

The DASH Diet **COOBOOK** *for Beginners:*

200 +

Simple and Delicious RECIPES
with **Low Sodium** and **Fat**
for **Healthy Eating** and **Energetic Life.**

Includes a **30 – Day** Meal Plan.

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This book is intended to provide general information on the DASH Diet and related recipes. The contents are not meant to replace medical advice, diagnosis, or treatment from a qualified healthcare provider. Always consult a healthcare professional before beginning any diet or exercise program, especially if you have existing health conditions or concerns.

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The nutritional values provided in the recipes are approximate and may vary based on specific ingredients and cooking methods.

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Introduction

DASH DIET, which stands for Dietary Approaches to Stop Hypertension, was developed in the 1990s in the United States. It was initiated by the National Institutes of Health (NIH) in response to the growing problem of hypertension among the population. The main goal of the diet was to reduce blood pressure without the use of medications, using only dietary changes.

The researchers found that a diet rich in vegetables, fruits, whole grains, lean meat and dairy products, as well as limiting sodium and saturated fat intake, had a significant impact on lowering blood pressure.

The successes of the study led to the popularisation of the DASH Diet as one of the most effective approaches to combating hypertension and improving overall health. Since then, the diet has become widely known and recommended not only for people with high blood pressure, but also for those seeking to improve their overall health and maintain an optimal body weight.

The DASH Diet is based on the consumption of foods rich in nutrients such as potassium, calcium, magnesium, protein and fibre, which have a positive effect on the cardiovascular system. At the same time, the diet limits the consumption of foods containing high levels of sodium, saturated fat, cholesterol and added sugar.

One of the key aspects of the DASH Diet is to reduce sodium intake. To achieve this, it is recommended to avoid salty foods, processed foods and processed foods, replacing salt with herbs and spices.

Benefits of the DASH Diet

The DASH Diet has many health benefits, and its effectiveness has been confirmed by numerous studies:

Lowering blood pressure. The main goal of the DASH Diet is to lower blood pressure. It is especially effective in people with high blood pressure or a predisposition to hypertension.

Improving heart health: The DASH Diet helps to lower cholesterol levels and reduces the risk of developing cardiovascular diseases such as heart attack and stroke. Eating plenty of vegetables, fruit and healthy fats helps maintain the elasticity of blood vessels and improves circulation.

Weight control: Thanks to its balanced diet and emphasis on nutritious, low-calorie foods, the DASH Diet is an effective tool for weight management. It helps to reduce calorie intake without feeling hungry, which contributes to healthy weight loss or maintaining a healthy weight.

Prevention of diabetes: Eating whole grains, vegetables and fruits in combination with limiting simple carbohydrates helps regulate blood sugar levels, reducing the risk of developing diabetes.

Improved overall well-being: In addition to the physical benefits, the DASH Diet has a positive effect on mood and energy levels. A balanced diet contributes to a stable energy level throughout the day, and a large amount of nutrients helps to maintain optimal functioning of the brain and nervous system.

The DASH Diet is not just a temporary solution, but a way of life that promotes long-term health and activity. By following its principles, you will not only reduce the risk of developing cardiovascular disease, but also improve your overall health and quality of life.

The basics of nutrition on the DASH Diet

The DASH Diet focuses on eating nutritious foods that support heart function, help control weight, and improve mood. It is important to know which foods should be included in the diet and which should be limited or excluded altogether.

Foods to eat on the DASH Diet

Vegetables and fruits are the mainstay of the DASH Diet due to their high content of fibre, vitamins, minerals and antioxidants. They are rich in potassium, which helps lower blood pressure, and magnesium, which relaxes blood vessels. They are low in calories, so you can eat them in large quantities. Eating fruit and vegetables regularly keeps your energy levels steady and improves your mood thanks to a steady supply of important micronutrients.

Whole grains, such as oats, brown rice, wholemeal bread and quinoa, are rich in fibre, which supports cardiovascular health and normalises cholesterol levels. They provide a long-lasting feeling of satiety and help to avoid overeating. These foods are digested more slowly, which contributes to stable blood sugar levels and prevents sudden surges in appetite. Due to their high content of complex carbohydrates, these foods provide a stable level of energy throughout the day, which helps to avoid fatigue and irritability.

Lean proteins such as fish, lean meat, chicken, turkey, legumes and nuts are important for maintaining muscle mass and overall health. They also contain essential amino acids that help repair tissue and regulate metabolism. Proteins help control appetite and contribute to weight loss or maintenance at an optimal level. These foods help to stabilise blood sugar levels, which has a positive effect on mood and prevents feelings of fatigue and loss of energy.

Low-fat or fat-free dairy products, such as milk, yoghurt and cheese, are rich in calcium and vitamin D, which are essential for maintaining healthy bones and teeth. Choose low-fat or fat-free options to avoid excessive saturated fat intake. They help to provide the body with the nutrients it needs without excess calories, which helps to maintain a normal weight. Vitamin D, found in dairy products, plays an important role in regulating mood and preventing depression.

Healthy fats from sources such as olive oil, avocados, nuts and seeds support heart health by lowering bad cholesterol and increasing good cholesterol. Although fats are high in calories, eating them in moderation can help control weight, as they provide a long-lasting feeling of satiety and stable energy levels. Omega-3 fatty acids, found in some healthy fats, support brain function and help avoid mood and concentration problems.

Foods rich in potassium, magnesium and calcium help regulate blood pressure, relax the walls of blood vessels and reduce stress. Eating vegetables, fruits and whole grains provides a long-lasting energy boost, improves concentration and keeps you in a good mood.

Foods to avoid or limit on the DASH Diet

Foods with a high sodium content

Reason for the restriction: High sodium intake is directly related to high blood pressure, which is a major risk factor for cardiovascular disease.

Examples: Processed meats (sausages, frankfurters), canned soups, salty snacks (chips, crackers), frozen convenience foods. By reducing your salt intake, you reduce the risk of developing hypertension and cardiovascular disease. This can make you feel better, as it reduces the stress on the heart and blood vessels, which contributes to better blood circulation.

Foods high in added sugar

Added sugars contribute to weight gain, increase the risk of diabetes and can cause blood sugar levels to fluctuate dramatically, which affects mood and energy.

Examples: Sugary drinks (fizzy drinks, juices with added sugar), sweets (candy, cookies, cakes), sweetened yoghurts and breakfast cereals.

Saturated fats and trans fats.

Saturated and trans fats increase the level of bad cholesterol (LDL) in the blood, which increases the risk of developing cardiovascular disease and obesity.

Examples: Fatty red meat, butter, palm oil, ready-made baked goods (doughnuts, cakes, cookies) and products with hydrogenated oils. Reducing saturated and trans fat intake helps to control weight and reduces the risk of developing obesity, and improves overall health and mood.

Tips for beginners

The DASH Diet is not only a way to fight hypertension, but also a comprehensive approach to improving the quality of life. It helps not only maintain heart health, but also maintains optimal weight, increases energy levels and promotes harmony between body and mind.

It is quite easy to start following the DASH Diet. It is important to gradually make changes to your diet by adding more vegetables, fruits, whole grains and reducing the consumption of salty, fatty and sweet foods. Plan your meals in advance, choose fresh ingredients and cook at home to control the quality and quantity of your food intake.

Start with gradual changes.

Don't try to change your diet dramatically in one day. Start with gradual changes by adding more vegetables, fruits and whole grains to your menu. For example, try replacing your usual snacks with fresh fruit or vegetable sticks with hummus.

Reduce your sodium intake.

One of the key principles of the DASH diet is to reduce sodium intake. This is especially important for people with hypertension. Avoid salty foods, processed foods, and ready meals. Instead of salt, use herbs, spices, and lemon juice to add flavour to your meals.

Control portions.

For those who are overweight, it is important to control portion sizes. Use smaller plates and try to fill them with vegetables and protein foods such as fish or chicken. This will help to reduce your overall calorie intake and promote weight loss.

Focus on whole-grain foods.

Whole grains such as brown rice, oatmeal and wholemeal bread provide a long-lasting feeling of satiety and help control blood sugar levels. This is important for maintaining stable energy levels and avoiding overeating.

Include lean proteins in your diet.

Choose lean protein foods such as fish, chicken, legumes, and nuts. They not only support muscle mass, but also provide a feeling of satiety, which helps to avoid frequent snacking and overeating.

This cookbook about the DASH Diet will become your reliable assistant.

Thanks to the simple and tasty recipes, you can easily follow the principles of healthy eating. The book offers a variety of dishes to help you control your blood pressure and maintain a healthy weight. It will not only help you to improve your physical well-being, but also boost your mood and energy.

By following the advice in this book, you will feel a surge of energy and improved well-being from the very first weeks. This book will be an important tool in achieving a long and healthy life and will help you create a balanced menu that will help you lose weight and improve your overall health.

The DASH Diet is not only a way to lower blood pressure, but also an effective way to maintain a healthy weight. With the right approach, you can improve your health, increase your energy level, mood and concentration, and achieve a better sense of well-being.

BREAKFAST

1. QUINOA AND BERRIES BREAKFAST

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Quinoa – 1 cup (6 oz)
- ✓ Mixed berries (strawberries, blueberries, raspberries) – 1 cup (5 oz)
- ✓ Almonds, chopped – 1/4 cup (2 oz)
- ✓ Honey – 1 tbsp.
- ✓ Fat-free yogurt – 1/2 cup (4 oz)
- ✓ Fresh mint – 0.5 oz

INSTRUCTIONS:

Cook the quinoa according to package directions. Let it stand for 5 minutes to absorb the liquid

In a bowl, mix the yogurt with honey to make a dressing. Place the quinoa on plates, sprinkle with mixed berries and chopped almonds. Drizzle with honey dressing.

Garnish with mint when serving.

Nutritional value (per serving):

Calories: 290 kcal | Protein: 10 g | Fats: 10 g | Carbohydrates: 45 g | Sodium (Na): 170 mg | Potassium (K): 580 mg

Benefits of the main ingredients:

Quinoa: High in protein.
Berries: Rich in antioxidants.
Almonds: Contains healthy fats.

2. SPINACH AND MUSHROOM PROTEIN FRITTATA

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Egg whites – 6 pcs. (8 oz)
- ✓ Fresh spinach – 2 cups (4 oz)
- ✓ Mushrooms, chopped – 1 cup (4 oz)
- ✓ Olive oil – 1 tbsp.
- ✓ Dried thyme – 1/2 tsp.
- ✓ Black pepper – to taste

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Heat the olive oil in a frying pan. Add the mushrooms and cook until softened, about 5 minutes. Add spinach and cook until wilted. Pour the egg whites to the vegetables, season with thyme and black pepper and mix gently. Transfer the pan to the oven and bake for 15 minutes or until the frittata is set. Serve warm.

Nutritional value (per serving):

Calories: 280 kcal | Protein: 16 g | Fats: 4 g | Carbohydrates: 18 g | Sodium (Na): 180 mg | Potassium (K): 440 mg

Benefits of the main ingredients:

Egg whites: High in protein.
Spinach: Rich in vitamin C.
Mushrooms: Contains potassium.

3. BLUEBERRY PANCAKES

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Whole grain pancake mix – 1.5 cups (7 oz)
- ✓ Blueberries – 1/2 cup (3 oz)
- ✓ Olive oil – 1 tbsp.
- ✓ Maple syrup – 2 tbsp.

INSTRUCTIONS:

In a bowl, mix the pancake mix with the water and make a thin batter. Heat olive oil in a pan. Pour the batter into the pan to form pancakes. Top each pancake with blueberries. Cook until bubbles form on the surface, then flip and cook until golden brown.

Serve warm drizzled with maple syrup.

Nutritional value (per serving):

Calories: 270 kcal | Protein: 9 g | Fats: 7 g | Carbohydrates: 40 g | Sodium (Na): 180 mg | Potassium (K): 330 mg

Benefits of the main ingredients:

Whole grain pancake mix: Rich in fiber.
Blueberries: Rich in antioxidants.
Maple syrup: Contains magnesium.

4. TOAST WITH AVOCADO AND POACHED EGG

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Whole wheat bread – 2 slices (3 oz)
- ✓ Avocado – 1 medium (6 oz.)
- ✓ Eggs – 2 pcs.
- ✓ Vinegar – 1 tbsp.
- ✓ Black pepper – to taste

INSTRUCTIONS:

Toast slices of whole grain bread in a toaster or in a pan. Mash the avocado and spread evenly over the toasted bread.

Boil water in a small saucepan and pour vinegar. Very carefully crack the eggs into the boiling water and cook for 3–4 minutes. Remove the eggs with a slotted spoon and place them on the avocado toast.

Season with black pepper and serve.

Nutritional value (per serving):

Calories: 290 kcal | Protein: 12 g | Fats: 18 g | Carbohydrates: 26 g | Sodium (Na): 170 mg | Potassium (K): 510 mg

Benefits of the main ingredients:

Avocado: High in healthy fats.
Egg: High in protein.
Whole grain bread: Provides fiber.

5. YOGURT PARFAIT WITH A MIXTURE OF BERRIES AND NUTS

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Fat-free yogurt – 1.5 cups (12 oz)
- ✓ Mixed berries (strawberries, blueberries) – 1/2 cup (3 oz)
- ✓ Almonds, chopped – 2 tbsp. (1 oz)
- ✓ Honey – 1 tbsp.

INSTRUCTIONS:

Pour yogurt into a blender, add mixed berries and beat until smooth. Add chopped almonds. Drizzle with honey.

Serve with ice if desired.

Nutritional value (per serving):

Calories: 280 kcal | Protein: 12 g | Fats: 8 g | Carbohydrates: 25 g | Sodium (Na): 170 mg | Potassium (K): 430 mg

Benefits of the main ingredients:

Yogurt: High in protein.
Berries: Rich in antioxidants.
Almonds: Provides healthy fats.

6. OATMEAL ON ALMOND MILK WITH CHIA

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Oatmeal – 1 cup (7 oz)
- ✓ Chia seeds – 2 tbsp. (1.5 oz)
- ✓ Almond milk, unsweetened – 1 cup (8 oz)
- ✓ Cinnamon – 1/2 tsp.
- ✓ Maple syrup – 1 tbsp.

INSTRUCTIONS:

Heat the almond milk in a small saucepan. Pour in the oatmeal and cook for about 10 minutes, stirring. Add chia seeds and cinnamon, stir, then remove from heat and cover. Let sit for 7 minutes.

Drizzle with maple syrup when serving.

Nutritional value (per serving):

Calories: 270 kcal | Protein: 11 g | Fats: 7 g | Carbohydrates: 28 g | Sodium (Na): 180 mg | Potassium (K): 380 mg

Benefits of the main ingredients:

Oats: High in fiber.
Chia seeds: Rich in omega-3.
Almond milk: Contains vitamins E and B4.

7. ROLLS WITH SMOKED SALMON AND AVOCADO

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Whole grain pita bread – 1 pc. (5 oz)
- ✓ Cream cheese, fat-free – 3 tbsp. (4 oz.)
- ✓ Smoked Salmon – 4 oz
- ✓ Avocado – 1 pc. (5 oz)
- ✓ Fresh cucumber, cut into strips – 1 pc. (4 oz)
- ✓ Lemon juice – 1 tbsp.

INSTRUCTIONS:

Place the pita bread on a flat surface. Spread evenly with cream cheese. Top with sliced avocado, smoked salmon and cucumber. Sprinkle with lemon juice. Carefully twist the pita into a roll, pressing it tightly while twisting.

Cut the rolls into small pieces and serve on a plate.

Nutritional value (per serving):

Calories: 280 kcal | Protein: 15 g | Fats: 14 g
Carbohydrates: 20 g | Sodium (Na): 180 mg |
Potassium (K): 430 mg

Benefits of the main ingredients:

Smoked salmon: Provides omega-3.
Avocado: Rich in healthy fats.
Whole grain pita bread: High fiber.

8. BURRITO WITH VEGETABLES

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Whole grain tortillas – 2 pcs. (4 oz)
- ✓ Bell pepper, diced – 1/2 cup (2 oz)
- ✓ Onion, diced – 1/2 cup (2 oz)
- ✓ Spinach – 1 cup (2 oz)
- ✓ Egg whites – 4 pcs. (5 oz)
- ✓ Olive oil – 1 tbsp.
- ✓ Smoked paprika – 1/2 tsp.

INSTRUCTIONS:

Heat the olive oil in a deep pan. Add the bell pepper and onion. Cook until softened. Cook until softened. Add spinach and cook until wilted. Beat the whites with paprika in a bowl and pour them over the vegetables in the pan. Cook until the whites thicken.

Divide the mixture between the cakes, roll them up and serve warm.

Nutritional value (per serving):

Calories: 280 kcal | Protein: 15 g | Fats: 7 g |
Carbohydrates: 30 g | Sodium (Na): 170 mg |
Potassium (K): 530 mg

Benefits of the main ingredients:

Whole grain cakes: High fiber.
Bell pepper: Rich in vitamin C.
Egg white: Rich in protein.

9. OATMEAL WITH BANANA, NUTS AND HONEY

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Oatmeal – 1 cup (7 oz)
- ✓ Banana, sliced – 1 pc. (4 oz)
- ✓ Walnuts, chopped – 2 tbsp. (1 oz)
- ✓ Honey – 1 tbsp.

INSTRUCTIONS:

In a small saucepan, bring water to a boil and add the oatmeal. Reduce heat and simmer for about 13 minutes. Remove from heat and wait 5 minutes. Place on plates. Add sliced banana and sprinkle with nuts.

Drizzle with honey when serving.

Nutritional value (per serving):

Calories: 280 kcal | Protein: 10 g | Fats: 16 g |
Carbohydrates: 40 g | Sodium (Na): 170 mg |
Potassium (K): 610 mg

Benefits of the main ingredients:

Oats: Contains phosphorus, potassium, magnesium.
Banana: Provides potassium.
Walnuts: rich in omega-3.

10. TOAST WITH HONEY, RICOTTA AND CINNAMON

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Whole grain bread – 4 slices
- ✓ Ricotta – 1/2 cup (5 oz)
- ✓ Honey – 2 tbsp.
- ✓ Apple, thinly sliced – 1 pc. (5 oz)
- ✓ Cinnamon – 1/2 tsp.
- ✓ Walnuts, chopped – 2 tbsp.
- ✓ Lemon juice – 1 tbsp.
- ✓ Fresh mint for decoration

INSTRUCTIONS:

Sprinkle the sliced apples with lemon juice to prevent browning. Dry slices of whole grain bread in a toaster or on a frying pan.

In a small bowl, mix the ricotta with honey until smooth. Spread honey ricotta on each slice of bread. Place thinly sliced apple slices on top. Sprinkle toast with cinnamon and chopped walnuts.

When serving, decorate each toast with fresh mint leaves.

Nutritional value (per serving):

Calories: 270 kcal | Proteins: 10 g | Fats: 12 g |
Carbohydrates: 38 g | Sodium (Na): 170 mg |
Potassium (K): 340 mg

Benefits of the main ingredients:

Ricotta: Rich in protein and calcium.
Apple: Contains antioxidants and fiber.
Whole grain bread: A source of complex carbohydrates and fiber.

11. MUFFINS WITH TOMATOES AND SPINACH

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Whole wheat flour – 1/2 cup (4 oz)
- ✓ Egg whites – 4 pcs. (5 oz)
- ✓ Cherry tomatoes, halved – 1/2 cup (3 oz)
- ✓ Fresh spinach – 1 cup (1oz)
- ✓ Olive oil – 1 tbsp.
- ✓ Baking powder – 1/2 tsp.
- ✓ Black pepper – to taste
- ✓ Sesame – 1 tbsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). In a bowl, mix the flour with the baking powder. Add water and create a dough like thick sour cream. Beat the egg whites in a small bowl, add them to the dough, season with pepper, and mix gently. Cut the spinach and add it to the dough together with the tomatoes. Spoon the mixture evenly into an oiled muffin tin. Sprinkle with sesame seeds. Bake for 20–25 minutes until cooked through and golden. Serve warm.

Nutritional value (per serving):

Calories: 290 kcal | Protein: 14 g | Fats: 7 g | Carbohydrates: 20 g | Sodium (Na): 170 mg | Potassium (K): 370 mg

Benefits of the main ingredients:

Whole grain flour: Provides fiber.
Spinach: Rich in vitamin C.
Tomatoes: Provide antioxidants.

12. SWEET POTATOES WITH BEANS AND PEPPERS

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Sweet potatoes, peeled and diced – 1 cup (6 oz)
- ✓ Black beans, drained and rinsed – 1 cup (6 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Bell pepper, diced – 1/2 cup (3 oz)
- ✓ Cherry tomatoes, halved – 1/2 cup (3 oz)
- ✓ Smoked paprika – 1/2 tsp.
- ✓ Fresh basil, chopped – 2 tbsp.

INSTRUCTIONS:

Heat the olive oil. Add the sweet potatoes and cook until they begin to soften, about 10 minutes. Add bell pepper and cook for another 5 minutes. Add the black beans, tomatoes, and smoked paprika. Stir. Cook until the sweet potatoes are completely tender and the beans are heated through.

Serve warm, sprinkled with basil.

Nutritional value (per serving):

Calories: 290 kcal | Protein: 10 g | Fats: 8 g | Carbohydrates: 45 g | Sodium (Na): 180 mg | Potassium (K): 570 mg

Benefits of the main ingredients:

Sweet potatoes: Rich in fiber.
Black beans: High in protein and fiber.
Bell pepper: Provides vitamin C.

13. CHIA PUDDING WITH ALMOND MILK AND MANGO (COOKING FROM THE EVENING)

Servings: 2 | Cooking time: 10 minutes



INGREDIENTS:

- ✓ Chia seeds, dry – 1/2 cup (4 oz)
- ✓ Almond milk – 1 cup (8 oz)
- ✓ Honey – 1 tbsp.
- ✓ Diced Mango – 1 medium (8 oz.)
- ✓ Fresh mint for decoration

INSTRUCTIONS:

Mix the chia seeds, almond milk, and honey in a bowl. Mix well to distribute the seeds evenly. Refrigerate for 4 hours or overnight to allow the chia seeds to absorb the liquid and the pudding to thicken.

Before serving, add sliced mango on top. Garnish with fresh mint and serve chilled.

Nutritional value (per serving):

Calories: 270 kcal | Proteins: 11g | Fats: 12 g | Carbohydrates: 25 g | Sodium (Na): 170 mg | Potassium (K): 420 mg

Benefits of the main ingredients:

Chia seeds: Contains magnesium, potassium, calcium.
Mango milk: Contains vitamins E, B4.
Mango: Rich in vitamin C and antioxidants.

14. SCRAMBLED EGGS WITH SPINACH AND FETA CHEESE

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Egg whites – 6 pcs. (8 oz)
- ✓ Fresh spinach – 2 cups (4 oz)
- ✓ Fat-Free Feta Cheese – 1/2 cup (3 oz)
- ✓ Olive oil – 1 tbsp.
- ✓ Dried oregano – 1/4 tsp.
- ✓ Sesame – 1 tbsp.

INSTRUCTIONS:

Heat the olive oil in a pan. Add spinach and cook until wilted.

Beat the egg whites in a bowl and pour into the pan. Sprinkle with oregano. Mix carefully. Top with feta cheese. Remove from heat, cover, and let sit for 5 minutes.

Serve sprinkled with sesame seeds.

Nutritional value (per serving):

Calories: 290 kcal | Protein: 19 g | Fats: 7 g | Carbohydrates: 18 g | Sodium (Na): 180 mg | Potassium (K): 410 mg

Benefits of the main ingredients:

Egg whites: High in protein.
Feta cheese: Provides calcium.
Sesame: Contains potassium, magnesium, iron.

15. PINEAPPLE AND MANGO SMOOTHIES

Servings: 2 | Cooking time: 10 minutes



INGREDIENTS:

- ✓ Pineapple chunks – 1 cup (5 oz)
- ✓ Mango chunks – 1 cup (5 oz)
- ✓ Fat-free yogurt – 1.5 cups (6 oz)
- ✓ Flax seeds – 1 tbsp. (1 oz)
- ✓ Coconut flakes (unsweetened) – 2 tbsp. (2 oz)

INSTRUCTIONS:

Place the pineapple, mango, and low-fat yogurt in a blender. Mix until smooth. Pour into cups.

When serving, sprinkle with flax seeds and coconut shavings.

Nutritional value (per serving):

Calories: 260 kcal | Protein: 10 g | Fats: 6 g |
Carbohydrates: 40 g | Sodium (Na): 190 mg |
Potassium (K): 520 mg

Benefits of the main ingredients:

Pineapple: Rich in vitamin C.
Mango: Provides antioxidants.
Yogurt: Contains protein.

16. CHEESE WITH FRESH FRUITS AND NUTS

Servings: 2 | Cooking time: 10 minutes



INGREDIENTS:

- ✓ Low-fat cottage cheese – 1.5 cups (11 oz)
- ✓ Fresh fruit (slices of apples, pears) – 1/2 cup (3 oz)
- ✓ Walnuts, chopped – 2 tbsp. (1 oz)
- ✓ Maple syrup – 2 tbsp.

INSTRUCTIONS:

Spread low-fat cottage cheese on plates. Place the chopped fruit on top. Drizzle with maple syrup.

When serving, sprinkle with chopped nuts.

Nutritional value (per serving):

Calories: 270 kcal | Protein: 15 g | Fats: 11 g |
Carbohydrates: 20 g | Sodium (Na): 180 mg |
Potassium (K): 450 mg

Benefits of the main ingredients:

Cheese: High in protein.
Fresh fruits: Provide vitamins and antioxidants.
Walnuts: Rich in omega-3.

17. SMOOTHIES

WITH BEETS AND BERRIES

Servings: 2 | Cooking time: 10 minutes



INGREDIENTS:

- ✓ Boiled, diced beets – 1 cup (4 oz)
- ✓ Berries (raspberries, blueberries, or strawberries) – 1/2 cup (4 oz)
- ✓ Banana, sliced – 1 pc.
- ✓ Low-fat yogurt – 1/2 cup (4 oz)
- ✓ Honey or maple syrup – 1 tbsp.

INSTRUCTIONS:

Place chopped beets, berries, banana, yogurt, honey or maple syrup in a blender. Blend until smooth.

Pour into glasses and, if desired, add ice.

Nutritional value (per serving):

Calories: 270 kcal | Proteins: 9 g | Fats: 7 g | Carbohydrates: 36 g | Sodium (Na): 170 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

Beetroot: Contains magnesium and calcium.
Berries: Contains antioxidants.
Yogurt: Contains protein and probiotics.

18. SMOOTHIES

WITH CARROTS, CELERY AND NUTS

Servings: 2 | Cooking time: 10 minutes



INGREDIENTS:

- ✓ Carrots, peeled and chopped – 2 medium (4 oz)
- ✓ Celery, chopped – 2 stalks (4 oz)
- ✓ Walnuts, chopped – 1/4 cup (2 oz)
- ✓ Low-fat yogurt – 1 cup (7 oz)
- ✓ Honey – 1 tbsp.

INSTRUCTIONS:

Place the carrots, celery, and yogurt in a blender. Mix everything well to a homogeneous mass. Add honey. If the mixture is too thick, add almond milk and blend again.

Pour into glasses and add chopped nuts. Add ice if needed.

Nutritional value (per serving):

Calories: 260 kcal | Proteins: 9 g | Fats: 9 g | Carbohydrates: 22 g | Sodium (Na): 180 mg | Potassium (K): 510 mg

Benefits of the main ingredients:

Walnuts: Rich in omega-3 fatty acids.
Carrots: Source of beta-carotene.
Celery: Contains fiber and antioxidants.

19. TOFU, BELL PEPPER AND CHERRY SCRAMBLE

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Tofu (firm) – 1/2 lb (8 oz)
- ✓ Bell pepper, diced – 1/2 cup (3 oz)
- ✓ Cherry tomatoes, halved – 1/2 cup (3 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Turmeric – 1/2 tsp.
- ✓ Ground black pepper – 1/2 tsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Fresh parsley, chopped – 1 tbsp.

INSTRUCTIONS:

Heat olive oil in a pan over medium heat. Add the chopped garlic and bell pepper, and sauté for 3–4 minutes until the pepper is soft. Break up the tofu with your hands and add it to the pan. Add turmeric and pepper to taste. Fry everything together, stirring, for 5–7 minutes. Add the cherry tomatoes and cook for another 2 minutes.

Serve warm sprinkled with parsley.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 12 g | Fats: 10 g | Carbohydrates: 18 g | Sodium (Na): 170 mg | Potassium (K): 380 mg

Benefits of the main ingredients:

Tofu: Rich in vegetable protein and calcium.
Bell pepper: Source of vitamin C.
Olive oil: Contains healthy fats.

20. OATMEAL PANCAKES WITH BERRIES

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Oatmeal – 1/2 cup (4 oz)
- ✓ Eggs – 2 pcs.
- ✓ Skimmed milk – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Honey – 1 tbsp.
- ✓ Baking powder – 1/2 tsp.
- ✓ Vanilla extract – 1/2 tsp.
- ✓ Fresh berries (strawberries, blueberries) – 1/2 cup (4 oz)

INSTRUCTIONS:

In a large bowl, whisk together the oatmeal, baking powder, and vanilla extract. In another bowl, beat the eggs, milk, honey and olive oil until smooth. Combine dry and liquid ingredients, mix to a homogeneous dough.

Heat a pan and grease it with olive oil. Pour the batter into the pan, forming small pancakes, and fry for 2–3 minutes on each side until golden.

Serve hot, sprinkled with fresh berries.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 11 g | Fats: 10 g | Carbohydrates: 30 g | Sodium (Na): 180 mg | Potassium (K): 330 mg

Benefits of the main ingredients:

Oatmeal: Rich in fiber and proteins.
Berries: Contains antioxidants and vitamins.
Olive oil: Healthy fat.

SNACKS

21. VEGETABLE STICKS WITH HUMMUS

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Hummus – 1/2 cup (6 oz)
- ✓ Carrots – 4 oz
- ✓ Celery – 4 oz
- ✓ Cucumbers – 4 oz

INSTRUCTIONS:

Cut the vegetables into rough sticks and spread them on a large dish. Place a bowl of hummus in the middle of the dish. Dip the vegetable sticks into the hummus and enjoy.

Nutritional value (per serving):

Calories: 290 kcal | Protein: 11g | Fats: 11 g | Carbohydrates: 20 g | Sodium (Na): 180 mg | Potassium (K): 410 mg

Benefits of the main ingredients:

Hummus: Provides protein and healthy fats.
Carrots: Rich in beta-carotene.
Celery: Rich in potassium.

22. BAKED POTATOES WITH AVOCADO SAUCE

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Sweet potatoes, peeled – 2 cups (16 oz)
- ✓ Olive oil – 3 tbsp.
- ✓ Dried thyme – 1/2 tsp.
- ✓ Avocado – 1/2 medium (3 oz)
- ✓ Yogurt, fat-free – 1/4 cup (2 oz)
- ✓ Lemon juice – 2 tbsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Cut the potatoes into coarse strips. Add thyme and olive oil, mix, and place in a single layer on a baking sheet. Bake for 25 minutes, until crispy.

For the sauce, mash the avocado and mix with low-fat yogurt and lemon juice.

Serve the potatoes with the avocado dip.

Nutritional value (per serving):

Calories: 250 kcal | Protein: 9 g | Fats: 10 g | Carbohydrates: 30 g | Sodium (Na): 180 mg | Potassium (K): 590 mg

Benefits of the main ingredients:

Sweet potatoes: High in fiber.
Avocado: Rich in healthy fats.
Yogurt: High in protein.

23. CANAPES WITH BEETROOT AND CHRONUS CREAM

Servings: 2 | Cooking time: 20 minutes (+ 35 beets are being prepared)



INGREDIENTS:

- ✓ Red beets – 1 medium (5 oz)
- ✓ Rye bread – 4 slices (2 oz)
- ✓ Yogurt – 1/4 cup (2 oz)
- ✓ Horseradish, grated – 1 tbsp.
- ✓ Lemon juice – 1 tsp.
- ✓ Fresh green onion, finely chopped – 1 tbsp.
- ✓ Olive oil – 1/2 tbsp.

INSTRUCTIONS:

Preheat oven to 360°F (180°C). Wrap beets in foil and bake until tender, about 35 minutes. Cool and cut into thin slices. In a small bowl, mix yogurt with grated horseradish, oil and lemon juice. Mix well.

