

30-Minute Mediterranean Diet Cookbook

for Beginners

*100 Quick, Heart-Healthy and Anti-Inflammatory Recipes,
5-Week Meal Plans, Smart Shopping Lists, Hormone-Balancing
Tips for Energy and Weight Control*



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INTRODUCTION

Welcome to the 30-Minute Mediterranean Diet—your passport to fresh, vibrant, and delicious meals that come together in half an hour or less! Inspired by the sun-soaked shores of Greece, Italy, Spain, and other Mediterranean havens, this cookbook brings you heart-healthy, flavor-packed dishes with minimal prep and zero compromise.

From swirling up a silky **Whipped Feta Dip** as a last-minute crowd-pleaser, to layering crisp, juicy slices in a refreshing **Watermelon & Feta Salad**, or cozying up with a bowl of fragrant **Lemon Chicken Orzo Soup**, every recipe here is crafted to nourish your body, excite your palate, and fit effortlessly into real, everyday life.

Simple. Satisfying. Smart. This is Mediterranean cooking for the modern table.

The Mediterranean diet isn't just about what you eat—it's a celebration of simple, wholesome ingredients prepared with love. Think juicy **Garlic Butter Salmon**, aromatic **Shakshuka**, or crispy **Halloumi & Veggie Skewers**, all bursting with olive oil, herbs, and spices. With chapters dedicated to speedy **Vegetarian Mains, Seafood Dishes, Poultry & Meat Meals**, and even **Family-Friendly Flatbreads**, you'll find endless inspiration for weeknight dinners, lunchbox staples, and effortless entertaining.

Best of all, this book is packed with smart shortcuts and time-saving tips to keep cooking stress-free. From a **30-Day Meal Plan** to handy **Shopping Lists**, we've done the planning so you can focus on the fun part: savoring every bite. So grab your skillet, pour yourself a glass of wine, and let's bring the Mediterranean to your kitchen—one quick, flavorful dish at a time!

Why the 30-Minute Mediterranean Diet?

The Mediterranean diet isn't just a way of eating—it's a timeless lifestyle known for its powerful health benefits, bold flavors, and the simple joy of gathering around the table. But in today's fast-paced world, even the most beloved traditions need to adapt. That's where this book steps in.

We've captured the soul of Mediterranean cooking—think crisp vegetables, lean proteins, nourishing grains, and heart-healthy fats—and reimaged it for busy modern kitchens. With **30-minute recipes** that balance nutrition, flavor, and ease, this collection makes it effortless to enjoy wholesome, satisfying meals any day of the week.

A Diet That Loves You Back

Renowned for promoting **heart health, longevity, and balanced nutrition**, the Mediterranean diet is backed by decades of research. Olive oil, nuts, and fatty fish provide healthy fats that support brain and cardiovascular function, while fiber-rich legumes, whole grains, and seasonal vegetables keep digestion steady and energy levels high. Even better? This way of eating isn't restrictive—it's about abundance! From antioxidant-packed **Marinated Olives** to protein-rich **Lentil & Feta Salad**, every dish nourishes your body without sacrificing satisfaction.

Family-Friendly & Flexible

One of the best things about Mediterranean cooking is how easily it adapts to different tastes and ages. Picky eaters? Try **Crispy Halloumi Bites or Zucchini & Corn Fritters**. Need a crowd-pleaser? **Quick Seafood Paella or Greek Lemon Chicken Skewers** will do the trick. Many recipes are naturally vegetarian or can be easily customized, making mealtime stress-free for households with mixed preferences. Plus, with **make-ahead dips, grain bowls, and sheet-pan meals**, even busy weeknights feel manageable (and delicious).

30 Minutes—No Compromises

Yes, these recipes are fast—but never bland or boring! Smart techniques, like **quick-pickling herbs for dips** or **using pre-cooked grains in salads**, maximize flavor without extra time. Staples like garlic, lemon, and spices do heavy lifting, while proteins like **Garlic Butter Salmon** and **Shakshuka** cook in minutes. Even traditionally slow dishes, like **Moroccan Harira** or **Beef & Eggplant Moussaka**, get clever shortcuts so you can enjoy deep, rich tastes in half the time.

More Than Just Food—A Happier Kitchen

Beyond health and speed, this approach fosters a **more relaxed, joyful cooking experience**. With simple prep and minimal cleanup, you'll spend less time stressing and more time savoring meals with loved ones—whether it's a **Caprese Flatbread** for a casual dinner or **Honey-Drizzled Phyllo Crisps** for a sweet ending.

In short: the **30-Minute Mediterranean Diet** proves that eating well doesn't require hours in the kitchen—just smart choices, fresh ingredients, and a dash of inspiration.

The Mediterranean Kitchen: Your Essential Toolkit

Great Mediterranean cooking starts with a well-stocked kitchen and a few smart strategies to keep things quick and effortless. Whether you're a seasoned home chef or just starting out, having the right staples, tools, and prep habits will make whipping up **30-minute meals** a breeze. Let's break it down so you can cook with confidence—and joy!

Pantry Staples: Flavor & Convenience at Your Fingertips

The Mediterranean diet thrives on simple, high-quality ingredients that pack a punch. Keep these essentials on hand:

- **Olive oil** (extra-virgin for dressings, regular for cooking)
- **Canned beans & tomatoes** (for quick soups, stews, and dips)
- **Whole grains** (quinoa, bulgur, farro, and whole-wheat pasta)
- **Dried herbs & spices** (oregano, cumin, smoked paprika, and cinnamon for depth)
- **Briny accents** (olives, capers, and anchovies for instant umami)
- **Citrus** (lemons and limes for brightening dishes)

With these basics, you can transform simple ingredients into **Hummus Trio, Spanish Garlic Shrimp, or Lemon Oregano Grilled Chicken** in no time.

Time-Saving Gear: Work Smarter, Not Harder

A few key tools will help you maximize efficiency without sacrificing quality:

- **Sharp knives & a sturdy cutting board** (for quick, safe prep)
 - **Food processor** (perfect for dips like Tzatziki or Muhammara)
 - **Sheet pans & non-stick skillet** (for easy roasting and searing)
 - **Instant-read thermometer** (to nail proteins like salmon or chicken every time)
 - **Glass storage containers** (for batch-prepped ingredients)
- Investing in these essentials means less time prepping and more time enjoying your **Crispy Smashed Potatoes or Garlic Butter Salmon**.

Prep Tips: Set Yourself Up for Success

A little planning goes a long way in keeping weeknight cooking stress-free:

- **Batch-cook grains & legumes** (quinoa, lentils, or chickpeas can be used in salads, soups, and bowls all week).
- **Pre-chop hardy veggies** (bell peppers, onions, and carrots store well for quick sautéing).
- **Use frozen seafood** (shrimp, scallops, and fish fillets thaw quickly and cook in minutes).
- **Make-ahead sauces & dressings** (whisk up Tahini Dressing or Lemon-Herb Vinaigrette to drizzle over meals).

*With these strategies, you'll spend less time scrambling and more time savoring dishes like **Shakshuka** or **Mediterranean Stuffed Peppers**. Think of your kitchen as your partner in delicious, efficient cooking—equipped, organized, and ready for anything!*

Quick & Fresh Appetizers and Meze



CAPRESE SKEWERS (CHERRY TOMATOES, BASIL, MOZZARELLA)

 **Prep Time:** 15 minutes
 **Cooking Time:** 0 minutes
 **Servings:** 2

A fresh, colorful appetizer featuring the classic Italian combination of cherry tomatoes, mozzarella, and basil. These bite-sized skewers are drizzled with balsamic glaze for a sweet-tangy finish, perfect for quick entertaining or light snacking.



