 280 kcal      Carbohydrates: 30 g  
 Protein: 9 g              Fiber: 8 g  
 Fat: 14 g                  Sodium: 180 mg  
 Saturated Fat: 2 g

## INSTRUCTIONS:

1. Preheat oven to 425°F (220°C). Toss cauliflower and chickpeas with olive oil, turmeric, cumin, and a pinch of salt. Spread on a baking tray.
2. Bake for 15 minutes, then turn and roast for 5-7 minutes until crispy.
3. Whisk tahini, lemon juice, water, minced garlic, and smoked paprika until smooth. Adjust consistency with more water if needed.
4. Drizzle sauce over roasted cauliflower and chickpeas. Garnish with parsley.



# Lemon-Garlic Butter Green Beans with Toasted Almonds

Classic green beans elevated with nutty crunch and citrus.



Prep. Time:  
5 min



Time to cook:  
10 min



Portions:  
1

## INGREDIENTS:

- 1 ½ cups (150 g) green beans, trimmed
- 1 tbsp (15 g) butter
- 1 garlic clove, minced
- 1 tsp (5 ml) lemon zest
- 1 tbsp (15 ml) lemon juice
- 2 tbsp (15 g) sliced almonds, toasted
- Salt and pepper to taste

## NUTRITIONAL VALUE (PER SERVING):

Calories: 180 kcal      Carbohydrates: 12 g  
 Protein: 4 g              Fiber: 5 g  
 Fat: 14 g                  Sodium: 90 mg  
 Saturated Fat: 6 g

## INSTRUCTIONS:

1. Bring a pot of water to a boil. Incorporate the green beans and allow them to cook for 3 minutes. Drain and promptly transfer to ice water, then drain once more.
2. Melt the butter in a pan set over medium heat. Add garlic and sauté for 30 seconds until fragrant.
3. Add blanched green beans, lemon zest, and lemon juice. Toss and cook for 2 minutes until heated through.
4. Remove from heat, sprinkle with toasted almonds, and season with salt and pepper to taste.



## Zucchini & Mushroom Sauté with Herbed Yogurt

*Creamy yogurt balances umami mushrooms and zucchini.*



Prep. Time:

5 min



Time to cook:

15 min



Portions:

1

### INGREDIENTS:

- 1 cup (120 g) zucchini, sliced
- ½ cup (50 g) mushrooms, sliced
- 1 tbsp (15 ml) olive oil
- ¼ tsp (0.5 g) thyme
- 2 tbsp (30 g) Greek yogurt
- 1 tsp (5 ml) lemon juice
- 1 garlic clove, minced

### INSTRUCTIONS:

1. Warm olive oil in a medium-sized skillet set over medium heat. Incorporate zucchini, mushrooms, and thyme. Cook for 8-10 minutes, stirring regularly, until the vegetables are tender and lightly browned.
2. While vegetables cook, combine Greek yogurt, lemon juice, and minced garlic in a small bowl. Stir until smooth.
3. Move the cooked vegetables to a serving plate and lightly drizzle with the herbed yogurt mixture. Serve warm.

### NUTRITIONAL VALUE (PER SERVING):

Calories: 160 kcal      Carbohydrates: 8 g  
Protein: 6 g              Fiber: 2 g  
Fat: 12 g                 Sodium: 50 mg  
Saturated Fat: 2 g



## Harissa-Roasted Bell Peppers with Whipped Feta & Pine Nuts

*Sweet roasted bell peppers with smoky harissa, creamy feta, and crunchy pine nuts.*



Prep. Time:

10 min



Time to cook:

20 min



Portions:

1

### INGREDIENTS:

- 2 large bell peppers (2 cups/200 g)
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 g) harissa paste
- ¼ tsp (0.5 g) smoked paprika
- 2 tbsp (30 g) feta cheese
- 1 tbsp (15 ml) Greek yogurt
- 1 tsp (5 ml) lemon juice
- 1 tbsp (10 g) toasted pine nuts
- Fresh parsley for garnish

### INSTRUCTIONS:

1. Preheat oven to 425°F (220°C). Toss bell pepper strips with olive oil, harissa paste, smoked paprika, and a pinch of salt. Put on a baking tray and roast for 15 to 20 minutes until soft and slightly browned.
2. Put the feta cheese, Greek yogurt, and lemon juice in a food processor or blender and blend them while the peppers roast. Process until smooth, adding a teaspoon of water, if needed, to reach a creamy consistency.
3. To serve, spread whipped feta on a plate, arrange roasted peppers on top, and garnish with toasted pine nuts and fresh parsley.

### NUTRITIONAL VALUE (PER SERVING):

Calories: 240 kcal      Carbohydrates: 15 g  
Protein: 6 g              Fiber: 4 g  
Fat: 18 g                 Sodium: 300 mg  
Saturated Fat: 5 g



# Griddled Asparagus & Cherry Tomatoes with Lemon-Anchovy Breadcrumbs

*Charred asparagus and burst tomatoes topped with umami breadcrumbs.*



Prep. Time:  
5 min



Time to cook:  
10 min



Portions:  
1

## INGREDIENTS:

- 1 bunch of asparagus (2 cups/150 g), woody ends trimmed
- ½ cup (75 g) cherry tomatoes
- 1 tbsp (15 ml) olive oil
- 2 tbsp (15 g) panko breadcrumbs
- 1 tsp (5 ml) olive oil
- 1 anchovy fillet, minced (or ½ tsp anchovy paste)
- ½ tsp (1 g) lemon zest
- 1 garlic clove, minced
- Pinch of red pepper flakes

## INSTRUCTIONS:

1. Heat a grill pan over medium-high heat. Combine asparagus and cherry tomatoes with 1 tbsp of olive oil and a dash of salt. Grill 3-4 minutes per side, until asparagus is tender with char marks and tomatoes begin to blister.
2. In the meantime, warm 1 tsp of olive oil in a small pan set to medium heat. Incorporate minced garlic, anchovy, and red pepper flakes. Cook for 1 minute until fragrant. Stir in panko breadcrumbs and lemon zest, toasting for 1-2 minutes until golden and crisp.
3. Arrange grilled asparagus and tomatoes on a plate. Sprinkle generously with the lemon-anchovy breadcrumbs. Serve immediately.