Cut the rye bread into small squares and slightly dry it in a pan or in a toaster. Put a slice of roasted beet on each square of bread, add a little horseradish cream on top.

Place on a plate and sprinkle with greens.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 9 g | Fats: 8 g | Carbohydrates: 18 g | Sodium (Na): 170 mg | Potassium (K): 410 mg

Benefits of the main ingredients:

Beetroot: A source of antioxidants and vitamins.
Horseradish: Has antibacterial properties.
Yogurt: Provides calcium and protein.

24. SPICY FRIED CHICKPEA BALLS

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Chickpeas, cooked – 1.5 cups (8 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Yogurt – 1/2 cup (4 oz)
- ✓ Fresh dill – 1 oz
- ✓ Ground cumin – 1/2 tsp.
- ✓ Paprika – 1/2 tsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Mix the chickpeas with olive oil, cumin, and paprika. Place on a baking sheet and bake for 25 minutes, stirring occasionally, until crispy.

In a small bowl, prepare the sauce by mixing yogurt with chopped dill

Serve warm with sauce.

Nutritional value (per serving):

Calories: 250 kcal | Protein: 12 g | Fats: 10 g | Carbohydrates: 25 g | Sodium (Na): 160 mg | Potassium (K): 390 mg

Benefits of the main ingredients:

Chickpeas: High in protein and fiber.
Olive oil: Contains healthy fats.
Dill: Contains vitamins A and C

25. SHASHLYK WITH CHERRY TOMATOES AND BASIL

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Cherry tomatoes – 1 cup (5 oz)
- ✓ Fresh basil leaves – 10 pcs.
- ✓ Fat-Free Mozzarella Balls – 1/2 cup (4 oz)
- ✓ Balsamic vinegar – 1 tbsp.

INSTRUCTIONS:

Place cherry tomatoes, basil leaves, and mozzarella balls on small skewers one by one.

Drizzle with balsamic vinegar before serving.

Nutritional value (per serving):

Calories: 250 kcal | Protein: 14 g | Fats: 7 g | Carbohydrates: 17 g | Sodium (Na): 170 mg | Potassium (K): 320 mg

Benefits of the main ingredients:

Cherry tomatoes: Rich in antioxidants.
Basil: Rich in potassium.
Mozzarella: Provides protein

26. MUSHROOMS STUFFED WITH SPINACH AND FETA

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Large mushrooms, stems removed – 4 pcs. (8 oz)
- ✓ Fresh spinach – 1.5 cups (2 oz)
- ✓ Reduced-fat feta cheese – 1/4 cup (2 oz)
- ✓ Olive oil – 1 tbsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Cut a part of the spinach, crumble the feta cheese. Place this mixture in a bowl, add the olive oil, and mix.

Fill the mushroom caps with the mixture, place them on a baking sheet. Bake for 15–20 minutes until the mushrooms are soft and the filling is golden.

Serve warm, spread on spinach leaves.

Nutritional value (per serving):

Calories: 290 kcal | Protein: 12 g | Fats: 8 g | Carbohydrates: 18 g | Sodium (Na): 190 mg | Potassium (K): 430 mg

Benefits of the main ingredients:

Mushrooms: Contains magnesium and potassium.
Spinach: Contains ascorbic acid.
Feta cheese: Provides protein.

27. SALAD WITH WATERMELON, FETA AND MINT

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Watermelon, diced – 2 cups (16 oz)
- ✓ Feta cheese, diced – 1/4 cup (2 oz)
- ✓ Fresh mint, chopped – 1/2 cup (1 oz)
- ✓ Lemon juice – 1 tbsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Dried thyme – 1/4 tsp.

INSTRUCTIONS:

In a large bowl, Gently mix the watermelon cubes, feta cheese, and some chopped mint.

In a small bowl, prepare the dressing: mix lemon juice with olive oil and thyme. Pour over the watermelon and cheese.

Serve the salad immediately after cooking, garnished with mint leaves.

Nutritional value (per serving):

Calories: 270 kcal | Proteins: 8 g | Fats: 8 g |
Carbohydrates: 23 g | Sodium (Na): 180 mg |
Potassium (K): 380 mg

Benefits of the main ingredients:

Watermelon: Provides hydration and is rich in vitamins.
Feta: A source of calcium and protein.
Mint: Rich in antioxidants.

28. TARTLETS WITH CHEESE, PEAR AND NUTS

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Tartlets, ready – 4 pcs. (2 oz.)
- ✓ Goat cheese, soft – 1/2 cup (4 oz)
- ✓ Pear, cut into thin slices – 1 pc. (6 oz.)
- ✓ Walnuts, chopped – 2 tbsp. (0.5 oz)
- ✓ Honey – 1 tbsp.
- ✓ Fresh rosemary – 1/4 cup

INSTRUCTIONS:

Preheat oven to 360°F (180°C). Place a small amount of soft goat cheese in each tartlet. Add a few slices of pear on top of the cheese. Sprinkle with chopped walnuts and place in the oven. Bake in a preheated oven for 10–12 minutes, until the tartlets are slightly browned and the cheese is soft.

When serving, drizzle with honey and garnish with rosemary leaves.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 13 g | Fats: 10 g |
Carbohydrates: 25 g | Sodium (Na): 180 mg |
Potassium (K): 350 mg

Benefits of the main ingredients:

Goat cheese: A source of calcium and protein.
Pear: Rich in fiber and vitamins.
Walnuts: Contains healthy fats and minerals.

29. SHRIMP WITH CUCUMBER GUACAMOLE

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Shrimps, peeled and boiled – 10 pcs. (10 oz.)
- ✓ Avocado, diced – 1 medium (7 oz)
- ✓ Cucumber, finely chopped – 1/2 pc. (3 oz.)
- ✓ Garlic, chopped – 1 clove
- ✓ Lemon juice – 1 tbsp. (0.5 oz)
- ✓ Fresh cilantro, finely chopped – 1 tbsp.
- ✓ Olive oil – 1 tsp. (0.2 oz)
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

In a large bowl, mix avocado cubes, finely chopped cucumber, chopped garlic, and fresh cilantro; sprinkle with pepper.

Add lemon juice and olive oil, mix thoroughly so that the ingredients combine into a homogeneous guacamole. Spread the finished guacamole on plates. Place cooked and peeled shrimp on top.

Serve the appetizer garnished with additional cilantro leaves.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 13 g | Fats: 18 g | Carbohydrates: 13 g | Sodium (Na): 170 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

Shrimp: A source of lean protein and important trace elements.

Avocado: Rich in healthy fats and fiber.

Cucumber: Contains vitamin K.

30. ZUCCHINI FRITTERS WITH TZATZIKI SAUCE

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Zucchini, grated – 1.5 cups (6 oz)
- ✓ Egg whites – 2 pcs. (3 oz)
- ✓ Whole wheat flour – 1/4 cup (1 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Yogurt – 1/2 cup (4 oz)
- ✓ Dried thyme – 1/2 tsp.
- ✓ Garlic – 1 clove
- ✓ Fresh dill, chopped – 1 oz
- ✓ Lemon juice – 1 tbsp.

INSTRUCTIONS:

In a large bowl, mix the grated zucchini with egg whites, wheat flour and thyme. Form small patties and cook them in olive oil over medium heat until golden brown and crispy, about 3–4 minutes per side.

For the sauce, combine low-fat yogurt, dill, garlic, and lemon juice in a small bowl. Serve fritters with tzatziki sauce.

Nutritional value (per serving):

Calories: 270 kcal | Protein: 10 g | Fats: 10 g | Carbohydrates: 18 g | Sodium (Na): 170 mg | Potassium (K): 420 mg

Benefits of the main ingredients:

Zucchini: Contains calcium.

Yogurt: Protein content.

Dill: Contains ascorbic acid.

31. BAKED CAULIFLOWER WITH SAUCE

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Cauliflower florets – 2 cups (12 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic powder – 1/2 tsp.
- ✓ Paprika – 1/2 tsp.
- ✓ Yogurt – 1/2 cup (2 oz)
- ✓ Dried thyme – 1/2 tsp.
- ✓ Fresh dill – 1 oz

INSTRUCTIONS:

Preheat oven to 360°F (180°C). Mix the cauliflower florets with olive oil and thyme. Place on a baking sheet and bake for 20–25 minutes until crispy and golden.

Make the sauce: mix yogurt with paprika, dill and garlic powder.

Serve warm with sauce.

Nutritional value (per serving):

Calories: 240 kcal | Protein: 14 g | Fats: 7 g | Carbohydrates: 26 g | Sodium (Na): 190 mg | Potassium (K): 370 mg

Benefits of the main ingredients:

Cauliflower: Rich in fiber.
Olive Oil: Provides healthy fats.
Garlic powder: Contains potassium and magnesium.

32. CANAPES WITH SALMON AND CUCUMBER

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Salmon, smoked, thinly sliced – 5 oz
- ✓ Thick yogurt – 1/4 cup (2 oz)
- ✓ Cucumber, sliced – 1/2 medium (5 oz)
- ✓ Whole grain bread or crackers – 4–6 slices
- ✓ Lemon juice – 1 tsp. (0.2 oz)
- ✓ Fresh dill, finely chopped – 1 tbsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

In a small bowl, mix thick yogurt, lemon juice, chopped dill and black pepper. This will be a canape cream.

Toast whole grain bread in the oven or toaster. Spread the yogurt cream on each slice of bread. Place a cucumber circle on top of each slice. Add a thin slice of smoked salmon.

When serving, decorate the canapé with dill.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 12 g | Fats: 9 g | Carbohydrates: 19 g | Sodium (Na): 180 mg | Potassium (K): 370 mg

Benefits of the main ingredients:

Salmon: Rich in omega-3 fatty acids.
Yogurt: Contains calcium and probiotics.
Cucumber: Contains vitamin C.

33. GRILLED EGGPLANTS WITH AVOCADO

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Coarsely diced eggplant – 1 medium (10 oz)
- ✓ Avocado, cut into cubes – 1 pc. (6 oz.)
- ✓ Olive oil – 2 tbsp.
- ✓ Lemon juice – 1 tsp.
- ✓ Sesame seeds – 2 tsp.
- ✓ Fresh cilantro, chopped – 2 tbsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

Preheat grill to medium heat. Brush the eggplant slices with olive oil and season with black pepper. Fry the eggplants on both sides until soft and golden, about 3–4 minutes on each side.

In a small bowl, mix the avocado with the lemon juice and cilantro. Place grilled eggplant slices on a plate, top with avocado.

Sprinkle with sesame seeds before serving.

Nutritional value (per serving):

Calories: 270 kcal | Proteins: 11 g | Fats: 15 g | Carbohydrates: 23 g | Sodium (Na): 190 mg | Potassium (K): 480 mg

Benefits of the main ingredients:

Eggplant: Rich in antioxidants.
Avocado: A source of healthy fats and potassium.
Sesame: Rich in minerals and healthy fats.

34. CUCUMBER AND TUNA ROLLS

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Thinly sliced cucumber – 1 large (8 oz)
- ✓ Canned tuna, drained – 4 oz
- ✓ Low-fat yogurt – 2 tbsp. (1.5 oz)
- ✓ Poppy seeds – 2 tbsp.
- ✓ Lemon juice – 1 tsp.
- ✓ Garlic, chopped – 1/2 clove
- ✓ Fresh dill, chopped – 1 tbsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

In a small bowl, mix canned tuna, yogurt, lemon juice, minced garlic and fresh dill. Season with black pepper and mix well.

Spoon this mixture onto the cucumbers, one spoonful per slice. Carefully roll the cucumber slices with filling into rolls.

Place them on a plate and sprinkle with poppy seeds.

Nutritional value (per serving):

Calories: 260 kcal | Proteins: 15 g | Fats: 9 g | Carbohydrates: 18 g | Sodium (Na): 190 mg | Potassium (K): 410 mg

Benefits of the main ingredients:

Cucumber: Contains vitamins K and C.
Tuna: Source of protein and omega-3 fatty acids.
Yogurt: Rich in calcium and protein.

35. CANAPES WITH TROUT, HORSERADISH AND CUCUMBER

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Thinly sliced smoked trout – 6 oz
- ✓ Cucumber, sliced – 1 pc. (5 oz)
- ✓ Horseradish, grated – 1 tbsp.
- ✓ Cream cheese, softened – 2 tbsp.
- ✓ Lemon juice – 1 tsp.
- ✓ Ground black pepper – 1/4 tsp.
- ✓ Rye bread, cut into small pieces – 4 slices

INSTRUCTIONS:

Cut the rye bread into small squares or any other shape you prefer and toast them in a toaster or pan.

In a small bowl, mix grated horseradish, cream cheese, lemon juice and black pepper until smooth. Place a spoonful of this mass on each slice of bread. Place a slice of smoked trout and a few thin slices of cucumber on top.

Serve canapes on a plate, garnished with a sprig of fresh herbs.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 13 g | Fats: 12 g |
Carbohydrates: 22 g | Sodium (Na): 190 mg |
Potassium (K): 350 mg

Benefits of the main ingredients:

Smoked trout: Rich in protein and omega-3 fatty acids.
Horseradish: Has antioxidant properties.
Cucumber: Has vitamin C.

36. ROLLS WITH HAM, CHEESE AND PEAR

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Low Sodium Ham, Sliced – 6 oz
- ✓ Pear, sliced – 1 medium (6 oz)
- ✓ Low-fat cottage cheese – 2 oz
- ✓ Walnuts, chopped – 2 tbsp.
- ✓ Honey – 1 tsp.
- ✓ Arugula or spinach leaves – 1/2 cup (1 oz)

INSTRUCTIONS:

Place a pear slice on each slice of ham. Add a small amount of cheese on top of the pear. Sprinkle chopped walnuts on top and lightly drizzle with honey.

Top each ham slice with arugula or spinach leaves.

Roll the ham around the filling into rolls and fasten them with toothpicks.

Serve the appetizer on a plate decorated with fresh herbs.

Nutritional value (per serving):

Calories: 270 kcal | Proteins: 12 g | Fats: 12 g |
Carbohydrates: 18 g | Sodium (Na): 190 mg |
Potassium (K): 390 mg

Benefits of the main ingredients:

Ham: Lean protein.
Pear: Source of fiber and vitamin C.
Cheese: Rich in calcium.

37. STUFFED EGGS WITH CHICKEN

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Boiled eggs – 4 pcs.
- ✓ Chicken fillet, cooked and shredded – 3 oz
- ✓ Low-fat yogurt – 2 tbsp. (1 oz)
- ✓ Dijon mustard – 1/2 tsp.
- ✓ Fresh dill, chopped – 1 tbsp.
- ✓ Smoked paprika – 1/2 tsp.

INSTRUCTIONS:

Peel the boiled eggs and cut them in half. Remove the yolks and place them in a bowl. Add chopped chicken fillet, yogurt, mustard and chopped dill to the yolks. Mix well until smooth.

Fill the egg whites with the resulting mixture, using a spoon or a pastry bag.

Before serving, sprinkle the stuffed eggs with paprika.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 15 g | Fats: 10 g | Carbohydrates: 18 g | Sodium (Na): 190 mg | Potassium (K): 330 mg

Benefits of the main ingredients:

Chicken fillet: A source of high-quality protein.
Yogurt: Rich in protein and calcium.
Eggs: Contains potassium and magnesium.

38. CHIKEN ROLLS WITH MUSHROOMS AND SUN-DRIED TOMATOES

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Chicken fillet, cut and beaten – 2 pcs. (12 oz.)
- ✓ Mushrooms, finely chopped – 1/2 cup (4 oz)
- ✓ Sun-dried tomatoes, sliced – 1/4 cup (2 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Olive oil – 2 tbsp.
- ✓ Fresh basil, chopped – 2 tbsp.
- ✓ Ground black pepper – to taste

INSTRUCTIONS:

Heat olive oil in a pan. Add the sliced mushrooms and fry until the liquid evaporates, about 7 minutes. Add the chopped sun-dried tomatoes and garlic and stir. Cook for another 2–3 minutes.

Spread the mushroom-tomato mixture on the battered chicken fillet. Sprinkle 1 tbsp on top. I. basilica. Roll up the chicken fillets and secure them with toothpicks. Fry them over low heat in a pan on all sides until golden brown.

Remove from heat, remove toothpicks and cut rolls into bite-sized pieces and sprinkle with basil.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 28 g | Fats: 14 g | Carbohydrates: 16 g | Sodium (Na): 190 mg | Potassium (K): 450 mg.

Benefits of the main ingredients:

Chicken fillet: High protein content.
Mushrooms: Rich in B vitamins.
Sun-dried tomatoes: Rich in antioxidants.

39. CHEESE BALLS WITH NUTS AND HONEY

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Soft cheese (feta or goat cheese) – 1 cup (10 oz)
- ✓ Nuts (walnuts or almonds), chopped – 1/3 cup (3 oz)
- ✓ Honey – 1 tbsp.
- ✓ Olive oil – 1 tbsp.
- ✓ Fresh mint – 0.5 oz

INSTRUCTIONS:

Mash the soft cheese and mix it with olive oil for a creamier texture. Using a spoon or your hands, shape the cheese into small balls.

Grind the nuts and roll the cheese balls in them.

Place the balls on a plate and drizzle honey over them.

Garnish with mint leaves.

Nutritional value (per serving):

Calories: 260 kcal | Proteins: 15 g | Fats: 12 g |
Carbohydrates: 12 g | Sodium (Na): 200 mg |
Potassium (K): 440 mg

Benefits of the main ingredients:

Cheese: A rich source of protein and calcium.
Nuts: Contains healthy fats, especially omega-3 fatty acids.
Honey: Contains antioxidants.

40. ROLLS WITH MANGO AND AVOCADO

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Rice paper – 4 sheets
- ✓ Mango – 1/2 pc.
- ✓ Avocado – 1 pc.
- ✓ Cucumber – 1 pc.
- ✓ Carrot – 1/2 pc.
- ✓ Fresh mint or cilantro – several sprigs
- ✓ Soy sauce – for serving

INSTRUCTIONS:

Prepare all the ingredients by cutting the mango, avocado, cucumber and carrot into thin strips.

Dip a sheet of rice paper in warm water for a few seconds until it becomes soft. Put a few strips of mango, avocado, cucumber and carrot in the middle of the sheet, add a few leaves of mint or cilantro. Fold the sides of the rice paper inward and roll the roll tightly, starting from the bottom. Repeat the process for the remaining rice paper and ingredients.

Serve with soy sauce for dipping.

Nutritional value (per serving):

Calories: 180 kcal | Protein: 8 g | Fat: 11 g |
Carbohydrates: 21 g | Sodium (Na): 140 mg |
Potassium (K): 420 mg

Benefits of the main ingredients:

Mango: Rich in vitamins C and A.
Fresh mint or cilantro: Contains amino acids.
Avocado: Contains healthy fats, monounsaturated.

41. SHRIMPS IN LIME CHILLI SAUCE WITH AVOCADO

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Prawns, medium, peeled – 10 pcs.
- ✓ Avocado, cut into slices – 2 pcs.
(10 oz)
- ✓ Lime, juice – 2 tbsp.
- ✓ Olive oil – 1 tbsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Chilli, crushed – 1/2 tsp.
- ✓ Sea salt – 1/2 tsp.
- ✓ Cilantro, chopped – 1 tbsp.

INSTRUCTIONS:

In a bowl, mix the lime juice, olive oil, chopped garlic, chilli and sea salt to make a marinade. Add the prawns to the marinade, mix and leave for 10 minutes.

Heat a frying pan. Fry the shrimp for 3–4 minutes until cooked through.

Serve the shrimp on avocado slices and sprinkle with cilantro.

Nutritional value (per serving):

Calories: 260 g | Protein: 20 g | Fats: 17 g |
Carbohydrates: 8 g | Sodium (Na): 230 mg |
Potassium (K): 420 mg

Benefits of the main ingredients:

Shrimps: Rich in protein.
Avocado: Contains healthy fats.
Lime and chilli: Contain antioxidants.



SALADS

42. AVOCADO, MANGO AND SHRIMP SALAD

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Shrimp, boiled and cleaned – 8 pcs. (10 oz.)
- ✓ Diced avocado – 1 medium (6 oz)
- ✓ Diced Mango – 1 medium (6 oz)
- ✓ Lime juice – 1 tbsp.
- ✓ Fresh cilantro, finely chopped – 1 tbsp.
- ✓ Red chili pepper, finely chopped, finely chopped – 1/4 tsp.
- ✓ Olive oil – 1 tbsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

In a large bowl, combine the diced avocado, mango, and shrimp. Add lime juice, olive oil and finely chopped cilantro. Mix well. Add the red chili pepper for spice.

Garnish with a few sprigs of fresh cilantro before serving.

Nutritional value (per serving):

Calories: 270 kcal | Proteins: 12 g | Fats: 15 g |
Carbohydrates: 18 g | Sodium (Na): 180 mg |
Potassium (K): 410

Benefits of the main ingredients:

Shrimp: Lean protein.
Avocado: Rich in healthy fats and potassium.
Mango: Source of vitamin C and antioxidants.

43. QUINOA SALAD WITH VEGETABLES AND LEMON DRESSING

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Quinoa – 1/2 cup (3 oz)
- ✓ Cucumber, diced – 1/2 cup (3 oz)
- ✓ Bell pepper, diced – 1/2 cup (4 oz)
- ✓ Cherry tomatoes, halved – 1/2 cup (3 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Lemon juice – 2 tbsp.
- ✓ Dried oregano – 1/2 tsp.
- ✓ Dried cumin – 1/2 tsp.
- ✓ Fresh parsley, chopped – 1 tbsp.

INSTRUCTIONS:

Boil the quinoa according to package directions and allow to cool. In a bowl, mix cooked quinoa with cucumber, Bell pepper and cherry tomatoes.

In a small bowl, Mix olive oil, lemon juice, oregano, and cumin. Pour over the quinoa vegetables and toss.

When serving, sprinkle with parsley.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 9 g | Fats: 11g |
Carbohydrates: 28 g | Sodium (Na): 180 mg |
Potassium (K): 450 mg

Benefits of the main ingredients:

Quinoa: High in protein and fiber.
Cucumber: Contains vitamin K.
Bell pepper: Rich in vitamin C.

44. CAPRESE SALAD WITH TOMATOES, MOZZARELLA, AND BASIL

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Cherry tomatoes, halved – 1 cup (5 oz)
- ✓ Low-Fat Mozzarella Balls – 1/2 cup (4 oz)
- ✓ Fresh basil leaves – 1 oz
- ✓ Olive oil – 2 tbsp.
- ✓ Balsamic vinegar – 1 tsp.
- ✓ Sesame seeds – 1 tbsp.
- ✓ Dried thyme – 1/2 tsp.

INSTRUCTIONS:

Place cherry tomatoes and mozzarella balls on a plate. Place basil leaves between them.

In a small bowl, mix the olive oil, balsamic vinegar and thyme. Pour this sauce over

tomatoes and mozzarella.

When serving, sprinkle with sesame seeds.

Nutritional value (per serving):

Calories: 260 kcal | Proteins: 12 g | Fats: 10 g | Carbohydrates: 15 g | Sodium (Na): 190 mg | Potassium (K): 380 mg

Benefits of the main ingredients:

Tomatoes: High in antioxidants.
Mozzarella: Provides protein and calcium.
Basil: Contains potassium and vitamin C.

45. SALAD WITH AVOCADO CUCUMBERS AND APPLES

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Avocado, diced – 1 pc. (5 oz)
- ✓ Cucumber, diced – 1/2 cup (4 oz)
- ✓ Diced green apple – 1/2 cup (4 oz)
- ✓ Freshly squeezed lemon juice – 1 tbsp.
- ✓ Poppy seeds – 2 tbsp.
- ✓ Fresh cilantro, chopped – 1 tbsp.

INSTRUCTIONS:

In a bowl, mix the avocado, cucumber and green apple. Sprinkle with poppy seeds and lemon juice. Mix gently.

Sprinkle with cilantro when serving.

Nutritional value (per serving):

Calories: 280 kcal | Protein: 9 g | Fats: 15 g | Carbohydrates: 25 g | Sodium (Na): 180 mg | Potassium (K): 500 mg

Benefits of the main ingredients:

Avocado: Rich in healthy fats.
Cucumber: Contains calcium.
Green apple: Contains fiber and vitamins.

46. MANGO AND CHICKEN SALAD

Servings: 2 | Cooking time: 10 minutes (+ time for grilling the fillet 25 minutes)



INGREDIENTS:

- ✓ Chicken breast – 1/2 pound (8 oz)
- ✓ Diced Mango – 1/2 cup (4 oz)
- ✓ Salad greens – 2 cups (2 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Lime juice – 1 tbsp.
- ✓ Dried basil – 1 tsp.
- ✓ Smoked paprika – 1 tsp.

INSTRUCTIONS:

Sprinkle the chicken breast with smoked paprika and brush with oil. Grill until tender, 25 minutes. Allow to cool and cut into cubes.

Mix the salad greens, mango and roasted chicken breast. Drizzle with olive oil and lime juice, and toss gently before serving.

Nutritional value (per serving):

Calories: 280 kcal | Protein: 25 g | Fats: 10 g | Carbohydrates: 20 g Sodium (Na): 170 mg | Potassium (K): 550 mg

Benefits of the main ingredients:

Chicken breast: High in protein.
Mango: Provides vitamins and antioxidants.
Lettuce: Rich in vitamins and minerals.

47. «CAESAR» SALAD

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Romaine lettuce – 3 oz
- ✓ Tomatoes – 1 cup (4 oz)
- ✓ Cooked chicken fillet – 1/2 cup (3 oz)
- ✓ Low-fat yogurt – 1/4 cup (2 oz)
- ✓ Parmesan cheese, grated – 2 tbsp. (1 oz)
- ✓ Dried breadcrumbs – 1/2 cup (2 oz)
- ✓ Lemon juice – 1 tbsp.
- ✓ Garlic powder – 1/2 tsp.

INSTRUCTIONS:

In a small bowl, Combine yogurt, Parmesan cheese, lemon juice, and garlic powder to make the dressing. Cut the romaine lettuce into rough slices. Cut the chicken fillet and tomatoes into large cubes and pour the dressing over it. Mix gently.

When serving, sprinkle with croutons.

Nutritional value (per serving):

Calories: 280 kcal | Protein: 10 g | Fats: 8 g | Carbohydrates: 19 g | Sodium (Na): 190 mg | Potassium (K): 300 mg

Benefits of the main ingredients:

Yogurt: Contains protein.
Romaine lettuce: Provides fiber.
Parmesan cheese: Contains calcium.

48. BEET CHEESE AND NUT SALAD

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Beets, roasted – 1 cup (7 oz)
- ✓ Goat cheese, shredded – 1/4 cup (2 oz)
- ✓ Walnuts, chopped – 2 tbsp. (1 oz)
- ✓ Salad greens – 2 cups (3 oz)
- ✓ Balsamic vinegar – 1 tbsp.
- ✓ Linseed oil – 2 tbsp.

INSTRUCTIONS:

Mix the balsamic vinegar and linseed oil for the dressing in a small bowl.

Cut the roasted beets into small cubes and add them to the salad greens. Sprinkle with goat cheese and mix. Drizzle with dressing.

Sprinkle with nuts before serving.

Nutritional value (per serving):

Calories: 250 kcal | Protein: 12 g | Fats: 14 g | Carbohydrates: 25 g | Sodium (Na): 190 mg | Potassium (K): 480 mg

Benefits of the main ingredients:

Beetroot: Contains potassium.
Goat cheese: Provides protein and calcium.
Walnuts: High content of vitamin B9.

49. SPINACH SALAD WITH BERRIES AND ALMONDS

Servings: 2 | Cooking time: 10 minutes



INGREDIENTS:

- ✓ Fresh spinach – 2 cups (4 oz)
- ✓ Mixed berries (strawberries, blueberries) – 1/2 cup (3 oz)
- ✓ Chopped almonds – 1/4 cup
- ✓ Olive oil – 2 tbsp.
- ✓ Balsamic vinegar – 1 tbsp.
- ✓ Honey – 1 tsp.

INSTRUCTIONS:

In a small bowl, whisk together the olive oil, balsamic vinegar, and honey to make the dressing.

Chop the spinach and add the mixed berries. Drizzle with dressing

Sprinkle with almonds before serving.

Nutritional value (per serving):

Calories: 240 kcal | Protein: 7 g | Fats: 11 g | Carbohydrates: 24 g | Sodium (Na): 190 mg | Potassium (K): 420 mg

Benefits of the main ingredients:

Spinach: High content of vitamins and minerals.
Berries: Rich in antioxidants.
Olive Oil: Provides healthy fats.

50. CHICKPEA AND AVOCADO SALAD

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Chickpeas, cooked – 1 cup (7 oz)
- ✓ Avocado, diced – 1 medium (4 oz)
- ✓ Cherry tomatoes, halved – 1/2 cup (4 oz)
- ✓ Linseed oil – 2 tbsp.
- ✓ Lemon juice – 1 tbsp.
- ✓ Dried basil – 1/2 tbsp.
- ✓ Rosemary – 1/2 tsp.
- ✓ Flax seeds – 1 tbsp.

INSTRUCTIONS:

In a small bowl, mix the linseed oil, lemon juice, basil and rosemary and make the dressing.

Place the chickpeas, avocado and cherry tomatoes in a large bowl. Pour over the dressing and mix gently.

When serving, sprinkle the salad with flax.

Nutritional value (per serving):

Calories: 250 kcal | Protein: 12 g | Fats: 16 g | Carbohydrates: 27 g | Sodium (Na): 180 mg | Potassium (K): 580 mg

Benefits of the main ingredients:

Chickpeas: High in protein and fiber.
Avocado: Rich in healthy fats.
Flax: Rich in vitamins E and A.

51. SALAD WITH SALMON AND AVOCADO

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Salmon, boiled or baked, cut into pieces – 6 oz
- ✓ Avocado, diced – 1 medium (5 oz)
- ✓ Cucumber, diced – 1 medium (4 oz)
- ✓ Red onion, sliced – 1/4 medium (1 oz)
- ✓ Lettuce, chopped or torn – 2 cups (1 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Lemon juice – 1 tbsp.
- ✓ Sesame seeds – 1 tbsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

In a large bowl, toss together the salmon pieces, avocado, cucumber, red onion and lettuce.

Prepare the dressing by mixing olive oil, lemon juice, and ground black pepper.

Pour the dressing over the salad and mix thoroughly.

Serve the salad sprinkled with sesame seeds.

Nutritional value (per serving):

Calories: 240 kcal | Proteins: 15 g | Fats: 18 g | Carbohydrates: 18 g | Sodium (Na): 170 mg | Potassium (K): 490 mg

Benefits of the main ingredients:

Salmon: Rich in omega-3 fatty acids.
Avocado: A source of healthy fats and potassium.
Cucumber: Contains vitamins F.

52. MEDITERRANEAN LENTIL SALAD

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Lentils, cooked – 1/2 cup (4 oz)
- ✓ Cucumber, diced – 1/2 cup (3 oz)
- ✓ Cherry tomatoes, halved – 1/2 cup (3 oz)
- ✓ Dried oregano – 1/4 tsp.
- ✓ Kalamata olives, sliced – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Red wine vinegar – 1 tbsp.
- ✓ Sesame – 1 tbsp.

INSTRUCTIONS:

In a small bowl, mix olive oil, oregano, and wine vinegar to make the dressing. In a bowl, mix cooked lentils, cucumber, cherry tomatoes and olives and pour dressing

When serving, sprinkle with sesame.

Nutritional value (per serving):

Calories: 270 kcal | Protein: 12 g | Fats: 8 g | Carbohydrates: 28 g | Sodium (Na): 180 mg | Potassium (K): 475 mg

Benefits of the main ingredients:

Lentils: High in protein and fiber.
Cucumber: Contains vitamin K.
Olives: Provide healthy fats.

53. STRAWBERRY AND SPINACH SALAD WITH POPPY DRESSING

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Fresh Spinach – 5 oz
- ✓ Strawberries, chopped – 5 oz
- ✓ Poppy seeds – 2 tbsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Apple cider vinegar – 1 tbsp.
- ✓ Fresh basil – 1 oz

INSTRUCTIONS:

In a small bowl, mix olive oil, apple cider vinegar, and poppy seeds to make the dressing. In a bowl, mix the chopped spinach, strawberries and part of the basil. Drizzle with dressing and toss.