INGREDIENTS:

- 8 cherry tomatoes (about ¾ cup/120g)
- 8 small mozzarella balls (bocconcini, about 4 oz/120 g total)

- 8 fresh basil leaves (about ¼ cup/5 g loosely packed)
- 1 tbsp (15 ml) extra-virgin olive oil
- ½ tsp (7.5 ml) balsamic glaze
- ⅛ tsp (0.75 g) sea salt
- ⅛ tsp (0.5 g) black pepper, freshly cracked

INSTRUCTIONS:

1. Rinse and pat dry cherry tomatoes. Drain mozzarella balls if packed in water.
2. On each of 8 small skewers (4-6 inches/10-15cm), thread: 1 cherry tomato, 1 folded basil leaf, and 1 mozzarella ball. Repeat for all skewers.

3. Arrange skewers on a serving plate. Drizzle evenly with olive oil and balsamic glaze.
4. Finish with a light sprinkle of sea salt and freshly ground black pepper just before serving.

SERVING SUGGESTIONS:

- Serve immediately for best texture, or refrigerate for up to 1 hour before serving.
- Pair with crusty bread to soak up the flavorful dressing.

Nutritional Value (per serving):

Calories: 180 kcal | Protein: 10 g | Fat: 14 g (Saturated Fat: 6 g) | Carbohydrates: 5 g | Fiber: 1 g | Sodium: 380 mg | Potassium: 200 mg

WHITE BEAN & ROSEMARY DIP

 **Prep Time:** 10 minutes
 **Cooking Time:** 0 minutes
 **Servings:** 2

A smooth and creamy Mediterranean dip infused with fresh rosemary, garlic, and hearty white beans. Rich in plant-based protein, this flavorful appetizer pairs perfectly with crisp vegetables, artisanal crackers, or warm crusty bread — making it a wholesome yet light snacking option.



INGREDIENTS:

- ¾ cup (120 g) cooked cannellini beans (canned or home-cooked), drained and rinsed
- ½ tsp (7.5 ml) lemon juice

- ⅛ tsp (0.5 g) black pepper
- ½ tsp (7.5 ml) olive oil, plus extra for drizzling
- ½ tsp (1 g) fresh rosemary, finely chopped
- ½ tsp (2 g) garlic clove, minced
- ¼ tsp (1.5 g) salt
- 1-2 tbsp (15-30 ml) cold water, as needed

INSTRUCTIONS:

1. In a food processor or blender, combine white beans, lemon juice, olive oil, rosemary, garlic, salt, and pepper. Process for 1 minute until coarse.
2. With the motor running, slowly stream in cold water,

one tablespoon at a time, until the dip becomes smooth and spreadable—about 1 to 2 minutes. Scrape down the sides of the bowl as needed to ensure even blending.

3. Transfer to a serving bowl and drizzle with additional olive oil.




SERVING SUGGESTIONS:

- Garnish with a fresh rosemary sprig and a pinch of freshly cracked black pepper.
- Serve alongside sliced bell peppers, crisp carrot sticks, or whole-grain crackers.
- For a delicious twist, spread onto toasted baguette slices to create easy crostini.

Nutritional Value (per serving):

Calories: 140 kcal | Protein: 6 g | Fat: 5 g (Saturated Fat: 0.5 g) | Carbohydrates: 18 g | Fiber: 5 g | Sodium: 300 mg | Potassium: 250 mg

GREEK YOGURT TZATZIKI (WITH CUCUMBER & DILL)

-  **Prep Time:** 10 minutes
 **Cooking Time:** 20 minutes
 (includes resting)
 **Servings:** 2



INGREDIENTS:

- ½ cup (120 g) plain Greek yogurt (full-fat or 2% for the best texture)

A cool, creamy Mediterranean classic made with tangy Greek yogurt, crisp cucumber, garlic, and fragrant fresh dill. This refreshing tzatziki is light yet bursting with flavor—perfect as a dip for warm pita or crunchy veggies, a zesty sauce for grilled meats, or a vibrant spread for wraps and sandwiches.

- ¼ cup (40 g) cucumber, finely grated and squeezed dry
- ½ tbsp (7.5 ml) lemon juice
- ½ tbsp (7.5 ml) olive oil
- ½ small garlic clove (about ½ tsp / 2 g minced)
- ½ tbsp (1.5 g) fresh dill, finely chopped
- ⅛ tsp (0.75 g) salt
- ⅛ tsp (0.5 g) black pepper

2. In a medium bowl, combine the Greek yogurt, grated cucumber, lemon juice, olive oil, minced garlic, chopped dill, salt, and black pepper. Stir well until fully blended.
3. Cover and refrigerate for at least 20 minutes to allow the flavors to meld.
4. Before serving, stir once more and adjust seasoning if needed.

INSTRUCTIONS:

1. Grate the cucumber using a fine grater. Place the grated cucumber in a clean kitchen towel or cheesecloth and squeeze firmly to remove excess moisture.

SERVING SUGGESTIONS:

- Drizzle with a little extra olive oil and sprinkle with additional dill.
- Serve with warm pita bread, sliced cucumbers, cherry tomatoes, or as a sauce for grilled chicken or lamb.

Nutritional Value (per serving):

Calories: 70 kcal | Protein: 4 g | Fat: 5g (Saturated Fat: 1 g) |
 Carbohydrates: 3 g | Fiber: 0.5 g | Sodium: 160 mg | Potassium: 100 mg

MARINATED OLIVES (WITH CITRUS & HERBS)

-  **Prep Time:** 10 minutes
 **Cooking Time:** 20 minutes
 (includes marinating)
 **Servings:** 2



INGREDIENTS:

- ¾ cup (100 g) mixed olives (Kalamata, green, or your choice), drained
- 1 small bay leaf

A vibrant and aromatic blend of Mediterranean olives, infused with citrus zest, fresh herbs, and warm spices. These marinated olives are the perfect bite-sized appetizer or meze—delicious on their own, with crusty bread, or as a flavorful addition to any antipasto platter.

- 1 tsp (5ml) lemon zest (about ½ small lemon)
- 1 tsp (5 ml) orange zest (about ¼ small orange)
- 1 tbsp (15 ml) extra-virgin olive oil
- ½ tsp (2 g) garlic clove, minced
- ½ tsp (1 g) fresh rosemary, finely chopped
- ½ tsp (1 g) fresh thyme leaves
- ⅛ tsp (0.5 g) red pepper flakes (optional)
- ⅛ tsp (0.75 g) black pepper, freshly cracked

2. Gently toss until the olives are evenly coated with the marinade.
3. Cover and let sit at room temperature for at least 20 minutes, stirring occasionally, to allow the flavors to meld.
4. Before serving, remove the bay leaf and adjust seasoning if needed.

INSTRUCTIONS:

1. In a small bowl, combine the olives, lemon zest, orange zest, olive oil, minced garlic, rosemary,

SERVING SUGGESTIONS:

- Serve with warm crusty bread or alongside cheese and cured meats.
- Garnish with an extra sprinkle of fresh herbs or citrus slices for presentation.

Nutritional Value (per serving):

Calories: 120 kcal | Protein: 1 g | Fat: 12 g (Saturated Fat: 1.5 g) |
 Carbohydrates: 4 g | Fiber: 2 g | Sodium: 450 mg | Potassium: 50 mg

WHIPPED FETA DIP (WITH HONEY & THYME)

-  **Prep Time:** 10 minutes
-  **Cooking Time:** 20 minutes
(includes chilling)
-  **Servings:** 2



A creamy, tangy Mediterranean dip with whipped feta, honey, and fresh thyme. Light yet rich in flavor, this versatile dip pairs perfectly with fresh vegetables, pita bread, or as a spread for sandwiches.