## NUTRITIONAL VALUE (PER SERVING):

Calories: 200 kcal	Carbohydrates: 15 g
Protein: 7 g	Fiber: 5 g
Fat: 14 g	Sodium: 180 mg
Saturated Fat: 2 g	



# SNACKS





## Za'atar-Spiced Chickpea Flatbread (Farinata) with Herbed Yogurt

*A crispy, protein-packed chickpea flatbread topped with fragrant za'atar and creamy yogurt sauce.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- ½ cup (60 g) chickpea flour
- ½ cup (120 ml) water
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) za'atar seasoning
- ¼ tsp (0.5 g) cumin
- 1 tbsp (15 g) plain Greek yogurt
- ½ tsp (1 g) fresh dill, chopped
- ½ tsp (1 g) lemon zest
- 1 tbsp (10 g) red onion, thinly sliced
- 5 cherry tomatoes, halved
- Pinch of salt and black pepper

### NUTRITIONAL VALUE (PER SERVING):

Calories: 280 kcal      Carbs: 26 g  
 Protein: 12 g          Fiber: 5 g  
 Fat: 14 g                Sodium: 150 mg  
 Saturated Fat: 2 g

### INSTRUCTIONS:

1. Whisk together chickpea flour, water, ½ tbsp olive oil, cumin, and a sprinkle of salt in a bowl. Let the batter rest for 5 minutes to thicken slightly.
2. Heat the remaining ½ tbsp olive oil in an 8-inch nonstick skillet over medium heat. Pour in the batter, swirling to coat the pan evenly. Let it cook for 3-4 minutes, until edges are crispy and pull away from sides.
3. Sprinkle za'atar evenly over the surface, then carefully flip the flatbread using a wide spatula. Cook for 2-3 minutes until golden brown on the second side. Transfer to a serving plate.
4. Using a small bowl, combine Greek yogurt, chopped dill, lemon zest, and a pinch each of salt and pepper. Stir until smooth.
5. Drizzle the herbed yogurt over the warm flatbread, then top with thinly sliced red onion and halved cherry tomatoes. Cut into wedges and serve immediately while still warm.



## Spiced Walnut-Stuffed Dates with Feta & Honey

*Sweet Medjool dates stuffed with tangy feta, crunchy walnuts, and a drizzle of honey.*



Prep. Time:  
10 min



Time to cook:  
5 min



Portions:  
1

### INGREDIENTS:

- 4 Medjool dates (about 80 g)
- 2 tbsp (20 g) walnuts, chopped
- 2 tbsp (30 g) feta cheese, crumbled
- ½ tsp (1 g) cinnamon
- 1 tsp (5 ml) honey
- 1 tsp (5 ml) lemon juice
- Fresh mint for garnish

### NUTRITIONAL VALUE (PER SERVING):

Calories: 320 kcal      Carbs: 52 g  
 Protein: 6 g             Fiber: 5 g  
 Fat: 12 g                Sodium: 180 mg  
 Saturated Fat: 3 g

### INSTRUCTIONS:

1. Warm a small dry skillet on low heat. Incorporate chopped walnuts and toast them for 2-3 minutes, stirring often, until they become fragrant and lightly golden. Remove from heat and toss with cinnamon.
2. With a sharp knife, create a lengthwise slit in each date and extract the pit. Gently open the dates without splitting them completely.
3. Stuff each date with equal amounts of crumbled feta and the cinnamon-spiced walnuts, pressing gently to close slightly.
4. Arrange stuffed dates on a serving plate. Drizzle evenly with honey and lemon juice.
5. Just before serving, add fresh mint leaves as a garnish. Best enjoyed at room temperature.



## Smoky Eggplant & Tahini Dip with Pita Chips

*A creamy, smoky eggplant dip with homemade za'atar pita chips.*



Prep. Time:  
10 min



Time to cook:  
15 min



Portions:  
1

### INGREDIENTS:

- 1 small eggplant (2 cups/200 g), diced
- 1 tbsp (15 ml) olive oil
- 1 garlic clove, minced
- 1 tbsp (15 g) tahini
- ½ tsp (1 g) smoked paprika
- ½ whole wheat pita, cut into triangles
- ½ tsp (1 g) za'atar
- Lemon juice and parsley to taste

### NUTRITIONAL VALUE (PER SERVING):

Calories: 290 kcal	Carbs: 28 g
Protein: 6 g	Fiber: 8 g
Fat: 18 g	Sodium: 120 mg
Saturated Fat: 2 g	

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). Combine diced eggplant with olive oil, salt, and smoked paprika. Put on a baking tray and roast for 12-15 minutes until tender and slightly charred.
2. Blend the roasted eggplant, tahini, minced garlic, and a dash of lemon juice using a blender or food processor. Mix until completely smooth. To intensify the flavor, add more salt or lemon.
3. Cut pita into triangles, toss with za'atar, and spread on a baking sheet. Toast in the oven (same temperature) for 5 minutes until crisp.
4. Place the dip in a bowl, add olive oil, and garnish with chopped parsley. Serve immediately with warm pita chips.



## Sardine & Olive Tapenade Crostini

*Bruschetta-style toast with bold sardine tapenade and fresh herbs.*



Prep. Time:  
10 min



Time to cook:  
5 min



Portions:  
1

### INGREDIENTS:

- 2 slices whole-grain baguette (40 g)
- 1 sardine fillet (50 g), mashed
- 5 Kalamata olives, chopped
- 1 tsp (5 g) capers
- ½ garlic clove, minced
- 1 tbsp (5 g) parsley
- 1 tsp (5 ml) lemon juice
- 1 tbsp (15 ml) olive oil

### NUTRITIONAL VALUE (PER SERVING):

Calories: 250 kcal	Carbs: 18 g
Protein: 12 g	Fiber: 3 g
Fat: 14 g	Sodium: 480 mg
Saturated Fat: 2 g	

### INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Grease both sides of the baguette slices with olive oil and place on a baking sheet. Toast for 5 minutes until golden and crisp, flipping halfway.
2. While the bread toasts, combine mashed sardine fillet, chopped olives, capers, minced garlic, parsley, and lemon juice in a small bowl. Mix well to form a coarse tapenade.
3. Spread the sardine-olive mixture evenly onto the toasted baguette slices. Drizzle with additional olive oil.
4. Garnish with extra chopped parsley leaves before serving. Best served straight after cooking, while the bread is still warm and crisp.