When serving, garnish with the remaining basil.

Nutritional value (per serving):

Calories: 250 kcal | Protein: 8 g | Fats: 8 g | Carbohydrates: 22 g | Sodium (Na): 190 mg | Potassium (K): 430 mg

Benefits of the main ingredients:

Spinach: Contains vitamin C.
Strawberries: Rich in antioxidants.
Poppy seeds: Contains calcium and magnesium.

54. KALE SALAD WITH CRANBERRIES AND ALMONDS

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Kale leaves, chopped – 2 cups (6 oz)
- ✓ Dried cranberries – 1/2 cup (5 oz)
- ✓ Almonds, chopped – 1/4 cup (3 oz)
- ✓ Linseed oil – 2 tbsp.
- ✓ Lemon juice – 1 tbsp.
- ✓ Flax seeds – 1 tbsp.

INSTRUCTIONS:

In a large bowl, Mix the kale, cranberries, and almonds. Drizzle with linseed oil and lemon juice. Mix well.

When serving, sprinkle with flax.

Nutritional value (per serving):

Calories: 260 kcal | Protein: 9 g | Fats: 12 g | Carbohydrates: 27 g | Sodium (Na): 190 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

Kale: High in vitamin C.
Cranberry: Rich in antioxidants.
Almonds: Provides healthy fats and protein.

55. SALAD WITH APPLES NUTS AND CHEESE

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Apple, diced – 1/2 cup (4 oz)
- ✓ Walnuts, chopped – 1/3 cup (3 oz)
- ✓ Blue cheese, diced – 1/2 cup (4 oz)
- ✓ Mixed salad greens – 1 cup (2 oz)
- ✓ Fresh parsley – 1/2 oz
- ✓ Olive oil – 2 tbsp.
- ✓ Apple cider vinegar – 1 tbsp.
- ✓ Dried thyme – 1/2 tsp.

INSTRUCTIONS:

Mix olive oil, apple cider vinegar, and thyme in a small bowl. Make the dressing. In a large bowl, mix the salad greens, apple, walnuts and blue cheese. Drizzle with dressing and toss.

Garnish with parsley when serving.

Nutritional value (per serving):

Calories: 270 kcal | Protein: 13 g | Fats: 14 g | Carbohydrates: 26 g | Sodium (Na): 190 mg | Potassium (K): 430 mg

Benefits of the main ingredients:

Apple: Provides fiber and vitamin C.
Walnuts: High in healthy fats.
Blue cheese: Contains calcium.

56. WARM SALAD WITH ASPARAGUS AND MUSHROOMS

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Asparagus, trimmed – 2 cups (8 oz)
- ✓ Mushrooms, chopped – 1 cup (6 oz)
- ✓ Pine nuts – 2 tbsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Lemon juice – 1 tbsp.
- ✓ Dried thyme – 1/2 tsp.

INSTRUCTIONS:

Heat olive oil in a pan. Put the mushrooms and cook for 10 minutes. Place in a bowl and cover with foil. In the same pan, fry the asparagus until cooked. Add to mushrooms. Sprinkle with thyme and sprinkle with lemon juice. Stir.

Serve warm, sprinkled with pine nuts.

Nutritional value (per serving):

Calories: 280 kcal | Protein: 9 g | Fats: 10 g | Carbohydrates: 25 g | Sodium (Na): 180 mg | Potassium (K): 445 mg

Benefits of the main ingredients:

Asparagus: Rich in magnesium.
Mushrooms: Contains vitamin C and potassium.
Pine nuts: Contains magnesium and iron.

57. VEGETABLE AND SEAFOOD SALAD

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Shrimp, cooked, peeled – 3/4 cup (6 oz)
- ✓ Mussels, cooked – 1/2 cup (4 oz)
- ✓ Squid, cut into rings – 1/2 cup (4 oz)
- ✓ Mixed salad greens – 1 cup (4 oz)
- ✓ Cherry tomatoes, halved – 1/2 cup (2 oz)
- ✓ Diced cucumber – 1/4 cup (1 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Lemon juice – 1 tbsp.
- ✓ Fresh dill, chopped – 1 tbsp.
- ✓ Lemon peel – 1/2 tsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

In a small bowl, make the dressing by mixing olive oil, lemon juice, lemon zest and black pepper.

In a large bowl, combine the cooked shrimp, mussels and squid. Add lettuce, cherry tomatoes and cucumber. Pour the dressing over the salad and toss gently

Serve sprinkled with dill.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 20 g | Fats: 8 g | Carbohydrates: 16 g | Sodium (Na): 180 mg | Potassium (K): 485 mg

Benefits of the main ingredients:

Seafood: Rich in omega-3.
Olive oil: Healthy fats.
Lemon juice: Vitamin C.

58. SALAD "PEASANT"

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Cooked beets, diced – 1/2 medium (2 oz)
- ✓ Cooked carrots, diced – 1 medium (2 oz)
- ✓ Diced Boiled Potatoes – 1 medium (4 oz.)
- ✓ Pickled cucumbers, cut into cubes – 2 pcs. (3oz)
- ✓ Sauerkraut – 1/3 cup (3 oz)
- ✓ Green peas, cooked – 1/3 cup (3 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

In a large bowl, combine the chopped beets, carrots, potatoes, pickles, sauerkraut and green peas.

In a separate small bowl, mix the olive oil, lemon juice and black pepper.

Pour the dressing over the vegetables and mix well.

Serve the salad, garnished with fresh herbs.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 9 g | Fats: 7 g |
Carbohydrates: 25 g | Sodium (Na): 190 mg |
Potassium (K): 450 mg

Benefits of the main ingredients:

Beets: Source of vitamin C and antioxidants.
Carrots: High content of beta-carotene.
Sauerkraut: A natural | Probiotic and source of vitamin C.

59. SALAD WITH SEA SCALLOPS AND BASIL

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Sea scallops, cleaned – 8 pcs. (8 oz.)
- ✓ Fresh basil, chopped – 1/3 cup (1 oz)
- ✓ Lemon juice – 1 tbsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Lettuce leaves, chopped – 2 cups (2 oz)
- ✓ Red onion, thinly sliced – 1/4 medium (1 oz)
- ✓ Cherry tomatoes, halved – 1/2 cup (2 oz)
- ✓ Black pepper – 1/2 tsp.

INSTRUCTIONS:

Heat the olive oil in a pan. Place the scallops in the pan and fry for 2–3 minutes on each side until golden and cooked through. Add lemon juice and black pepper, then mix gently.

In a separate large bowl, toss together the lettuce leaves, chopped red onion, cherry tomatoes and fresh basil.

Put the salad mixture on plates, add the sea scallops on top. Serve immediately.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 18 g | Fats: 12 g |
Carbohydrates: 18 g | Sodium (Na): 180 mg |
Potassium (K): 455 mg

Benefits of the main ingredients:

Sea scallops: Contains high-quality protein and low fat content.
Basil: Rich in antioxidants and vitamin E.
Lemon juice: Contains vitamin C.

60. SALAD WITH TURKEY TOMATOES AND BULGARIAN PEPPER

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Turkey, cooked and diced—5 oz
- ✓ Cherry tomatoes, halved – 1 cup (5 oz)
- ✓ Bell pepper, sliced – 1/2 cup (3 oz)
- ✓ Lettuce, torn into pieces – 2 cups (2 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Lemon juice – 1 tbsp.
- ✓ Dried oregano – 1/2 tsp
- ✓ Fresh dill – 1 tbsp.

INSTRUCTIONS:

In a large bowl, toss together the lettuce, cherry tomatoes, and Bell pepper. Add the sliced turkey to the vegetable mixture.

In a separate small bowl, mix the olive oil, lemon juice and oregano. Mix well. Pour the dressing over the salad and toss gently so that all the ingredients are evenly coated.

Serve the salad sprinkled with dill.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 22 g | Fats: 12 g | Carbohydrates: 17 g | Sodium (Na): 170 mg | Potassium (K): 460 mg

Benefits of the main ingredients:

Turkey: Lean protein.
Cherry tomatoes: A source of vitamins and antioxidants.
Bell pepper: Vitamin C and antioxidants.

61. BEEF SALAD WITH ARUGULA AND RED ONION

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Beef, roast and sliced – 6 oz
- ✓ Arugula, fresh – 2 cups (4 oz)
- ✓ Red onion, thinly sliced – 1 medium (3 oz)
- ✓ Cherry tomatoes, halved – 1 cup (5 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Balsamic vinegar – 1 tsp.
- ✓ Smoked paprika – 1 tsp.

INSTRUCTIONS:

In a large bowl, combine the arugula, red onion, and cherry tomatoes. Add the roast beef, cut into strips.

In a small bowl, mix the olive oil, balsamic vinegar and smoked paprika to make the dressing.

Pour the dressing over the salad and carefully mix all the ingredients.

Serve fresh, immediately after cooking.

Nutritional value (per serving):

Calories: 270 kcal | Proteins: 25 g | Fats: 18 g | Carbohydrates: 18 g | Sodium (Na): 190 mg | Potassium (K): 450 m

Benefits of the main ingredients:

Beef: A source of lean protein.
Arugula: Vitamins and antioxidants.
Red onion: High in antioxidants.

SOUPS

62. LENTIL AND TOMATO SOUP

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Red lentils – 1 cup (7 oz)
- ✓ Low-sodium vegetable broth – 2.5 cups (19 oz)
- ✓ Onion, finely chopped – 1 pc. (5 oz)
- ✓ Carrots, diced – 2 pcs. (6 oz)
- ✓ Garlic, finely chopped – 1 clove
- ✓ Diced Tomatoes – 8 oz
- ✓ Dried thyme – 1 tsp.
- ✓ Ground cumin – 1 tsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Red pepper or paprika (optional) – 1/4 tsp.
- ✓ Dill fresh, chopped – 1 tbsp.

INSTRUCTIONS:

In a large saucepan, heat the olive oil over medium heat. Add the onion, carrot, and garlic; fry until soft, about 3 minutes. Add lentils and vegetable stock. Bring to a boil, then reduce heat and simmer until lentils are tender, about 20 minutes. Add the chopped tomatoes, thyme, and cumin. Cook for another 2–3 minutes, stirring. Serve hot, sprinkled with paprika and dill.

Nutritional value (per serving):

Calories: 240 kcal | Proteins: 16 g | Fats: 9 g | Carbohydrates: 21 g | Sodium (Na): 180 mg | Potassium (K): 530 mg

Benefits of the main ingredients:

Lentils: High in protein and potassium.
Tomatoes: Contains antioxidants and potassium.
Carrots: Contains beta-carotene.

63. CHICKEN FARRO SOUP

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Farro, rinsed – 1/2 cup (3 oz)
- ✓ Skinless chicken breasts, diced – 7 oz
- ✓ Low-sodium chicken broth – 2.5 cups (19 oz)
- ✓ Onion, chopped – 1 pc. (2 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Carrots, diced – 2 pcs. (5 oz)
- ✓ Celery, chopped – 1 stalk (2 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Dried thyme – 1 tsp.

INSTRUCTIONS:

Heat the olive oil in a large saucepan. Add onion, carrot, celery and garlic, fry until soft, about 3 minutes. Add the chicken cubes and cook until slightly golden, about 5 minutes. Add the farro, chicken broth, and thyme. Bring to a boil, then reduce heat and simmer until farro and chicken are cooked through, about 20 minutes. Serve hot, garnished with fresh herbs if desired.

Nutritional value (per serving):

Calories: 260 kcal | Proteins: 22 g | Fats: 8 g | Carbohydrates: 23 g | Sodium (Na): 180 mg | Potassium (K): 520 mg

Benefits of the main ingredients:

Farro: High in fiber.
Chicken: Good source of protein.
Celery: Contains vitamin E.

64. SOUP WITH QUINOA AND TURKEY

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Quinoa, rinsed – 1/2 cup (4 oz)
- ✓ Skinless Turkey Breasts, Diced – 8 oz
- ✓ Low-sodium broth – 2.5 cups (19 oz)
- ✓ Onion, finely chopped – 1 pc. (2 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Carrots, diced – 1 pc. (3 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Dried oregano – 1 tsp.
- ✓ Fresh parsley – 0.5 oz

INSTRUCTIONS:

Heat the olive oil in a large saucepan. Add onion, carrot, and garlic, fry until soft, about 3 minutes.

Add the turkey cubes and cook until lightly golden, about 5 minutes.

Add the quinoa, broth, and oregano. Bring to a boil, then reduce the heat and simmer until the quinoa and chicken are cooked through, about 20 minutes.

Serve hot, garnished with parsley.

Nutritional value (per serving):

Calories: 240 kcal | Proteins: 18 g | Fats: 9 g | Carbohydrates: 22 g | Sodium (Na): 180 mg | Potassium (K): 530 mg

Benefits of the main ingredients:

Quinoa: Contains fiber and protein.
Turkey: Contains lean protein.
Onion: Contains antioxidants.

65. MUSHROOM SOUP WITH CHEESE

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Mushrooms, sliced – 8 oz
- ✓ Onion, finely chopped – 1 pc. (3 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Low-sodium vegetable broth – 2.5 cups (19 oz)
- ✓ Hard cheese, grated – 1 cup (4 oz)
- ✓ Skimmed milk – 1/2 cup (3 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Flour – 2 tbsp.
- ✓ Nutmeg (optional) – 1/4 tsp.

INSTRUCTIONS:

Heat the oil in a pan. Add onion and garlic, fry for about 3 minutes. Add the chopped mushrooms and cook until they release their liquid for another 5–7 minutes. Add flour and mix well, cook for another 2 minutes.

Gradually pour in the vegetable broth, stirring constantly to avoid lumps. Bring to a boil, then reduce heat and simmer for 10 minutes.

Add the milk, grated cheese, and nutmeg. Cook until cheese is completely melted, about 5 minutes.

Serve hot, sprinkled with a little more cheese.

Nutritional value (per serving):

Calories: 260 kcal | Proteins: 17 g | Fats: 13 g | Carbohydrates: 12 g | Sodium (Na): 190 mg | Potassium (K): 490 mg

Benefits of the main ingredients:

Mushrooms: Rich in antioxidants and B vitamins.
Cheese: Rich in calcium.
Garlic: Has anti-inflammatory properties.

66. TOMATO SOUP WITH BEANS

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ White beans, canned, washed – 1/2 can (8 oz)
- ✓ Diced Tomatoes – 7 oz
- ✓ Low-sodium vegetable broth – 2.5 cups (19 oz)
- ✓ Onion, finely chopped – 1 pc. (3 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Carrots, diced – 1 pc. (3 oz)
- ✓ Basil, dried – 1 tsp.
- ✓ Cumin – 1/2 tsp.
- ✓ Olive oil – 2 tbsp.

INSTRUCTIONS:

In a large saucepan, heat the olive oil over medium heat. Add onion, carrot and garlic, fry until soft, about 4 minutes. Add the chopped tomatoes, basil, and cumin. Cook for another 2–3 minutes, stirring.

Add the white beans and vegetable broth. Bring to a boil, then reduce heat and simmer for about 10 minutes.

Serve hot, sprinkled with fresh herbs.

Nutritional value (per serving):

Calories: 260 kcal | Proteins: 16 g | Fats: 9 g | Carbohydrates: 28 g | Sodium (Na): 180 mg | Potassium (K): 530 mg

Benefits of the main ingredients:

Beans: Contains vegetable protein and fiber.
Tomatoes: High in antioxidants and potassium.
Carrots: Contains beta-carotene.

67. CAULIFLOWER AND BULGUR SOUP

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Cauliflower, cut into florets – 9 oz.
- ✓ Bulgur – 1/2 cup (4 oz).
- ✓ Low-sodium vegetable broth – 2.5 cups (19 oz).
- ✓ Onion, finely chopped – 1 pc. (3 oz).
- ✓ Carrots, diced – 1 pc. (3 oz).
- ✓ Celery, root, finely chopped – 2 tbsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Dried cilantro – 1 tsp.

INSTRUCTIONS:

Heat the olive oil in a large saucepan. Add onion, carrot and celery, fry until soft, about 5 minutes.

Pour in the vegetable broth and add the bulgur. Bring to a boil. Reduce the heat and cook for about 10 minutes. Add the cauliflower and cilantro; stir. Cook on low heat for another 10 minutes, until the bulgur and cabbage are soft.

Serve hot, sprinkled with black pepper, if desired.

Nutritional value (per serving):

Calories: 270 kcal | Proteins: 9 g | Fats: 13 g | Carbohydrates: 25 g | Sodium (Na): 180 mg | Potassium (K): 520 mg

Benefits of the main ingredients:

Cauliflower: Rich in vitamins C and K.
Bulgur: High in fiber.
Olive oil: Contains vitamins E, K.

68. BROTH WITH EGG AND CHICKEN

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Low-sodium chicken broth – 2.5 cups (19 oz)
- ✓ Skinless chicken breasts, diced – 8 oz
- ✓ Eggs – 3 pcs.
- ✓ Onion, finely chopped – 1 pc. (3 oz).
- ✓ Garlic, chopped – 1 clove
- ✓ Olive oil – 2 tbsp.
- ✓ Thyme, dried – 1/2 tsp.
- ✓ Coriander, ground – 1/2 tsp.
- ✓ Fresh herbs (parsley or dill) for serving

INSTRUCTIONS:

In a large saucepan, heat the olive oil and add the onion and garlic. Fry until soft, about 5 minutes.

Add the chopped chicken breast and fry until lightly browned, about 5 minutes. Pour in chicken broth, add ground thyme and coriander. Bring to a boil, then reduce the heat and simmer for 15 minutes, until the chicken is cooked.

Boil the eggs in a separate pan, then cut them into rough cubes. Add to broth. Mix gently and bring to a boil.

Serve hot, sprinkled with fresh herbs.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 24 g | Fats: 10 g | Carbohydrates: 12 g | Sodium (Na): 180 mg | Potassium (K): 410 mg

Benefits of the main ingredients:

Chicken broth: Contains collagen.
Eggs: High in protein.
Chicken meat: Contains potassium, magnesium.

69. SEAFOOD SOUP

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Assorted seafood (shrimp, mussels, squid) – 10 oz
- ✓ Fish broth – 2.5 cups (19 oz)
- ✓ Cherry tomatoes, halved – 1 cup (7 oz)
- ✓ Onion, finely chopped – 1 pc. (3 oz)
- ✓ Garlic, chopped – 2 cloves.
- ✓ Diced Potatoes – 4 oz
- ✓ Olive oil – 2 tbsp.
- ✓ Basil, dried – 1 tsp.
- ✓ Chili flakes – 1/2 tsp.
- ✓ Fresh parsley for serving.

INSTRUCTIONS:

In a large saucepan, heat the olive oil and add the onion and garlic. Fry until soft, about 5 minutes. Pour in the fish broth and add the potatoes. Bring to a boil, reduce heat and simmer until potatoes are tender, about 15 minutes.

Add the assorted seafood and cook for another 5–7 minutes, until the seafood is cooked through. Add chopped tomatoes, basil, chili flakes. Cook, stirring for 5 minutes.

Serve hot, sprinkled with fresh parsley.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 24 g | Fats: 8 g | Carbohydrates: 19 g | Sodium (Na): 180 mg | Potassium (K): 570 mg

Benefits of the main ingredients:

Seafood: Rich in omega-3 fatty acids and protein.
Fish broth: Contains collagen and minerals.
Potatoes: Contains vitamin C and fiber.

70. PUMPKIN CREAM SOUP

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Pumpkin, peeled and diced – 16 oz
- ✓ Low-sodium vegetable broth – 2 cups (18 oz)
- ✓ Carrots, chopped – 8 oz
- ✓ Ground ginger – 1/2 tsp.
- ✓ Cinnamon – 1 tsp.
- ✓ Coconut milk – 1/2 cup (5 oz)
- ✓ Sesame – 2 tbsp.

INSTRUCTIONS:

Pour vegetable broth into the pan. Add chopped pumpkin and carrot. Bring to a boil, then reduce heat and simmer until pumpkin and carrots are tender, about 20 minutes.

Remove the soup from the heat and use a blender to puree the cooked pumpkin and carrots until smooth. Return the soup to the heat, add the coconut milk, cinnamon, and ginger and heat without bringing to a boil.

Serve hot, sprinkled with sesame seeds.

Nutritional value (per serving):

Calories: 260 kcal | Proteins: 8 g | Fats: 14 g | Carbohydrates: 23 g | Sodium (Na): 200 mg | Potassium (K): 530 mg

Benefits of the main ingredients:

Pumpkin: High in vitamin A and fiber.
Ginger: Has anti-inflammatory properties.
Coconut milk: Provides healthy fats.

71. CHILI SOUP

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Ground Beef, Lean – 8 oz
- ✓ Onion, chopped – 1 pc. (3 oz)
- ✓ Bulgarian pepper, cut into cubes – 1 pc. (5 oz)
- ✓ Garlic, chopped – 2 cloves
- ✓ Black beans, canned, rinsed – 1/2 can (7 oz)
- ✓ Tomatoes, diced – 6 oz
- ✓ Low-sodium vegetable broth – 1,5 cup (13 oz)
- ✓ Tomato paste – 1 tbsp.
- ✓ Chili powder – 1 tsp.
- ✓ Cumin, ground – 1 tsp.
- ✓ Paprika – 1 tsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Fresh cilantro to serve

INSTRUCTIONS:

In a large pot, heat the olive oil and add the onion, red pepper and garlic, fry until soft, about 5–7 minutes.

Add ground beef, cook until browned, about 5–7 minutes. Add chili powder, cumin, paprika and cook for another 1–2 minutes, stirring.

Add the tomato paste, chopped tomatoes, black beans, and broth. Bring to a boil, then reduce heat and simmer for 15 minutes.

Serve hot, garnished with fresh cilantro.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 21 g | Fats: 11 g | Carbohydrates: 35 g | Sodium (Na): 180 mg | Potassium (K): 570 mg

Benefits of the main ingredients:

Beans: Rich in fiber, protein, antioxidants.
Red pepper: Source of vitamin C, antioxidants.
Beef: Contains lean protein.

72. MINISTRONE SOUP

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Onion, chopped – 1 pc. (3 oz)
- ✓ Garlic, chopped – 2 cloves
- ✓ Carrots, diced – 1 pc. (4 oz)
- ✓ Celery, chopped – 1 stalk (3 oz)
- ✓ Bell pepper, chopped – 1 pc. (6 oz)
- ✓ Tomatoes, chopped – 7 oz
- ✓ Low-sodium vegetable broth – 1.5 cups (16 oz)
- ✓ Red kidney beans, canned, rinsed – 7 oz
- ✓ Small pasta (orzo or small shells) – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Oregano, dried – 1 tsp.
- ✓ Basil, dried – 1 tsp.
- ✓ Ground black pepper – 1/2 tsp.
- ✓ Fresh parsley for serving

INSTRUCTIONS:

Heat the olive oil in a large saucepan. Add onion, garlic, carrot and celery, fry until soft, about 5–7 minutes.

Pour in the stock, add the pasta and cook for 10 minutes or until tender. Add the chopped tomatoes, bell pepper, and red beans. Bring to a boil, then reduce heat and simmer for 10 minutes. Add oregano, basil and black pepper, cook for another 2–3 minutes, stirring.

Serve hot, garnished with fresh parsley.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 16 g | Fats: 9 g |
Carbohydrates: 39 g | Sodium (Na): 180 mg |
Potassium (K): 570 mg

Benefits of the main ingredients:

Red kidney beans: Rich in protein and fiber.
Bell pepper: A source of vitamin C.
Garlic: Contains antioxidants.

73. MUSHROOM AND BEAN CREAM SOUP

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Fresh Mushrooms, Chopped – 8 oz
- ✓ White beans, canned, rinsed – 8 oz
- ✓ Onion, finely chopped – 1 pc. (3 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Low-sodium broth – 1.5 cups (11 oz)
- ✓ Coconut milk – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Dried thyme – 1 tsp.
- ✓ Ground black pepper – 1/2 tsp.
- ✓ Fresh parsley for serving

INSTRUCTIONS:

Heat the olive oil in a large saucepan. Add onion and garlic, fry until soft, about 5 minutes. Add the chopped mushrooms and thyme, and cook until the mushrooms release their juice and turn golden, about 10 minutes.

Add the white beans and vegetable broth. Bring to a boil, then reduce heat and simmer for 10 minutes.

Remove the soup from the heat and use a blender to puree it until smooth.

Return the soup to the heat, add the coconut milk and heat without bringing to a boil.

Serve hot, garnished with fresh parsley.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 14 g | Fats: 11 g |
Carbohydrates: 22 g | Sodium (Na): 190 mg |
Potassium (K): 570 mg

Benefits of the main ingredients:

Mushrooms: Contains antioxidants and B vitamins.
White beans: Rich in protein and fiber.
Thyme: Has antibacterial properties.

74. RABBIT SOUP WITH PEARL BARLEY AND MUSHROOMS

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Diced Rabbit – 9 oz
- ✓ Pearl groats – 1/4 cup (2 oz)
- ✓ Mushrooms (champignons or wild mushrooms), chopped – 1 cup (4 oz)
- ✓ Onion, finely chopped – 1 pc. (3 oz)
- ✓ Carrots, chopped – 1 pc (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Vegetable broth – 2.5 cups (19 oz)
- ✓ Bay leaf – 1 pc.
- ✓ Black pepper, ground – 1/2 tsp.
- ✓ Fresh parsley, chopped – 1 tbsp.

INSTRUCTIONS:

Rinse the pearl barley and boil it until half cooked in a separate pan, about 15 minutes.

Heat olive oil in a saucepan, add onion and carrot, fry for 5 minutes until soft. Add the rabbit pieces and fry until golden, 5–7 minutes. Add the mushrooms and cook for 3 minutes until they release their juices.

Pour in the vegetable broth, add the bay leaf and pepper. Bring to a boil. Add the boiled pearl barley and cook over low heat for another 15 minutes, until the rabbit and pearl barley are soft.

Sprinkle with fresh parsley before serving.

Nutritional value (per serving):

Calories: 290 kcal | Protein: 22 g | Fat: 8 g |
Carbohydrates: 28 g | Sodium (Na): 200 mg |
Potassium (K): 540 mg

Benefits of the main ingredients:

Rabbit: Has a high protein content.
Pearl: A source of fiber.
Mushrooms: Contains antioxidants.

75. COLD BEET SOUP

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Beets, boiled and grated – 1.5 cups (10 oz)
- ✓ Cucumber, cut into cubes – 1 pc. (5 oz)
- ✓ Green onion, finely chopped – 2 tbsp.
- ✓ Dill, chopped – 2 tbsp.
- ✓ Natural yogurt or kefir – 1 cup (9 oz)
- ✓ Lemon juice – 1 tbsp.
- ✓ Black pepper, ground – 1/4 tsp.

INSTRUCTIONS:

In a bowl, mix grated beetroot, sliced cucumber, green onion and dill.

Add yogurt or kefir and 1 cup of chilled water. Mix well.

Add lemon juice and black pepper. Stir again.

Place the soup in the refrigerator for 30 minutes to chill well.

Before serving, you can garnish with additional fresh dill.

Nutritional value (per serving):

Calories: 220 kcal | Protein: 14 g | Fat: 10 g |
Carbohydrates: 18 g | Sodium (Na): 180 mg |
Potassium (K): 530 mg

Benefits of the main ingredients:

Beets: Rich in antioxidants.
Cucumber: A source of hydration.
Yogurt: Contains beneficial bacteria and protein.

76. TURKEY SOUP WITH QUINOA AND SPINACH

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Diced turkey fillet – 1 cup (9 oz)
- ✓ Rinsed quinoa – 1/3 cup (2 oz)
- ✓ Fresh spinach, chopped 1.5 cups (5 oz)
- ✓ Finely chopped onion – 1 pc. (3 oz)
- ✓ Diced carrot – 1 pc. (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Vegetable broth – 2.5 cups (19 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Black pepper, ground – 1/2 tsp.
- ✓ Dried cilantro – 1/2 tsp.
- ✓ Lemon juice – 1 tsp.

INSTRUCTIONS:

Add the chopped onion, carrot and chopped garlic to the olive oil in a saucepan and fry for 5 minutes until soft. Add the turkey pieces and fry for another 5–7 minutes.

Add the quinoa and vegetable broth. Bring to a boil, reduce the heat, and simmer for 15 minutes, or until the quinoa is tender.

Add the spinach and black pepper, cilantro, stir, cook for another 2–3 minutes until the spinach wilts.

Add lemon juice and mix well before serving.

Nutritional value (per serving):

Calories: 280 kcal | Protein: 28 g | Fats: 8 g |
Carbohydrates: 25 g | Sodium: (Na): 170 mg |
Potassium (K): 560 mg

Benefits of the main ingredients:

Turkey: Lean source of protein.
Quinoa: Rich in protein and fibre.
Spinach: A source of iron and antioxidants.



POULTRY DISHES

77. CHICKEN BREAST IN LEMON GRASS

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Boneless and skinless chicken breast – 2 pcs. (14 oz)
- ✓ Lemon juice – 1/4 cup
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 3 cloves
- ✓ French mustard – 2 tbsp.
- ✓ Fresh rosemary, chopped – 1 tbsp.
- ✓ Fresh thyme – 1 tbsp.
- ✓ Black pepper – 1/4 tsp.

INSTRUCTIONS:

Mix lemon juice, olive oil, garlic, rosemary, thyme and pepper in a bowl. Add the chicken breasts and marinate for at least 20 minutes.

Heat the grill to medium–high heat. Remove the chicken from the marinade and grill for 6–7 minutes on each side until done.

Brush with French mustard before serving.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 28 g | Fats: 10 g | Carbohydrates: 12g | Sodium (Na): 190 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

Chicken breast: High in protein.
Lemon: Rich in vitamin C.
Olive oil: Useful fats.

78. GRILLED TURKEY WITH VEGETABLES

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Skinless, boneless turkey breast – 14 oz
- ✓ Zucchini, sliced – 10 oz
- ✓ Bell Peppers, Mixed Colors, Chopped – 6 oz
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 2 cloves
- ✓ Dried thyme – 1 tsp.
- ✓ Greenery for decoration.

INSTRUCTIONS:

In a large bowl, mix olive oil, garlic, thyme. Add turkey breast and vegetables, toss until evenly coated. Leave for 10 minutes. Preheat the grill to medium heat.

Grill the turkey breast for 8 minutes on each side until cooked through. Grill the vegetables until they are tender and lightly charred, about 8 minutes.

Serve the roasted turkey with vegetables sprinkled with greens.

Nutritional value (per serving):

Calories: 300 kcal | Protein: 30 g | Fats: 10 g | Carbohydrates: 15 g | Sodium (Na): 190 mg | Potassium (K): 520 mg

Benefits of the main ingredients:

Turkey: High in protein.
Zucchini: Rich in fiber and vitamins.
Bell pepper: Content of antioxidants and vitamin C.

79. BAKED CHICKEN BREAST WITH ROSEMARY

Servings: 2 | Cooking time: 45 minutes



INGREDIENTS:

- ✓ Skinless Boneless Chicken Breast – 14 oz
- ✓ Lemon, juice and zest – 1 pc. (4 oz)
- ✓ Bell pepper – 1 pc. (4 oz)
- ✓ Fresh chopped rosemary – 1 tbsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 2 cloves

INSTRUCTIONS:

Preheat oven to 375°F (190°C). In a bowl, combine lemon juice, zest, rosemary, olive oil, and garlic. Rub the chicken breasts with the mixture and marinate for 15 minutes, if desired.

Place the chicken breast in a baking dish and bake in the oven for 25–30 minutes.

Serve with pieces of pepper.

Nutritional value (per serving):

Calories: 290 kcal | Protein: 28 g | Fats: 9 g | Carbohydrates: 13 g | Sodium (Na): 200 mg | Potassium (K): 430 mg

Benefits of the main ingredients:

Chicken: Lean protein.
Lemon: High in vitamin C.
Rosemary: Has antioxidant properties.

80. STEWED TURKEY WITH VEGETABLES

Servings: 2 | Cooking time: 1 hour



INGREDIENTS:

- ✓ Skinless and Boneless Turkey Breast – 13 oz
- ✓ Peas, green, fresh – 5 oz
- ✓ Carrots, chopped – 10 oz
- ✓ Onion, chopped – 1 pc. (5 oz)
- ✓ Celery, chopped – 10 oz
- ✓ Olive oil – 2 tbsp.
- ✓ Dried thyme – 1 tsp.
- ✓ Low Sodium Chicken Broth – 1 cup (8 oz)

INSTRUCTIONS:

Heat the olive oil in a large saucepan. Add the turkey breast and fry on all sides. Remove turkey and set aside.