- ½ tbsp (7.5 ml) honey, plus extra for drizzling
- ½ tbsp (7.5 ml) extra-virgin olive oil, plus extra for drizzling
- ½ tsp (1 g) fresh thyme leaves (or ¼ tsp dried thyme)
- ⅛ tsp (0.5 g) black pepper, freshly cracked
- 1 tbsp (15 ml) cold water, as needed

until the dip reaches a light, whipped consistency (about 1–2 minutes total). Scrape down the sides as needed.

3. Transfer to a serving bowl, cover, and refrigerate for 20 minutes to allow the flavors to meld.
4. Just before serving, drizzle lightly with additional honey and olive oil to enhance the richness and presentation.

INGREDIENTS:

- ¾ cup (100 g) feta cheese, crumbled
- 2 tbsp (30g) Greek yogurt (full-fat or 2%)

INSTRUCTIONS:

1. In a food processor or blender, combine feta, Greek yogurt, honey, olive oil, thyme, and black pepper. Process for 1 minute until smooth.
2. With the motor running, slowly add cold water, 1 tsp at a time,




SERVING SUGGESTIONS:

- Garnish with extra thyme leaves and a sprinkle of black pepper.
- Serve with sliced cucumbers, cherry tomatoes, warm pita bread, or as a spread for crostini.

Nutritional Value (per serving):

Calories: 180 kcal | Protein: 7 g | Fat: 14 g (Saturated Fat: 7 g) | Carbohydrates: 6 g | Fiber: 0 g | Sodium: 450 mg | Potassium: 80 mg

CRISPY HALLOUMI BITES (PAN-SEARED WITH LEMON)

-  **Prep Time:** 5 minutes
-  **Cooking Time:** 5 minutes
-  **Servings:** 2



Golden and crispy halloumi cheese, finished with a bright squeeze of fresh lemon, creates an irresistible quick appetizer or meze. These savory, delightfully squeaky bites pair perfectly with fresh vegetables or warm pita, making for a satisfying and authentic Mediterranean snack.

- ¼ tsp (0.5 g) dried oregano
- ⅛ tsp (0.5 g) black pepper, freshly cracked
- Lemon wedges, for serving

4. Remove from heat and immediately drizzle with lemon juice. Sprinkle with oregano and black pepper.

5. Transfer to a serving plate and serve warm with lemon wedges.

INSTRUCTIONS:

1. Pat halloumi cubes dry with a paper towel to remove excess moisture.
2. Heat olive oil in a non-stick skillet over medium-high heat. When the oil shimmers, add halloumi in a single layer.
3. Cook undisturbed for 1-2 minutes until golden brown on the bottom. Flip each piece and cook for another 1-2 minutes until crispy on all sides.

SERVING SUGGESTIONS:

- Serve with cherry tomatoes, cucumber slices, or warm pita bread.
- Drizzle with a touch of honey for a sweet-savory variation.

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 12 g | Fat: 18 g (Saturated Fat: 10 g) | Carbohydrates: 2 g | Fiber: 0 g | Sodium: 450 mg | Potassium: 50 mg

HUMMUS TRIO (CLASSIC, ROASTED RED PEPPER, BEET)

 **Prep Time:** 15 minutes

 **Cooking Time:** 5 minutes
(if roasting beets)

 **Servings:** 2

A vibrant trio of creamy hummus variations—classic, roasted red pepper, and beet—each offering distinct color and flavor. Perfect as a healthy appetizer or meze, served with pita, vegetables, or as a sandwich spread.



INGREDIENTS:

Base Hummus (for all variations):

- ¾ cup (120 g) cooked chickpeas (canned or home-cooked), drained and rinsed
- 1 tbsp (15g) tahini
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (15 ml) olive oil, plus extra for drizzling
- ½ tsp (2 g) garlic clove, minced
- ¼ tsp (1.5 g) salt
- 1–2 tbsp (15–30 ml) cold water, as needed

For Roasted Red Pepper Hummus:

- 2 tbsp (20 g) roasted red pepper (jarred or fresh), chopped

For Beet Hummus:

- 2 tbsp (25 g) cooked beet, chopped (roasted or boiled)

INSTRUCTIONS:

1. For Classic Hummus: In a food processor or blender, combine chickpeas, tahini, lemon juice, olive oil, garlic, and salt. Process for 1 minute until coarse.
2. With the motor running, slowly add cold water, 1 tablespoon at a time, until smooth and creamy (about 2–3 minutes total). Scrape down the sides as needed to ensure even blending.
3. Transfer to a small bowl and set aside.
4. For Roasted Red Pepper Hummus: Follow the same steps as classic hummus, but add roasted red pepper before blending. Process until fully smooth.

5. Adjust water if needed for a creamy consistency.
6. For Beet Hummus: Follow the same steps as classic hummus, but add cooked beet before blending. Process until smooth and evenly pink.
7. Adjust water if needed for a creamy texture.
8. To assemble, divide each hummus variation into small serving bowls or arrange side by side on a platter.
9. Drizzle lightly with olive oil before serving.

SERVING SUGGESTIONS:

- Garnish classic hummus with paprika, roasted red pepper hummus with chopped parsley, and beet hummus with sesame seeds.
- Serve with whole-grain pita, cucumber slices, or carrot sticks.


Nutritional Value (per serving):

Calories: 150 kcal | Protein: 5 g | Fat: 8 g (Saturated Fat: 1 g) |
Carbohydrates: 15 g | Fiber: 4 g | Sodium: 300 mg | Potassium: 180 mg

STUFFED GRAPE LEAVES (DOLMAS) - QUICK VERSION WITH RICE & HERBS

 **Prep Time:** 20 minutes

 **Cooking Time:** 10 minutes

 **Servings:** 2

A streamlined twist on the classic Mediterranean appetizer, featuring tender grape leaves filled with fragrant rice, fresh herbs, and bright lemon. This quick version preserves authentic flavors while being ready in just 30 minutes.



INGREDIENTS:

- 8 large grape leaves (about ½ cup/40 g when packed), jarred or fresh, rinsed
- ¼ cup (45 g) short-grain white rice, rinsed
- 1 tbsp (15 ml) olive oil
- 2 tbsp (20 g) yellow onion, finely diced
- 1 tbsp (3 g) fresh dill, chopped
- 1 tbsp (3 g) fresh mint, chopped
- ½ tsp (7.5 ml) lemon juice
- ½ tsp (1 g) lemon zest
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- ½ cup (120 ml) vegetable broth or water
- Lemon wedges for serving

INSTRUCTIONS:

1. If using jarred grape leaves, rinse under cold water and pat dry. Trim off any thick stems.

2. In a small saucepan, heat olive oil over medium heat. Add onion and sauté for 2 minutes until translucent.
3. Stir in the rice, dill, mint, lemon juice, lemon zest, salt, and pepper. Cook, stirring constantly, for 1 minute to lightly toast the rice and blend the flavors.
4. Lay a grape leaf shiny-side down on a clean work surface. Place approximately 1 heaping teaspoon (about 5g) of the rice mixture near the stem end. Fold the sides over the filling, then

roll tightly from stem to tip to form a neat parcel. Repeat with remaining leaves and filling.

5. Arrange dolmas seam-side down in a small pot. Pour broth over them, just enough to barely cover.
6. Place a heatproof plate on top to weigh them down. Cover and simmer over low heat for 10 minutes.
7. Remove from heat and let cool slightly before serving.

SERVING SUGGESTIONS:

- Serve warm or at room temperature with lemon wedges.
- Drizzle with extra olive oil and sprinkle with additional fresh herbs if desired.
- Pair perfectly with creamy tzatziki or smooth hummus to create a well-rounded, authentic Mediterranean meze platter.