# Turmeric-Spiced Roasted Carrot Hummus

*A vibrant hummus with roasted carrots and warm spices, served with cucumber slices.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

## INGREDIENTS:

- ½ cup (100 g) chickpeas, cooked
- 1 small carrot (60 g), roasted
- 1 tbsp (15 g) tahini
- ½ tsp (1 g) turmeric
- ½ tsp (1 g) cumin
- 1 garlic clove
- 1 tbsp (15 ml) lemon juice
- ½ cucumber, sliced

## NUTRITIONAL VALUE (PER SERVING):

Calories: 220 kcal  
Protein: 9 g  
Fat: 10 g  
Saturated Fat: 1 g

Carbs: 26 g  
Fiber: 8 g  
Sodium: 160 mg

## INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). Toss the carrot with a drizzle of olive oil, salt, and turmeric. Roast for 15 minutes until soft and gently caramelized. Let it cool slightly.
2. Combine roasted carrots, chickpeas, tahini, garlic, cumin, and lemon juice in a food processor. Blend until you achieve a smooth consistency, making sure to scrape down the sides as necessary. Incorporate water gradually, 1 tbsp at a time, until you achieve the desired creamy consistency.
3. Adjust the flavor with salt or lemon juice to taste. Move to a serving bowl and add a dash of cumin on top.
4. Serve immediately with fresh cucumber slices, or refrigerate for 3 days. For the best flavor, let chilled hummus come to room temperature before serving.



# DESSERTS





# Cardamom-Fig Yogurt Parfait with Pistachio Crumble

*Creamy Greek yogurt layered with honey-roasted figs and a crunchy pistachio-oat crumble.*



Prep. Time:  
15 min



Time to cook:  
15 min



Portions:  
1

## INGREDIENTS:

- 1 cup (200 g) Greek yogurt (full-fat or 2%)
- 2 fresh figs (100 g), quartered
- 1 tsp (5 ml) honey
- 1 tsp (2 g) ground cardamom, divided
- 2 tbsp (15 g) rolled oats
- 1 tbsp (8 g) shelled pistachios, chopped
- ½ tsp (2 ml) olive oil
- 1 tsp (5 ml) orange blossom water (optional)

## NUTRITIONAL VALUE (PER SERVING):

Calories: 290 kcal      Carbohydrates: 35 g  
 Protein: 18 g      Fiber: 4 g  
 Fat: 8 g      Sodium: 50 mg  
 Saturated Fat: 3 g

## INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Toss fig quarters with honey and ½ teaspoon cardamom. Roast figs on a parchment-lined baking sheet for 10 minutes until tender and caramelized.
2. While figs roast, heat a small skillet over low heat. Add oats, pistachios, olive oil, and the remaining ½ tsp of cardamom. Toast, stirring frequently, for 3-4 minutes until fragrant and lightly golden. Transfer to a plate to cool completely.
3. Using a serving glass or bowl, layer half the yogurt, followed by half the roasted figs and half the crumble mixture. Repeat layers once more. Drizzle with orange blossom water, if using.
4. Chill for 5 minutes to let the flavors combine and the texture firm up. Serve chilled with any remaining crumble sprinkled on top.



# Olive Oil & Sea Salt Dark Chocolate Bark

*Rich dark chocolate infused with olive oil, topped with flaky salt and toasted almonds.*



Prep. Time:  
5 min



Time to cook:  
20 min



Portions:  
1

## INGREDIENTS:

- 3.5 oz (100 g) dark chocolate (70% cocoa), chopped
- 1 tbsp (15 ml) extra-virgin olive oil
- 1 tbsp (8 g) almonds, roughly chopped and toasted
- ¼ tsp flaky sea salt
- ½ tsp (1 g) orange zest (optional)

## NUTRITIONAL VALUE (PER SERVING):

Calories: 320 kcal      Carbohydrates: 20 g  
 Protein: 5 g      Fiber: 5 g  
 Fat: 25 g      Sodium: 200 mg  
 Saturated Fat: 10 g

## INSTRUCTIONS:

1. Melt the chopped dark chocolate with olive oil using a double boiler over slowly boiling water (or microwave in 15-second intervals, stirring between each), until completely smooth and glossy. Remove from heat.
2. Cover a small baking tray or plate with parchment paper. Pour melted chocolate onto the parchment and use a spatula to spread it into an even layer about ¼-inch thick.
3. Immediately sprinkle the toasted almonds evenly over the chocolate, followed by flaky sea salt and orange zest (if using), gently pressing toppings into the surface.
4. Move to the refrigerator and allow to chill for 20 minutes, or until fully set. After it has set, break it into uneven pieces using your hands. Keep in an airtight container in a cool place for a maximum of 1 week.



## Orange Blossom & Almond Semolina Halva Bites

*A quick, no-cook version of halva with semolina, almond butter, and floral orange blossom water.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- ¼ cup (30 g) fine semolina
- 1 tbsp (15 g) almond butter
- 1 tsp (5 ml) orange blossom water
- 1 tsp (5 ml) honey
- 1 tbsp (8 g) slivered almonds
- 1 tsp (2 g) cinnamon

### INSTRUCTIONS:

1. Combine semolina, almond butter, orange blossom water, and honey in a small mixing bowl. Stir vigorously until a thick, cohesive dough forms. If too crumbly, add ½ tsp of warm water; if too sticky, dust with a pinch more semolina.
2. Divide the mixture into 3 equal portions. Roll each between your palms to form smooth balls, then gently flatten into thick discs (about 1-inch wide).
3. Press slivered almonds onto the tops of each disc, then lightly dust with cinnamon. Place on a plate and chill in the refrigerator for 20 minutes to set.
4. Serve chilled. Store leftovers in an airtight container in the fridge for 3 days. For extra fragrance, drizzle with a drop of orange blossom water before serving.