In the same pan, fry the onion, carrot and celery until soft. Return the turkey to the pan, add the thyme, chicken broth, and pepper. Cover with a lid and simmer over low heat for 20 minutes. Add the peas and simmer for another 10 minutes.

Serve hot.

Nutritional value (per serving):

Calories: 300 kcal | Protein: 32 g | Fats: 10 g | Carbohydrates: 15 g | Sodium (Na): 190 mg | Potassium (K): 670 mg

Benefits of the main ingredients:

Turkey: High in protein.
Carrots: Rich in beta-carotene
Celery: High in fiber and vitamins E and K.

81. CHICKEN FAJITAS WITH VEGETABLES

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Skinless Boneless Chicken Breast, Cut into Pieces – 14 oz
- ✓ Bell Peppers, Mixed Colors, Chopped – 7 oz
- ✓ Diced Eggplant – 5 oz
- ✓ Onion, chopped – 1 pc. (5 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Ground cumin – 1 tsp.
- ✓ Smoked paprika – 1 tsp.
- ✓ Garlic, chopped – 2 cloves

INSTRUCTIONS:

Heat the olive oil in a large pan. Add the chicken and fry until golden brown, about 7 minutes per side.

Add bell pepper, eggplant, onion, cumin, paprika, garlic. Cook, stirring frequently, until the vegetables are tender and the chicken is cooked through.

Serve with warm tortillas or over rice.

Nutritional value (per serving):

Calories: 290 kcal | Protein: 27 g | Fats: 12 g | Carbohydrates: 16 g | Sodium (Na): 190 mg | Potassium (K): 510 mg

Benefits of the main ingredients:

Chicken: Lean protein.
Bell pepper: High in vitamin C.
Onion: Rich in ascorbic acid.

82. ASIAN-STYLE TURKEY WITH VEGETABLES

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Skinless and Boneless Turkey Breast, Cut into Pieces – 14 oz
- ✓ Broccoli florets, fresh – 10 oz
- ✓ Bell Peppers, Mixed Colors, Chopped – 6 oz
- ✓ Soy sauce with low sodium content – 2 tbsp.
- ✓ Sesame oil – 2 tbsp.
- ✓ Garlic, chopped – 2 cloves
- ✓ Ginger, fresh, chopped – 1 tsp.
- ✓ Green onions, chopped – 2 stalks

INSTRUCTIONS:

Heat the sesame oil in a large pan. Add the turkey and cook for 20 minutes, until golden brown. Add broccoli and bell pepper and cook, stirring, until tender. Then add soy sauce and green onions, garlic, ginger and cook for another 2 minutes

Serve hot with rice or noodles.

Nutritional value (per serving):

Calories: 310 kcal | Protein: 28 g | Fats: 10 g | Carbohydrates: 16 g | Sodium (Na): 200 mg | Potassium (K): 590 mg

Benefits of the main ingredients:

Turkey: High in protein.
Broccoli: Contains vitamin B4 and fiber.
Bell pepper: High in vitamin C.

83. BAKED QUAIL WITH GARLIC AND LEMON

Servings: 2 | Cooking time: 60 minutes



INGREDIENTS:

- ✓ Quail – 2 pcs.
- ✓ Lemon juice, fresh – 1/4 cup (2 oz)
- ✓ Lemon peel – 1 tbsp.
- ✓ Linseed oil– 2 tbsp.
- ✓ Garlic, chopped – 2 cloves
- ✓ Dried thyme – 1 tsp.
- ✓ Smoked paprika – 1 tsp.
- ✓ Green Chives --1 oz

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Mix lemon juice, lemon zest, linseed oil, garlic, thyme in a bowl. Rub the quail with the mixture and leave for 20 minutes.

Place them in a baking dish and place in the oven. Bake for 25–30 minutes or until internal temperature reaches 165°F

Serve with green onions.

Nutritional value (per serving):

Calories: 280 kcal | Protein: 28 g | Fats: 10 g |
Carbohydrates: 15 g | Sodium (Na): 190 mg |
Potassium (K): 450 mg

Benefits of the main ingredients:

Quail: Lean protein.
Garlic: Has antimicrobial properties.
Green onions: Has vitamins C and E.

84. BAKED TURKEY WITH BRUSSELS SPROUTS

Servings: 2 | Cooking time: 45 minutes



INGREDIENTS:

- ✓ Skinless and Boneless Turkey Breast – 12 oz
- ✓ Brussels sprouts, halved – 6 oz
- ✓ Linseed oil – 2 tbsp.
- ✓ Ground flax – 2 tbsp.
- ✓ Garlic, chopped – 2 cloves
- ✓ Dried thyme – 1 tsp.
- ✓ Lemon peel – 1 tsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). In a large bowl, toss the Brussels sprouts with 1 tbsp. linseed oil, garlic, thyme, lemon peel.

Brush the turkey breast with the rest of the oil. Place in a baking dish and bake for 15 minutes. Then surround it with the Brussels sprouts and bake for another 15 minutes or until the turkey is cooked through and the Brussels sprouts are tender.

Serve sprinkled with ground flax.

Nutritional value (per serving):

Calories: 310 kcal | Protein: 30 g | Fats: 12 g |
Carbohydrates: 19 g | Sodium (Na): 190 mg |
Potassium (K): 550 mg

Benefits of the main ingredients:

Turkey: High in protein.
Brussels sprouts: Rich in fiber.
Flax: Rich in fiber and vitamins A, E.

85. CHICKEN NUGGETS IN WHOLE GRAIN BREADING

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Skinless, boneless chicken breast, sliced – 14 oz
- ✓ Whole grain crackers – 1 cup (4 oz)
- ✓ Parmesan cheese, grated – 1/4 cup (1 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Beaten eggs – 2 pcs.
- ✓ Garlic powder – 1 tsp.
- ✓ Smoked paprika – 1 tsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). In a shallow plate, mix whole grain crackers, Parmesan cheese, garlic powder, and paprika. Dip each chicken piece in the beaten eggs, then cover with the breadcrumb mixture.

Place the nuggets on a baking sheet lined with parchment paper and drizzle with olive oil. Bake for 20–25 minutes or until golden brown and cooked through.

Serve with your favorite sauce.

Nutritional value (per serving):

Calories: 280 kcal | Protein: 28 g | Fats: 12 g | Carbohydrates: 22 g | Sodium (Na): 190 mg | Potassium (K): 410 mg

Benefits of the main ingredients:

Chicken: Lean protein, supports muscle growth.
Whole wheat: Rich in fiber.
Parmesan: Contains calcium.

86. THAI CHICKEN CURRY

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Skinless Boneless Chicken Breast, Diced – 10 oz
- ✓ Coconut Milk, Unsweetened – 8 oz
- ✓ Red curry paste – 2 tbsp.
- ✓ Bell pepper, chopped – 10 oz
- ✓ Carrots, chopped – 6 oz
- ✓ Onion, chopped – 1 pc. (5 oz)
- ✓ Garlic, chopped – 2 cloves
- ✓ Ginger, fresh, chopped – 1 tsp.
- ✓ Fish sauce with low sodium content – 1 tbsp.
- ✓ Olive oil – 1 tbsp.

INSTRUCTIONS:

Heat the olive oil in a large pan. Add the chicken and cook until golden brown. Add the garlic, ginger and onion and cook until fragrant.

Add the red curry paste and cook for 2 minutes. Add coconut milk, bell pepper, carrots and fish sauce. Simmer for 15 minutes or until the vegetables are tender and the chicken is cooked through.

Serve with rice.

Nutritional value (per serving):

Calories: 310 kcal | Protein: 27 g | Fats: 22 g | Carbohydrates: 21 g | Sodium (Na): 190 mg | Potassium (K): 610 mg

Benefits of the main ingredients:

Chicken: Lean protein.
Coconut milk: Healthy fats.
Bell pepper: High content of vitamin C.

87. CHICKEN BREAST IN ORANGE MARINADE

Servings: 2 | Cooking time: 30 minutes (+ 20 minutes of marinating)



INGREDIENTS:

- ✓ Skinless Boneless Chicken Breast – 14 oz
- ✓ Fresh orange juice – 1/2 cup (4 oz)
- ✓ Orange peel – 1 tbsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Soy sauce with low sodium content – 2 tbsp.
- ✓ Olive oil – 1 tbsp.
- ✓ Dried thyme – 1 tsp.
- ✓ Black pepper – 1 tsp.

INSTRUCTIONS:

In a bowl, mix orange juice, orange zest, garlic, soy sauce, olive oil, thyme and pepper. Add the chicken breasts and marinate for 20 minutes.

Preheat oven to 375°F (190°C). Remove the chicken from the marinade and place in a baking dish. Bake for 25–30 minutes or until internal temperature reaches 165°F.

Wait 5 minutes before cutting it.

Nutritional value (per serving):

Calories: 290 kcal | Protein: 28 g | Fats: 18 g | Carbohydrates: 12 g | Sodium (Na): 180 mg | Potassium (K): 460 mg

Benefits of the main ingredients:

Chicken: High protein content.
Orange: Rich in vitamin C.
Thyme: Has antioxidant properties.

88. CHICKEN BREAST WITH TOMATOES AND BASIL

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Diced Chicken Breast – 14 oz
- ✓ Diced tomatoes – 1 cup (7 oz)
- ✓ Basil, fresh, chopped – 1/2 cup (2 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Olive oil – 2 tbsp.
- ✓ Balsamic vinegar – 1 tsp.
- ✓ Black pepper – 1 tsp.

INSTRUCTIONS:

Heat the olive oil in a large pan. Add chicken breasts and fry until golden brown, stirring. Remove chicken and set aside.

In the same pan, add garlic, tomatoes, balsamic vinegar and pepper. Cook until the tomatoes soften. Return the chicken to the pan, simmer until done.

Add fresh basil before serving.

Nutritional value (per serving):

Calories: 290 kcal | Protein: 29 g | Fats: 10 g | Carbohydrates: 19 g | Sodium (Na): 200 mg | Potassium (K): 570 mg

Benefits of the main ingredients:

Chicken: Lean protein.
Tomatoes: High content of lycopene.
Basil: Has vitamins C and E.

89. TURKEY IN HONEY–MUSTARD DRESSING

Servings: 2 | Cooking time: 55 minutes



INGREDIENTS:

- ✓ Skinless and Boneless Turkey Breast – 14 oz
- ✓ Bell pepper – 1 pc. (6 oz)
- ✓ Dijon mustard – 2 tbsp.
- ✓ Honey – 2 tbsp.
- ✓ Linseed oil – 1 tbsp.
- ✓ Garlic, chopped – 2 cloves
- ✓ Lemon juice – 1 tbsp.

INSTRUCTIONS:

In a small bowl, mix Dijon mustard, honey, linseed oil, garlic, and lemon juice. Rub the mixture over the turkey breast, making sure it is evenly coated, and leave for 20 minutes.

Preheat oven to 375°F (190°C). Place turkey in roasting pan and roast for 25–30 minutes or until internal temperature reaches 165°F.

Serve with pieces of pepper.

Nutritional value (per serving):

Calories: 320 kcal | Protein: 28 g | Fats: 10 g | Carbohydrates: 15 g | Sodium (Na): 190 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

Turkey: Contains protein.
Mustard: Supports a healthy metabolism.
Honey: Natural antioxidants.

90. STEWED CHICKEN BREAST WITH TOMATOES AND EGGPLANTS

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Skinless and Boneless Chicken Breast – 10 oz
- ✓ Diced tomatoes – 1 cup (8 oz)
- ✓ Eggplant, diced – 1 cup (7 oz)
- ✓ Sesame oil – 3 tbsp.
- ✓ Garlic, chopped – 2 cloves
- ✓ Onion, chopped – 1 pc. (5 oz)
- ✓ Basil leaves – 1 oz
- ✓ Dried thyme – 1 tsp.
- ✓ Low Sodium Chicken Broth – 1/2 cup (4 oz)

INSTRUCTIONS:

Heat the sesame oil in a large pan. Add chicken breasts and fry until golden brown on both sides. Remove chicken and set aside.

In the same pan, add eggplant and onion and cook for 10 minutes. Then add the tomatoes, thyme, chicken broth, and return the chicken to the pan. Cover and cook for 15 minutes, until the chicken is fully cooked.

Serve on basil leaves.

Nutritional value (per serving):

Calories: 300 kcal | Protein: 29 g | Fats: 12 g | Carbohydrates: 21g | Sodium (Na): 190 mg | Potassium (K): 570 mg

Benefits of the main ingredients:

Chicken: Contains magnesium and calcium.
Tomatoes: High content of lycopene.
Thyme: Has antioxidant properties.

91. CHICKEN STEW WITH VEGETABLES

Servings: 2 | Cooking time: 50 minutes



INGREDIENTS:

- ✓ Skinless Boneless Chicken Breast, Diced – 14 oz
- ✓ Carrots, chopped – 1 cup (7 oz)
- ✓ Potatoes, diced – 1 cup (7 oz)
- ✓ Celery, chopped – 1 cup (7 oz)
- ✓ Onion, chopped – 1 pc. (4 oz)
- ✓ Olive oil – 3 tbsp.
- ✓ Low Sodium Chicken Broth – 1/2 cup (5 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Dried thyme – 1 tsp.
- ✓ Bay leaf – 1 pc.

INSTRUCTIONS:

Heat the olive oil in a large saucepan. Add the chicken and cook until golden brown. Remove the chicken and cut into cubes.

In the same pot, add the garlic, onion, carrot, celery, and potato. Cook until they soften. Return the chicken to the pan, add the chicken broth, thyme, bay leaf. Bring to a boil, cover and cook for 20 minutes or until the vegetables are tender. Before serving, remove the bay leaf.

Serve hot.

Nutritional value (per serving):

Calories: 310 kcal | Protein: 28 g | Fats: 12 g | Carbohydrates: 20 g Sodium (Na): 180 mg | Potassium (K): 650 mg

Benefits of the main ingredients:

Chicken: Contains magnesium and calcium.
Carrots: Rich in beta-carotene.

92. QUAIL BAKED WITH HONEY AND ROSEMARY

Servings: 2 | Cooking time: 45 minutes



INGREDIENTS:

- ✓ Quail – 2 pcs. (12 oz)
- ✓ Honey – 1 tbsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Dried rosemary – 1 tbsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Rub quail with olive oil, honey, garlic, rosemary and pepper. Leave for 20 minutes.

Place the quail on a baking sheet, add the rosemary and place in the oven. Bake for 30–35 minutes or until done, basting with juices every 10 minutes.

Serve hot, garnished with fresh rosemary.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 18 g | Fats: 12 g | Carbohydrates: 16 g | Sodium (Na): 190 mg | Potassium (K): 350 mg

Benefits of the main ingredients:

Quail: Lean, protein-rich meat.
Honey: Has antioxidant properties.
Rosemary: Has antibacterial properties.

93. DUCK IN ORANGE SAUCE

Servings: 2 | Cooking time: 50 minutes



INGREDIENTS:

- ✓ Duck breasts – 2 pcs. (15 oz)
- ✓ Orange juice – 1/2 cup (4 oz)
- ✓ Orange peel – 1 tbsp.
- ✓ Honey – 1 tbsp.
- ✓ Soy sauce with low sodium content – 1 tbsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Dried cumin – 1 tsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Rub the duck breasts with black pepper and cumin. Leave for 15 minutes.

Heat the olive oil in a large pan. Fry the duck breasts until golden, about 5–7 minutes. Turn over and fry for another 3–4 minutes.

Transfer the breasts to a baking sheet and bake in the oven for another 15 minutes, until you reach the desired level of doneness.

In the same pan, mix the orange juice, orange zest, honey, soy sauce and minced garlic. Cook over medium heat until sauce thickens, about 5–7 minutes.

Serve the duck with the orange sauce.

Nutritional value (per serving):
Calories: 320 kcal | Proteins: 25 g | Fats: 20 g | Carbohydrates: 12 g | Sodium (Na): 190 mg | Potassium (K): 440 mg

Benefits of the main ingredients:
Duck: Rich in iron and protein.
Orange: Source of vitamin C.
Honey: Natural antioxidant.

94. PHEASANT BAKED WITH MAND RED WINE

Servings: 2 | Cooking time: 80 minutes



INGREDIENTS:

- ✓ Pheasant – 15 oz
- ✓ Mushrooms, chopped – 1 cup (8 oz)
- ✓ Red wine – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Onion, finely chopped – 1 pc. (5 oz)
- ✓ Fresh thyme – 2 sprigs
- ✓ Bay leaf – 1 pc.
- ✓ Hot paprika – 1/2 tsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

Preheat oven to 350°F (175°C). Rub the pheasant with black pepper and paprika and leave for 15 minutes.

In a large pan, heat 1 tbsp. olive oil. Fry the pheasant until golden on all sides, about 5–7 minutes. Transfer the pheasant to a baking sheet and add the thyme and bay leaves.

In the same pan, heat the remaining olive oil. Add the onion and fry until soft, about 5 minutes. Add mushrooms and cook for another 3–4 minutes.

Pour the red wine into the pan, bring to a boil and simmer for 5 minutes to reduce the volume of liquid a little. Pour the mushroom mixture over the pheasant and cover the tray with foil.

Bake in the oven for 40 minutes, periodically basting with juices. 10 minutes before the end of baking, add garlic.

Serve hot, garnished with fresh thyme.

Nutritional value (per serving):
Calories: 320 kcal | Proteins: 25 g | Fats: 15 g | Carbohydrates: 13 g | Sodium (Na): 190 mg | Potassium (K): 570 mg

Benefits of the main ingredients:
Pheasant: Rich in protein, contains B vitamins.
Mushrooms: Contains antioxidants and vitamin E.
Red wine: Rich in polyphenols.

95. BAKED WILD TURKEY WITH HERBS AND CITRUS

Servings: 2 | Cooking time: 80 minutes



INGREDIENTS:

- ✓ Wild turkey fillet – 2 pcs. (15 oz)
- ✓ Lemon, cut into thin slices – 1 pc.
- ✓ Orange, cut into thin slices – 1 pc.
- ✓ Olive oil – 3 tbsp.
- ✓ Fresh rosemary – 2 sprigs
- ✓ Fresh thyme – 2 sprigs
- ✓ Garlic, chopped – 1 clove
- ✓ Ground black pepper – 1/4 tsp.
- ✓ Low-sodium chicken broth – 1/2 cup (4 oz)

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Rub the turkey with black pepper and chopped garlic.

In a large pan over medium heat, heat 1 tbsp. olive oil. Fry the turkey fillet until golden on all sides, about 5–7 minutes. Transfer the turkey fillet to a baking sheet. Place slices of lemon, orange, rosemary and thyme on top. Pour the chicken broth over the turkey fillets.

Roast the turkey in the oven for 50 minutes, basting with the juices every 20 minutes, until the turkey is tender and juicy.

Serve hot, garnished with fresh herbs.

Nutritional value (per serving):

Calories: 300 kcal | Proteins: 25 g | Fats: 15 g | Carbohydrates: 13 g | Sodium (Na): 190 mg | Potassium (K): 420 mg

Benefits of the main ingredients:

Wild turkey: Rich in protein.
Lemon and orange: Sources of vitamin A and C.
Rosemary: Has antioxidant properties.

96. DUCK BAKED WITH VEGETABLES, HONEY AND THYME

Servings: 2 | Cooking time: 80 minutes



INGREDIENTS:

- ✓ Duck breasts – 2 pcs. (15 oz)
- ✓ Honey – 2 tbsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Fresh thyme – 4 sprigs
- ✓ Olive oil – 3 tbsp.
- ✓ Lemon juice – 1 tbsp.
- ✓ Ground black pepper – 1/4 tsp.
- ✓ Carrots, cut into cubes – 1 pc. (4 oz)
- ✓ Onion, cut into rings – 1 pc. (4 oz)
- ✓ Zucchini, sliced – 1 pc. (7 oz)
- ✓ Red bell pepper, cut into strips – 1 pc. (7 oz)

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Rub the duck breasts with black pepper and chopped garlic. Leave for 15 minutes.

In a large pan over medium heat, heat 2 tbsp. olive oil. Fry the duck breasts, skin side down, until crispy, about 5–7 minutes. Turn over and fry for another 3–4 minutes.

Put the fried duck breasts on a baking sheet, pour oil mixed with lemon juice and honey and cook for 30 minutes. Then arrange the chopped vegetables: carrots, onions, zucchini and bell pepper around the brisket. Bake in the oven for 15 minutes, periodically basting the breasts and vegetables with juices.

Serve hot, garnished with thyme.

Nutritional value (per serving):

Calories: 330 kcal | Proteins: 28 g | Fats: 28 g | Carbohydrates: 20 g | Sodium (Na): 190 mg | Potassium (K): 440 mg

Benefits of the main ingredients:

Duck: Contains fiber and iron.
Carrots: High content of beta-carotene.
Red pepper: Source of vitamin C, antioxidants.

FISH AND SEAFOOD DISHES

97. BAKED COD WITH LEMON CRUST

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Cod fillets – 14 oz
- ✓ Lemon zest – 1 tsp.
- ✓ Lemon – 1 pc. (5 oz)
- ✓ Whole-wheat breadcrumbs – 1/2 cup (2 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Fresh parsley, chopped – 1 tbsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Place the cod fillets on a baking sheet. Bake for 15 minutes.

In a bowl, mix lemon zest, breadcrumbs, olive oil and parsley. Brush the cod fillets with the mixture and bake for another 5 minutes, until the cod is ready.

Serve with lemon slices.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 27 g | Fats: 11 g | Carbohydrates: 12 g | Sodium (Na): 180 mg | Potassium (K): 440 mg

Benefits of the main ingredients:

Cod: High in protein.
Lemon: Contains vitamin C.
Whole-wheat breadcrumbs: A source of fiber.

98. SHRIMPS IN LEMON-GARLIC SAUCE

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Shrimp, peeled – 14 oz
- ✓ Garlic, chopped – 2 cloves
- ✓ Lemon juice – 2 tbsp.
- ✓ Olive oil – 4 tbsp.
- ✓ Fresh dill, chopped – 1 tbsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

Melt the Olive oil in a large pan. Add the minced garlic and fry until golden, about 1–2 minutes. Add the peeled shrimp and cook, stirring, until tender, about 3–4 minutes.

Pour lemon juice, Season with black pepper, and mix well. Cook for another 1 minute.

Sprinkle with chopped dill before serving.

Nutritional value (per serving):

Calories: 270 kcal | Proteins: 18 g | Fats: 12 g | Carbohydrates: 11 g | Sodium (Na): 190 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

Shrimp: Rich in protein.
Garlic: Has anti-inflammatory properties.
Lemon juice: source of vitamin C.

99. SALMON WITH LEMON AND DILL

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Salmon fillet – 14 oz
- ✓ Lemon, sliced – 1.5 pcs. (6 oz)
- ✓ Fresh dill, chopped – 2 tbsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Dried oregano – 1/2 tsp.

INSTRUCTIONS:

Preheat grill to medium heat. Rub the salmon fillet with dried oregano. Place the lemon slices on the grill and place the salmon on top.

Grill for 5 minutes on each side, or until the salmon is cooked through.

Garnish with fresh dill before serving.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 26 g | Fats: 16 g |
Carbohydrates: 12 g | Sodium (Na): 190 mg |
Potassium (K): 520 mg

Benefits of the main ingredients:

Salmon: Rich in omega-3 fatty acids.
Lemon: Contains vitamin C.
Dill: Rich in antioxidants.

100. SEA BASS WITH CAPERS

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Sea bass, fillet – 14 oz
- ✓ Lemon juice – 1/4 cup
- ✓ Lemon zest – 2 tbsp.
- ✓ Capers – 2 tbsp.
- ✓ Dried thyme – 1 tsp.
- ✓ Fresh parsley, chopped – 1 tbsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 1 clove

INSTRUCTIONS:

Heat olive oil in a pan. Rub the sea bass fillet with dried thyme and chopped garlic. Place on a pan. Cook for 4–5 minutes on each side, or until golden brown, until the fish is tender and falls apart easily. When the fish is ready, remove it from the pan.

In the same pan, add the lemon juice, lemon zest and capers. Stir for 2 minutes to combine flavors. Return the fish to the pan and pour over the caper–lemon mixture.

Before serving, sprinkle with chopped fresh parsley.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 23 g | Fats: 12 g |
Carbohydrates: 13 g | Sodium (Na): 190 mg |
Potassium (K): 560 mg

Benefits of the main ingredients:

Sea bass: Rich in protein and healthy omega-3 fatty acids.
Lemon: High in vitamin C.
Capers: Contains antioxidants.

101. STEAMED MUSSELS WITH GARLIC

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Mussels, Shelled – 14 oz
- ✓ Garlic, chopped – 3 cloves
- ✓ Olive oil – 1 tbsp.
- ✓ White wine – 1/4 cup (2 oz)
- ✓ Lemon juice – 1 tbsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

Heat the olive oil in a large saucepan. Add the garlic and fry for 1 minute. Add the mussels and white wine. Cover and steam for 10–15 minutes until the mussels open.

Discard any mussels that have not opened. Add lemon juice and black pepper, mix well.

Serve hot, with a piece of bread to dip into the sauce.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 27 g | Fats: 11 g |
Carbohydrates: 12 g | Sodium (Na): 200mg |
Potassium (K): 440 mg

Benefits of the main ingredients:

Mussels: High in protein and minerals.
Garlic: Contains antioxidants.
White wine: Adds flavor.

102. GRILLED SWORDFISH WITH BASIL

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Swordfish Steaks – 14 oz
- ✓ Lemon slices – 1 pc. (4 oz)
- ✓ Fresh basil, chopped – 2 tbsp.
- ✓ Olive oil – 1 tbsp.
- ✓ Ground capers – 1 tsp.

INSTRUCTIONS:

Sprinkle the fish with ground capers and leave for 15 minutes. Preheat grill to medium–high heat. Brush the swordfish steaks with olive oil, put lemon slices on top. Grill for 6–8 minutes on each side, or until cooked through.

Serve garnished with basil leaves.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 27 g | Fats: 14 g |
Carbohydrates: 13 g | Sodium (Na): 190 mg |
Potassium (K): 540 mg

Benefits of the main ingredients:

Swordfish: Rich in protein.
Lemon: Provides vitamin C.
Basil: Antioxidant.

103. MEDITERRANEAN BAKED TILAPIA

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Tilapia (fillet) – 14 oz
- ✓ Cherry tomatoes, halved – 1/2 cup (3 oz)
- ✓ Chopped olives – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Oregano, dried – 1/2 tsp.
- ✓ Parsley leaves – 1 oz

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Sprinkle the tilapia fillets with oregano and place on a baking sheet. Drizzle with olive oil. Bake for 10 minutes. Add the cherry tomatoes and bake for another 5 minutes, until the fish is cooked and the tomatoes are sun-dried.

Serve with olives and parsley.

Nutritional value (per serving):

Calories: 300 kcal | Proteins: 28 g | Fats: 9 g | Carbohydrates: 12 g | Sodium (Na): 190 mg | Potassium (K): 480 mg

Benefits of the main ingredients:

Tilapia: High in protein.
Cherry tomatoes: Rich in antioxidants.
Olives: Contains vitamins A, E, D.

104. SCALLOPS WITH SPINACH AND MUSHROOMS

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Combs – 14 oz
- ✓ Olive oil – 3 tbsp.
- ✓ Spinach – 2 cups (6 oz)
- ✓ Mushrooms, chopped – 1 cup (4 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Dry white wine – 1/4 cup (2 oz)
- ✓ Lemon juice – 1 tbsp.
- ✓ Grated fresh Parmesan for serving.

INSTRUCTIONS:

Heat the olive oil in a large frying pan. Add chopped garlic and mushrooms, fry until soft, about 5 minutes. Add the spinach to the pan and cook until wilted, about 2–3 minutes. Remove from pan and set aside.

Heat a little more olive oil in the same pan, if needed, and add the scallops. Fry for 5 minutes on each side until golden. Add the white wine and lemon juice to the pan with the scallops. Bring to a boil and cook for another 5–7 minutes, until the liquid reduces a little.

Return the spinach and mushrooms to the pan next to the scallops and toss gently.

Serve scallops with spinach and mushrooms, sprinkled with parmesan.

Nutritional value (per serving):

Calories: 310 kcal | Proteins: 26 g | Fats: 14 g | Carbohydrates: 18 g | Sodium (Na): 180 mg | Potassium (K): 590 mg

Benefits of the main ingredients:

Scallops: High in protein, rich in omega-3 fatty acids.
Spinach: Rich in iron, vitamins A and C.
Mushrooms: Source of B vitamins and minerals.

105. SCALLOPS WITH CITRUS–GINGER SAUCE

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Combs – 10 pcs. (14 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Lemon juice – 2 tbsp.
- ✓ Orange juice – 2 tbsp.
- ✓ Fresh grated ginger – 1 tbsp.
- ✓ Honey – 1 tsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Fresh parsley for serving

INSTRUCTIONS:

In a small bowl, mix lemon juice, orange juice, grated ginger, honey, and minced garlic, mix well.

Heat the olive oil in a large frying pan. Add the scallops to the pan and sear for 4 minutes on each side until golden and cooked through.

Add the citrus–ginger sauce to the scallops and cook for another 3 minutes, basting the sauce over them as they cook.

Garnish with parsley leaves when serving.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 25 g | Fats: 8 g |
Carbohydrates: 13 g | Sodium (Na): 180 mg |
Potassium (K): 430 mg

Benefits of the main ingredients:

Scallops: Rich in protein, omega–3 fatty acids.
Lemon and orange: Source of vitamin C.
Ginger: Has anti–inflammatory properties.

106. GRILLED SHRIMP WITH VEGETABLES

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Shrimp, peeled – 14 oz
- ✓ Bell pepper, chopped – 1 cup (6 oz)
- ✓ Zucchini, chopped – 1 cup (6 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Lemon juice – 1 tbsp.
- ✓ Oregano, dried – 1/2 tsp.
- ✓ Basil leaves for decoration.

INSTRUCTIONS:

Preheat grill to medium heat. Mix the shrimp with oregano and wait 5 minutes. Then add vegetables, olive oil and lemon juice. Mix everything together.

Place the mixture carefully on the grill. Cook for 5–7 minutes, or until the shrimp are cooked through and the vegetables are tender.

Serve with basil leaves.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 20 g | Fats: 8 g |
Carbohydrates: 18 g | Sodium (Na): 200 mg |
Potassium (K): 450 mg

Benefits of the main ingredients:

Shrimp: High in protein.
Bell pepper: Rich in vitamins. C, E.
Zucchini: Rich in potassium.

107. BAKED SALMON WITH TOMATOES AND OLIVES

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Salmon (fillet) – 14 oz
- ✓ Cherry tomatoes, halved – 1/2 cup (3 oz)
- ✓ Olives, chopped – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Dried cilantro – 1 tsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Sprinkle the salmon fillet with cilantro and wait 5 minutes. Place on a baking sheet and drizzle with olive oil. Bake for 10 minutes.

Add cherry tomatoes and olives and cook for another 5 minutes, or until the salmon is done.

Serve salmon with dried vegetables.

Nutritional value (per serving):

Calories: 320 kcal | Proteins: 28 g | Fats: 12 g | Carbohydrates: 18 g | Sodium (Na): 200 mg | Potassium (K): 560 mg

Benefits of the main ingredients:

Salmon: Rich in omega-3 fatty acids.
Cherry tomatoes: Contains antioxidants.
Olives: Contains squalene.

108. PAELLA WITH SEAFOOD AND BROWN RICE

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Mixed seafood (shrimp, mussels, and squid) – 1 lb (16 oz)
- ✓ Brown rice – 1/2 cup (4 oz)
- ✓ Bell pepper, diced – 1/2 cup (3 oz)
- ✓ Diced tomatoes – 1/2 cup (3 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Saffron – 1/4 tsp.
- ✓ Fresh basil – 0.5 oz

INSTRUCTIONS:

Cook the brown rice according to package directions.

Heat the olive oil in a large frying pan. Add seafood and cook for 10 minutes. Add bell pepper and tomatoes, cook for another 5 minutes.