Nutritional Value (per serving):

Calories: 180 kcal | Protein: 3 g | Fat: 7 g (Saturated Fat: 1 g) | Carbohydrates: 25 g | Fiber: 2 g | Sodium: 400 mg | Potassium: 120 mg

SPANISH GARLIC SHRIMP (GAMBAS AL AJILLO)

-  **Prep Time:** 10 minutes
-  **Cooking Time:** 5 minutes
-  **Servings:** 2

A classic Spanish tapa featuring succulent shrimp sautéed in garlic-infused olive oil, with a subtle kick of chili and a splash of fresh lemon. This vibrant, flavor-packed dish comes together in minutes and is best enjoyed with crusty bread to soak up the irresistible, aromatic sauce.



- 1 tbsp (3 g) fresh parsley, chopped
- Lemon wedges, for serving

SERVING SUGGESTIONS:

- Serve with crusty bread for dipping into the garlic oil.
- Accompany by a simple green salad for a light meal.
- Garnish with additional red pepper flakes for extra heat.

INSTRUCTIONS:

1. Pat shrimp dry with paper towels and season lightly with salt.
2. Heat olive oil in a medium skillet over medium-low heat. Add garlic and cook for 1 minute until fragrant but not browned.
3. Increase heat to medium. Add shrimp in a single layer and cook for 1 minute per side until just pink.
4. Stir in smoked paprika, red pepper flakes, and lemon juice. Cook for 30 seconds more until shrimp are opaque.
5. Remove from the heat and sprinkle with freshly chopped parsley. Serve immediately with lemon wedges on the side.

INGREDIENTS:

- 8 oz (225 g) large shrimp (about 16-20 count), peeled and deveined
- 3 tbsp (45 ml) extra-virgin olive oil
- 1 tbsp (9 g) garlic cloves, thinly sliced
- ½ tsp (1 g) smoked paprika
- ¼ tsp (0.5 g) red pepper flakes (adjust to taste)
- ½ tbsp (7.5 ml) lemon juice
- ¼ tsp (1.5 g) salt

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 24 g | Fat: 18 g (Saturated Fat: 2.5 g) | Carbohydrates: 3 g | Fiber: 0.5 g | Sodium: 450 mg | Potassium: 220 mg

ROASTED RED PEPPER & WALNUT DIP (MUHAMMARA)

Prep Time: 10 minutes |
Cooking Time: 0 minutes
Servings: 2



INGREDIENTS:

- ½ cup (80 g) roasted red peppers (jarred or freshly roasted), drained
- ¼ cup (30 g) walnuts, toasted
- ½ tsp (7.5 ml) pomegranate molasses

A vibrant and richly flavored Syrian dip made with sweet roasted red peppers, toasted walnuts, and a blend of warm, earthy spices. Slightly smoky and satisfyingly hearty, this wholesome spread pairs beautifully with warm flatbreads or crisp fresh vegetables for a nourishing appetizer or mezze dish.

- ½ tbsp (7.5 ml) olive oil, plus extra for drizzling
- ½ tsp (1 g) ground cumin
- ¼ tsp (0.5 g) smoked paprika
- ½ tsp (2 g) garlic clove, minced
- ⅛ tsp (0.5 g) red pepper flakes
- ¼ tsp (1.5 g) salt
- 1 tbsp (15 ml) cold water, as needed

INSTRUCTIONS:

1. In a food processor, combine roasted peppers, walnuts, pomegranate molasses, olive oil, cumin, smoked paprika, garlic, red pepper flakes, and salt. Process for 1 minute until coarsely blended.

2. With the motor running, slowly add water, one teaspoon at a time, until the dip reaches a smooth, spreadable consistency — about 1 to 2 minutes total. Scrape down the sides of the bowl as needed to ensure even blending.
3. Transfer to a shallow bowl and drizzle with additional olive oil.

SERVING SUGGESTIONS:

- Garnish with chopped walnuts and a sprinkle of paprika.
- Serve with warm pita wedges, cucumber slices, or carrot sticks.
- Use as a flavorful sandwich spread — a delicious alternative to mayonnaise.

Nutritional Value (per serving):


Calories: 160 kcal | Protein: 3 g | Fat: 12 g (Saturated Fat: 1.5 g) |
 Carbohydrates: 10 g | Fiber: 2 g | Sodium: 350 mg | Potassium: 180 mg



Vibrant Salads



LENTIL & FETA SALAD (WITH RED ONION & MINT)

-  **Prep Time:** 15 minutes
-  **Cooking Time:** 0 minutes
-  **Servings:** 2

A protein-packed Mediterranean salad featuring tender lentils, creamy feta, and fresh herbs. This hearty yet refreshing dish comes together quickly using pre-cooked lentils for a nutritious meal or substantial side.



INGREDIENTS:

- 1 cup (200 g) cooked brown or green lentils (canned or home-cooked), drained and rinsed
- 1 tbsp (15 ml) extra-virgin olive oil

- ½ cup (75 g) cherry tomatoes, quartered
- ¼ cup (40 g) red onion, thinly sliced
- 2 oz (60 g) feta cheese, cubed
- 2 tbsp (6 g) fresh mint leaves, chopped
- 2 tbsp (8 g) flat-leaf parsley, chopped
- 1 tbsp (15 ml) lemon juice
- ½ tsp (1 g) dried oregano
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. In a large mixing bowl, combine lentils, tomatoes, red onion, feta cheese, mint, and parsley.

2. In a small bowl, whisk together lemon juice, olive oil, oregano, salt, and pepper until emulsified.
3. Pour dressing over the salad and toss gently to combine, being careful not to break up the feta cubes.
4. Let stand for 5 minutes before serving to allow flavors to meld.

SERVING SUGGESTIONS:

- Serve over a bed of baby spinach.
- Accompany by warm pita bread.
- Garnish with additional mint leaves and a lemon wedge.

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 15 g | Fat: 14 g (Saturated Fat: 6 g) |
Carbohydrates: 25 g | Fiber: 8 g | Sodium: 650 mg | Potassium: 480 mg

GREEK SALAD (HORIATIKI)

 **Prep Time:** 15 minutes |
 **Cooking Time:** 0 minutes
 **Servings:** 2

**INGREDIENTS:**

- 1 cup (180 g) cherry tomatoes, halved
- $\frac{3}{4}$ cup (100 g) cucumber, sliced into half-moons

A timeless Greek village salad bursting with crisp cucumbers, juicy tomatoes, briny Kalamata olives, red onions, and rich, creamy feta. Dressed simply with olive oil, oregano, and a hint of lemon, this refreshing dish captures the essence of Mediterranean cuisine — vibrant, healthy, and effortlessly delicious. No cooking required — just fresh ingredients at their flavorful best.

- $\frac{1}{4}$ cup (40 g) red onion, thinly sliced
- $\frac{1}{2}$ cup (75 g) green bell pepper, sliced
- 10 Kalamata olives (about $\frac{1}{4}$ cup / 40 g)
- 2 oz (60 g) feta cheese, cubed
- 1 tbsp (15 ml) extra-virgin olive oil
- $\frac{1}{2}$ tbsp (7.5 ml) red wine vinegar
- $\frac{1}{2}$ tsp (1 g) dried oregano
- $\frac{1}{4}$ tsp (1.5 g) salt
- $\frac{1}{8}$ tsp (0.5 g) black pepper

2. Arrange feta cubes on top of the vegetables.
3. In a small bowl, whisk together olive oil, red wine vinegar, oregano, salt, and pepper.
4. Drizzle dressing over the salad just before serving. Toss gently to combine.