### NUTRITIONAL VALUE (PER SERVING):

Calories: 210 kcal      Carbohydrates: 28 g  
 Protein: 6 g              Fiber: 3 g  
 Fat: 8 g                    Sodium: 5 mg  
 Saturated Fat: 1 g



## Saffron-Infused Panna Cotta with Pistachio Dust

*A creamy, dairy-free panna cotta made with almond milk and saffron, topped with crushed pistachios.*



Prep. Time:  
10 min



Time to cook:  
20 min



Portions:  
1

### INGREDIENTS:

- ½ cup (120 ml) unsweetened almond milk
- 1 tsp (3 g) agar-agar powder
- 1 tbsp (15 ml) honey
- 2 saffron threads, steeped in 1 tsp hot water
- 1 tbsp (8 g) pistachios, crushed
- ½ tsp (2 ml) rosewater (optional)

### INSTRUCTIONS:

1. In a small bowl, steep saffron threads in 1 tsp hot water for 5 minutes to release color and aroma.
2. Combine almond milk, agar-agar, honey, and the saffron water (including threads) in a small saucepan. Warm over medium-low heat, stirring constantly for 2 minutes until agar-agar dissolves completely. Do not let it boil.
3. Take off the heat and mix in the rosewater (if you use it). Pour into a 4-oz ramekin or small glass. Let cool at room temperature for 5 minutes, then refrigerate for 20 minutes until fully set.
4. Just before serving, sprinkle with crushed pistachios. Briefly dip the ramekin in warm water for clean unmolding and invert it onto a plate.

### NUTRITIONAL VALUE (PER SERVING):

Calories: 180 kcal      Carbohydrates: 24 g  
 Protein: 3 g              Fiber: 2 g  
 Fat: 8 g                    Sodium: 60 mg  
 Saturated Fat: 1 g



# Chocolate-Dipped Stuffed Figs with Goat Cheese & Balsamic

*Fresh figs stuffed with tangy goat cheese, dipped in dark chocolate, and drizzled with balsamic reduction.*



Prep. Time:  
15 min



Time to cook:  
10 min



Portions:  
1

## INGREDIENTS:

- 3 fresh figs (120 g), halved
- 2 tbsp (30 g) goat cheese
- 1 oz (30 g) dark chocolate (70%), melted
- 1 tsp (5 ml) balsamic glaze
- 1 tsp (2 g) crushed hazelnuts

## INSTRUCTIONS:

1. Gently halve figs lengthwise without cutting through, creating a pocket. Spoon about ½ tsp of goat cheese into each fig and press the halves together lightly to close.
2. Line a small plate with parchment paper. Dip the bottom third of each stuffed fig into melted dark chocolate, letting excess drip off. Place on prepared parchment.
3. Using a spoon, drizzle balsamic glaze in zigzags over figs. Immediately sprinkle with crushed hazelnuts before the chocolate sets.
4. Chill for 10 minutes to let the chocolate set. Serve slightly chilled, allowing it to sit at room temperature for 5 minutes before eating for optimal flavor.

## NUTRITIONAL VALUE (PER SERVING):

Calories: 280 kcal	Carbohydrates: 35 g
Protein: 6 g	Fiber: 5 g
Fat: 14 g	Sodium: 70 mg
Saturated Fat: 7 g	



# 30-DAY MEAL PLAN

## Week 1

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 1	Greek Yogurt Bowl	Spiced Chickpea & Carrot Salad	Lemon-Garlic Butter Shrimp	Spiced Walnut-Stuffed Dates
Day 2	Avocado & Chickpea Toast	Za'atar Eggplant & Quinoa Salad	Harissa-Glazed Salmon	Sardine & Olive Tapenade
Day 3	Almond Butter Banana Oatmeal	Warm Lentil & Roasted Pepper Salad	Lemon-Garlic Chicken	Turmeric Carrot Hummus
Day 4	Quick Shakshuka	Harissa Cauliflower & Chickpea Salad	Beef & Olive Tagine	Za'atar Chickpea Flatbread
Day 5	Sardine & Lemon Toast	Lemon-Garlic Shrimp & Orzo Salad	Stuffed Eggplant	Dark Chocolate Bark
Day 6	Smoked Salmon Frittata	Greek Tuna & White Bean Bowl	Moroccan-Spiced Chicken	Fig Yogurt Parfait
Day 7	Turkish Coffee Oatmeal	Sardine & White Bean Bowl	Sicilian Swordfish	Orange Blossom & Almond Semolina Halva Bites

## Week 2

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 8	Tahini Chickpea Flatbread	Sumac Chicken & Farro Salad	Spanish Chorizo & Lentil Stew	Smoky Eggplant Dip
Day 9	Halloumi Shakshuka	Turmeric Chicken Bowl	Lemon-Tahini Turkey Meatballs	Stuffed Figs
Day 10	Warm Fig & Labneh Bowl	Moroccan Carrot & Chickpea Soup	Miso-Glazed Tuna	Pine Nuts + Whipped Feta
Day 11	Harissa Chickpea Scramble	Lemon-Garlic Shrimp & Farro Bowl	Sun-Dried Tomato Stuffed Chicken	Saffron Panna Cotta
Day 12	Za'atar Baked Eggs	Spiced Lentil & Eggplant Bowl	Creamy Artichoke Risotto	Walnut Tzatziki
Day 13	Spinach & Feta Phyllo Parcels	Greek Avgolemono Soup	Sicilian Caponata Pasta	Chocolate-Dipped Figs
Day 14	Mediterranean Scrambled Eggs	Za'atar Halloumi & Grape Bowl	Turkish Eggplant Stew	Olive Oil Chocolate Bark

# Week 3

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 15	Sardine & Roasted Pepper Tartine	Harissa Chickpea & Quinoa Bowl	Cumin-Lime Grilled Mackerel	Za'atar-Spiced Flatbread
Day 16	Turkish Coffee & Cardamom Oatmeal	Lemon-Garlic Shrimp & Orzo Salad	Pomegranate-Glazed Turkey	Stuffed Dates
Day 17	Za'atar Baked Eggs	Spiced Lentil & Sweet Potato Dolmas	Anchovy Pasta	Eggplant & Tahini Dip
Day 18	Spinach & Feta Stuffed Portobello	Greek-Style Tuna & White Bean Bowl	Moroccan Mussel Pot	Pistachio Dukkah + Labneh
Day 19	Almond Butter & Banana Oatmeal	Turmeric Chickpea & Spinach Soup	Beef & Walnut-Stuffed Peppers	Dark Chocolate Bark
Day 20	Warm Fig & Labneh Bowl	Sicilian Tuna & White Bean Stew	Mushroom & Walnut "Keftedes"	Saffron Panna Cotta
Day 21	Smoked Salmon & Dill Frittata	Za'atar Halloumi & Watermelon Skewers	Turkish Lentil Köfte	Orange Blossom & Almond Semolina Halva Bites