Add saffron and the cooked rice. Cook for another 5–7 minutes until the seafood is ready.

Sprinkle with basil when serving.

Nutritional value (per serving):

Calories: 300 kcal | Proteins: 25 g | Fats: 10 g | Carbohydrates: 15 g | Sodium (Na): 190 mg | Potassium (K): 580 mg

Benefits of the main ingredients:

Seafood: Rich in protein and minerals.
Brown rice: Contains fiber.
Bell pepper: Rich in vitamins C and E.

109. ROLLS WITH TUNA IN LETTUCE LEAVES

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Tuna, canned, drained – 1 can (7 oz.)
- ✓ Lettuce leaves – 6 large
- ✓ Sriracha sauce – 1 tsp.
- ✓ Yogurt, thick, low-fat – 1/4 cup (2 oz)
- ✓ Lemon juice – 1 tbsp.
- ✓ Sesame oil – 2 tbsp.

INSTRUCTIONS:

Mix yogurt, Sriracha sauce, and lemon juice. Add the tuna chopped with a fork and sprinkle with conjut. Mix everything carefully.

Place the tuna mixture on the lettuce leaves and roll into rolls.

Serve chilled

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 21 g | Fats: 9 g |
Carbohydrates: 18 g | Sodium (Na): 190 mg |
Potassium (K): 450 mg

Benefits of the main ingredients:

Tuna: High in protein and omega-3 fatty acids.
Lettuce: Rich in magnesium.
Yogurt: Contains calcium.

110. SALMON IN A CRUST WITH GARLIC AND PARMESAN

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Salmon, fillet – 14 oz
- ✓ Garlic, chopped – 1 clove
- ✓ Parmesan cheese, grated – 1/2 cup (4 oz)
- ✓ Lettuce leaves – 6 pcs.
- ✓ Olive oil – 2 tbsp.
- ✓ Oregano, dried – 1 tsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Rub the salmon fillet with oregano and garlic and leave for 10 minutes. Then brush with olive oil and place on a baking sheet. Bake for 15 minutes.

Sprinkle with grated Parmesan cheese and cook for another 5 minutes or until the salmon is cooked through.

Serve laid out on lettuce leaves.

Nutritional value (per serving):

Calories: 320 kcal | Proteins: 26 g | Fats: 14 g |
Carbohydrates: 13 g | Sodium (Na): 190 mg |
Potassium (K): 520 mg

Benefits of the main ingredients:

Salmon: Rich in omega-3 fatty acids.
Garlic: Contains antioxidants.
Cheese: Contains calcium.

111. HUMPBACK WHALE IN A CREAMY SAUCE WITH MUSHROOMS

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ European turbot fillet, fillet – 14 oz
- ✓ Mushrooms (champignons or other), sliced – 1 cup (8 oz)
- ✓ Non-fat sour cream – 1/2 cup (4 oz)
- ✓ Onion, finely chopped – 1 pc. (2 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Fresh dill – 0,5 oz
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

Heat the olive oil in a pan. Add chopped mushrooms and onions and cook for 5 minutes. Add sour cream, black pepper, mix and bring to a boil. Then reduce the heat and cook on low heat for another 5 minutes, until the sauce thickens a little.

Add the turbot fillets to the pan, pour the sauce over them and simmer under the lid on low heat for about 10 minutes until the fish is cooked.

Before serving, sprinkle the dish with chopped dill.

Nutritional value (per serving):

Calories: 310 kcal | Proteins: 26 g | Fats: 15 g | Carbohydrates: 13 g | Sodium (Na): 200 mg | Potassium (K): 560 mg

Benefits of the main ingredients:

Turbot: Rich in omega-3 fatty acids.
Mushrooms: A source of antioxidants.
Sour cream: Contains calcium.

112. TROUT WITH YOGURT-CUCUMBER SAUCE

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Trout, fillet – 14 oz
- ✓ Yogurt – 1/2 cup (4 oz)
- ✓ Cucumber, grated – 1 pc. (4 oz)
- ✓ Lemon juice – 1 tbsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Fresh mint, chopped – 1 tbsp.

INSTRUCTIONS:

Preheat grill to medium heat. Season the trout fillet with pepper and brush with olive oil. Grill for 5 minutes on each side, or until done.

Prepare the sauce: mix yogurt, grated cucumber, lemon juice, chopped garlic and mint.

Serve with yogurt-cucumber sauce.

Nutritional value (per serving):

Calories: 320 kcal | Proteins: 27 g | Fats: 15 g | Carbohydrates: 12 g | Sodium (Na): 200 mg | Potassium (K): 580 mg

Benefits of the main ingredients:

Trout: Rich in omega-3 fatty acids.
Yogurt: A source of calcium and probiotics.
Garlic: Has anti-inflammatory properties.

113. PIKE PERCH IN LEMON-CREAM SAUCE WITH CAPERS AND SPINACH

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Walleye fillet – 14 oz
- ✓ Nonfat sour cream—1/2 cup (4 oz)
- ✓ Lemon juice – 2 tbsp.
- ✓ Capers – 1 tbsp.
- ✓ Fresh spinach – 2 cups (6 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

Heat the olive oil in a pan. Add the spinach and simmer for 5 minutes until the spinach has reduced in volume. Remove the spinach from the pan and set aside.

In the same pan, put the zander fillet, seasoned with pepper, add oil if necessary. Fry for 3–5 minutes on each side, until done. Add sour cream, lemon juice, capers and stewed spinach to the pan. Bring to a boil, reduce the heat and simmer for another 2–3 minutes until the sauce thickens a little.

Serve the pike perch fillet, drizzled with a lemon-cream sauce with capers and spinach.

Nutritional value (per serving):
Calories: 300 kcal | Protein: 25 g | Fat: 17 g | Carbohydrates: 15 g | Sodium (Na): 190 mg | Potassium (K): 550 mg

Benefits of the main ingredients:
Zander: A low-fat source of protein.
Spinach: Rich in iron and vitamins.
Lemon juice: source of vitamin C.

114. PIKE PERCH IN A SESAME CRUST WITH ASIAN SAUCE

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Walleye fillet – 14 oz
- ✓ Sesame seeds – 1/4 cup (3 oz)
- ✓ Egg – 2 pcs.
- ✓ Whole wheat flour – 1/4 cup (2 oz)
- ✓ Ground black pepper – 1/4 tsp.
- ✓ Dried oregano – 1/2 tsp.
- ✓ Olive oil – 2 tbsp.

For the Asian Sauce:

- ✓ Soy sauce – 2 tbsp.
- ✓ Rice vinegar – 1 tbsp.
- ✓ Honey – 1 tsp.
- ✓ Ginger, grated – 1 tsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Chili flakes – 1/4 tsp.

INSTRUCTIONS:

In a small bowl, beat the eggs. In another bowl, mix the flour with oregano and pepper. In the third bowl, prepare the sesame seeds. Roll the pike perch fillet first in flour, then dip in egg, and finally coat with sesame seeds.

Heat the olive oil in a pan. Fry the zander fillet for 3–5 minutes on each side until golden and crispy.

While the fish is cooking, combine all the ingredients for the Asian sauce in a small bowl.

Serve the zander hot, drizzled with Asian sauce.

Nutritional value (per serving):
Calories: 290 kcal | Proteins: 27 g | Fats: 16 g | Carbohydrates: 12 g | Sodium (Na): 190 mg | Potassium (K): 560 mg

Benefits of the main ingredients:
Zander: Lean protein.
Sesame: Contains magnesium and potassium.
Soy sauce: A source of antioxidants.

115. SQUIDS STUFFED WITH SPINACH AND RICOTTA

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Whole squid (peeled) – 12 oz
- ✓ Spinach, chopped – 2 cups (5 oz)
- ✓ Ricotta – 1/2 cup (5 oz)
- ✓ Lemon zest – 1 tsp.
- ✓ Fresh basil, finely chopped – 1 tbsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Tomato sauce – 1 cup (8 oz)

INSTRUCTIONS:

Heat the olive oil and add the spinach and cook until soft, about 2–3 minutes. Allow the spinach to cool slightly. In a bowl, combine the sautéed spinach, ricotta, lemon zest, chopped basil, and garlic.

Carefully fill the squid with the prepared mixture and secure the edges with toothpicks so that the filling does not fall out.

In a heated pan, fry the stuffed squid over medium heat for 2–3 minutes on each side until lightly browned. Place the fried calamari in a baking dish, pour over the tomato sauce and bake in the oven at 190°C (375°F) for 20 minutes.

Serve hot, garnished with fresh basil.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 21 g |
Fats: 11 g | Carbohydrates: 12 g |
Sodium (Na): 190 mg | Potassium
(K): 520 mg

Benefits of the main ingredients:

Squid: Rich in iodine.
Spinach: Source of vitamins A, C, K.
Ricotta: Contains calcium and protein.

116. TROUT WITH ALMOND CRUST

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Trout, fillet – 14 oz
- ✓ Almonds, chopped – 1/2 cup (4 oz)
- ✓ Breadcrumbs – 1/4 cup (3 oz)
- ✓ Lemon juice – 1 tbsp.
- ✓ Basil, dried – 1 tsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Parsley, fresh chopped – 2 tbsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). In a small bowl, mix chopped almonds, breadcrumbs, basil and parsley.

Place the trout fillets in a baking dish, sprinkle with lemon juice and lightly grease with olive oil. Spread the almond mixture evenly over the surface of the trout, pressing lightly so that the crust adheres well, pressing lightly so that the crust holds well. Bake the trout in the preheated oven for 15–18 minutes, until the crust is golden and the fish is cooked.

Serve hot, garnished with parsley.

Nutritional value (per serving):

Calories: 310 kcal | Proteins: 26 g | Fats: 17 g |
Carbohydrates: 14 g | Sodium (Na): 190 mg |
Potassium (K): 520 mg

Benefits of the main ingredients:

Trout: Rich in omega-3 fatty acids.
Almonds: Source of healthy fats and vitamin E.
Lemon juice: Provides vitamin C.

117. SHRIMP IN ALMOND-LIME SAUCE WITH MANGO

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Shrimp, peeled – 14 oz
- ✓ Diced mango – 1/2 cup (4 oz)
- ✓ Lime juice – 2 tbsp.
- ✓ Lemon grass, chopped – 1 tsp.
- ✓ Almond milk – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Dried oregano – 1/2 tsp.
- ✓ Ground black pepper – 1/4 tsp.
- ✓ Fresh cilantro to serve

INSTRUCTIONS:

Heat the olive oil in a large pan. Add the prawns and fry for 3–5 minutes until they turn pink on both sides. Add chopped lemongrass, lime juice, almond milk, pepper and oregano. Bring to a gentle boil and cook for 3–4 minutes until the sauce thickens slightly. Add the mangoes and cook for another 2–4 minutes, until the mangoes are warm.

Sprinkle with fresh cilantro before serving.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 22 g | Fats: 11 g |
Carbohydrates: 14 g | Sodium (Na): 190 mg |
Potassium (K): 520 mg

Benefits of the main ingredients:

Shrimp: Contains protein and potassium.
Mango: Contains vitamin C and antioxidants.
Almond milk: Contains calcium, magnesium.

118. SALMON CARPACCIO WITH AVOCADO AND LIME SAUCE

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Salmon, fillet thinly sliced – 14 oz
- ✓ Avocado, cut into thin slices – 1.5 pcs.
- ✓ Lime juice – 2 tbsp.
- ✓ Olive oil – 1 tbsp.
- ✓ Fresh cilantro, chopped – 1 tbsp.
- ✓ Ground black pepper – 1/2 tsp.

INSTRUCTIONS:

Place the thinly sliced salmon in a single layer on a large plate. Sprinkle with freshly ground black pepper. Place thin slices of avocado on top of the salmon, spreading them evenly over the entire surface.

In a small bowl, combine lime juice and olive oil, mix well. Drizzle the lime and olive oil sauce over the salmon and avocado.

Sprinkle with chopped cilantro before serving.

Nutritional value (per serving):

Calories: 300 kcal | Proteins: 22 g | Fats: 19 g |
Carbohydrates: 11 g | Sodium (Na): 200 mg |
Potassium (K): 540 mg

Benefits of the main ingredients:

Salmon: Rich in omega-3 fatty acids.
Avocado: A source of healthy fats and potassium.
Lime: Contains vitamin C.

119. GRILLED SEA SCALLOP WITH CREAM SAUCE

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Sea Scallops – 14 oz
- ✓ Olive oil – 2 tbsp.
- ✓ Non-fat sour cream – 1/2 cup (4 oz)
- ✓ Lemon juice – 1 tbsp.
- ✓ Fresh greens, chopped – 1 tbsp.
- ✓ Smoked paprika – 1/2 tsp.
- ✓ Ground black pepper – 1/4 tsp.
- ✓ Saffron – 1/2 tsp.

INSTRUCTIONS:

Heat the sour cream in a small saucepan over medium heat. Add smoked paprika, saffron and lemon juice, mix. Cook until sauce thickens slightly, about 5 minutes. Remove from heat.

Brush the scallops with olive oil and season with black pepper. Preheat grill to medium-high heat. Cook scallops for 2–5 minutes on each side until golden.

Serve the scallops drizzled with sauce and sprinkled with greens.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 18 g | Fats: 15 g | Carbohydrates: 10 g | Sodium (Na): 190 mg | Potassium (K): 390 mg

Benefits of the main ingredients:

Sea scallops: Contains B vitamins and omega-3 fatty acids.
Sour cream: A source of calcium.
Saffron: Has an anti-inflammatory effect.

120. DORADO BAKED WITH ROSEMARY

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Dorado fillet – 14 oz
- ✓ Green tea, brewed – 1/4 cup (2 oz)
- ✓ Bell pepper – 2 pcs. (9 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Dried thyme – 1 tsp.
- ✓ Black pepper – 1/2 tsp.
- ✓ Fresh rosemary – 2 sprigs

INSTRUCTIONS:

Pour brewed green tea over the dorado fillet and leave for 10 minutes. Preheat oven to 375°F (190°C). Brush the fillet with olive oil and place on a baking sheet. Sprinkle with thyme and pepper. Place the rosemary sprigs on the sides and bake in the oven for 10 minutes. Then place the bell pepper, cut into large pieces, on the baking sheet next to the fish and cook for another 7 minutes or until the fish is soft.

Serve dorado on bell pepper.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 28 g | Fats: 12 g | Carbohydrates: 12 g | Sodium (Na): 190 mg | Potassium (K): 460 mg

Benefits of the main ingredients:

Dorado: Rich in protein and omega-3 fatty acids.
Green tea: Contains antioxidants.
Bell pepper: Source of vitamin C.

121. SEAFOOD STEW WITH SHRIMPS IN TOMATO SAUCE

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Shrimp, peeled – 6 oz
- ✓ Mussels – 8 oz
- ✓ Squid, cut into rings – 4 oz
- ✓ Tomato sauce – 1/2 cup (4 oz)
- ✓ Dry white wine – 1/2 cup (5 oz)
- ✓ Onion, finely chopped – 1 pc. (2 oz)
- ✓ Garlic, chopped – 2 cloves
- ✓ Olive oil – 2 tbsp.
- ✓ Fresh basil, chopped – 1 tbsp.
- ✓ Red chili pepper to taste

INSTRUCTIONS:

Heat the olive oil in a large pan. Add finely chopped onion. Pour in white wine, add cut squid rings and mussels. Cook for 10 minutes until the mussels begin to open. Allow the wine to evaporate by half.

Add tomato sauce and shrimp. Stir and simmer for another 7 minutes until the shrimp are cooked. At the end, add chopped garlic, basil, red chili pepper to taste. Heat for another 1–2 minutes.

Serve hot, garnished with fresh basil.

Nutritional value (per serving):

Calories: 320 kcal | Proteins: 28 g | Fats: 10 g |
Carbohydrates: 15 g | Sodium: 180 mg |
Potassium: 580 mg

Benefits of the main ingredients:

Shrimps: Contains vitamins A, B.
Mussels: Contains polyunsaturated fatty acids.
Squid: Contains protein.



MEAT DISHES

122. STEWED RABBIT WITH HERBS

Servings: 2 | Cooking time: 1 hour



INGREDIENTS:

- ✓ Sliced Rabbit – 14 oz
- ✓ Onion, finely chopped – 1 pc. (4 oz)
- ✓ Carrots, cut into rings – 1 pc. (5 oz)
- ✓ Celery, chopped – 1 stalk (4 oz)
- ✓ Dry white wine – 1/2 cup (4 oz)
- ✓ Low-sodium vegetable broth – 1/2 cup (4 oz)
- ✓ Fresh thyme – 2 sprigs
- ✓ Bay leaf – 1 pc.
- ✓ Olive oil – 1 tbsp.
- ✓ Garlic, chopped – 2 cloves
- ✓ Fresh parsley for garnish

INSTRUCTIONS:

Heat the olive oil in a large saucepan. Add the rabbit pieces and fry until golden on all sides, about 5–7 minutes. Pour in the white wine, bring to a boil and cook for 2–3 minutes until some of the alcohol evaporates. Add broth, thyme and bay leaf. Reduce the heat, cover and simmer the rabbit for 30 minutes. After that, add onions, carrots and celery and continue to stew for another 15–20 minutes, until the vegetables become soft, but not boiled. 5 minutes before the end of cooking, add minced garlic to preserve its aroma.

Serve hot, garnished with fresh parsley.

Nutritional value (per serving):

Calories: 300 kcal | Proteins: 25 g | Fats: 12 g | Carbohydrates: 13 g | Sodium (Na): 180 mg | Potassium (K): 530 mg

Benefits of the main ingredients:

Rabbit: Lean protein rich in B vitamins.
Thyme: Has antibacterial properties.
Garlic: Has antioxidant and anti-inflammatory properties.

123. BEEF AND BROCCOLI FRY

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Beef, lean, thinly sliced – 14 oz
- ✓ Broccoli florets – 2 cups (8 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Low-sodium soy sauce – 1 tbsp.
- ✓ Grated ginger – 1 tsp.
- ✓ Parsley – 0.5 oz

INSTRUCTIONS:

Heat the olive oil in a large pan. Add the garlic and ginger and cook for 1 minute. Add coarse strips of beef and cook until browned.

Add broccoli and soy sauce. Cook, stirring, for 5–7 minutes or until broccoli is tender.

Serve garnished with parsley.

Nutritional value (per serving):

Calories: 300 kcal | Protein: 21 g | Fats: 9 g | Carbohydrates: 15 g | Sodium (Na): 190 mg | Potassium (K): 530 mg

Benefits of the main ingredients:

Lean beef: High in protein.
Broccoli: Contains potassium, magnesium.
Olive oil: Healthy fat.

124. GRILLED LAMB CHOPS WITH MINT PESTO

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Lamb chops – 15 oz
- ✓ Fresh mint, chopped – 1/4 cup (1 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Lemon juice – 1 tbsp.
- ✓ Sesame seeds – 1 tbsp.

INSTRUCTIONS:

Preheat the grill to medium heat. Mix the mint, olive oil, garlic and lemon juice to make the pesto. Coat lamb chops with pesto for 5–7 minutes on each side or until desired doneness.

When serving, sprinkle with sesame seeds.

Nutritional value (per serving):

Calories: 290 kcal | Protein: 18 g | Fats: 12 g | Carbohydrates: 14 g | Sodium (Na): 180 mg | Potassium (K): 510 mg

Benefits of the main ingredients:

Lamb: High protein content.
Mint: Adds flavor and aids digestion.
Olive oil: Healthy fat.

125. STEWED BEEF WITH CABBAGE

Servings: 2 | Cooking time: 45 minutes



INGREDIENTS:

- ✓ Sliced Beef – 14 oz
- ✓ White cabbage, chopped – 1.5 cups (6 oz)
- ✓ Carrots, cut into thin circles – 1 pc. (3 oz)
- ✓ Onion, finely chopped – 1 pc. (3 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Olive oil – 2 tbsp.
- ✓ Tomato paste – 1 tbsp.
- ✓ Low-sodium vegetable broth – 1 cup (8 oz)
- ✓ Bay leaf – 1 pc.
- ✓ Thyme, dried – 1 tsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

Heat the olive oil in a large saucepan. Add beef and fry until golden brown, about 3–4 minutes.

Add chopped onion, carrot and garlic. Cook, stirring, for 3 minutes, until the vegetables are tender. Add tomato paste and thyme, mix well and cook for another 2 minutes.

Pour in the broth, add 1 bay leaf, and bring to a boil. Then reduce the heat, cover and simmer for 10 minutes. Add chopped cabbage, season with black pepper. Simmer for another 10–15 minutes until the cabbage is soft and the beef is tender.

Serve hot, garnished with fresh herbs.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 17 g | Fats: 15 g | Carbohydrates: 18 g | Sodium (Na): 180 mg | Potassium (K): 540 mg

Benefits of the main ingredients:

Beef: Rich in protein and iron.
Cabbage: Contains fiber and vitamin C.
Carrots: Source of beta-carotene.

126. PORK WITH NUTS AND VEGETABLES

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Pork tenderloin, sliced – 13 oz
- ✓ Walnuts, chopped – 1/3 cup (5 oz)
- ✓ Carrots, cut into strips – 1 pc. (3 oz)
- ✓ Broccoli, divided into small florets – 1 cup (4 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Soy sauce with a low sodium content – 2 tbsp.
- ✓ Honey – 1 tbsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Ground black pepper – 1/2 tsp.
- ✓ Fresh herbs for decoration

INSTRUCTIONS:

Heat the olive oil in a large pan. Add pork and fry until golden brown, about 5–7 minutes. Add chopped garlic, carrots and broccoli, cook, stirring, for another 5 minutes.

Mix soy sauce and honey in a bowl, pour the mixture over the pork and vegetables. Mix well and simmer over medium heat for 10 minutes. Add chopped walnuts and black pepper. Cook for another 4 minutes.

Serve the dish hot, garnished with fresh herbs.

Nutritional value (per serving):

Calories: 320 kcal | Proteins: 18 g | Fats: 14 g
|Carbohydrates: 15 g | Sodium (Na): 190 mg |
Potassium (K): 470 mg

Benefits of the main ingredients:

Pork: Contains protein and B vitamins.
Walnuts: Contains healthy fats and antioxidants.
Broccoli: High in vitamins C and K.

127. LAMB WITH MOROCCAN SPICES

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Lean Lamb – 15 oz
- ✓ A mixture of Moroccan spices – 2 tsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 2 cloves
- ✓ Lemon juice – 1 tbsp.
- ✓ Parsley leaves – 0.5 oz

INSTRUCTIONS:

Rub the lamb with olive oil, Moroccan spices, and garlic with olive oil, a mixture of Moroccan spices and garlic. If desired, leave for 30 minutes to marinate the meat.

Preheat oven to 375°F (190°C). Put the meat on a baking sheet greased with oil and bake until done. About 15 minutes on each side. Remove from oven and wait 5 minutes before slicing. Serve with parsley leaves.

Nutritional value (per serving):

Calories: 290 kcal | Protein: 26 g | Fats: 14 g
|Carbohydrates: 12 g | Sodium (Na): 180 mg |
Potassium (K): 510 mg

Benefits of the main ingredients:

Lamb: High in protein.
A mixture spices: They have anti-inflammatory properties.
Olive oil: Contains copper, iron, calcium.

128. LEAN BEEF TACOS WITH AVOCADO

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Lean Ground Beef – 14 oz
- ✓ Whole grain cakes – 4 pcs.
- ✓ Avocado, chopped – 1/2 cup (4 oz)
- ✓ Tomato, diced – 1/2 cup (3 oz)
- ✓ Lettuce, shredded – 1 cup (2 oz)
- ✓ Fresh cilantro – 1/3 cup (1 oz)
- ✓ Olive oil – 1 tbsp.
- ✓ Smoked paprika – 1 tsp.
- ✓ Black pepper, ground – 1/2 tsp.

INSTRUCTIONS:

Sprinkle the ground beef with smoked paprika and pepper and mix well. Heat the olive oil in a pan. Add minced meat and cook, stirring, until done.

Cut the tortillas, and fill them with ground beef, avocado, tomatoes, lettuce, and cilantro with ground beef, avocado, tomatoes and lettuce and cilantro

Enjoy the great taste.

Nutritional value (per serving):

Calories: 300 kcal | Protein: 22 g | Fats: 12 g | Carbohydrates: 17 g | Sodium (Na): 190 mg | Potassium (K): 510 mg

Benefits of the main ingredients:

Lean ground beef: Contains amino acids.
Avocado: Contains vitamins E and K.
Whole wheat cakes: Contains fiber.

129. PAN OF PORK WITH APPLES

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Pork tenderloin, lean – 14 oz
- ✓ Add apples and sprinkle with cinnamon – 1 cup (6 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Cinnamon – 1/2 tsp.
- ✓ Dried basil – 1 tsp.
- ✓ Sesame seeds – 2 tsp.

INSTRUCTIONS:

Cut the pork tenderloin into rough slices. Sprinkle with basil and stir. Heat olive oil in a pan. Add pork tenderloin and sear until browned on both sides, about 8 minutes. Add apples and sprinkle with cinnamon. Cook for another 10 minutes or until the pork is cooked through.

When serving, sprinkle with sesame seeds.

Nutritional value (per serving):

Calories: 320 kcal | Protein: 24 g | Fats: 12 g | Carbohydrates: 15 g | Sodium (Na): 190 mg | Potassium (K): 510 mg

Benefits of the main ingredients:

Pork tenderloin: Contains lean protein.
Apples: Contains fiber.
Olive oil: Contains phospholipids.

130. STEWED LAMB WITH EGGPLANT

Servings: 2 | Cooking time: 1 hour 20 minutes



INGREDIENTS:

- ✓ Diced Lamb – 10 oz.
- ✓ Eggplant, cut into cubes – 1 pc. (7 oz)
- ✓ Onion, cut into half rings – 1 pc. (5 oz)
- ✓ Garlic (chopped) – 2 cloves
- ✓ Olive oil – 2 tbsp.
- ✓ Tomato paste – 1 tbsp.
- ✓ Low-sodium vegetable broth – 1 cup (8 oz)
- ✓ Dried oregano – 1 tsp.
- ✓ Ground cumin – 1/2 tsp.
- ✓ Fresh parsley for garnish

INSTRUCTIONS:

Heat the olive oil in a large saucepan. Add the chopped lamb and fry until golden, about 5–7 minutes. Add the onion and cook until soft, about 5 minutes. Add tomato paste, oregano and cumin. Mix well and cook for another 2 minutes.

Add vegetable broth and bring to a boil. Then reduce the heat and simmer the lamb over low heat with the lid on until the meat is almost tender, about 40 minutes.

Add the sliced eggplant and continue to simmer for another 15 minutes, until the eggplant is soft but holds its shape.

At the end, add chopped garlic and simmer for another 2–3 minutes to preserve its aroma.

Serve hot, garnished with fresh parsley.

Nutritional value (per serving):

Calories: 300 kcal | Proteins: 25 g | Fats: 18 g | Carbohydrates: 15 g | Sodium (Na): 180 mg | Potassium (K): 480 mg

Benefits of the main ingredients:

Lamb: High in protein and iron.
Eggplant: Contains fiber.
Garlic: Has anti-inflammatory properties.

131. PORK TENDERLOIN WITH HERBS

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Pork Tenderloin – 14 oz
- ✓ Fresh rosemary, chopped – 1 tbsp.
- ✓ Fresh thyme, chopped – 1 tbsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 2 cloves
- ✓ Basil and parsley leaves, chopped – 1/2 cup

INSTRUCTIONS:

Rub the pork tenderloin with olive oil, rosemary, thyme and garlic. If desired, leave for 15 minutes. Preheat oven to 375°F (190°C). Place the pork on an oiled baking sheet. Bake in the oven until cooked through, about 25 minutes.

Let the meat rest for 5 minutes before serving, then sprinkle with fresh herbs.

Nutritional value (per serving):

Calories: 330 kcal | Protein: 28 g | Fats: 12 g | Carbohydrates: 12 g | Sodium (Na): 180 mg | Potassium (K): 460 mg

Benefits of the main ingredients:

Pork tenderloin: Provides amino acids.
Rosemary and thyme: Contains antioxidants.
Olive oil: Contains squalene.

132. PORK MEDALLIONS WITH PEAR AND NUTS

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Pork medallions – 4 pcs. (14 oz)
- ✓ Pear, chopped – 1 pc. (5 oz)
- ✓ Walnuts, chopped – 1/4 cup (5 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Honey – 1 tbsp.
- ✓ Dried thyme – 1 tsp.
- ✓ Fresh rosemary for garnish

INSTRUCTIONS:

Brush the pork medallions with oil and rub with thyme. Heat olive oil in a pan. Fry the medallions on both sides until golden, about 7 minutes on each side.

Add chopped pear and honey. Cook for another 5–7 minutes until the pear becomes soft. Sprinkle with chopped nuts and cook for another 3 minutes.

Serve garnished with fresh rosemary.

Nutritional value (per serving):

Calories: 320 kcal | Proteins: 22 g | Fats: 14 g | Carbohydrates: 18 g | Sodium (Na): 200 mg | Potassium (K): 470 mg

Benefits of the main ingredients:

Pork Medallions: A source of protein.
Pear: Rich in fiber and antioxidants.
Walnuts: Contains healthy fats.

133. PORK RIBS IN HONEY MUSTARD SAUCE

Servings: 2 | Cooking time: 1 hour 20 minutes



INGREDIENTS:

- ✓ Pork Ribs – 14 oz
- ✓ Honey – 2 tbsp.
- ✓ Dijon mustard – 2 tbsp.
- ✓ Soy sauce with a low sodium content – 1 tbsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic (chopped) – 1 clove
- ✓ Paprika – 1 tsp.
- ✓ Fresh rosemary for garnish

INSTRUCTIONS:

Mix honey, mustard, soy sauce, oil, paprika and garlic. Grease the ribs, leave to marinate for 30 minutes.

Preheat oven to 375°F (190°C). Place the ribs on a baking sheet and add the sauce in which they were marinated. Bake the ribs under foil for about 45 minutes, then without foil for another 15–20 minutes until golden.

Serve garnished with rosemary.

Nutritional value (per serving):

Calories: 310 kcal | Proteins: 27 g | Fats: 19 g | Carbohydrates: 18 g | Sodium (Na): 190 mg | Potassium (K): 440 mg

Benefits of the main ingredients:

Pork ribs: Source of protein and phosphorus.
Honey: Has antioxidant properties.
Dijon mustard: Contains selenium, magnesium.

134. BEEF WITH VEGETABLES AND FLAX

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Lean beef – 14 oz
- ✓ Mixed vegetables (bell peppers, carrots, broccoli) – 2 cups (8 oz)
- ✓ Linseed oil – 2 tbsp.
- ✓ Low-sodium soy sauce – 1 tbsp.
- ✓ Dried coriander – 1 tsp.
- ✓ Flax, seeds – 1 tsp.

INSTRUCTIONS:

Cut the beef into rough strips. Sprinkle with coriander and drizzle with linseed oil and toss. Fry in a heated pan until golden brown. Add the vegetables and soy sauce and cook, stirring, for 5–7 minutes or until the vegetables are tender.

Prinkle with flax seeds before serving.

Nutritional value (per serving):

Calories: 300 kcal | Protein: 27 g | Fats: 12 g | Carbohydrates: 15 g | Sodium (Na): 190 mg | Potassium (K): 530 mg

Benefits of the main ingredients:

Lean beef: High in protein.
Mixed vegetables: Provides vitamins and fiber.
Flax: Contains leucine, arginine.

135. SKEWERS OF LAMB AND ONION

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Lamb – 14 oz
- ✓ Onion – 6 oz
- ✓ Olive oil – 2 tbsp.
- ✓ Lemon juice – 1 tbsp.
- ✓ Dried oregano – 1 tsp.
- ✓ Fresh cilantro – 1 oz

INSTRUCTIONS:

Cut the lamb into rough cubes. In a bowl, mix olive oil, lemon juice and oregano. Throw the lamb cubes into the mixture and mix well. If desired, leave for 15 minutes to marinate. Cut the onion into rough rings.

Heat the makeup to medium temperature. Put meat and onion on a skewer alternately. Grill for 10–15 minutes, turning occasionally, until done.

Serve garnished with cilantro leaves.