SERVING SUGGESTIONS:

- Serve with warm pita bread for scooping.
- Garnish with additional oregano leaves.
- Add $\frac{1}{2}$ tsp (1 g) capers for extra brininess.

INSTRUCTIONS:

1. In a large bowl, combine tomatoes, cucumber, red onion, bell pepper, and olives.

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 6 g | Fat: 17 g (Saturated Fat: 6 g) |
 Carbohydrates: 12 g | Fiber: 3 g | Sodium: 850 mg | Potassium: 380 mg

WATERMELON & FETA SALAD (WITH MINT & BALSAMIC)

 **Prep Time:** 15 minutes |
 **Cooking Time:** 0 minutes
 **Servings:** 2

**INGREDIENTS:**

- 2 cups (300 g) watermelon, cubed (1-inch / 2.5 cm pieces)
- 2 oz (60 g) feta cheese, cubed

A refreshing summer salad that combines sweet watermelon, salty feta, and aromatic mint with a tangy balsamic glaze. This vibrant dish balances flavors and textures while requiring no cooking.

- 2 tbsp (6 g) fresh mint leaves, torn
- $\frac{1}{4}$ cup (40 g) red onion, thinly sliced
- 1 tbsp (15 ml) balsamic glaze
- 1 tsp (5 ml) extra-virgin olive oil
- $\frac{1}{8}$ tsp (0.5 g) black pepper

SERVING SUGGESTIONS:

- Add $\frac{1}{2}$ cup (75 g) arugula per serving for peppery greens.
- Serve with grilled chicken for a complete meal.
- Garnish with additional mint sprigs and cracked pepper.

INSTRUCTIONS:

1. Arrange watermelon cubes on a serving platter or shallow bowl.
2. Scatter feta cubes, mint leaves, and red onion slices evenly over the watermelon.
3. In a small bowl, whisk together balsamic glaze, olive oil, and black pepper.
4. Drizzle dressing over the salad just before serving.

Nutritional Value (per serving):

Calories: 160 kcal | Protein: 5 g | Fat: 8 g (Saturated Fat: 5 g) |
 Carbohydrates: 18 g | Fiber: 1 g | Sodium: 280 mg | Potassium: 250 mg

CUCUMBER & AVOCADO SALAD (WITH DILL & YOGURT DRESSING)

- Prep Time:** 15 minutes
Cooking Time: 15 minutes
 (includes chilling)
Servings: 2



INGREDIENTS:

- 1 cup (150 g) cucumber, sliced into half-moons
- ½ cup (75 g) avocado, cubed

A refreshing, creamy salad that blends crisp cucumbers and velvety avocado in a tangy yogurt-dill dressing. Light yet satisfying, this vibrant dish is perfect as a summer side or a wholesome light lunch.

- 2 tbsp (20 g) red onion, thinly sliced
- ¼ cup (60 g) plain Greek yogurt
- ½ tbsp (7.5 ml) lemon juice
- ½ tbsp (1.5 g) fresh dill, chopped
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. In a medium bowl, gently combine cucumber, avocado, and red onion.
2. In a small bowl, whisk together yogurt, lemon juice, dill, salt, and pepper until smooth.
3. Pour dressing over the salad and toss gently to coat, being careful not to mash the avocado.

4. Cover and refrigerate for 15 minutes before serving to allow flavors to blend.

SERVING SUGGESTIONS:

- Serve over a bed of mixed greens (about 1 cup / 30 g per serving) for added texture and freshness.
- Pair with grilled salmon (3 oz / 85 g per serving) for a well-balanced, protein-rich meal.
- Garnish with additional dill sprigs and lemon wedges.

Nutritional Value (per serving):

Calories: 120 kcal | Protein: 4 g | Fat: 8 g (Saturated Fat: 1.5 g) |
 Carbohydrates: 9 g | Fiber: 4 g | Sodium: 300 mg | Potassium: 380 mg

ROASTED BEET & ORANGE SALAD (WITH WALNUTS)

- Prep Time:** 10 minutes
Cooking Time: 20 minutes (using pre-cooked beets)
Servings: 2



INGREDIENTS:

- 1 cup (150 g) cooked beets, cubed (½-inch/1.25cm pieces)
- ½ cup (100 g) orange segments

A vibrant winter salad featuring earthy roasted beets, juicy citrus segments, and crunchy walnuts. This colorful medley offers a striking presentation, while the balance of sweet, nutty, and tangy flavors makes each bite refreshing and satisfying.

- 2 tbsp (15 g) walnuts, roughly chopped
- 1 tbsp (3 g) fresh mint leaves, torn
- 1 tbsp (15 ml) orange juice
- ½ tbsp (7.5 ml) olive oil
- ½ tsp (2.5 ml) balsamic vinegar
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. If using raw beets: Wrap whole beets in foil and roast at 400°F (200°C) for 45-60 minutes until tender. Cool, peel, and cube.
2. Peel orange and cut into segments, catching any juices for the dressing.

3. In a small bowl, whisk together orange juice, olive oil, balsamic vinegar, salt, and pepper.
4. In a serving bowl, gently combine beets, orange segments, and walnuts.
5. Drizzle with dressing and toss lightly. Garnish with mint leaves.

SERVING SUGGESTIONS:

- Serve over 1 cup (30 g) arugula for peppery greens.
- Crumble goat cheese over top if desired.
- Accompany with crusty bread.

Nutritional Value (per serving):

Calories: 180 kcal | Protein: 3 g | Fat: 10 g (Saturated Fat: 1 g) |
 Carbohydrates: 20 g | Fiber: 4 g | Sodium: 350 mg | Potassium: 450 mg

MEDITERRANEAN QUINOA SALAD (WITH CHICKPEAS & LEMON DRESSING)

Prep Time: 15 minutes
Cooking Time: 15 minutes
Servings: 2



INGREDIENTS:

- ½ cup (90 g) dry quinoa, rinsed
- 1 cup (240 ml) water
- ½ cup (80 g) cooked chickpeas, drained and rinsed
- ¼ cup (40 g) cucumber, diced
- ¼ cup (40 g) cherry tomatoes, quartered

A protein-packed, vibrant salad featuring fluffy quinoa, chickpeas, and fresh vegetables tossed in a zesty lemon dressing. This nutritious dish works equally well as a light main or substantial side.

- 2 tbsp (20 g) red onion, finely diced
- 2 tbsp (15 g) Kalamata olives, pitted and halved
- 2 tbsp (10 g) parsley, chopped
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (15 ml) extra-virgin olive oil
- ½ tsp (1 g) dried oregano
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. In a small saucepan, combine the quinoa and water. Bring to a boil over medium-high heat, then reduce the heat to low. Cover and simmer for about 15 minutes, or until all the water is absorbed. Remove from heat and let sit, covered, for 5 minutes to steam. Fluff gently with a fork before serving.

2. While quinoa cooks, prepare the dressing: In a small bowl, whisk together lemon juice, olive oil, oregano, salt, and pepper.
3. In a large mixing bowl, combine cooked quinoa, chickpeas, cucumber, tomatoes, red onion, olives, and parsley.
4. Pour dressing over the salad and toss gently to combine.
5. Serve immediately or refrigerate for up to 2 hours for flavors to meld.

SERVING SUGGESTIONS:

- Garnish with crumbled feta for extra richness.
- Serve over a bed of baby spinach.
- Accompany by warm pita wedges.

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 10 g | Fat: 10 g (Saturated Fat: 1.5 g) |
 Carbohydrates: 38 g | Fiber: 6 g | Sodium: 450 mg | Potassium: 420 mg

TUNA & WHITE BEAN SALAD (LEMON-HERB DRESSING)

Prep Time: 15 minutes
Cooking Time: 0 minutes
Servings: 2



A protein-rich Mediterranean salad featuring flaked tuna, creamy white beans, and fresh herbs, all tossed in a zesty lemon dressing. Quick to prepare and full of flavor, this wholesome dish makes an ideal lunch or a light, nourishing dinner.