## Week 4

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 22	Tahini-Drizzled Chickpea Flatbread	Sumac-Spiced Chicken & Farro Salad	Smoky Eggplant & Chickpea Tagine	Turmeric Carrot Hummus
Day 23	Halloumi & Herb Shakshuka	Lemon-Garlic Shrimp & Farro Bowl	Greek Herbed Chicken & Orzo Skillet	Walnut Tzatziki
Day 24	Harissa Chickpea & Egg Scramble	Moroccan-Spiced Carrot & Chickpea Soup	Provençal Socca Pizza	Fig Yogurt Parfait
Day 25	Avocado & Chickpea Toast	Spiced Lentil & Eggplant Bowl	Sicilian "Pasta alla Norma"	Sardine & Olive Tapenade
Day 26	Quick Shakshuka	Greek Avgolemono Soup	Stuffed Bell Peppers	Chocolate-Dipped Figs
Day 27	Mediterranean Scrambled Eggs	Za'atar Halloumi & Roasted Grape Bowl	Lemon-Tahini Turkey Meatballs	Pine Nuts + Whipped Feta
Day 28	Spinach & Feta Phyllo Parcels	Harissa-Roasted Cauliflower Salad	Black Lentil & Fig "Dolmades"	Olive Oil Chocolate Bark

## Week 5

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 29	Greek Yogurt Bowl	Lemon-Garlic Shrimp & Orzo Salad	Saffron Chickpea "Paella"	Smoky Eggplant Dip
Day 30	Sardine & Lemon Toast	Warm Lentil & Roasted Pepper Salad	Turkish Manti Dumplings	Cardamom-Fig Yogurt

# SHOPPING LIST

## Week 1

### DAIRY & EGGS

- Greek yogurt (2% or full-fat): 1 (17.6 oz / 500 g) tub
- Feta cheese: 1 (4 oz / 113 g) block or crumbled tub
- Parmesan cheese (optional): 1 small wedge (2 oz / 56 g)
- Eggs: 1 dozen (or 6 if buying half a dozen)
- Unsalted butter: 1 (4 oz / 113 g) stick

### PANTRY STAPLES

- Honey: 1 (12 oz / 340 g) bottle
- Tahini: 1 (8 oz / 227 g) jar
- Almond butter: 1 (8 oz / 227 g) jar
- Date syrup (or maple syrup): 1 (8 oz / 227 g) bottle
- Olive oil (extra virgin): 1 (16.9 fl oz / 500 ml) bottle
- Balsamic vinegar: 1 (8.5 fl oz / 250 ml) bottle
- Canned diced tomatoes: 1 (14.5 oz / 411 g) can
- Canned chickpeas: 2 (15 oz / 425 g) cans
- Canned white beans: 1 (15 oz / 425 g) can
- Canned tuna in olive oil: 1 (5 oz / 140 g) can
- Canned sardines in olive oil: 1 (3.5 oz / 100 g) can
- Harissa paste: 1 (4 oz / 113 g) tube
- Dark chocolate (70% cocoa): 1 (3.5 oz / 100 g) bar

### GRAINS & BREAD

- Whole-grain bread: 1 loaf (16 oz / 450 g)
- Whole-wheat pita/flatbread: 1 pack (4 pieces)
- Rye bread: 1 small loaf (8 oz / 227 g)
- Rolled oats: 1 (18 oz / 510 g) canister
- Steel-cut oats: 1 (16 oz / 454 g) package
- Quinoa: 1 (12 oz / 340 g) bag
- Orzo pasta: 1 (8 oz / 227 g) box
- Chickpea flour: 1 (16 oz / 454 g) bag
- Semolina: 1 small bag (8 oz / 227 g)

### NUTS & SEEDS

- Walnuts: 1 (4 oz / 113 g) bag
- Almonds (whole/slivered): 1 (4 oz / 113 g) bag
- Pistachios (shelled): 1 (2 oz / 56 g) bag
- Sunflower seeds: 1 (2 oz / 56 g) bag
- Chia seeds: 1 (8 oz / 227 g) bag

### SPICES & HERBS

- Ground cinnamon: 1 (2 oz / 56 g) jar
- Smoked paprika: 1 (1 oz / 28 g) jar
- Cumin: 1 (1.5 oz / 42 g) jar
- Za'atar: 1 (1 oz / 28 g) jar
- Turmeric: 1 (1 oz / 28 g) jar
- Dried oregano: 1 (0.5 oz / 14 g) jar
- Cardamom pods: 1 (0.5 oz / 14 g) jar
- Red pepper flakes: 1 (1 oz / 28 g) jar
- Fresh mint: 1 bunch

- Fresh parsley: 1 bunch
- Fresh cilantro: 1 bunch
- Fresh dill: 1 bunch

### PRODUCE

- Avocado: 2 medium
- Banana: 1 bunch (buy 3–4)
- Mixed berries: 1 (12 oz / 340 g) clamshell
- Lemon: 3–4
- Garlic: 1 head
- Ginger (fresh): 1 small root
- Red bell pepper: 1
- Cucumber: 1 large
- Red onion: 1 medium
- Shallot: 1 small
- Carrots: 1 lb (450 g) bag
- Eggplant: 1 small
- Kale: 1 bunch
- Arugula: 1 (5 oz / 142 g) clamshell
- Baby spinach: 1 (5 oz / 142 g) clamshell
- Cherry tomatoes: 1 (10 oz / 284 g) pint
- Pomegranate seeds: 1 (4 oz / 113 g) container (or 1 whole pomegranate)
- Fresh figs: 1 (8 oz / 227 g) pack
- Medjool dates: 1 (8 oz / 227 g) pack
- Dried apricots: 1 (6 oz / 170 g) bag

### MEAT & SEAFOOD

- Smoked salmon: 1 (4 oz / 113 g) pack
- Shrimp (peeled/deveined): 1 (8 oz / 227 g) pack
- Salmon fillet: 1 (6 oz / 170 g) piece
- Swordfish steak: 1 (5 oz / 140 g) piece
- Chicken breast: 1 lb (450 g)
- Chicken thigh: 1 lb (450 g)
- Lean beef (cubed): 1 lb (450 g)

### MISCELLANEOUS

- Almond milk (unsweetened): 1 (32 fl oz / 946 ml) carton
- Turkish coffee: 1 (8 oz / 227 g) bag
- Orange blossom water (optional): 1 (3.4 fl oz / 100 ml) bottle
- Preserved lemon (optional): 1 small jar