Nutritional value (per serving):

Caloriei: 300 kcal | Protein: 29 g | Fats: 17 g | Carbohydrates: 12 g | Sodium (Na): 180 mg | Potassium (K): 520 mg

Benefits of the main ingredients:

Lamb: Contains protein, iron, B6.
Olive oil: Healthy fat.
Onion: Contains fiber and vitamin C.

136. PORK TENDERLOIN WITH DIJON SAUCE

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Pork Tenderloin – 14 oz
- ✓ Dijon mustard – 3 tbsp.
- ✓ Olive oil – 1 tbsp.
- ✓ Ground black pepper – 1 tsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Sesame – 1 tbsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). In a cup, mix garlic, black pepper and Dijon mustard. Brush the pork tenderloin with this mixture.

Heat the olive oil in a pan and fry the pork on all sides. Transfer to the oven and bake until cooked through, about 20 minutes.

Before serving, lightly coat with mustard and sprinkle with sesame seeds.

Nutritional value (per serving):

Calories: 320 kcal | Protein: 28 g | Fats: 12g | Carbohydrates: 14 g | Sodium (Na): 200 mg | Potassium (K): 510 mg

Benefits of the main ingredients:

Pork Tenderloin: Provides protein.
Dijon mustard: Contains calcium and copper.
Sesame: Contains potassium, magnesium.

137. VENISON WITH RED WINE AND BLUEBERRIES

Servings: 2 | Cooking time: 1 hour



INGREDIENTS:

- ✓ Venison fillet – 2 steaks (12 oz)
- ✓ Blueberries – 1/2 cup (4 oz)
- ✓ Red wine – 1 cup (7 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Dried thyme – 1 tsp.
- ✓ Honey – 1 tbsp.
- ✓ Ground black pepper – 1/2 tsp.
- ✓ Fresh mint for decoration

INSTRUCTIONS:

Coat the venison steaks with olive oil and sprinkle them with pepper. In a hot pan, sear the venison fillets on both sides until golden brown, about 4 minutes per side. Reduce the heat, add 1/2 cup of wine, cover the pan, and cook the fillets for about 40 minutes more, turning every 5–7 minutes, until the meat is tender and juicy. Remove the meat from the pan and cover it with foil to keep warm.

In the same pan, add blueberries, the rest of the red wine, honey, and thyme. Simmer until the sauce thickens, about 10–15 minutes.

Return the venison fillets to the pan and pour over the sauce. Cook for another 5 minutes so that the meat absorbs the aroma.

Serve hot, garnished with fresh mint.

Nutritional value (per serving):

Calories: 310 kcal | Proteins: 28 g | Fats: 12 g | Carbohydrates: 15 g | Sodium (Na): 200 mg | Potassium (K): 540 mg

Benefits of the main ingredients:

Venison fillet: Lean protein, rich in iron.
Blueberries: High in antioxidants.
Honey: General strengthening properties.

138. BEEF STROGANOFF WITH MUSHROOMS

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Lean beef – 14 oz
- ✓ Mushrooms, chopped – 1 cup (6 oz)
- ✓ Low-fat yogurt – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Onion, chopped – 1 pc. (5 oz)
- ✓ Smoked paprika – 1 tsp.
- ✓ Ground black pepper – 1/2 tsp.
- ✓ Fresh parsley – 0.5 oz

INSTRUCTIONS:

Cut the beef into strips. Sprinkle with paprika and pepper and stir. Heat the olive oil in a pan. Add the beef and cook until golden brown. Add onions and mushrooms. Cook until softened. Add yogurt and cook for another 5 minutes.

Serve hot, sprinkled with parsley.

Nutritional value (per serving):

Calories: 320 kcal | Protein: 29 g | Fats: 12 g | Carbohydrates: 17 g | Sodium (Na): 180 mg | Potassium (K): 570 mg

Benefits of the main ingredients:

Beef: Contains all essential amino acids.
Mushrooms: Contains potassium.
Yogurt: Contains calcium.

139. PORK ROLLS WITH SPINACH AND CHEESE

Servings: 2 | Cooking time: 45 minutes



INGREDIENTS:

- ✓ Pork chops (about 1/4-inch thick) – 4 pieces (14 oz)
- ✓ Fresh spinach, chopped – 1 cup (2 oz)
- ✓ Hard cheese, grated – 1/2 cup (3 oz)
- ✓ Garlic, finely chopped – 1 clove
- ✓ Olive oil – 2 tbsp.
- ✓ Dried oregano – 1/2 tsp.
- ✓ Dried basil – 1/2 tsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

Heat the olive oil in a large skillet, add the spinach and garlic, and sauté until the spinach is soft, about 3 minutes. Set aside to cool slightly.

Place an equal amount of spinach and grated cheese on each piece of pork. Sprinkle with oregano, basil, and black pepper. Carefully roll each piece of pork into a roll and secure with toothpicks.

In a heated pan, fry the rolls until golden brown, about 4–5 minutes on each side, about 4–5 minutes on each side. Carefully pour 50 grams of water, cover the pan with a lid and simmer on low heat for another 10 minutes so that the rolls are fully cooked.

Serve hot, garnished with fresh herbs.

Nutritional value (per serving):

Calories: 330 kcal | Proteins: 25 g | Fats: 18 g | Carbohydrates: 13 g | Sodium (Na): 190 mg | Potassium (K): 470 mg

Benefits of the main ingredients:

Pork: A source of protein.
Spinach: Rich in iron and vitamin K.
Cheese: Provides calcium.

140. VEAL WITH MUSHROOMS IN WHITE WINE

Servings: 2 | Cooking time: 45 minutes



INGREDIENTS:

- ✓ Veal – 14 oz
- ✓ Mushrooms, sliced – 1 cup (6 oz)
- ✓ White wine – 1/2 cup
- ✓ Cream – 1/4 cup
- ✓ Garlic, chopped – 1 clove
- ✓ Shallot, finely chopped – 1 pc. (2 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Dried thyme – 1/2 tsp.
- ✓ Black pepper – 1/4 tsp.
- ✓ Fresh parsley, chopped for garnish

INSTRUCTIONS:

Cut the veal into rough, but not large, slices. Heat the oil in a deep pan. Add the veal and fry on both sides until golden brown. Add the mushrooms, shallots, and garlic. Cook until soft.

Pour in the wine, let it evaporate a little, add cream, thyme and pepper. Mix everything and keep it on fire for another 3 minutes.

Serve sprinkled with parsley.

Nutritional value (per serving):

Calories: 300 kcal | Proteins: 28 g | Fats: 14 g |
Carbohydrates: 11 g | Sodium (Na): 200 mg |
Potassium (K): 460 mg

Benefits of the main ingredients:

Veal: Contains linoleic acid.
Mushrooms: B vitamins, antioxidants.
White wine: Antioxidant properties.

141. LANGET

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Lean Veal – 14 oz
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Black pepper – 1/2 tsp.
- ✓ Dried cilantro – 1/2 tsp.
- ✓ Spinach – 2 oz

INSTRUCTIONS:

Pound the veal lightly. Beat back lightly. Sprinkle with pepper, cilantro and rub garlic on both sides.

Heat the olive oil in a pan and fry the meat until golden brown on both sides, about 3 minutes.

Serve on spinach leaves.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 25 g | Fats: 14 g |
Carbohydrates: 12 g | Sodium (Na): 190 mg |
Potassium (K): 460 mg

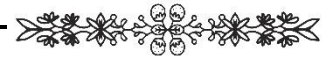
Benefits of the main ingredients:

Veal: Contains protein.
Olive oil: Contains vitamins E, D.
Spinach: Contains potassium, vitamin C.

VEGETABLES AND LEGUMES DISHES

142. BLACK BEANS WITH CORN AND TOMATOES

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Black beans, canned, rinsed and drained – 1/2 can (8 oz)
- ✓ Corn, canned or frozen – 1/2 cup (4 oz)
- ✓ Diced tomatoes – 1 pc. (4 oz)
- ✓ Onion, finely chopped – 1/2 cup (3 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Olive oil – 3 tbsp.
- ✓ Dried oregano – 1/2 tsp.
- ✓ Black cumin – 1/2 tsp.
- ✓ Fresh cilantro to serve

INSTRUCTIONS:

Heat the olive oil in a large pan. Add chopped onion and fry until soft, about 5 minutes. Add chopped tomatoes, oregano and cumin. Cook, stirring, for another 3 minutes. Add black beans and corn. Stir and cook for 10 minutes until all ingredients are fully heated. Finally, add chopped garlic, stir and remove from heat.

Serve hot, garnished with fresh cilantro.

Nutritional value (per serving):

Calories: 330 kcal | Proteins: 12 g | Fats: 11 g | Carbohydrates: 35 g | Sodium (Na): 190 mg | Potassium (K): 570 mg

Benefits of the main ingredients:

Black beans: Rich in protein and fiber.
Corn: A source of antioxidants.
Tomatoes: Contains vitamin E.

143. CHICKPEAS BAKED WITH SWEET POTATOES AND KALE

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Chickpeas, boiled – 1 cup (8 oz)
- ✓ Sweet potato, diced – 1 pc.(6 oz)
- ✓ Kale, chopped – 2 cups (4 oz)
- ✓ Olive oil – 3 tbsp.
- ✓ Cumin, – 1/2 tsp.
- ✓ Paprika, 1/4 tsp.
- ✓ Fresh greens – 1 oz

INSTRUCTIONS:

Preheat oven to 375°F (190°C). In a large bowl, mix the chopped sweet potato, chickpeas, olive oil and all the spices. Mix well. Put the mixture on a baking sheet and bake in the oven for 25–30 minutes, until the sweet potato is soft and the chickpeas are crispy

Add the chopped kale and toss. Bake for an additional 5 minutes until the kale is slightly wilted.

Serve garnished with fresh herbs.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 16 g | Fats: 7 g | Carbohydrates: 37 g | Sodium (Na): 190 mg | Potassium (K): 550 mg

Benefits of the main ingredients:

Chickpeas: Rich in protein and fiber.
Sweet potato: Source of beta-carotene and vitamin A.
Kale: High in antioxidants.

144. STEWED CHICKPEAS WITH SPINACH AND SPICES

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Chickpeas, boiled – 1 cup (8 oz)
- ✓ Fresh spinach, chopped – 2 cups (7 oz)
- ✓ Onion, finely chopped – 1,5pc. (3 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Olive oil – 3 tbsp.
- ✓ Turmeric – 1/2 tsp.
- ✓ Cumin – 1/4 tsp.
- ✓ Fresh dill – 1 oz

INSTRUCTIONS:

Heat the olive oil in a large pan. Add chopped onion and fry until soft, about 5 minutes. Add chickpeas and spices, stir and cook for another 5 minutes.

Add the chopped spinach and cook, stirring, until it is wilted, about 5 minutes. Add chopped garlic, mix and cook for another 2 minutes.

Serve hot, garnished with fresh dill

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 13 g | Fats: 8 g | Carbohydrates: 28 g | Sodium (Na): 190 mg | Potassium (K): 510 mg

Benefits of the main ingredients:

Chickpeas: Rich in protein and fiber.

Spinach: High in vitamin K and antioxidants.

Turmeric: Has anti-inflammatory properties.

145. PEPPER STUFFED WITH QUINOA AND BEANS

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Bell pepper, halved and seeded – 2 pc.(8 oz)
- ✓ Quinoa, cooked – 1/2 cup (4 oz)
- ✓ Black beans, cooked – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Dried basil – 1/2 tsp.
- ✓ Black pepper – 1/2 tsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). In a large bowl, combine cooked quinoa, black beans and sprinkle with dried basil and pepper. Drizzle with olive oil and mix.

Stuff the bell pepper halves with the quinoa mixture and place in a baking dish. Bake for 25 minutes, until the pepper becomes soft.

Serve warm.

Nutritional value (per serving):

Calories: 285 kcal | Proteins: 17 g | Fats: 10 g | Carbohydrates: 31 g | Sodium (Na): 190 mg | Potassium (K): 470 mg

Benefits of the main ingredients:

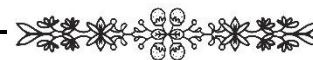
Quinoa: High in protein and fiber.

Black Beans: Provides protein and antioxidants.

Bell pepper: Rich in vitamin C and fiber.

146. BROWN RICE WITH BLACK BEANS

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Brown rice, washed – 1/2 cup (7 oz)
- ✓ Black beans, canned, rinsed and drained – 1/2 can (8 oz)
- ✓ Vegetable broth – 1 cup (8 oz)
- ✓ Onion, finely chopped – 1/2 pc. (3 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Olive oil – 2 tbsp.
- ✓ Dried cumin – 1/2 tsp.
- ✓ Dried dill – 1/2 tsp.
- ✓ Fresh parsley for serving

INSTRUCTIONS:

Heat the olive oil in a saucepan. Add the chopped onion and fry until soft, about 5 minutes. Add the rice, cumin, and oregano. Fry, stirring, for another 2 minutes. Add vegetable broth and bring to a boil. Reduce the heat and cook covered until the rice is ready, about 20 minutes. At the end, add black beans and chopped garlic, Mix and heat for 2–3 minutes until warmed through.

Serve hot, garnished with fresh parsley.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 18 g | Fats: 11 g | Carbohydrates: 45 g | Sodium (Na): 200 mg | Potassium (K): 510 mg

Benefits of the main ingredients:

Brown rice: Rich in fiber.
Black beans: High in protein and antioxidants.
Garlic: Has anti-inflammatory properties.

147. BRUSSELS SPROUTS BAKED WITH BALSAMIC GLAZE

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Brussels sprouts – 3 cups (14 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Balsamic vinegar – 2 tbsp.
- ✓ Honey – 2 tbsp.
- ✓ Smoked paprika – 1/2 tbsp.
- ✓ Garlic, chopped – 1 clove

INSTRUCTIONS:

Preheat oven to 400°F (200°C). Place the halved Brussels sprouts on a baking sheet greased with olive oil.

In a small bowl, mix the balsamic vinegar, honey and smoked paprika. Pour this mixture over the Brussels sprouts, spreading evenly. Bake in the oven for 15 minutes, or until the Brussels sprouts are golden and tender. At the end, add chopped garlic, mix and bake for another 5 minutes so that it reveals its aroma.

Serve hot, garnished with fresh herbs.

Nutritional value (per serving):

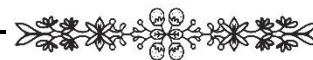
Calories: 260 kcal | Proteins: 9 g | Fats: 11 g | Carbohydrates: 28 g | Sodium (Na): 190 mg | Potassium (K): 460 mg

Benefits of the main ingredients:

Brussels sprouts: Rich in vitamins C and K.
Balsamic vinegar: Contains antioxidants.
Olive oil: A source of healthy fats.

148. BAKED POTATOES WITH BROCCOLI AND CHEESE

Servings: 2 | Cooking time: 45 minutes



INGREDIENTS:

- ✓ Potatoes, medium size – 2 pcs. (10 oz)
- ✓ Broccoli, finely divided into florets – 4 oz
- ✓ Hard cheese, grated – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Low-fat milk – 1/4 cup (2 oz)
- ✓ Fresh herbs for serving

INSTRUCTIONS:

Preheat oven to 400°F (200°C). Prick the potatoes several times with a fork, brush with olive oil and place on a baking sheet. Bake for about 20 minutes until the potatoes are soft.

While the potatoes are baking, boil the broccoli for 3 minutes. Remove the potatoes from the oven and carefully cut them in half. Using a spoon, scoop out some of the flesh, leaving walls about 1/4 inch thick. In a bowl, mix the removed potato pulp with milk, chopped garlic, some cheese, broccoli and pepper. Mix well. Fill the potato halves with the mixture, sprinkle the rest of the cheese on top. Return the filled potato halves to the baking sheet and bake for another 10 minutes, until the cheese is melted and browned.

Serve hot, garnished with fresh herbs if desired.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 12 g | Fats: 15 g | Carbohydrates: 32 g | Sodium (Na): 190 mg | Potassium (K): 650 mg

Benefits of the main ingredients:

Potatoes: Rich in potassium.
Broccoli: Contains vitamins C and K.
Cheese: A source of calcium.

149. BAKED BEETS WITH FETA CHEESE

Servings: 2 | Cooking time: 45 minutes



INGREDIENTS:

- ✓ Beetroot, medium size – 2 pcs. (13oz)
- ✓ Feta cheese, crumbled – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Balsamic vinegar – 1 tbsp.
- ✓ Black pepper – 1/2 tsp.
- ✓ Fresh mint or basil for serving

INSTRUCTIONS:

Preheat oven to 400°F (200°C). Wrap each beetroot in foil and brush with olive oil. Bake in the oven for about 35 minutes, until the beets become soft. Allow the beets to cool, then remove the skin and cut them into slices.

Put the sliced beets on a plate, sprinkle with balsamic vinegar, add pepper.

Sprinkle with crumbled feta cheese and garnish with fresh basil.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 12 g | Fats: 10 g | Carbohydrates: 25 g | Sodium (Na): 190 mg | Potassium (K): 440 mg

Benefits of the main ingredients:

Beets: Rich in potassium and magnesium.
Feta cheese: A source of protein and calcium.
Olive oil: Contains healthy fats.

150. SWEET POTATO AND BLACK BEAN CHILI

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Potatoes, diced – 1 large (10 oz)
- ✓ Black beans, canned, rinsed and drained – 1/2 can (7 oz)
- ✓ Onion, finely chopped – 1 pc. (4 oz)
- ✓ Garlic, chopped – 2 cloves
- ✓ Diced tomatoes – 1 cup (7 oz)
- ✓ Low-sodium vegetable broth – 1/2 cup (4 oz)
- ✓ Sweet paprika – 1 tbsp.
- ✓ Cumin, ground – 1/2 tsp.
- ✓ Black pepper – 1/4 tsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Fresh parsley for serving

INSTRUCTIONS:

Heat the olive oil in a large saucepan. Add chopped onion, fry until soft, about 5 minutes. Add the chopped potatoes, paprika, cumin and black pepper. Cook, stirring, for another 5 minutes. Add the chopped tomatoes, vegetable broth, and black beans. Bring to a boil, then reduce heat and simmer until potatoes are tender, about 15 minutes. At the end, add chopped garlic, mix and remove from heat.

Serve hot, garnished with fresh parsley.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 10 g | Fats: 7 g | Carbohydrates: 45g | Sodium (Na): 190 mg | Potassium (K): 650 mg

Benefits of the main ingredients:

Black beans: High in protein and fiber.
Tomatoes: Contains antioxidants.
Onion: Improves immunity.

151. CARROTS BAKED WITH HONEY AND THYME

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Carrots, peeled and cut into long slices – 4 pcs (13 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Honey – 2 tbsp.
- ✓ Fresh thyme – 2 tbsp.
- ✓ Dried oregano – 1 tsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). In a large bowl, toss the carrots with the olive oil, honey, fresh thyme and oregano. Mix well so that the carrots are evenly coated.

Place the carrots on a baking sheet in one layer. Roast in preheated oven until carrots are soft and slightly caramelized, about 20 minutes, turning once during cooking.

Serve hot, garnished with extra fresh thyme.

Nutritional value (per serving):

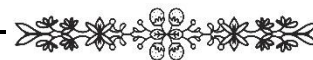
Calories: 290 kcal | Proteins: 9 g | Fats: 5 g | Carbohydrates: 28 g | Sodium (Na): 200 mg | Potassium (K): 420 mg

Benefits of the main ingredients:

Carrots: High content of beta-carotene.
Honey: Has antioxidant properties.
Thyme: Contains antibacterial compounds.

152. GRILLED VEGETABLES AND MUSHROOMS

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Bell pepper, cut into large pieces – 1 pc. (5 oz)
- ✓ Zucchini, cut into coarse circles – 1 pc. (6 oz)
- ✓ Champignons, cut in half – 8 pcs. (8 oz.)
- ✓ Red onion, cut in half – 1 pc. (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 2 cloves
- ✓ Dried cumin – 1 tsp.
- ✓ Smoked paprika – 1/2 tsp.
- ✓ Lemon juice – 1 tbsp.
- ✓ Fresh basil – 1 oz

INSTRUCTIONS:

In a large bowl, mix olive oil, minced garlic, cumin, smoked paprika and lemon juice. Add the chopped vegetables and mushrooms to the bowl, tossing to coat, tossing thoroughly so that all the vegetables are evenly coated with the spice mixture.

Heat a grill or grill pan to medium heat. Place the vegetables and mushrooms on the grill and cook for 10–12 minutes, turning occasionally, until they are tender and lightly browned.

Serve hot garnished with basil.

Nutritional value (per serving):

Calories: 270 kcal | Proteins: 9 g | Fats: 10 g | Carbohydrates: 38 g | Sodium (Na): 190 mg | Potassium (K): 520 mg

Benefits of the main ingredients:

Champignons: Rich in antioxidants and B vitamins.
Zucchini: Source of vitamin C and potassium.
Paprika: Rich in antioxidants.

153. ASPARAGUS WITH LEMON, SESAME AND GARLIC

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Asparagus, trimmed – 2 bunches (15 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 2 cloves
- ✓ Lemon juice – 1 tbsp.
- ✓ Sesame – 2 tbsp.
- ✓ Lemon peel – 1 tsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

Heat the olive oil in a large pan. Add the asparagus and sprinkle with black pepper. Cook, stirring occasionally, until the asparagus is bright green and slightly soft, about 7 minutes. Add the garlic, lemon juice, and lemon zest. Toss to combine and cook for another 3 minutes, and cook for another 3 minutes.

Remove the asparagus from the heat, place on a plate and sprinkle with sesame seeds.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 10 g | Fats: 13 g | Carbohydrates: 26 g | Sodium (Na): 200 mg | Potassium (K): 370 mg

Benefits of the main ingredients:

Asparagus: Rich in vitamins A, C, K and folic acid.
Garlic: Has anti-inflammatory properties.
Lemon: High in vitamin C.

154. VEGETABLE CUTLETS FROM BROCCOLI, CARROTS AND SPINACH

Servings: 2 | Cooking time: 45 minutes



INGREDIENTS:

- ✓ Broccoli, cut into very small florets – 1 cup (8 oz)
- ✓ Carrots, grated – 1 pc. (4 oz)
- ✓ Spinach, finely chopped – 1 cup (5 oz)
- ✓ Onion, finely chopped – 1/2 pc. (2 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Egg – 1 pc.
- ✓ Breadcrumbs – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Dried oregano – 1/2 tsp.
- ✓ Dried basil – 1/2 tsp.

INSTRUCTIONS:

In a large pan, fry the chopped onion in olive oil until soft, about 5 minutes. Add the chopped broccoli, carrots and spinach to the pan. Cook over medium heat until the vegetables are soft, about 10 minutes. Turn off the heat and let the mixture cool.

In a separate bowl, mix the cooled vegetables with the egg, breadcrumbs, oregano and basil. Add garlic. Mix until a thick mass is formed. Form patties from the mixture and fry on both sides until golden brown, about 4 minutes

Serve hot with your favorite sauce or side dish.

Nutritional value (per serving):

Calories: 270 kcal | Proteins: 9 g | Fats: 8 g | Carbohydrates: 29 g | Sodium (Na): 190 mg | Potassium (K): 430 mg

Benefits of the main ingredients:

Broccoli: High in vitamin C and antioxidants.
Carrots: Source of beta-carotene.
Spinach: Rich in iron and vitamin K.

155. ZUCCHINI STUFFED WITH MUSHROOMS AND CHEESE

Servings: 2 | Cooking time: 45 minutes



INGREDIENTS:

- ✓ Zucchini – 2 pcs.
- ✓ Mushrooms, chopped – 1 cup (5 oz)
- ✓ Onion, finely chopped – 1/2 pc (3 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Hard cheese (such as cheddar or parmesan), grated – 1/2 cup (4 oz)
- ✓ Breadcrumbs – 1/4 cup (2 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Fresh greens, finely chopped – 1 tbsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Cut the zucchini in half lengthwise and remove the center, leaving room for the filling.

Heat the olive oil in a large pan. Add chopped onion and fry until soft, about 5 minutes. Add the mushrooms, cook until the mushrooms are soft and release their liquid, about 7 minutes. Remove the pan from the heat and add the breadcrumbs, half of the grated cheese, garlic and chopped herbs. Mix until smooth. Fill the zucchini with the mushroom mixture. Sprinkle the remaining grated cheese on top. Place the stuffed zucchini on a lightly oiled baking sheet. Bake in the preheated oven until golden brown, about 20 minutes.

Serve hot, garnished with fresh herbs.

Nutritional value (per serving):

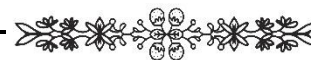
Calories: 290 kcal | Proteins: 10 g | Fats: 15 g | Carbohydrates: 28 g | Sodium (Na): 190 mg | Potassium (K): 580 mg

Benefits of the main ingredients:

Zucchini: Rich in vitamins A and C.
Mushrooms: A source of B vitamins and antioxidants.
Hard cheese: Rich in calcium.

156. PUMPKIN WITH BEANS, NUTS AND HONEY

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Pumpkin, diced – 2 cups (11 oz)
- ✓ Red kidney beans, canned, rinsed and drained – 1/2 can (7 oz)
- ✓ Walnuts, chopped – 1/4 cup (2 oz)
- ✓ Arugula leaves – 2 oz
- ✓ Olive oil – 2 tbsp.
- ✓ Balsamic vinegar – 1 tbsp.
- ✓ Honey – 1 tsp.
- ✓ Fresh greens (parsley or cilantro) for decoration

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Place the pumpkin cubes on a baking sheet lightly greased with olive oil and bake until soft and golden, about 15 minutes.

In a small bowl, mix olive oil, balsamic vinegar, honey. Mix well. In a large bowl, combine the baked pumpkin, red beans, and chopped arugula leaves. Pour over the dressing and mix. Add the nuts and gently mix again.

Serve warm, garnished with fresh herbs.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 10 g | Fats: 15 g |
Carbohydrates: 35 g | Sodium (Na): 190 mg |
Potassium (K): 640 mg

Benefits of the main ingredients:

Pumpkin: Rich in vitamins A and C.
Red beans: High in protein and fiber.
Walnuts: A source of healthy fats and antioxidants.

157. VEGETABLE CURRY WITH CAULIFLOWER, POTATOES AND CHICKPEAS

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Cauliflower, cut into florets – 4 oz
- ✓ Potatoes, cut into cubes – 1 pc. (4 oz)
- ✓ Chickpeas, canned, washed and drained – 4 oz
- ✓ Onion, finely chopped – 1/2 pc. (2 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Grated ginger – 1/2 tsp.
- ✓ Curry powder – 1 tbsp.
- ✓ Tomatoes, chopped – 1 pc. (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Coconut Milk – 4 oz
- ✓ fresh cilantro, chopped 1 oz

INSTRUCTIONS:

Heat the olive oil in a large pan. Add chopped onion and fry until soft, about 5 minutes. Add chopped potatoes and cauliflower and cook for 10 minutes. Add grated ginger and curry powder, cook for another 2 minutes, stirring constantly. Add the chopped tomatoes, chickpeas, and coconut milk. Reduce the heat and simmer for about 10 minutes until the vegetables are tender. At the end, add chopped garlic, stir and remove from heat.

Serve the curry hot, garnished with fresh cilantro.

Nutritional value (per serving):

Calories: 320 kcal | Proteins: 14 g | Fats: 10 g |
Carbohydrates: 35 g | Sodium (Na): 200 mg |
Potassium (K): 570 mg

Benefits of the main ingredients:

Cauliflower: Rich in vitamins C and K.
Chickpeas: High in protein and fiber.
Potatoes: Source of potassium and vitamin C.

158. CHAMPIGNONS STUFFED WITH CHEESE

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Champignons large, peeled – 4 pcs. (11 oz)
- ✓ Hard cheese, grated – 1/2 cup (3 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Olive oil – 2 tbsp.
- ✓ Dried oregano – 1/2 tsp.
- ✓ Black pepper – 1/3 tsp.
- ✓ Parsley, finely chopped – 1.5 oz

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Remove the stems from the champignons, place the caps on a baking sheet greased with olive oil, and cut the stems into cubes. Heat the olive oil in a large pan. Add the chopped champignon stems and cook for about 5 minutes. Add the chopped parsley, oregano, black pepper, minced garlic and cook for about 3 minutes.

Remove the pan from the heat and let it cool slightly. Add cheese, mix well and fill each mushroom cap with this mixture. Bake in the oven for about 15 minutes, until the mushrooms are soft and the filling is lightly browned.

Serve hot, garnished with fresh parsley.

Nutritional value (per serving):

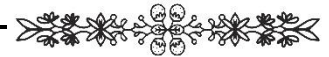
Calories: 300 kcal | Proteins: 14 g |
Fats: 12 g | Carbohydrates: 25 g |
Sodium (Na): 200 mg |
Potassium (K): 520 mg

Benefits of the main ingredients:

Champignons: Rich in antioxidants and B vitamins.
Parsley: High content of vitamin K.
Cheese: Contains protein.

159. BAKED EGGPLANTS WITH TOMATOES AND CHEESE

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Eggplants, cut into rings – 1.5 pcs. (12 oz)
- ✓ Tomatoes, cut into rings – 2 pcs. (8 oz)
- ✓ Grated cheddar cheese – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Dried oregano – 1/2 tsp.
- ✓ Dried basil – 1/2 tsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Fresh parsley or basil for decoration

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Place the eggplants cut into rough rings on a baking sheet greased with olive oil. Place the tomato rings on top of the eggplants and sprinkle with chopped garlic, oregano, and basil. Season with pepper, drizzle with olive oil and bake in the oven for 15 minutes until the vegetables are tender. Remove from the oven, sprinkle with cheese and return to the oven for another 5 minutes, until the cheese melts and turns golden.

Serve hot, garnished with fresh parsley or basil.

Nutritional value (per serving):

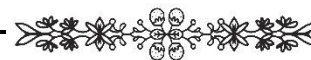
Calories: 290 kcal | Proteins: 10 g | Fats: 15 g |
Carbohydrates: 28 g | Sodium (Na): 180 mg |
Potassium (K): 560 mg

Benefits of the main ingredients:

Eggplants: Rich in antioxidants and fiber.
Tomatoes: Contains calcium.
Cheese: A source of calcium and protein.

160. STEWED CABBAGE WITH BEANS AND TOMATOES

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ White cabbage, chopped – 2 cups (8 oz)
- ✓ Red kidney beans, cooked – 1 cup (8 oz)
- ✓ Diced tomatoes – 1.5 cups (6 oz)
- ✓ Onion, finely chopped – 1/2 cup (3 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Olive oil – 2 tbsp.
- ✓ Dried oregano – 1/2 tsp.
- ✓ Ground black pepper – 1/4 tsp.
- ✓ Fresh greens – 1 tbsp.

INSTRUCTIONS:

Heat the olive oil in a pan and add the chopped onion. Simmer for about 3 minutes. Add chopped cabbage and chopped tomatoes. Season with oregano and black pepper. Cover and simmer on low heat for about 15 minutes, until the cabbage becomes soft.

At the end, add boiled beans and garlic, mix and stew for another 5 minutes.

When serving, sprinkle with fresh greens.

Nutritional value (per serving):

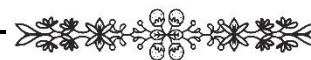
Calories: 280 kcal | Proteins: 15 g | Fats: 10 g |
Carbohydrates: 32 g | Sodium (Na): 200 mg |
Potassium (K): 510 mg

Benefits of the main ingredients:

Beans: Contains protein.
Cabbage: A source of fiber.
Tomatoes: High in antioxidants.

161. CABBAGE ROLLS WITH MUSHROOMS AND VEGETABLES

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ White cabbage leaves – 4 large leaves (8 oz)
- ✓ Champignons, chopped – 1 cup (4 oz)
- ✓ Grated carrots – 1/2 cup (2 oz)
- ✓ Onion, finely chopped – 1/2 cup (3 oz)
- ✓ Potatoes, grated – 1 cup (5 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Dried thyme – 1/2 tsp.
- ✓ Ground black pepper – 1/4 tsp.

INSTRUCTIONS:

Heat the olive oil in a pan. Add the chopped onion and sauté until soft, about 3 minutes. Add chopped mushrooms and grated carrots. Season with black pepper. Cook, stirring, for another 7–10 minutes. Add grated potatoes, thyme to the mixture and mix.