INGREDIENTS:

- 1 (5 oz/142 g) can tuna in olive oil, drained
- ¾ cup (120 g) cooked cannellini beans, drained and rinsed
- ¼ cup (40 g) red onion, thinly sliced
- ¼ cup (40 g) cherry tomatoes, quartered
- 2 tbsp (8 g) fresh parsley, chopped

- 1 tbsp (3 g) fresh dill, chopped
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (15 ml) olive oil (from tuna can if possible)
- ½ tsp (1 g) lemon zest
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. In a medium bowl, flake the drained tuna with a fork.
2. Add the white beans, finely chopped red onion, halved cherry tomatoes, parsley, and dill to the bowl with the tuna.
3. In a small bowl, whisk together the lemon juice, olive oil, lemon zest, salt, and pepper until well combined.

4. Pour the dressing over the salad and gently toss to evenly coat all ingredients.
5. Let sit for 5 minutes before serving to allow flavors to meld.




SERVING SUGGESTIONS:

- Serve over 1 cup (30 g) mixed greens.
- Accompany with whole-grain crackers.
- Garnish with additional dill sprigs and lemon wedges.

**Nutritional Value
(per serving):**

Calories: 280 kcal | Protein: 25 g | Fat: 10 g (Saturated Fat: 1.5 g) |
Carbohydrates: 22 g | Fiber: 6 g | Sodium: 500 mg | Potassium: 550 mg

TABBOULEH (PARSLEY & BULGUR SALAD)

-  **Prep Time:** 20 minutes
-  **Cooking Time:** 10 minutes
(includes soaking)
-  **Servings:** 2

A refreshing Lebanese salad bursting with fresh herbs, nutty bulgur, and bright lemon. This traditional dish highlights parsley as the star ingredient, creating a vibrant and nutritious side or light meal.



- 1 ½ tbsp (22 ml) lemon juice
- 1 tbsp (15 ml) extra-virgin olive oil
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

SERVING SUGGESTIONS:

- Serve with romaine lettuce leaves for scooping.
- Enjoy with grilled chicken for added protein and a complete dish
- Garnish with lemon wedges and a drizzle of olive oil.

INSTRUCTIONS:

1. Place the bulgur in a heatproof bowl. Pour boiling water over it, cover tightly, and let it soak for about 10 minutes, or until tender. Drain any excess water, then fluff the grains with a fork to separate.
2. In a large mixing bowl, combine the soaked bulgur with chopped parsley, diced tomatoes, sliced scallions, and fresh mint. Mix gently to combine.
3. In a small bowl, whisk together lemon juice, olive oil, salt, and pepper.
4. Pour dressing over the salad and toss gently to combine.
5. Let rest for 10 minutes before serving to allow flavors to meld.

INGREDIENTS:

- ¼ cup (45 g) fine bulgur wheat
- ½ cup (120 ml) boiling water
- 1 ½ cups (90 g) flat-leaf parsley, finely chopped (leaves and tender stems)
- ¼ cup (40 g) cherry tomatoes, finely diced
- 2 tbsp (20 g) scallions, thinly sliced
- 2 tbsp (15 g) mint leaves, finely chopped

**Nutritional Value
(per serving):**

Calories: 140 kcal | Protein: 3 g | Fat: 7 g (Saturated Fat: 1 g) |
Carbohydrates: 18 g | Fiber: 5 g | Sodium: 300 mg | Potassium: 320 mg

CHICKPEA & SPINACH SALAD (WITH TAHINI DRESSING)

Prep Time: 15 minutes
Cooking Time: 15 minutes
Servings: 2



INGREDIENTS:

- 1 cup (150 g) cooked chickpeas (canned or home-cooked), drained and rinsed
- 2 cups (60 g) baby spinach leaves

A protein-rich Mediterranean salad combining hearty chickpeas, fresh spinach, and a creamy tahini-lemon dressing. This nutritious dish works equally well as a light main or satisfying side.

- ¼ cup (40 g) red onion, thinly sliced
- ¼ cup (40 g) cherry tomatoes, halved
- 2 tbsp (15 g) Kalamata olives, pitted and halved
- 1 tbsp (15 g) tahini
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (15 ml) water
- ½ tsp (2 g) garlic clove, minced
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. In a large salad bowl, combine chickpeas, spinach, red onion, cherry tomatoes, and olives.

2. In a small bowl, whisk together tahini, lemon juice, water, garlic, salt, and pepper until smooth.
3. Pour the dressing over the salad and toss gently to ensure all ingredients are evenly coated.
4. Serve immediately, making sure each portion includes a balanced mix of dressed ingredients.

SERVING SUGGESTIONS:

- Top with crumbled feta cheese.
- Serve with whole-grain pita bread.
- Garnish with chopped parsley.

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 9 g | Fat: 10 g (Saturated Fat: 1.5 g) | Carbohydrates: 25 g | Fiber: 7 g | Sodium: 450 mg | Potassium: 480 mg

SHAVED ZUCCHINI SALAD (WITH PINE NUTS & PARMESAN)

Prep Time: 15 minutes
Cooking Time: 0 minutes
Servings: 2



INGREDIENTS:

- 2 cups zucchini (240 g), thinly shaved lengthwise
- 2 tbsp (15 g) pine nuts, toasted

A light, elegant salad featuring thinly shaved zucchini, toasted pine nuts, and shaved Parmesan in a lemony dressing. This no-cook dish showcases summer zucchini at its best.

- ¼ cup (20 g) Parmesan cheese, shaved
- 1 tbsp (3 g) fresh basil leaves, torn
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (15 ml) extra-virgin olive oil
- ½ tsp (1 g) lemon zest
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. Using a vegetable peeler or mandoline, shave zucchini lengthwise into thin ribbons.
2. In a dry skillet over medium heat, toast pine nuts for

2-3 minutes until golden, shaking pan frequently.

3. In a large bowl, whisk together lemon juice, olive oil, lemon zest, salt, and pepper.
4. Add zucchini ribbons to the dressing and toss gently to coat.
5. Divide between plates and top with toasted pine nuts, Parmesan shavings, and torn basil.

SERVING SUGGESTIONS:

- Serve with grilled chicken.
- Accompany by crusty bread.
- Garnish with additional lemon zest.

Nutritional Value (per serving):

Calories: 180 kcal | Protein: 6 g | Fat: 15 g (Saturated Fat: 3 g) | Carbohydrates: 7 g | Fiber: 2 g | Sodium: 400 mg | Potassium: 380 mg

Hearty Soups & Stews



LEMON CHICKEN ORZO SOUP (AVGOLEMONO)

 **Prep Time:** 10 minutes
 **Cooking Time:** 20 minutes
 **Servings:** 2

A classic Greek comfort soup showcasing tender chicken, delicate orzo pasta, and a silky, tangy egg-lemon broth. Creamy yet light, this soothing soup comes together quickly, making it a perfect nourishing meal.



INGREDIENTS:

- 1 (6 oz/170 g) boneless, skinless chicken breast, diced
- ¼ cup (45 g) orzo pasta
- 2 cups (480 ml) chicken broth

- 1 cup (240 ml) water
- ¼ cup carrot (30 g), diced
- ¼ cup celery stalk (30 g), diced
- ¼ cup onion (40 g), diced
- 1 tbsp (15 ml) olive oil
- 1 large egg
- 2 tbsp (30 ml) lemon juice
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. In a medium pot, heat olive oil over medium heat. Add chicken and cook for 3-4 minutes until no longer pink.
2. Add onion, carrot, and celery. Cook for 3 minutes until vegetables soften.