# Week 2

## DAIRY & EGGS

- Halloumi cheese: 1 (8 oz / 225 g) block
- Labneh or Greek yogurt: 1 (16 oz / 450 g) tub
- Feta cheese: 1 (6 oz / 170 g) crumbled tub
- Parmesan (optional): 1 small wedge (2 oz / 56 g)
- Eggs: 1 dozen

## PANTRY STAPLES

- Tahini: 1 (8 oz / 227 g) jar
- Harissa paste: 1 (4 oz / 113 g) tube
- Olive oil: 1 (16.9 fl oz / 500 ml) bottle
- Honey: 1 (12 oz / 340 g) bottle
- Canned chickpeas: 2 (15 oz / 425 g) cans
- Canned crushed tomatoes: 1 (14.5 oz / 411 g) can
- Tomato sauce: 1 (8 oz / 227 g) can
- Pomegranate molasses: 1 (5 oz / 150 ml) bottle
- Orange blossom water (optional): 1 (3.4 fl oz / 100 ml) bottle
- White miso paste: 1 (5.6 oz / 160 g) tub
- Soy sauce: 1 (5 fl oz / 150 ml) bottle
- Balsamic vinegar: 1 (8.5 fl oz / 250 ml) bottle
- Dark chocolate (70% cocoa): 1 (3.5 oz / 100 g) bar

## GRAINS & BREAD

- Whole-wheat flatbread/pita: 1 pack (4-6 pieces)
- Whole-grain tortillas: 1 pack (8 count)
- Phyllo dough: 1 (16 oz / 454 g) package (freeze leftovers)
- Arborio rice: 1 (16 oz / 454 g) bag
- Farro (or freekeh/quinoa): 1 (12 oz / 340 g) bag
- Orzo pasta: 1 (8 oz / 227 g) box
- Whole wheat spaghetti: 1 (16 oz / 454 g) box

## NUTS & SEEDS

- Pistachios (shelled): 1 (4 oz / 113 g) bag
- Pine nuts: 1 (2 oz / 56 g) bag
- Walnuts: 1 (4 oz / 113 g) bag
- Sesame seeds: 1 (2 oz / 56 g) bag
- Almonds (slivered/whole): 1 (4 oz / 113 g) bag

## SPICES & HERBS

- Za'atar: 1 (1 oz / 28 g) jar
- Cumin: 1 (1.5 oz / 42 g) jar
- Smoked paprika: 1 (1 oz / 28 g) jar
- Coriander seeds: 1 (0.5 oz / 14 g) jar
- Turmeric: 1 (1 oz / 28 g) jar
- Sumac: 1 (1 oz / 28 g) jar
- Cardamom pods: 1 (0.5 oz / 14 g) jar
- Dried oregano: 1 (0.5 oz / 14 g) jar
- Fresh mint: 1 bunch
- Fresh parsley: 1 bunch
- Fresh cilantro: 1 bunch
- Fresh dill: 1 bunch
- Fresh thyme: 1 bunch
- Fresh basil: 1 bunch

## PRODUCE

- Cucumber: 1 large
- Red onion: 1 medium
- Shallot: 2 small
- Garlic: 1 head
- Ginger: 1 small root
- Red bell pepper: 1
- Cherry tomatoes: 1 (10 oz / 284 g) pint
- Eggplant: 1 medium
- Carrots: 1 lb (450 g) bag
- Cauliflower: 1 small head (or pre-riced, 12 oz / 340 g)
- Baby spinach: 1 (5 oz / 142 g) clamshell
- Baby arugula: 1 (5 oz / 142 g) clamshell
- Lemon: 4
- Fresh figs: 1 (8 oz / 227 g) pack
- Medjool dates: 1 (8 oz / 227 g) pack
- Red grapes: 1 small bunch
- Pomegranate seeds: 1 (4 oz / 113 g) container (or 1 whole fruit)

## MEAT & SEAFOOD

- Chicken breast: 1 lb (450 g)
- Chicken thigh: 1 lb (450 g)
- Ground turkey: 1 lb (450 g)
- Tuna steak: 1 (6 oz / 170 g) fillet
- Shrimp (peeled/deveined): 1 (8 oz / 227 g) pack
- Spanish chorizo: 1 (3.5 oz / 100 g) link

## MISCELLANEOUS

- Kalamata olives: 1 (6 oz / 170 g) jar
- Green olives: 1 (5 oz / 142 g) jar
- Sun-dried tomatoes (oil-packed): 1 (8 oz / 227 g) jar
- Marinated artichoke hearts: 1 (6 oz / 170 g) jar
- Vegetable broth: 1 (32 fl oz / 946 ml) carton
- Chicken broth: 1 (32 fl oz / 946 ml) carton
- Grape leaves (for stuffing): 1 (16 oz / 454 g) jar
- Agar-agar powder (optional): 1 (0.5 oz / 14 g) packet
- Rosewater (optional): 1 (3.4 fl oz / 100 ml) bottle

# Week 3

## DAIRY & EGGS

- Labneh or Greek yogurt (full-fat): 1 (16 oz / 450 g) tub
- Feta cheese: 1 (6 oz / 170 g) crumbled tub
- Parmesan (optional): 1 small wedge (2 oz / 56 g)
- Halloumi cheese: 1 (8 oz / 225 g) block
- Eggs: 1 dozen

## PANTRY STAPLES

- Tahini: 1 (8 oz / 227 g) jar
- Harissa paste: 1 (4 oz / 113 g) tube
- Olive oil: 1 (16.9 fl oz / 500 ml) bottle
- Honey: 1 (12 oz / 340 g) bottle
- Date syrup: 1 (8 oz / 227 g) bottle
- Sherry vinegar: 1 (5 fl oz / 150 ml) bottle
- Pomegranate molasses: 1 (5 oz / 150 ml) bottle
- Orange blossom water (optional): 1 (3.4 fl oz / 100 ml) bottle
- Canned sardines in olive oil: 1 (4.25 oz / 120 g) tin
- Canned tuna in olive oil: 1 (5 oz / 140 g) tin
- Canned chickpeas: 2 (15 oz / 425 g) cans
- Canned white beans: 1 (15 oz / 425 g) can
- Tomato sauce: 1 (8 oz / 227 g) can
- Diced tomatoes: 1 (14.5 oz / 411 g) can
- Dark chocolate (70% cocoa): 1 (3.5 oz / 100 g) bar