Pour boiling water over cabbage leaves for 5 minutes. Spread the blanched cabbage leaves on a flat surface. Spread the mixture with a roller in the center of each leaf. Wrap the cabbage leaves, turning the edges inward to form rolls.

Place the rolls on a baking sheet, drizzle with a little water or vegetable stock, and bake in a preheated oven at 350°F (175°C) for 15 minutes.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 8 g | Fats: 11 g |
Carbohydrates: 29 g | Sodium (Na): 200 mg |
Potassium (K): 420 mg

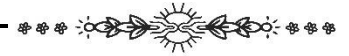
Benefits of the main ingredients:

Cabbage: A source of fiber.
Mushrooms: Rich in antioxidants.
Carrots: Source of beta-carotene.

DISHES FORM CEREALS, PASTA, RICE

162. SPAGHETTI WITH TOMATO-BALSAMIC SAUCE

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Whole Wheat Spaghetti – 4 oz
- ✓ Fresh tomatoes, chopped – 2 cups (10 oz)
- ✓ Fresh basil leaves, chopped – 1/3 cup (1 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 2 cloves
- ✓ Ground black pepper – to taste

INSTRUCTIONS:

Cook whole wheat spaghetti according to package directions. In a large saucepan, heat the olive oil over medium heat. Add the minced garlic and fry for about 1 minute until fragrant. Add the chopped tomatoes and cook for 10 minutes, stirring occasionally, until the tomatoes turn into a sauce. Add the chopped basil and season with freshly ground black pepper.

Pour the sauce over the boiled spaghetti. Serve hot, seasoned with basil.

Nutritional value (per serving):

Calories: 310 kcal | Proteins: 10 g | Fats: 8 g | Carbohydrates: 45 g | Sodium (Na): 180 mg | Potassium (K): 540 mg

Benefits of the main ingredients:

Whole grain spaghetti: Provides fiber.
Tomatoes: Rich in vitamin C and antioxidants.
Basil: A source of vitamin K.

163. PILAF WITH QUINOA AND VEGETABLES

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Quinoa, rinsed – 1/2 cup (4 oz)
- ✓ Carrots, diced – 1/2 cup (4 oz)
- ✓ Zucchini, diced – 1/2 cup (3 oz)
- ✓ Onions, chopped – 1/4 cup (2 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Low-sodium vegetable broth – 1/2 cup (5 oz)
- ✓ Fresh parsley, chopped – 1 oz
- ✓ Ground black pepper – 1/2 tsp.

INSTRUCTIONS:

Heat the olive oil. Add chopped onion and fry for about 3 minutes. Add diced carrots, zucchini, sprinkle with pepper and cook for another 5 minutes. Pour in the washed quinoa and pour in the vegetable broth and bring to a boil. Reduce the heat to low, cover, and cook for 15 minutes, or until the quinoa is cooked. Remove from heat and let stand for 5 minutes.

Serve garnished with parsley.

Nutritional value (per serving):

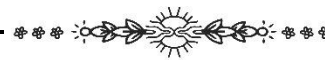
Calories: 290 kcal | Proteins: 9 g | Fats: 8 g | Carbohydrates: 31 g | Sodium (Na): 180 mg | Potassium (K): 510 mg

Benefits of the main ingredients:

Quinoa: High in protein and all nine essential amino acids.
Carrots: Rich in beta-carotene and fiber.
Zucchini: Rich in antioxidants.

164. BROWN RICE WITH BEANS AND PEPPERS

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Brown rice – 1/2 cup (4 oz)
- ✓ Black beans, cooked – 1/2 cup (4 oz)
- ✓ Diced red bell pepper – 1/2 cup (4 oz)
- ✓ Corn kernels – 1/4 cup (2 oz)
- ✓ Fresh cilantro, chopped – 1/4 cup (1 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Lime juice – 1 tbsp.
- ✓ Dried coriander – 1 tsp.
- ✓ Black pepper – 1 tsp.

INSTRUCTIONS:

Cook the brown rice according to package directions.

In a small bowl, mix olive oil, black pepper, coriander, and lime juice to make the dressing.

In a large bowl, combine the cooked rice, black beans, diced red bell pepper, and corn kernels. Pour over the dressing and mix.

Serve warm sprinkled with cilantro.

Nutritional value (per serving):

Calories: 300 kcal | Proteins: 16 g | Fats: 9 g | Carbohydrates: 45 g | Sodium (Na): 180 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

Brown rice: Provides fiber.

Black beans: Rich in protein and fiber.

Red bell pepper: Contains vitamin C and antioxidants.

165. BARLEY RISOTTO WITH MUSHROOMS

Servings: 2 | Cooking time: 45 minutes



INGREDIENTS:

- ✓ Barley groats – 1/2 cup (4 oz)
- ✓ Mushrooms, chopped – 1 cup (6 oz)
- ✓ Onion, finely chopped – 1/2 cup (3 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Low-sodium vegetable broth – 1 cup (8 oz)
- ✓ Fresh thyme, chopped – 1 tsp. (0.1 oz)
- ✓ Ground black pepper – to taste

INSTRUCTIONS:

Heat the olive oil in a large pan. Add the chopped onion and fry until softened, about 3 minutes. Add the chopped mushrooms and cook for another 5 minutes until the mushrooms are soft.

Add the barley groats and cook for 3 minutes, stirring to coat the groats with oil. Gradually add the vegetable broth, 1/2 cup at a time, allowing the grits to absorb the liquid before adding more. Cook, stirring, for about 25 minutes, until the groats become soft. Add chopped thyme and season with freshly ground black pepper.

Serve warm.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 9 g | Fats: 7 g | Carbohydrates: 43 g | Sodium (Na): 170 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

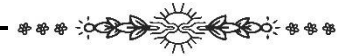
Barley groats: Contains a lot of fiber.

Mushrooms: Rich in antioxidants.

Thyme: Has antibacterial properties.

166. MEDITERRANEAN COUS-COUS

Servings: 2 | Cooking time: 15 minutes (+ couscous cooking time)



INGREDIENTS:

- ✓ Whole-wheat couscous – 1/2 cup (4 oz)
- ✓ Cherry tomatoes, halved – 1 cup (8 oz)
- ✓ Cucumber, diced – 1/2 cup (4 oz)
- ✓ Kalamata olives, pitted and chopped – 1/4 cup (2 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Lemon juice – 1 tbsp.
- ✓ Fresh parsley, chopped – 1 oz
- ✓ Dried basil – 1 tsp.

INSTRUCTIONS:

Prepare the couscous according to the instructions on the package.

Make a dressing by mixing olive oil, lemon juice and basil in a cup.

In a large bowl, combine the cooked couscous, cherry tomatoes, diced cucumbers and sliced Kalamata olives. Drizzle with dressing and toss.

Serve sprinkled with fresh parsley.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 9 g | Fats: 10 g | Carbohydrates: 42 g | Sodium (Na): 180 mg | Potassium (K): 440 mg

Benefits of the main ingredients:

Couscous: Good source of selenium and protein.
Cherry tomatoes: Contains vitamin C and lycopene.
Olives: Contains healthy fats and antioxidants.

167. FARRO WITH BAKED VEGETABLES

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Farro – 1/2 cup (4 oz)
- ✓ Eggplant, diced – 1/2 cup (4 oz)
- ✓ Zucchini, diced – 1/2 cup (4 oz)
- ✓ Diced red bell pepper – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Fresh thyme, chopped – 1 tsp. (0.1 oz)
- ✓ Ground black pepper – to taste

INSTRUCTIONS:

Preheat oven to 360°F (180°C). Pour 1 tablespoon of diced eggplant, zucchini, and red bell pepper. of olive oil and put on a baking sheet. Bake in the oven for 20 minutes, stirring occasionally, until the vegetables become soft.

During this time, cook the farro according to package directions. In a large bowl, mix the cooked farro with the roasted vegetables. Drizzle with the remaining olive oil and season with freshly ground pepper.

When serving, sprinkle with fresh thyme.

Nutritional value (per serving):

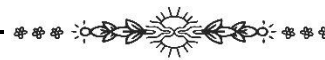
Calories: 290 kcal | Proteins: 8 g | Fats: 11 g | Carbohydrates: 45 g | Sodium (Na): 180mg | Potassium (K): 550 mg

Benefits of the main ingredients:

Farro: Rich in fiber and protein.
Eggplants: Contains fiber.
Zucchini: Contains vitamins A and C.

168. BULGUR TABBOULEH

Servings: 2 | Cooking time: 15 minutes (+ cooking bulgur)



INGREDIENTS:

- ✓ Bulgur wheat – 1/2 cup (4 oz)
- ✓ Fresh parsley, finely chopped – 1/2 cup (1 oz)
- ✓ Fresh mint, finely chopped – 1/4 cup (0.5 oz)
- ✓ Tomato, diced – 1/2 cup (4 oz)
- ✓ Cucumber, diced – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Lemon juice – 1 tbsp.
- ✓ Dried coriander – 1 tsp.
- ✓ Nutmeg – 1/4 tsp.

INSTRUCTIONS:

Cook the bulgur according to the instructions on the package and let it cool slightly. Mix olive oil, lemon juice, nutmeg and coriander in a cup and make the dressing.

In a large bowl, mix cooked and cooled bulgur, chopped parsley, diced tomatoes and cucumbers. Drizzle with dressing. Add chopped mint and mix.

Serve chilled or at room temperature.

Nutritional value (per serving):

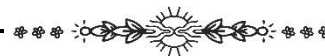
Calories: 310 kcal | Proteins: 9 g | Fats: 9 g | Carbohydrates: 36 g | Sodium (Na): 170 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

Bulgur wheat: Good source of fiber.
Parsley: Rich in vitamins A, C and K.
Nutmeg: Contains potassium and magnesium.

169. BROWN RICE AND CRANBERRY PILAF

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Brown rice – 1/2 cup (4 oz)
- ✓ Dried cranberries – 1/4 cup (1 oz)
- ✓ Carrots, diced – 1/2 cup (2 oz)
- ✓ Celery root, diced – 1/4 cup (2 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Low-sodium vegetable broth – 1 cup (8 oz)
- ✓ Fresh thyme, chopped – 1 tbsp. (0.5 oz)
- ✓ Ground black pepper – to taste

INSTRUCTIONS:

Cook brown rice according to package directions using vegetable stock.

Heat olive oil in a pan. Add diced carrots and celery and fry for 5 minutes until cooked. Add boiled wild rice, dried cranberries, pepper and chopped thyme. Serve warm.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 11 g | Fats: 9 g | Carbohydrates: 42 g | Sodium (Na): 190 mg | Potassium (K): 420 mg

Benefits of the main ingredients:

Brown rice: High in protein and fiber.
Cranberry: Rich in antioxidants and vitamin C.
Carrots: Provides beta-carotene and fiber.

170. LENTIL AND BROWN RICE CASSEROLE

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Brown rice, cooked – 1/2 cup (4 oz)
- ✓ Lentils, cooked – 1/2 cup (4 oz)
- ✓ Onions, chopped – 1/2 cup (3 oz)
- ✓ Carrots, diced – 1/4 cup (2 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Low sodium vegetable broth – 1/2 cup (4 oz)
- ✓ Fresh parsley, chopped – 1/4 cup (0.5 oz)
- ✓ Ground black pepper – 1/4 tsp.
- ✓ Cumin – 1/5 tsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Heat the olive oil in a large pan. Add chopped onions and diced carrots and fry for 5 minutes.

Add boiled lentils and boiled brown rice to the carrots and onions in the pan. Pour in vegetable broth, sprinkle with pepper and cumin. Stir and bring to a boil.

Transfer the mixture to a baking dish and bake for 20 minutes.

When serving, sprinkle with parsley.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 10 g | Fats: 9 g | Carbohydrates: 48 g | Sodium (Na): 190 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

Brown rice: Provides fiber.
Lentils: High in protein and fiber.
Carrots: Rich in beta-carotene and antioxidants.

171. ORZO WITH SPINACH AND FETA

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Whole-wheat orzo – 1 cup (7 oz)
- ✓ Spinach, fresh – 1.5 cups (4 oz)
- ✓ Feta cheese, crumbled – 1/2 cup (3 oz.)
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 2 cloves
- ✓ Oregano, dried – 1/2 tsp.
- ✓ Smoked paprika – 1/2 tsp.

INSTRUCTIONS:

Cook orzo according to package directions.

Heat olive oil in a large pan. Add the minced garlic and fry for 1 minute until fragrant. Add fresh spinach and cook for 2–3 minutes until wilted.

Add boiled orzo, sprinkle with oregano and paprika. Add crumbled feta cheese and mix. Serve warm.

Nutritional value (per serving):

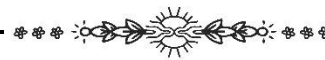
Calories: 290 kcal | Proteins: 13 g | Fats: 10 g | Carbohydrates: 40 g | Sodium (Na): 180 mg | Potassium (K): 430 mg

Benefits of the main ingredients:

Orzo: Contains carbohydrates and fiber.
Spinach: Contains iron, vitamin C and antioxidants.
Cheese: Contains calcium and protein.

172. PEPPER STUFFED WITH QUINOA AND VEGETABLES

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Bell pepper, cut in half and cleaned of seeds – 2 pcs.
- ✓ Quinoa, rinsed – 1/2 cup (3.5 oz)
- ✓ Vegetable broth – 1 cup (8 oz)
- ✓ Onion, finely chopped – 1/2 medium (1.5 oz)
- ✓ Zucchini, diced – 1/2 medium (3 oz)
- ✓ Diced tomatoes – 1/2 medium (2.5 oz)
- ✓ Garlic, chopped – 1 clove
- ✓ Olive oil – 2 tbsp.
- ✓ Dried oregano – 1/2 tsp.
- ✓ Ground cumin – 1/4 tsp.
- ✓ Fresh cilantro or parsley for serving

INSTRUCTIONS:

Boil the quinoa in the vegetable broth over medium heat until tender, about 15 minutes. Leave to cool

Heat the olive oil in a large pan. Add chopped onion and fry until soft, about 5 minutes. Add chopped zucchini and tomatoes, oregano and cumin. Cook, stirring, for another 5 minutes. Add the cooked quinoa to the vegetable mixture and stir. At the end, add chopped garlic.

Fill the bell pepper halves with the resulting filling and place in a baking dish and bake at 375°F (190°C) for about 20 minutes, until the peppers are tender.

Serve hot, garnished with fresh cilantro or parsley.

Nutritional value (per serving):

Calories: 300 kcal | Proteins: 11 g | Fats: 13 g | Carbohydrates: 35 g | Sodium (Na): 190 mg | Potassium (K): 580 mg

Benefits of the main ingredients:

Quinoa: Rich in protein and fiber.
Bell pepper: High in vitamin C.
Zucchini: A source of antioxidants.

173. BROWN RICE WITH MUSHROOMS AND SPINACH

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Brown rice, cooked – 1/2 cup (4 oz)
- ✓ Spinach, fresh – 2 cups (4 oz)
- ✓ Mushrooms, chopped – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 2 cloves
- ✓ Ground black pepper – 1/2 tsp.
- ✓ Fresh cilantro, chopped – 1 tsp.

INSTRUCTIONS:

Cook brown rice according to package directions.

Heat the olive oil in a large pan. Add the minced garlic and fry for 1 minute until fragrant. Add chopped mushrooms and cook for 5 minutes until cooked. Add fresh spinach and cook for 2–3 minutes until wilted. Add the cooked brown rice, season with freshly ground black pepper and stir.

Serve warm, sprinkled with cilantro.

Nutritional value (per serving):

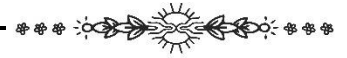
Calories: 290 kcal | Proteins: 12 g | Fats: 9 g | Carbohydrates: 41 g | Sodium (Na): 200 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

Brown rice: Provides fiber.
Spinach: Contains vitamin C.
Mushrooms: Contains potassium.

174. QUINOA AND CHICKPEAS WITH LEMON DRESSING

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Quinoa, cooked – 1/2 cup (4 oz)
- ✓ Chickpeas, cooked – 1/2 cup (3 oz)
- ✓ Cucumber, diced – 1/2 cup (4 oz)
- ✓ Cherry tomatoes, halved – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Lemon juice – 1 tbsp.
- ✓ Fresh parsley, chopped – 1/4 cup (0.5 oz)
- ✓ Freshly ground black pepper – 1/2 tsp.
- ✓ Dried coriander – 1/2 tsp.

INSTRUCTIONS:

Mix olive oil, lemon juice, pepper, coriander in a cup and mix to make the dressing. In a large bowl, mix cooked quinoa, chickpeas, diced cucumber and halved cherry tomatoes. Drizzle with dressing and toss

Serve sprinkled with parsley.

Nutritional value (per serving):

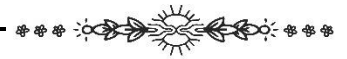
Calories: 310 kcal | Proteins: 12 g | Fats: 10 g | Carbohydrates: 38 g | Sodium (Na): 190 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

Quinoa: High in protein and essential amino acids.
Chickpeas: Rich in protein and fiber.
Olive oil: Contains healthy fat.

175. FARRO WITH PATTIES

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Farro – 1/2 cup (5 oz)
- ✓ Diced zucchini – 1 cup (8 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Ground black pepper – to taste
- ✓ Fresh basil – 1/2 oz

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Coat the diced zucchini with olive oil and place on a baking sheet. Bake in the oven for 20 minutes, stirring occasionally, until the squash are soft.

Meanwhile, cook farro according to package directions. In a large bowl, combine the prepared farro with the roasted zucchini. Add chopped thyme and season with freshly ground black pepper.

Serve warm sprinkled with basil.

Nutritional value (per serving):

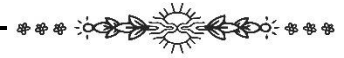
Calories: 290 kcal | Proteins: 11 g | Fats: 9 g | Carbohydrates: 49 g | Sodium (Na): 190 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

Farro: Contains protein.
Squashes: Contains fiber.
Thyme: Has antioxidant properties.

176. PENNE WITH BROCCOLI AND LEMON DRESSING

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Whole Wheat Penne Pasta – 5 oz
- ✓ Broccoli florets – 1 cup (5 oz)
- ✓ Olive oil – 3 tbsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Lemon peel – 1 tsp. (0.1 oz)
- ✓ Lemon juice – 1 tbsp.
- ✓ Dried thyme – 1 tsp.

INSTRUCTIONS:

Cook whole wheat penne according to package directions.

In a cup, mix 2 tbsp. olive oil, thyme, lemon juice and zest, making a lemon dressing.

Heat the olive oil in a large pan. Add the minced garlic and fry for 1 minute. Add the broccoli florets and cook for 5 minutes, covered, until tender. Add the cooked penne pasta and lemon dressing to the pan and mix. Serve warm.

Nutritional value (per serving):

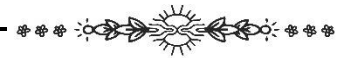
Calories: 280 kcal | Proteins: 10 g | Fats: 9 g | Carbohydrates: 47 g | Sodium (Na): 180 mg | Potassium (K): 395 mg

Benefits of the main ingredients:

Whole Wheat Penne Pasta: Contains fiber and complex carbohydrates.
Broccoli: Rich in vitamins C and K.
Lemon: Contains vitamin C.

177. BROWN RICE WITH VEGETABLE STEW

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Brown rice – 1/2 cup (4 oz)
- ✓ Bell pepper, chopped – 1/2 cup (4 oz)
- ✓ Fresh peas – 1/2 cup (4 oz)
- ✓ Carrots, shredded – 1/2 cup (4 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Garlic, chopped – 1 clove
- ✓ Fresh ginger, grated – 1 tsp. (0.3 oz)
- ✓ Ground black pepper – to taste

INSTRUCTIONS:

Boil the wild rice according to package directions.

Heat the olive oil in a large pan. Add the minced garlic and grated ginger and fry for 1 minute until fragrant. Add the chopped bell pepper, peas and carrot and cook for 7 minutes until the vegetables are soft.

Add the cooked brown rice to the pan, sprinkle with pepper and stir. Serve warm.

Nutritional value (per serving):

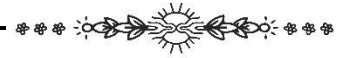
Calories: 280 kcal | Proteins: 11 g | Fats: 9 g | Carbohydrates: 42 g | Sodium (Na): 200 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

Brown rice: High in protein and fiber.
Bell pepper: Rich in vitamin C and antioxidants.
Peas: Contains vitamin K and fiber.

178. BULGUR AND MUSHROOM PILAF

Servings: 2 | Cooking time: 35 minutes



INGREDIENTS:

- ✓ Bulgur Wheat Cereal – 1 cup (5 oz)
- ✓ Champignon mushrooms, chopped – 1 cup (5 oz)
- ✓ Onions, chopped – 1/2 cup (4 oz)
- ✓ Carrots, diced – 1/2 cup (3 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Low sodium vegetable broth – 1/2 cup (4 oz)
- ✓ Fresh parsley, chopped – 1/4 cup (0.5 oz)
- ✓ Ground black pepper – 1 tsp.
- ✓ Smoked paprika – 1 tsp.

INSTRUCTIONS:

Heat the olive oil in a large pan. Add the chopped onion and fry until softened, about 2 minutes. Add diced carrots and mushrooms and cook for another 5 minutes.

Add the bulgur and cook for 1 minute, stirring to coat the grains in the oil. Gradually add vegetable broth. Sprinkle with pepper and paprika. Bring to a boil. Cover the pan with a lid and cook for 15–20 minutes, until the bulgur becomes soft and the liquid is absorbed.

Serve warm sprinkled with parsley.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 9 g | Fats: 9 g | Carbohydrates: 44 g | Sodium (Na): 180 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

Bulgur wheat: Contains a lot of fiber.
Mushrooms: Contains vitamins E and B.
Carrots: Provides beta-carotene and vitamin A.

179. QUINOA WITH NUTS AND DRIED FRUITS

Servings: 2 | Cooking time: 20 minutes



INGREDIENTS:

- ✓ Quinoa, cooked – 1 cup (8 oz)
- ✓ Dried apricots, chopped – 1/4 cup (1 oz)
- ✓ Prunes, chopped – 1/4 cup (1 oz)
- ✓ Almonds, chopped – 1/2 cup (2 oz)
- ✓ Olive oil – 1 tbsp.
- ✓ Fresh mint, chopped – 1/4 cup (0.5 oz)
- ✓ Dried basil – 1 tsp.

INSTRUCTIONS:

In a large bowl, combine the cooked quinoa and basil.

Add chopped dried apricots, prunes and chopped almonds. Drizzle with olive oil and mix.

Serve sprinkled with mint.

Nutritional value (per serving):

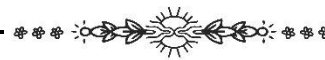
Calories: 280 kcal | Proteins: 10 g | Fats: 12 g | Carbohydrates: 44 g | Sodium (Na): 190 mg | Potassium (K): 420 mg

Benefits of the main ingredients:

Quinoa: High in protein and essential amino acids.
Apricots: They contain fiber and are rich in vitamin A.
Almonds: Contains healthy fats, proteins and vitamin E.

180. COUS-COUS WITH BAKED EGGPLANTS

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Whole-wheat couscous – 1 cup (7 oz)
- ✓ Large diced eggplant – 1 cup (6 oz)
- ✓ Cherry tomatoes, halved – 1 cup (6 oz)
- ✓ Onion, chopped – 1/2 cup (3 oz)
- ✓ Olive oil – 2 tbsp.
- ✓ Fresh thyme, chopped – 1 tsp. (0.2 oz)
- ✓ Ground black pepper – to taste

INSTRUCTIONS:

Prepare the couscous according to the instructions on the package

Preheat oven to 375°F (190°C). Cut the eggplant into large cubes, toss with 1 tbsp. of olive oil, and place on a baking sheet. Bake in the oven for 15 minutes.

Pour the rest of the oil into the pan, add the tomatoes and onions and fry. Add eggplant, thyme and sprinkle with pepper. Stir. In a large bowl, mix the cooked couscous with the roasted vegetables. Serve warm.

Nutritional value (per serving):

Calories: 310 kcal | Proteins: 13 g | Fats: 12 g |
Carbohydrates: 38 g | Sodium (Na): 200 mg |
Potassium (K): 440 mg

Benefits of the main ingredients:

Couscous: Good source of selenium and protein.
Eggplants: Contains vitamin C.
Tomatoes: Contains calcium.

181. SUSHI ROLLS FROM BROWN RICE

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Brown rice, cooked – 1 cup (7 oz)
- ✓ Nori sheets – 3 pcs (3 oz)
- ✓ Cucumber, sliced – 1/2 cup (4 oz)
- ✓ Carrots, shredded – 1/2 cup (4 oz)
- ✓ Avocado, cut into pieces – 1 pc. (3 oz)
- ✓ Rice vinegar – 1 tbsp.
- ✓ Sesame – 1 tbsp.
- ✓ Ground black pepper – to taste
- ✓ Soy sauce – 1/4 cup (1.5 oz)

INSTRUCTIONS:

Mix the cooked brown rice with the rice vinegar and let it cool slightly.

Place the nori sheet shiny side down on the bamboo sushi mat. Spread some of the rice evenly over the hole, leaving a 1-inch border on top. Arrange some of the cucumber, carrot and avocado slices along the bottom edge of the rice. Sprinkle with sesame seeds and freshly ground black pepper. Roll the sushi tightly with a rolling pin, then cut into bite-sized pieces. Repeat with remaining ingredients.

Serve with soy sauce.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 12 g | Fats: 10 g |
Carbohydrates: 45 g | Sodium (Na): 190 mg |
Potassium (K): 460 mg

Benefits of the main ingredients:

Brown rice: Provides fiber and complex carbohydrates.
Nori seaweed: Rich in iodine and vitamins.
Avocado: Healthy fats.

DESSERT

182. PARFAIT WITH BERRIES AND HONEY

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Low-fat yogurt – 1 cup (8 oz)
- ✓ Mixed berries (strawberries, blueberries, raspberries) – 1 cup (5 oz)
- ✓ Oatmeal – 1/2 cup (3 oz)
- ✓ Honey – 1 tbsp.
- ✓ Chopped almonds – 1 tbsp.
- ✓ Fresh mint leaves

INSTRUCTIONS:

Place half of the yogurt in serving glasses, then a layer of berries, sprinkle with oatmeal and chopped almonds. Repeat this with the rest of the ingredients. Pour honey on top. Let it sit for 10 minutes. Garnish with fresh mint.

Serve immediately or chill before serving.

Nutritional value (per serving):

Calories: 320 kcal | Proteins: 11 g | Fats: 8 g | Carbohydrates: 28 g | Sodium (Na): 160mg | Potassium (K): 310 mg

Benefits of the main ingredients:

Yogurt: A source of probiotics and calcium.
Berries: Rich in antioxidants and vitamins.
Oatmeal: Provides fiber.

183. PUDDING WITH CHIA ON ALMOND MILK WITH NUTS

Servings: 2 | Cooking time: 10 minutes (plus cooling time)



INGREDIENTS:

- ✓ Chia seeds – 6 tbsp. (7 oz)
- ✓ Almond milk – 1.5 cups (12 oz)
- ✓ Honey – 1 tbsp.
- ✓ Fresh berries (blueberries, strawberries) – 1/2 cup (4 oz)
- ✓ Almonds, chopped – 2 tbsp. (1 oz)
- ✓ Vanilla extract – 1/2 tsp.

INSTRUCTIONS:

In a medium bowl, combine the chia seeds, almond milk, honey, and vanilla extract. Mix well to distribute the seeds evenly. Cover the bowl and refrigerate for at least 4 hours or overnight to allow the chia seeds to absorb the liquid and thicken.

When serving, divide the pudding into two plates, top with fresh berries and chopped almonds.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 12 g | Fats: 10 g | Carbohydrates: 28 g | Sodium (Na): 160 mg | Potassium (K): 350 mg

Benefits of the main ingredients:

Chia seeds: Rich in fiber and omega-3 fatty acids.
Almond milk: Contains vitamin E.
Berries: Rich in antioxidants.

184. BAKED APPLES WITH CINNAMON AND NUTS

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Apples – 2 pcs. (18 oz)
- ✓ Walnuts, chopped – 1/2 cup (3 oz)
- ✓ Honey – 1 tbsp.
- ✓ Ground cinnamon – 1 tsp.
- ✓ Almond milk – 1/4 cup (2 oz)

INSTRUCTIONS:

Preheat the oven to 360°F (180°C). Core the apples, leaving the bottom intact.

In a small bowl, mix the nuts, honey and cinnamon. Fill the apples with the nut mixture and place them in the baking dish. Pour the almond milk into the bottom of the mold. Bake for 25–30 minutes, or until the apples are tender.

Serve warm.

Nutritional value (per serving):

Calories: 280 kcal | Proteins: 9 g | Fats: 8 g | Carbohydrates: 35 g | Sodium (Na): 110 mg | Potassium (K): 370 mg

Benefits of the main ingredients:

Apples: Rich in fiber and vitamin C.
Walnuts: A source of healthy fats and antioxidants.
Cinnamon: Has anti-inflammatory properties.

185. FROZEN BANANA WITH CHOCOLATE

Servings: 2 | Cooking time: 10 minutes (plus freezing time)



INGREDIENTS:

- ✓ Bananas – 2 pcs. (9 oz)
- ✓ Dark chocolate (70% cocoa or more) – 4 oz
- ✓ Unsweetened coconut flakes – 2 tbsp. (2 oz)
- ✓ Olive oil – 1 tbsp.

INSTRUCTIONS:

Peel the bananas and cut them into large pieces.

Add 1 tbsp to dark chocolate. of oil and melt in the microwave, stirring every 30 seconds. Dip each banana slice in melted chocolate, then sprinkle with coconut flakes.

Place the banana slices on a parchment-lined baking sheet and freeze for at least 1 hour before serving.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 8 g | Fats: 10 g | Carbohydrates: 35 g | Sodium (Na): 170 mg | Potassium (K): 380 mg

Benefits of the main ingredients:

Bananas: Rich in potassium and fiber.
Dark chocolate: A source of antioxidants.
Coconut: Healthy fats.

186. OAT COOKIES WITH RAISINS AND COCONUT

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Oatmeal – 1/2 cup (2 oz)
- ✓ Oatmeal – 1/2 cup (3 oz)
- ✓ Coconut flakes – 1/4 cup (2 oz)
- ✓ Raisins – 1/4 cup (1 oz)
- ✓ Honey – 2 tbsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Baking powder for dough – 1/2 tsp.
- ✓ Ground cinnamon – 1/2 tsp.
- ✓ Vanilla extract – 1/2 tsp.

INSTRUCTIONS:

Preheat the oven to 350°F (175°C). In a large bowl, mix together the rolled oats, oat flour, coconut flakes, raisins, baking powder and cinnamon.

In another bowl, mix honey, olive oil and vanilla extract. Combine both mixtures and mix well. Put a tablespoon of the dough on a baking sheet lined with parchment and flatten it a little. Bake for 12–15 minutes, or until golden brown.

Chill before serving.

Nutritional value (per serving):

Calories: 330 kcal | Proteins: 9 g | Fats: 8 g | Carbohydrates: 27 g | Sodium (Na): 170 mg | Potassium (K): 330 mg

Benefits of the main ingredients:

Oatmeal: A source of fiber.
Coconut: Contains healthy fats.
Raisins: There is a source of iron.

187. DATE AND NUT CANDIES (WITHOUT BAKING)

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Dates pitted – 1 cup (8 oz)
- ✓ Hazelnuts – 1/2 cup (3 oz)
- ✓ Oatmeal – 1/4 cup (1 oz)
- ✓ Cocoa powder – 2 tbsp.
- ✓ Chia seeds – 1 tbsp. (1 oz)
- ✓ Sesame – 1 tbsp.
- ✓ Olive oil: –1 tsp.

INSTRUCTIONS:

In a food processor, mix dates, hazelnuts, oatmeal, 1 tbsp. cocoa powder, olive oil and chia seeds until smooth. Form small balls from the resulting mixture, roll them in sesame seeds and 1 tbsp. cocoa powder.

Serve chilled.

Nutritional value (per serving):

Calories: 310 kcal | Proteins: 9 g | Fats: 10 g | Carbohydrates: 28 g | Sodium (Na): 160 mg | Potassium (K): 380 mg

Benefits of the main ingredients:

Dates: Contains magnesium and potassium.
Hazelnut: Rich in potassium and magnesium.
Chia seeds: Contains fiber and omega-3 fatty acids.