3. Pour in chicken broth and water. Bring to a boil, then reduce heat to simmer for 10 minutes.
4. Add orzo and cook for 8 minutes until pasta is tender.
5. In a separate bowl, whisk egg and lemon juice until frothy.
6. Slowly ladle ½ cup (120 ml) of hot broth into the egg mixture while whisking constantly.
7. Remove soup from heat and stir in the tempered egg mixture. Season with salt and pepper.

SERVING SUGGESTIONS:

- Garnish with fresh dill.
- Serve with crusty bread.
- Add a lemon wedge for extra brightness.

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 25 g | Fat: 10 g (Saturated Fat: 2 g) |
 Carbohydrates: 25 g | Fiber: 2 g | Sodium: 900 mg | Potassium: 450 mg

TUSCAN RIBOLLITA (QUICK WHITE BEAN & KALE SOUP)

 **Prep Time:** 10 minutes
 **Cooking Time:** 20 minutes
 **Servings:** 2

A rustic Italian soup with creamy cannellini beans, hearty kale, and tomatoes, inspired by the traditional ribollita but simplified for a 30-minute meal. Packed with fiber and Mediterranean flavors.



INGREDIENTS:

- 1 cup (200 g) cooked cannellini beans (or canned, drained and rinsed)
- 1 cup (50 g) kale, stems removed, chopped into 1-inch (2.5 cm) pieces

- ½ cup (80 g) onion, diced
- ½ cup (75 g) carrot, diced
- ½ cup (75 g) celery, diced
- 1 tsp (5 g) garlic clove, minced
- 1 cup (240 ml) vegetable broth
- ½ cup (120 ml) water
- ½ cup (120 g) canned diced tomatoes, with juices
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 ml) lemon juice
- ½ tsp (1 g) dried rosemary
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. Heat olive oil in a medium pot over medium heat. Add onion, carrot, and celery. Sauté for 5 minutes until softened.

2. Stir in garlic and rosemary, cooking for 30 seconds until fragrant.
3. Pour in vegetable broth, water, and diced tomatoes with their juices. Bring to a simmer and cook for 10 minutes.
4. Add cannellini beans and kale. Simmer for another 5 minutes until kale is tender.
5. Remove from heat. Stir in lemon juice, salt, and black pepper.

SERVING SUGGESTIONS:

- Top with grated Parmesan cheese.
- Serve with a slice of toasted rustic bread.
- Drizzle with extra virgin olive oil for richness.

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 12 g | Fat: 8 g (Saturated Fat: 1.5 g) |
 Carbohydrates: 40 g | Fiber: 10 g | Sodium: 750 mg | Potassium: 600 mg

TOMATO & WHITE BEAN SOUP (WITH BASIL)

 **Prep Time:** 10 minutes
 **Cooking Time:** 20 minutes
 **Servings:** 2



INGREDIENTS:

For the Soup:

- 1 tbsp (15 ml) olive oil
- ¼ cup (40 g) onion, diced
- 1 tsp (5 g) garlic clove, minced
- 1 cup (240 ml) vegetable broth
- 1 (14.5 oz / 411 g) can diced tomatoes, with juices

A hearty yet light Mediterranean soup combining creamy white beans and ripe tomatoes, uplifted by fresh basil. This protein-packed vegetarian dish comes together quickly, offering a satisfying and wholesome meal.

- ¾ cup (120 g) cooked cannellini beans, drained and rinsed
- ½ tsp (1g) dried oregano
- ¼ tsp (0.5 g) red pepper flakes (optional)
- 2 tbsp (5 g) fresh basil, chopped
- 1 tbsp (15 ml) olive oil
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. In a medium pot, heat olive oil over medium heat. Add onion and cook for 3 minutes until translucent.
2. Add garlic and cook for 30 seconds until fragrant.
3. Stir in vegetable broth, diced tomatoes with their juices, beans, oregano, and red pepper flakes (if using). Bring to a simmer.

4. Reduce heat to low and cook uncovered for 15 minutes, stirring occasionally.
5. Using an immersion blender, partially blend the soup—leave some beans and tomatoes whole for texture. Alternatively, transfer ½ cup (120 ml) of the soup to a blender and pulse gently before returning it to the pot.
6. Season with salt and pepper.

SERVING SUGGESTIONS:

- Drizzle with olive oil.
- Serve with crusty bread.
- Garnish the soup with freshly torn basil leaves and a generous sprinkle of grated Parmesan cheese for a burst of flavor and aroma.

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 8 g | Fat: 10 g (Saturated Fat: 1.5 g) |
 Carbohydrates: 28 g | Fiber: 7 g | Sodium: 800 mg | Potassium: 600 mg

GOLDEN TURMERIC RICE SOUP (WITH LEMON & CHICKPEAS)

 **Prep Time:** 10 minutes
 **Cooking Time:** 20 minutes
 **Servings:** 2



INGREDIENTS:

- 1 tbsp (15 ml) olive oil
- ¼ cup (40 g) onion, diced

A vibrant, immune-boosting vegetarian soup combining aromatic turmeric, creamy chickpeas, and tender rice in a golden, lemon-brightened broth. This comforting yet light one-pot soup is easy to prepare and full of nourishing flavors.

- 1 tsp (5 g) garlic clove, minced
- ½ tsp (1 g) ground turmeric
- ¼ tsp (0.5 g) ground cumin
- 2 cups (480 ml) vegetable broth
- ½ cup (120 ml) water
- ¼ cup (45 g) white rice (basmati or jasmine)
- ½ cup (80 g) cooked chickpeas, drained
- 1 tbsp (15 ml) lemon juice

INSTRUCTIONS:

1. In a medium pot, heat olive oil over medium heat. Add onion and cook for 3 minutes until translucent.

2. Add garlic, turmeric, and cumin. Cook for 30 seconds until fragrant.
3. Pour in vegetable broth and water. Add rice and bring to a boil.
4. Reduce heat to low, cover, and simmer for 12 minutes until rice is tender.
5. Stir in chickpeas and lemon juice. Cook uncovered for 2 minutes to heat through.




SERVING SUGGESTIONS:

- Dollop with Greek yogurt.
- Sprinkle with dill and lemon zest.
- Serve with warm naan bread.

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 7 g | Fat: 6 g (Saturated Fat: 1 g) |
 Carbohydrates: 35 g | Fiber: 5 g | Sodium: 600 mg | Potassium: 250 mg

SPANISH GAZPACHO (CHILLED TOMATO SOUP)

 **Prep Time:** 15 minutes
 **Cooking Time:** 15 minutes
 (includes chilling)
 **Servings:** 2



INGREDIENTS:

- 2 cups (300 g) ripe tomatoes, roughly chopped
- ½ cup (75 g) cucumber, peeled and chopped

A refreshing chilled Spanish soup bursting with the vibrant flavors of ripe tomatoes, crisp vegetables, and tangy sherry vinegar. This no-cook summer classic comes together quickly, delivering maximum flavor with minimal effort.

- ¼ cup (40 g) red bell pepper, chopped
- ¼ cup (40 g) red onion, chopped
- ½ tsp (2 g) garlic clove, minced
- 1 tbsp (15 ml) sherry vinegar
- 2 tbsp (30 ml) extra-virgin olive oil
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- ¼ cup (40 g) cucumber, finely diced
- 2 tbsp (20 g) red bell pepper, finely diced

garlic, sherry vinegar, olive oil, salt, and pepper.