## GRAINS & BREAD

- Sourdough bread: 1 loaf (16 oz / 450 g)
- Whole-wheat pita: 1 pack (4-6 pieces)
- Steel-cut oats: 1 (16 oz / 454 g) package
- Rolled oats: 1 (18 oz / 510 g) canister
- Quinoa: 1 (12 oz / 340 g) bag
- Bulgur wheat: 1 (12 oz / 340 g) bag
- Orzo pasta: 1 (8 oz / 227 g) box
- Whole-wheat spaghetti: 1 (16 oz / 454 g) box
- Red lentils: 1 (16 oz / 454 g) bag
- Semolina: 1 (8 oz / 227 g) bag
- Chickpea flour: 1 (16 oz / 454 g) bag

## NUTS & SEEDS

- Walnuts: 1 (4 oz / 113 g) bag
- Pistachios (shelled): 1 (4 oz / 113 g) bag
- Sesame seeds: 1 (2 oz / 56 g) bag
- Almonds (slivered/whole): 1 (4 oz / 113 g) bag
- Pine nuts: 1 (2 oz / 56 g) bag
- Flaxseed: 1 (4 oz / 113 g) bag

## SPICES & HERBS

- Za'atar: 1 (1 oz / 28 g) jar
- Cumin: 1 (1.5 oz / 42 g) jar
- Smoked paprika: 1 (1 oz / 28 g) jar
- Sumac: 1 (1 oz / 28 g) jar
- Turmeric: 1 (1 oz / 28 g) jar
- Cinnamon: 1 (2 oz / 56 g) jar
- Cardamom pods: 1 (0.5 oz / 14 g) jar
- Dried oregano: 1 (0.5 oz / 14 g) jar

- Aleppo pepper: 1 (1 oz / 28 g) jar
- Allspice: 1 (0.5 oz / 14 g) jar
- Fresh mint: 1 bunch
- Fresh parsley: 1 bunch
- Fresh cilantro: 1 bunch
- Fresh dill: 1 bunch
- Fresh thyme: 1 bunch
- Fresh basil: 1 bunch

## PRODUCE

- Garlic: 1 head
- Red onion: 1 medium
- Shallot: 1 small
- Carrot: 1 large
- Celery: 1 stalk
- Cucumber: 1 large
- Cherry tomatoes: 1 (10 oz / 284 g) pint
- Red bell pepper: 1
- Eggplant: 1 medium
- Baby spinach: 1 (5 oz / 142 g) clamshell
- Baby kale: 1 (5 oz / 142 g) clamshell
- Lemon: 4
- Lime: 1
- Fresh figs: 1 (8 oz / 227 g) pack
- Medjool dates: 1 (8 oz / 227 g) pack
- Watermelon: 1 small (pre-cut, 2 cups)
- Pomegranate seeds (optional): 1 (4 oz / 113 g) container

## MEAT & SEAFOOD

- Smoked salmon: 1 (4 oz / 113 g) pack
- Shrimp (peeled/deveined): 1 (8 oz / 227 g) pack
- Mackerel fillet: 1 (5 oz / 140 g)
- Turkey breast cutlet: 1 lb (450 g)
- Lean ground beef: 1 lb (450 g)
- Anchovy fillets: 1 (2 oz / 56 g) tin
- Fresh mussels: ½ lb (225 g)

## MISCELLANEOUS

- Kalamata olives: 1 (6 oz / 170 g) jar
- Green olives: 1 (5 oz / 142 g) jar
- Roasted red peppers (jarred): 1 (12 oz / 340 g) jar
- Grape leaves (jarred): 1 (16 oz / 454 g) jar
- Vegetable broth: 1 (32 fl oz / 946 ml) carton
- Turkish coffee: 1 (8 oz / 227 g) bag
- Unsweetened almond milk: 1 (32 fl oz / 946 ml) carton
- Almond butter: 1 (8 oz / 227 g) jar
- Breadcrumbs: 1 (8 oz / 227 g) canister
- Agar-agar powder (optional): 1 (0.5 oz / 14 g) packet
- Rosewater (optional): 1 (3.4 fl oz / 100 ml) bottle

# Week 4

## DAIRY & EGGS

- Feta cheese: 1 (6 oz / 170 g) crumbled tub
- Halloumi cheese: 1 (8 oz / 225 g) block
- Greek yogurt (full-fat or 2%): 1 (16 oz / 450 g) tub
- Goat cheese (optional): 1 (4 oz / 113 g) log
- Eggs: 1 dozen

## PANTRY STAPLES

- Tahini: 1 (8 oz / 227 g) jar
- Harissa paste: 1 (4 oz / 113 g) tube
- Olive oil: 1 (16.9 fl oz / 500 ml) bottle
- Honey: 1 (12 oz / 340 g) bottle
- Canned diced tomatoes: 1 (14.5 oz / 411 g) can
- Canned crushed tomatoes: 1 (14.5 oz / 411 g) can
- Canned chickpeas: 2 (15 oz / 425 g) cans
- Dark chocolate (70% cocoa): 1 (3.5 oz / 100 g) bar
- Balsamic glaze (optional): 1 (5 oz / 150 ml) bottle
- Orange blossom water (optional): 1 (3.4 fl oz / 100 ml) bottle

## GRAINS & BREAD

- Whole-grain bread: 1 loaf (16 oz / 450 g)
- Whole-wheat pita/flatbread: 1 pack (4-6 pieces)
- Phyllo dough: 1 (16 oz / 454 g) package
- Whole-grain tortillas: 1 pack (8 count)
- Farro (or quinoa/barley): 1 (12 oz / 340 g) bag
- Orzo pasta: 1 (8 oz / 227 g) box
- Whole wheat couscous: 1 (10 oz / 283 g) box
- Chickpea flour: 1 (16 oz / 454 g) bag

## NUTS & SEEDS

- Pine nuts: 1 (2 oz / 56 g) bag
- Walnuts: 1 (4 oz / 113 g) bag
- Pistachios (shelled): 1 (2 oz / 56 g) bag
- Hazelnuts (optional): 1 (2 oz / 56 g) bag
- Almonds (slivered/whole): 1 (4 oz / 113 g) bag