188. APPLE AND PEAR CRUMBLE WITH OAT TOPPING

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Medium apple – 1 piece (6 oz)
- ✓ Medium pear – 1pc. (6 oz)
- ✓ Oatmeal – 1/2 cup (3 oz)
- ✓ Almond flour – 1/4 cup (1 oz)
- ✓ Honey – 2 tbsp.
- ✓ Olive oil – 2 tbsp.
- ✓ Poppy seeds – 2 tbsp.

INSTRUCTIONS:

Preheat the oven to 350°F (175°C). Cut the apple and pear into rough circles or strips and arrange them in a small, deep baking dish, small baking dish.

In a bowl, mix the oatmeal, almond flour, honey, olive oil and poppy seeds. Cover the fruit mixture with the oat topping.

Bake for 20–25 minutes, or until the topping is golden and the fruit is soft.

Chill before serving.

Nutritional value (per serving):

Calories: 320 kcal | Proteins: 8 g | Fats: 10 g |
Carbohydrates: 32 g | Sodium (Na): 160 mg |
Potassium (K): 350 mg

Benefits of the main ingredients:

Apples and Pears: Rich in fiber.
Almond: Rich in protein and fat.
Poppy: Rich in potassium.

189. COCONUT CUPCAKES WITH ALMONDS

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Coconut flakes – 1 cup (7 oz)
- ✓ Almond flour – 1/4 cup (1.5 oz)
- ✓ Maple syrup – 2 tbsp.
- ✓ Egg white – 2 pcs (2 oz)
- ✓ Vanilla extract – 1/2 tsp.
- ✓ Almonds, chopped – 2 tbsp. (1.5 oz)

INSTRUCTIONS:

Preheat the oven to 320°F (160°C). Mix coconut flakes and almond flour in a bowl. Beat egg whites in a blender. Gently fold in the maple syrup and vanilla extract. Mix until smooth. Mix with the dry mixture. Form small balls from the mixture and place them on a baking sheet lined with parchment.

Bake for 15–18 minutes, or until the cupcakes are golden brown.

Chill before serving.

Nutritional value (per serving):

Calories: 310 kcal | Proteins: 11 g | Fats: 15 g |
Carbohydrates: 15 g | Sodium (Na): 150 mg |
Potassium (K): 450 mg

Benefits of the main ingredients:

Coconut: Rich in healthy fats.
Almond flour: Contains protein and healthy fats.
Almond: Rich in vitamin E.

190. PEACH AND BLUEBERRY CRISP

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Fresh peaches, chopped – 1 cup (6 oz)
- ✓ Fresh blueberries – 1/2 cup (4 oz)
- ✓ Oatmeal – 1/4 cup (1 oz)
- ✓ Whole wheat flour – 1/4 cup (1 oz)
- ✓ Honey – 2 tbsp.
- ✓ Olive oil – 1 tbsp.
- ✓ Ground cinnamon – 1/2 tsp.

INSTRUCTIONS:

Preheat the oven to 350°F (175°C). Place peaches and blueberries in a small baking dish.

In a bowl, mix oatmeal, whole wheat flour, honey, olive oil and cinnamon. Sprinkle the oat topping over the fruit mixture. Bake for 20–25 minutes, or until the topping is golden and the fruit is bubbly.

Chill before serving.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 9 g | Fats: 10 g | Carbohydrates: 30 g | Sodium (Na): 170 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

Peaches and Blueberries: Rich in vitamins and antioxidants.
Oatmeal: High in fiber.
Honey: Rich in amino acids.

191. MOUSSE WITH AVOCADO AND COCOA WITH ALMOND FLAKES

Servings: 2 | Cooking time: 15 minutes



INGREDIENTS:

- ✓ Avocado – 1 pc. (6 oz)
- ✓ Cocoa powder – 2 tbsp.
- ✓ Oat flakes – 2 tbsp.
- ✓ Honey – 2 tbsp.
- ✓ Almond milk – 1/4 cup (2 oz)
- ✓ Vanilla extract – 1/2 tsp.
- ✓ Almond flakes – 2 tbsp.

INSTRUCTIONS:

Peel the avocado and remove the stone. Put the flesh in a blender. Add cocoa powder, flakes, honey, almond milk and vanilla extract to the avocado. Beat all the ingredients in a blender until smooth and creamy.

Divide the mousse among serving glasses and sprinkle each portion with almond flakes.

Serve chilled.

Nutritional value (per serving):

Calories: 320 kcal | Proteins: 13 g | Fats: 18 g | Carbohydrates: 12 g | Sodium (Na): 170 mg | Potassium (K): 510 mg

Benefits of the main ingredients:

Avocado: Rich in healthy fats and potassium.
Cocoa: Contains antioxidants.
Almond flakes: Source of vitamin E and magnesium.

192. PEARS IN RED WINE WITH NUTS

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Medium pears – 2 pcs. (10 oz)
- ✓ Dry red wine – 1 cup (8 oz)
- ✓ Honey – 2 tbsp.
- ✓ Cinnamon – 1 stick
- ✓ Anise, star – 1 pc.
- ✓ Lemon juice – 1 tbsp.
- ✓ Nuts (almonds, walnuts or hazelnuts), chopped – 2 tbsp.
- ✓ Mint for decoration

INSTRUCTIONS:

Peel the pears, leaving the tails. Pour lemon juice over them to prevent browning.

In a small saucepan, combine the red wine, honey, cinnamon stick, and star anise. Bring the mixture to a boil. Add the pears to the pan, reduce the heat and simmer for 15 minutes, until the pears are soft but retain their shape.

Carefully remove the pears from the pan and place on a plate. Continue to boil the remaining liquid in the pan until it thickens. Pour this wine syrup over the pears and coat with chopped nuts.

Garnish with mint before serving.

Nutritional value (per serving):

Calories: 300 kcal | Proteins: 8 g | Fats: 9 g | Carbohydrates: 41 g | Sodium (Na): 170 mg | Potassium (K): 380 mg

Benefits of the main ingredients:

Pears: Rich in fiber and antioxidants.

Anise: Has an antimicrobial effect.

Nuts: A source of healthy fats and protein.

193. BANANA BREAD WITH YOGURT AND NUTS

Servings: 2 | Cooking time: 45 minutes



INGREDIENTS:

- ✓ Banana – 1 cup (6 oz)
- ✓ Yogurt – 1/4 cup (2 oz)
- ✓ Walnuts, chopped – 1/4 cup (1 oz)
- ✓ Oatmeal – 3/4 cup (3 oz)
- ✓ Egg – 1 pc.
- ✓ Honey – 2 tbsp. (1.5 oz)
- ✓ Baking powder – 1/2 tsp.
- ✓ Vanilla Extract – 1/2 tsp.
- ✓ Cinnamon – 1/4 tsp.

INSTRUCTIONS:

Preheat oven to 350°F (175°C). Grease a baking pan or line it with parchment paper.

In a large bowl, mash the banana. Add yogurt, egg, honey and vanilla extract. Mix well. In a separate bowl, mix the oat flour, baking powder, and cinnamon.

Combine dry ingredients with wet ingredients, mix well. Carefully add the chopped walnuts. Pour the batter into the prepared pan and bake for 35 minutes, or until a toothpick inserted into the center of the pan comes out clean.

Let the bread cool before slicing

Nutritional value (per serving):

Calories: 330 kcal | Proteins: 9 g | Fats: 11 g | Carbohydrates: 25 g | Sodium: 160 mg | Potassium: 250 mg

Benefits of the main ingredients:

Bananas: High in potassium and vitamins.

Yogurt: Rich in calcium and probiotics.

Walnuts: Contains healthy fats.

194. FRUIT TART ON AN ALMOND BASE WITH BERRIES

Servings: 2 | Cooking time: 35 minutes (+ 3 hours for cooling)



INGREDIENTS:

- ✓ Almond flour – 1/2 cup (3 oz)
- ✓ Oatmeal, – 1/2 cup (3 oz.)
- ✓ Honey – 3 tbsp. (3 oz)
- ✓ Coconut oil, melted, – 2 tbsp. (1.5 oz)
- ✓ Berries (strawberries, raspberries, blueberries), – 1/2 cup (4 oz)
- ✓ Yogurt, – 1/2 cup (3 oz)
- ✓ Gelatin – 2 tbsp.

INSTRUCTIONS:

Dissolve the gelatin in 1/2 cup of water and let it sit for 15 minutes. Mix almond and oat flour in a bowl. Add 2 tbsp. honey and melted coconut oil. Mix well until smooth. Pour the mixture into a round, small, deep baking dish, spread it evenly and press it to the bottom and sides of the dish, repeating its contours. Bake at 350°F (175°C) for 12–15 minutes, until the base is golden brown. Leave the base to cool.

Heat the gelatin in the microwave, add yogurt, berries and 1 tbsp. honey Mix everything. Remove the cooled base from the mold and fill it with the berry mixture Put in the cold for 3 hours so that the gelatin with berries hardens.

Nutritional value (per serving):

Calories: 320 kcal | Proteins: 9 g | Fats: 16 g | Carbohydrates: 18 g | Sodium (Na): 160 mg | Potassium (K): 320 mg

Benefits of the main ingredients:

Almond flour: High in vitamins and minerals.
Seasonal berries: Contains antioxidants and vitamins.
Yogurt: Rich in protein and calcium.

195. TART TATIN WITH CARAMELIZED PEACHES AND ROSEMARY

Servings: 2 | Cooking time: 45 minutes



INGREDIENTS:

- ✓ Peel and slice the peaches – 2 pcs. (8 oz)
- ✓ Honey – 2 tbsp. (1.5 oz)
- ✓ Olive oil – 1 tbsp.
- ✓ Puff pastry – 1 sheet (4 oz)
- ✓ Fresh rosemary, finely chopped – 1/2 tsp.

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Heat olive oil in a frying pan suitable for baking. Add honey and cook, stirring, until liquid caramel forms, about 3–4 minutes. Add the chopped peaches, sprinkle with rosemary and cook for another 5 minutes until the peaches begin to caramelize.

Cover the peaches with a sheet of rolled out puff pastry, wrapping the edges inside the pan. Place the pan in the preheated oven and bake for 20–25 minutes until the dough is golden brown.

Remove the tart from the oven and let it cool slightly, then carefully invert onto a plate so the peaches are on top.

Nutritional value (per serving):

Calories: 320 kcal | Proteins: 13 g | Fats: 15 g | Carbohydrates: 45 g | Sodium (Na): 150 mg | Potassium (K): 470 mg

Benefits of the main ingredients:

Peaches: Rich in vitamins and antioxidants.
Honey: Contains folic acid.
Rosemary: Contains lauric acid.

196. CHOCOLATE CAKE WITH CHERRY SAUCE

Servings: 2 | Cooking time: 1 hour



INGREDIENTS:

- ✓ Whole wheat flour – 1/2 cup (3 oz)
- ✓ Dark chocolate (minimum 70% cacao), chopped – 1/2 cup (3 oz)
- ✓ Coconut oil – 2 tbsp. (5 oz)
- ✓ Egg – 1 pc.
- ✓ Honey or maple syrup – 1 tbsp. (1 oz)
- ✓ Vanilla extract – 1/2 tsp.
- ✓ Cherry Sauce:
- ✓ Fresh or frozen pitted cherries – 1 cup (5 oz)
- ✓ Honey or maple syrup – 1 tbsp. (1 oz)
- ✓ Lemon juice – 1 tsp.
- ✓ Corn starch – 1/2 tsp, diluted in 1 tbsp. water

INSTRUCTIONS:

Preheat oven to 350°F (175°C). Grease a baking pan (about 6 inches in diameter) with coconut oil. Melt the dark chocolate and coconut oil in a double boiler. Allow to cool slightly.

In a large bowl, whisk together the whole wheat flour, melted chocolate, egg, honey, and vanilla extract until smooth. Pour the batter into the mold and bake for 25–30 minutes, until the cake is springy to the touch. Allow to cool.

In a small saucepan, mix the cherries, honey, and lemon juice. Cook over medium heat, stirring, until the cherries are soft. Add the diluted cornstarch and cook for another 2–3 minutes until the sauce thickens.

Cut the cake into portions, pour cherry sauce on top before serving.

Nutritional value (per serving):

Calories: 350 kcal | Proteins: 11 g | Fats: 25 g | Carbohydrates: 30 g | Sodium (Na): 160 mg | Potassium (K): 390 mg

Benefits of the main ingredients:

Whole grain flour: Rich in fiber.
Dark chocolate: Rich in antioxidants.
Cherries: Contains vitamins and natural antioxidants.

197. ALMOND BISCOTTI WITH DRIED FRUITS AND PISTACHIOS

Servings: 2 | Cooking time: 45 minutes



INGREDIENTS:

- ✓ Almond flour – 1/2 cup (3 oz)
- ✓ Whole wheat flour – 1/4 cup (2 oz)
- ✓ Coarsely chopped pistachios – 1/4 cup (1.5 oz)
- ✓ Dried fruits, chopped – 1/4 cup (2 oz)
- ✓ Egg – 1 pc.
- ✓ Honey or maple syrup – 2 tbsp.
- ✓ Vanilla extract – 1/2 tsp.
- ✓ Baking powder – 1/4 tsp.

INSTRUCTIONS:

Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper. In a large bowl, combine the almond flour, whole wheat flour, baking powder, chopped pistachios, and dried fruit.

In a separate bowl, beat the egg with honey and vanilla extract until well combined. Pour this mixture into the dry ingredients and mix well until you get a smooth dough. Form the dough into a long, flat loaf, about 1/2 inch (1 cm) thick. Transfer to a baking sheet.

Bake in the oven for 20–25 minutes until the loaf is golden. Allow to cool slightly, then cut into slices.

Place the slices on a baking sheet and bake for another 10–12 minutes, until the biscotti are crispy.

Nutritional value (per serving):

Calories: 300 kcal | Proteins: 8 g | Fats: 9 g | Carbohydrates: 29 g | Sodium (Na): 170 mg | Potassium (K): 450 mg

Benefits of the main ingredients:

Almond flour: Contains healthy fats and proteins.
Pistachios: Rich in minerals and healthy fats.
Dried fruits: Source of vitamins.

198. BAKED RICOTTA CHEESE WITH HONEY AND LAVENDER SYRUP

Servings: 2 | Cooking time: 40 minutes



INGREDIENTS:

- ✓ Ricotta cheese – 1.5 cups (10 oz)
- ✓ Honey – 1 tbsp. (1 oz)
- ✓ Vanilla extract – 1/2 tsp.
- ✓ Lavender syrup – 1 tbsp. (1 oz)
- ✓ Lemon peel – 1/2 tsp.

INSTRUCTIONS:

Preheat oven to 350°F (175°C). Line a small baking dish with parchment paper.

In a bowl, mix the ricotta cheese with honey and vanilla extract until smooth. Add the lemon zest and mix again. Transfer the ricotta to the prepared form. Bake in the oven for 20 minutes, until the ricotta is slightly golden. Let cool for a few minutes.

Drizzle with lavender syrup before serving.

Nutritional value (per serving):

Calories: 290 kcal | Proteins: 12 g | Fats: 8 g | Carbohydrates: 12 g | Sodium (Na): 160 mg | Potassium (K): 410 mg

Benefits of the main ingredients:

Ricotta cheese: Rich in protein and calcium.
Honey: Rich in antioxidants.
Lavender syrup: Adds a unique aroma and taste.

199. COCONUT FLOUR AND AVOCADO-MINT CREAM TARTLETS

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Coconut flour – 1/4 cup (1 oz)
- ✓ Almond flour – 2 tbsp. (0.5 oz)
- ✓ Olive oil – 1 tbsp.
- ✓ Honey – 1 tbsp.

For the cream:

- ✓ Avocado, peeled and chopped – 1 pc. (5 oz)
- ✓ Honey – 1 tbsp.
- ✓ Fresh mint leaves – 1 tbsp. (0.5 oz)
- ✓ Lime juice – 1 tsp.

INSTRUCTIONS:

In a bowl, mix coconut and almond flour with olive oil and honey until smooth. Divide the mixture into two parts and put them in tartlet molds, tamping it on the bottom and sides. Bake at 350°F (175°C) for about 10–12 minutes until golden brown. Allow to cool.

Blend avocado, honey, mint, and lime juice in a blender until smooth. Fill the cooled tartlets with avocado-mint cream.

Serve chilled.

Nutritional value (per serving):

Calories: 310 kcal | Proteins: 12 g | Fats: 18 g | Carbohydrates: 13 g | Sodium (Na): 160 mg | Potassium (K): 390 mg

Benefits of the main ingredients:

Coconut flour: Rich in fiber.
Avocado: Contains healthy fats, vitamins and minerals.
Mint: Adds a refreshing taste and aroma.

200. LEMON-RASPBERRY MOUSSE WITH ALMOND MILK AND NUTS

Servings: 2 | Cooking time: 30 minutes



INGREDIENTS:

- ✓ Raspberries, fresh – 1.5 cups (8 oz)
- ✓ Lemon juice – 2 tbsp. (1 oz)
- ✓ Almond milk – 1/2 cup (4 oz)
- ✓ Honey – 2 tbsp. (1 oz)
- ✓ Chopped, toasted nuts – 2 tbsp. (1 oz)

INSTRUCTIONS:

In a blender, blend fresh raspberries, lemon juice, and honey until smooth.

Add the almond milk and mix again until you get a soft mousse texture.

Pour the mousse into serving glasses or molds. Put in the refrigerator for 15 minutes so that the mousse thickens a little.

Sprinkle with toasted nuts before serving.

Nutritional value (per serving):

Calories: 310 kcal | Proteins: 10 g | Fats: 10 g |
Carbohydrates: 20 g | Sodium (Na): 150 mg |
Potassium (K): 370 mg

Benefits of the main ingredients:

Raspberries: Rich in antioxidants and fiber.
Almond milk: Healthy fats and protein
Lemon juice: Vitamin C.

201. PEAR PUDDING WITH HONEY AND NUTS

Servings: 2 | Cooking time: 25 minutes



INGREDIENTS:

- ✓ Pear, cut into cubes – 2 pcs. (12 oz)
- ✓ Honey – 2 tbsp. (1 oz)
- ✓ Walnuts, chopped – 1/4 cup (1 oz)
- ✓ Cinnamon – 1/2 tsp.
- ✓ Vanilla extract – 1/2 tsp.
- ✓ Skimmed milk – 1/2 cup (4 oz)
- ✓ Egg – 1 pc.
- ✓ Oatmeal – 2 tbsp. (1 oz)
- ✓ Coconut oil for greasing the mold

INSTRUCTIONS:

Preheat oven to 350°F (175°C). Grease a baking dish with coconut oil.

In a bowl, mix the egg, milk, honey, vanilla extract, and oatmeal until smooth. Add diced pears to the mixture, mix well. Pour the mixture into the prepared baking dish. Sprinkle chopped walnuts and cinnamon on top.

Bake for 20 minutes or until golden brown.

Serve warm, drizzled with additional honey if desired.

Nutritional value (per serving):

Calories: 340 kcal | Proteins: 15 g | Fats: 10 g |
Carbohydrates: 30 g | Sodium (Na): 170 mg |
Potassium (K): 350 mg

Benefits of the main ingredients:

Pear: Source of fiber and vitamins E and K.
Walnuts: Rich in potassium and magnesium.
Oatmeal: Rich in protein and essential amino acids.

MEAL PLAN:

DAY 1:

Breakfast: Oatmeal porridge with almond milk and chia

Lunch:

Lentil and tomato soup

Braised rabbit with herbs

Brussels sprouts baked with balsamic glaze

Snack: Vegetable sticks with humus

Dinner:

Baked cod with lemon crust

Salad with avocado, mango and shrimp

Total calories: 1850 kcal

DAY 2:

Breakfast: Pancakes with blueberries

Lunch:

Chicken soup with Farro

Beef stroganoff with mushrooms

Baked potatoes with broccoli and cheese

Snack: Canape with beetroot and horseradish cream

Dinner:

Salmon with lemon and dill

Quinoa salad with vegetables and lemon dressing

Total calories: 1960 kcal

DAY 3:

Breakfast: Toast with avocado and poached egg

Lunch:

Mushroom soup with cheese

Pork with nuts and vegetables

Baked beetroot with feta cheese

Snack: Stuffed eggs with chicken

Dinner:

Sea bass with capers and herbs

Salad with apples, nuts and cheese

Total calories: 1970 kcal

DAY 4:

Breakfast: Cottage cheese with fresh fruit and nuts

Lunch:

Minestrone soup

Veal with mushrooms in white wine

Zucchini stuffed with mushrooms and cheese

Snack: Kebabs with cherry tomatoes and basil

Dinner:

Grilled shrimps with vegetables

Salad with mango and chicken

Total calories: 1830 kcal

DAY 5:

Breakfast: Smoothie with pineapple and mango (260 kcal)

Lunch:

Seafood soup

Lamb with Moroccan spices

Vegetable cutlets with broccoli, carrots and spinach

Snack: Baked apples with cinnamon and nuts

Dinner:

Trout with almond crust

Salad with apples, nuts and cheese

Total calories: 1960 kcal

DAY 6:

Breakfast: Toast with avocado and poached egg

Lunch:

Quinoa and turkey soup

Chicken breast in lemon grass

Avocado, cucumber and apple salad

Snack: Vegetable sticks with hummus

Dinner:

Salmon with lemon and dill

Grilled vegetables and mushrooms

Total calories: 1910 kcal

DAY 7:

Breakfast: Oatmeal porridge with almond milk and chia

Lunch:

Chicken soup with Farro

Grilled turkey with vegetables

Orzo with spinach and feta

Snack: Canape with beetroot and horseradish cream

Dinner:

Baked cod with lemon crust

Baked beetroot with feta cheese

Total calories: 1960 kcal

DAY 8:

Breakfast: Muffins with tomatoes and spinach

Lunch:

Lentil and tomato soup

Chicken fajitas with vegetables

Barley risotto with mushrooms
Snack: Kebab with cherry tomatoes and basil
Dinner:
Trout with almond crust
Vegetable cutlets with broccoli, carrots and spinach
Total calories: 1840 kcal

DAY 9:

Breakfast: Smoothie with pineapple and mango
Lunch:
Mushroom soup with cheese
Baked turkey with Brussels sprouts
Brown rice and cranberry pilaf
Snack: Zucchini pancakes with tzatziki sauce
Dinner:
Grilled shrimps with vegetables
Carrots baked with honey and thyme
Total calories: 1960 kcal

DAY 10:

Breakfast: Yoghurt parfait with a mixture of berries and nuts
Lunch:
Cauliflower and bulgur soup
Chicken breast with tomatoes and basil
Wholemeal penne with broccoli
Snack: Stuffed eggs with chicken
Dinner:
Sesame-crusting pike perch with Asian sauce
Zucchini stuffed with mushrooms and cheese
Total calories: 1990 kcal

DAY 11:

Breakfast: Rolls with smoked salmon and avocado
Lunch:
Broth with egg and chicken
Asian turkey with vegetables
Farro with baked vegetables
Snack: Baked apples with cinnamon and nuts
Dinner:
Scallops with citrus and ginger sauce
Asparagus with lemon, sesame seeds and garlic
Total calories: 2010 kcal

DAY 12:

Breakfast: Sweet potatoes with beans and peppers
Lunch:
Tomato soup with beans
Baked chicken breast with rosemary
Mediterranean couscous

Snack: Canape with beetroot and horseradish cream
Dinner:
Baked salmon with tomatoes and olives
Mushrooms stuffed with cheese
Total calories: 2050 kcal

DAY 13:

Breakfast: Oatmeal with banana, nuts and honey
Snack: Parfait with berries and honey
Lunch:
Beef stew with cabbage
Brown rice and cranberry pilaf
Salad with turkey, tomatoes and bell peppers
Dinner:
Chicken breast in lemon grass
Zucchini stuffed with mushrooms and cheese
Total calories: 2060 kcal

DAY 14:

Breakfast: Beetroot and berry smoothie
Snack: Apple and pear crumble with oatmeal topping
Dinner:
Pork with nuts and vegetables
Tabbouleh with bulgur
Salad with avocado, mango and shrimp
Dinner:
Grilled turkey with vegetables
Grilled vegetables and mushrooms
Total calories: 2040 kcal

DAY 15:

Breakfast: Pancakes with blueberries
Snack: Avocado and cocoa mousse with almond flakes
Lunch:
Veal with mushrooms in white wine
Farro with baked vegetables
Salad with mango and chicken
Dinner:
Baked turkey with Brussels sprouts
Carrots baked with honey and thyme
Total calories: 2030 kcal

DAY 16:

Breakfast: Toast with honey, ricotta and cinnamon
Snack: Banana bread with yoghurt and nuts
Lunch:
Grilled lamb chops with mint pesto
Quinoa and chickpeas with lemon dressing
Quinoa salad with vegetables and lemon dressing

Dinner:
Stewed turkey with vegetables
Baked potatoes with broccoli and cheese
Total calories: 2080 kcal

DAY 17:

Breakfast: Protein frittata with spinach and mushrooms

Snack: Coconut muffins with almonds

Lunch:

Braised rabbit with herbs

Pilaf with quinoa and vegetables

Salad with salmon and avocado

Dinner:

Chicken breast with tomatoes and basil

Vegetable cutlets with broccoli, carrots and spinach

Total calories: 1970 kcal

DAY 18:

Breakfast: Oatmeal porridge with almond milk and chia

Snack: Peach and blueberry crisp

Lunch:

Beef and broccoli fry

Orzo with spinach and feta

Avocado, cucumber and apple salad

Dinner:

Baked chicken breast with rosemary

Zucchini stuffed with mushrooms and cheese

Total calories: 2010 kcal

DAY 19:

Breakfast: Rolls with smoked salmon and avocado

Snack: Lemon and raspberry mousse with almond milk and nuts

Dinner:

Lamb with Moroccan spices

Pilaf with bulgur and mushrooms

Strawberry and spinach salad with poppy seed dressing

Dinner:

Baked quail with honey and rosemary

Grilled vegetables and mushrooms

Total calories: 1990 kcal

DAY 20:

Breakfast: Oatmeal pancakes with berries

Snack: Baked ricotta cheese with honey and lavender syrup

Dinner:

Stewed pork with apples

Mediterranean couscous
Kale salad with cranberries and almonds

Dinner:

Thai chicken curry

Asparagus with lemon, sesame seeds and garlic

Total calories: 2050 kcal

DAY 21:

Breakfast: Toast with avocado and poached egg

Lunch:

Chicken breast in lemon grass

Pilaf with quinoa and vegetables

Avocado, cucumber and apple salad

Snack: Spicy fried chickpea balls

Dinner:

Baked salmon with lemon and dill

Asparagus with lemon and sesame seeds

Total calories: 1980 kcal

DAY 22:

Breakfast: Oatmeal porridge with almond milk and chia

Lunch:

Veal with mushrooms in white wine

Brown rice with mushrooms and spinach

Grilled vegetables and mushrooms

Snack: Canape with beetroot and horseradish cream

Dinner:

Grilled shrimps with vegetables

Baked beetroot with feta cheese

Total calories: 1970 kcal

DAY 23:

Breakfast: Oatmeal pancakes with berries

Lunch:

Pork with nuts and vegetables

Tabbouleh with bulgur

Salad with mango and chicken

Snack: Kebab with cherry tomatoes and basil

Dinner:

Baked cod with lemon crust

Zucchini stuffed with mushrooms and cheese

Total calories: 1900 kcal

DAY 24:

Breakfast: Smoothie with pineapple and mango

Lunch:

Grilled lamb chops with mint pesto

Brown rice and cranberry pilaf

Vegetable cutlets with broccoli, carrots and spinach

Snack: Baked potatoes with broccoli and cheese

Dinner:

Trout with almond crust

Asparagus with lemon and sesame seeds

Total calories: 2000 kcal

DAY 25:

Breakfast: Protein frittata with spinach and mushrooms

Lunch:

Chicken fajitas with vegetables

Orzo with spinach and feta

Spinach salad with berries and almonds

Snack: Stuffed eggs with chicken

Dinner:

Baked turkey with Brussels sprouts

Asparagus with sesame seeds and lemon

Total calories: 1990 kcal

DAY 26:

Breakfast: Yoghurt parfait with a mixture of berries and nuts

Lunch:

Braised rabbit with herbs

Quinoa and chickpeas with lemon dressing

Beetroot, cheese and nut salad

Snack: Canape with salmon and cucumber

Dinner:

Salmon with lemon and dill

Vegetable cutlets with broccoli, carrots and spinach

Total calories: 1960 kcal

DAY 27:

Breakfast: Rolls with smoked salmon and avocado

Lunch:

Pork with nuts and vegetables

Mediterranean couscous

Quinoa salad with vegetables and lemon dressing

Snack: Baked apples with cinnamon and nuts

Dinner:

Trout with almond crust

Zucchini stuffed with mushrooms and cheese

Total calories: 2050 kcal

DAY 28:

Breakfast: Oatmeal with banana, nuts and honey

Lunch:

Veal with mushrooms in white wine

Pilaf with quinoa and vegetables

Strawberry and spinach salad with poppy seed dressing

Snack: Baked cauliflower with sauce

Dinner:

Baked cod with lemon crust

Asparagus with lemon and sesame seeds

Total calories: 1950 kcal

DAY 29:

Breakfast: Oatmeal pancakes with berries

Lunch:

Beef stew with cabbage

Brown rice and cranberry pilaf

Vegetable cutlets with broccoli, carrots and spinach

Snack: Canapes with beetroot and horseradish cream

Dinner:

Salmon with lemon and dill

Baked beetroot with feta cheese

Total calories: 1970 kcal

DAY 30:

Breakfast: Smoothie with pineapple and mango

Lunch:

Chicken fajitas with vegetables

Orzo with spinach and feta

Spinach salad with berries and almonds

Snack: Tartlets with Cheese, Pear and Nuts

Dinner:

Trout with almond crust

Zucchini stuffed with mushrooms and cheese

Total calories: 1970 kcal

SPICES AND DRIED HERBS

- ✓ **Black pepper** - has a sharp and spicy taste, stimulates digestion, improves metabolism.
- ✓ Turmeric is known for its anti-inflammatory properties, gives dishes a golden color, and is used to strengthen immunity.
- ✓ Dried cilantro adds a fresh, lemon-spicy flavor to dishes, improves digestion, and lowers cholesterol.
- ✓ **Paprika** - gives dishes a soft, sweet taste and bright color, contains a lot of vitamins A and C.
- ✓ **Oregano** (dried) – has a bright, herbal aroma, is used to improve digestion and has antibacterial properties.
- ✓ **Basil** (dried) is soft and sweet, adds a fresh aroma, helps relieve inflammation and strengthen immunity.
- ✓ **Rosemary** (dried) – has an intense, coniferous aroma, improves blood circulation and strengthens memory.
- ✓ **Cumin** - has an earthy, slightly nutty taste, facilitates digestion, reduces bloating and stomach cramps.
- ✓ **Garlic powder** - adds a rich, spicy taste, has antibacterial properties and improves heart function.
- ✓ **Ginger (ground)** – spicy and slightly spicy, improves digestion, relieves nausea and has anti-inflammatory properties.
- ✓ **Cardamom** is a sweet, slightly citrus aroma, used to improve digestion, freshens breath.
- ✓ **Chili** (flakes or powder) – spicy, stimulates metabolism, improves blood circulation and helps burn calories.
- ✓ **Thyme** (dried) - gives dishes an earthy, aromatic taste, has anti-inflammatory and antibacterial properties.
- ✓ **Nutmeg** is a sweet-spicy aroma, used to improve mood, relieve anxiety and tension.
- ✓ **Bay leaf** - has a bitter-spicy aroma, improves digestion, has antibacterial and anti-inflammatory properties.
- ✓ **Fennel** has a sweet, slightly aniseed taste, helps with bloating, improves digestion and cleanses the body.
- ✓ **Dill** (dried) - adds a fresh, light aroma, supports the health of the digestive system, reduces bloating and spasms.
- ✓ **Marjoram** (dried) – has a mild, sweet aroma, relieves inflammation, improves sleep and facilitates digestion.
- ✓ **Saffron** is a delicate, floral aroma, used to improve mood, relieve stress and increase immunity.
- ✓ **Cloves** - intense, sweet and spicy aroma, has antiseptic properties, helps relieve toothache and inflammation.

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