## SPICES & HERBS

- Za'atar: 1 (1 oz / 28 g) jar
- Cumin: 1 (1.5 oz / 42 g) jar
- Smoked paprika: 1 (1 oz / 28 g) jar
- Sumac: 1 (1 oz / 28 g) jar
- Cinnamon: 1 (2 oz / 56 g) jar
- Cardamom: 1 (0.5 oz / 14 g) jar
- Allspice: 1 (0.5 oz / 14 g) jar
- Dried oregano: 1 (0.5 oz / 14 g) jar
- Fresh mint: 1 bunch
- Fresh parsley: 1 bunch
- Fresh cilantro: 1 bunch
- Fresh dill: 1 bunch
- Fresh thyme: 1 bunch
- Fresh basil: 1 bunch

## PRODUCE

- Garlic: 1 head
- Red onion: 1 medium
- Shallot: 1 small
- Cucumber: 1 large
- Cherry tomatoes: 1 (10 oz / 284 g) pint
- Red bell pepper: 1
- Eggplant: 1 medium
- Carrots: 1 lb (450g) bag
- Kale: 1 bunch
- Baby spinach: 1 (5 oz / 142 g) clamshell
- Baby arugula: 1 (5 oz / 142 g) clamshell
- Lemon: 4
- Fresh figs: 1 (8 oz / 227 g) pack
- Red grapes: 1 small bunch
- Avocado: 2 medium

## MEAT & SEAFOOD

- Boneless, skinless chicken thigh: 1 lb (450 g)
- Ground turkey: 1 lb (450 g)
- Shrimp (peeled/deveined): 1 (8 oz / 227 g) pack
- Sardine fillets: 1 (4.25 oz / 120 g) tin

## MISCELLANEOUS

- Kalamata olives: 1 (6 oz / 170 g) jar
- Capers: 1 (3 oz / 85 g) jar
- Sun-dried tomatoes (oil-packed): 1 (8 oz / 227 g) jar
- Vegetable broth: 1 (32 fl oz / 946 ml) carton
- Chicken broth: 1 (32 fl oz / 946 ml) carton
- Grape leaves (jarred): 1 (16 oz / 454 g) jar
- Rolled oats: 1 (18 oz / 510 g) canister

# Week 5

## DAIRY & EGGS

- Greek yogurt (2% or full-fat): 1 (17.6 oz / 500 g) tub
- Feta cheese: 1 (4 oz / 113 g) block or crumbled tub
- Unsalted butter: 1 (4 oz / 113 g) stick

## PANTRY STAPLES

- Honey: 1 (12 oz / 340 g) bottle
- Tahini: 1 (8 oz / 227 g) jar
- Olive oil (extra virgin): 1 (16.9 fl oz / 500 ml) bottle
- Balsamic vinegar: 1 (8.5 fl oz / 250 ml) bottle
- Canned sardines in olive oil: 1 (4.25 oz / 120 g) tin
- Roasted red peppers (jarred): 1 (12 oz / 340 g) jar
- Artichoke hearts (jarred): 1 (6 oz / 170 g) jar
- Orange blossom water (optional): 1 (3.4 fl oz / 100 ml) bottle

## GRAINS & BREAD

- Rye bread: 1 small loaf (8 oz / 227 g)
- Orzo pasta: 1 (8 oz / 227 g) box
- Bomba rice (or short-grain rice): 1 (16 oz / 454 g) bag
- Whole-wheat pita: 1 pack (4 pieces)
- Wonton wrappers: 1 (12 oz / 340 g) package

## NUTS & SEEDS

- Walnuts: 1 (4 oz / 113 g) bag
- Pistachios (shelled): 1 (2 oz / 56 g) bag

## SPICES & HERBS

- Ground cinnamon: 1 (2 oz / 56 g) jar
- Cumin: 1 (1.5 oz / 42 g) jar
- Aleppo pepper: 1 (1 oz / 28 g) jar
- Smoked paprika (pimentón): 1 (1 oz / 28 g) jar
- Za'atar: 1 (1 oz / 28 g) jar
- Cardamom: 1 (0.5 oz / 14 g) jar
- Sumac: 1 (1 oz / 28 g) jar
- Dried thyme: 1 (0.5 oz / 14 g) jar
- Saffron threads: 1 (0.5 oz / 14 g) jar
- Fresh dill: 1 bunch
- Fresh parsley: 1 bunch
- Fresh sage: 1 small bunch

## PRODUCE

- Mixed berries: 1 (12 oz / 340 g) clamshell
- Arugula: 1 (5 oz / 142 g) clamshell
- Cherry tomatoes: 1 (10 oz / 284 g) pint
- Cucumber: 1 large
- Red onion: 1 medium
- Garlic: 1 head
- Lemon: 2
- Eggplant: 1 small
- Red bell pepper: 1
- Fresh figs: 1 (8 oz / 227 g) pack
- Baby spinach: 1 (5 oz / 142 g) clamshell

## MEAT & SEAFOOD

- Shrimp (peeled/deveined): 1 (8 oz / 227 g) pack

## MISCELLANEOUS

- Vegetable broth: 1 (32 fl oz / 946 ml) carton
- Cooked lentils: 1 (15 oz / 425 g) can (or ½ cup dry)
- Cooked chickpeas: 1 (15 oz / 425 g) can

## CONCLUSION

As we've explored, the Mediterranean diet is far more than just a collection of recipes—it's an invitation to nourish your body with delicious, wholesome foods that give back. You've learned how simple staples like olive oil, fresh vegetables, whole grains, and lean proteins come together to support heart health, sustainable weight management, and longevity. You've discovered how to build balanced plates that satisfy both your body and your taste buds, and you're now equipped with time-saving strategies to make 30-minute meals a reality.

Remember, this isn't about perfection. Every Mediterranean-inspired meal you prepare—a quick Greek salad with chickpeas or a sheet-pan salmon dinner—is a step toward better health. What matters most is progress, not perfection. Some days, you may have more time to cook; on others, a simple bowl of yogurt with nuts and honey will suffice. Both are beautiful expressions of this flexible, nourishing way of eating.

You now have everything you need to begin: a pantry stocked with Mediterranean essentials, simple yet effective cooking techniques, and the confidence that small, consistent choices lead to lasting change. Trust the process. Celebrate each wholesome meal as an act of self-care. And most importantly, enjoy every bite along the way.