2. Blend on high speed until completely smooth, about 2 minutes.
3. Pour through a fine-mesh strainer into a bowl, pressing with a spoon to extract all liquid. Discard solids.
4. Cover and refrigerate for at least 15 minutes to chill thoroughly.
5. Divide the chilled soup between bowls and garnish with diced cucumber and bell pepper.

INSTRUCTIONS:

1. In a blender, combine tomatoes, cucumber, bell pepper, red onion,

SERVING SUGGESTIONS:

- Drizzle with additional olive oil.
- Serve with crusty bread.

Nutritional Value (per serving):

Calories: 150 kcal | Protein: 2 g | Fat: 10 g (Saturated Fat: 1.5 g) |
 Carbohydrates: 15 g | Fiber: 3 g | Sodium: 300 mg | Potassium: 500 mg

QUICK MINISTRONE (WITH SEASONAL VEGGIES)

 **Prep Time:** 10 minutes
 **Cooking Time:** 20 minutes
 **Servings:** 2



INGREDIENTS:

- 1 tbsp (15 ml) olive oil
- ¼ cup (40 g) onion, diced
- ¼ cup (30 g) carrot, diced
- ¼ cup (30 g) celery, diced

A hearty Italian vegetable soup packed with seasonal produce, beans, and small pasta. This versatile recipe adapts to whatever vegetables are freshest while maintaining authentic Mediterranean flavors.

- 1 tsp (5 g) garlic clove, minced
- 2 cups (480 ml) vegetable broth
- ½ cup (120 ml) water
- ½ cup (75 g) zucchini, diced
- ½ cup (90 g) canned diced tomatoes
- ½ cup (80 g) cooked cannellini beans, drained
- ¼ cup (45 g) small pasta (ditalini or small shells)
- ½ tsp (1 g) dried Italian herbs
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

2. Add garlic and cook for 30 seconds until fragrant.
3. Pour in broth and water. Add zucchini, tomatoes, beans, pasta, and Italian herbs. Bring to a boil.
4. Reduce heat to medium-low and simmer for 12 minutes until pasta is al dente and vegetables are tender.
5. Season with salt and pepper.

INSTRUCTIONS:

1. In a medium pot, heat olive oil over medium heat. Add onion, carrot, and celery. Cook for 5 minutes until softened.

SERVING SUGGESTIONS:

- Sprinkle with freshly grated Parmesan cheese.
- Serve alongside warm, crusty bread.
- Garnish with vibrant fresh basil leaves for a fragrant finish.

Nutritional Value (per serving):

Calories: 250 kcal | Protein: 10 g | Fat: 8 g (Saturated Fat: 1.5 g) |
 Carbohydrates: 38 g | Fiber: 8 g | Sodium: 900 mg | Potassium: 600 mg

LENTIL & SPINACH SOUP (WITH CUMIN & LEMON)

Prep Time: 10 minutes
Cooking Time: 20 minutes
Servings: 2

**INGREDIENTS:**

- 1 tbsp (15 ml) olive oil
- ¼ cup (40 g) onion, diced
- ¼ cup (30 g) carrot, diced
- 1 tsp (5 g) garlic clove, minced
- ½ tsp (1 g) ground cumin

Nutritional Value (per serving):

Calories: 240 kcal | Protein: 14 g | Fat: 5 g (Saturated Fat: 0.5 g) |
 Carbohydrates: 35 g | Fiber: 12 g | Sodium: 600 mg | Potassium: 650 mg

A nourishing Mediterranean soup combining protein-packed lentils, vibrant fresh spinach, and aromatic warm spices, all brightened with a splash of lemon. This vegetarian dish offers rich, comforting flavors while remaining easy to prepare.

- ¼ tsp (0.5 g) smoked paprika
- ½ cup (100 g) dried brown or green lentils, rinsed
- 2 cups (480 ml) vegetable broth
- 1 cup (240 ml) water
- 1 cup (30 g) fresh spinach, chopped
- 1 tbsp (15 ml) lemon juice
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. In a medium pot, heat the olive oil over medium heat. Add the chopped onion and carrot, and cook for about 3 minutes until softened.
2. Add the minced garlic, ground cumin, and smoked paprika. Cook for 30 seconds, stirring constantly, until fragrant.

3. Stir in the lentils, vegetable broth, and water. Bring the mixture to a boil.
4. Reduce the heat to medium-low, cover, and simmer for 15 minutes, or until the lentils are tender.
5. Add the fresh spinach and cook for an additional 2 minutes, until wilted.
6. Remove the pot from heat. Stir in the lemon juice and season with salt and pepper to taste.

SERVING SUGGESTIONS:

- Drizzle with olive oil.
- Serve with lemon wedges and warm pita bread.
- Garnish with fresh parsley.

QUICK VERSION MOROCCAN HARIRA (LENTILS, CHICKPEAS, TOMATOES)

Prep Time: 10 minutes
Cooking Time: 20 minutes
Servings: 2

**INGREDIENTS:**

- 1 tbsp (15 ml) olive oil
- ¼ cup (40 g) onion, diced
- ¼ cup (30 g) celery, diced
- 1 tsp (5 g) garlic clove, minced
- ½ tsp (1 g) ground ginger

Nutritional Value (per serving):

Calories: 250 kcal | Protein: 12 g | Fat: 6 g (Saturated Fat: 1 g) |
 Carbohydrates: 38 g | Fiber: 10 g | Sodium: 800 mg | Potassium: 600 mg

A simplified yet authentic take on classic Moroccan soup, combining hearty lentils, creamy chickpeas, and ripe tomatoes with warming spices. This quick version captures all the traditional flavors and can be ready in just 30 minutes.

- ½ tsp (1 g) ground turmeric
- ¼ tsp (0.5 g) ground cinnamon
- ¼ tsp (0.5 g) ground cumin
- ½ cup (100 g) canned diced tomatoes
- ½ cup (100 g) cooked brown lentils (canned or pre-cooked)
- ½ cup (80 g) cooked chickpeas, drained
- 2 cups (480 ml) vegetable broth
- 1 tbsp (15 ml) lemon juice
- 2 tbsp (8 g) fresh cilantro, chopped
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. In a medium pot, heat olive oil over medium heat. Add onion and celery. Cook for 3 minutes until softened.

2. Add garlic, ginger, turmeric, cinnamon, and cumin. Cook for 30 seconds until fragrant.
3. Stir in diced tomatoes, lentils, chickpeas, and vegetable broth. Bring to a boil.
4. Reduce the heat to medium-low and simmer uncovered for 15 minutes, stirring occasionally.
5. Stir in lemon juice and cilantro. Season with salt and pepper.

SERVING SUGGESTIONS:

- Garnish with extra fresh cilantro leaves for a burst of color and flavor.
- Serve with lemon wedges and warm flatbread.
- Drizzle with extra virgin olive oil.

CREAMY CAULIFLOWER SOUP (WITH TURMERIC & OLIVE OIL)

 **Prep Time:** 10 minutes
 **Cooking Time:** 20 minutes
 **Servings:** 2

A velvety, golden-hued soup highlighting roasted cauliflower and anti-inflammatory turmeric, finished with a drizzle of high-quality olive oil. Naturally creamy and dairy-free, this comforting soup owes its rich texture to blended cauliflower.



INGREDIENTS:

- 2 cups (200 g) cauliflower florets
- 1 tbsp (15 ml) olive oil, plus extra for drizzling

- ¼ cup (40 g) onion, diced
- 1 garlic clove (1 tsp / 5 g), minced
- ½ tsp (1 g) ground turmeric
- ¼ tsp (0.5 g) ground cumin
- 1½ cups (360 ml) vegetable broth
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. Preheat oven to 425°F (220°C). Toss cauliflower florets with ½ tbsp (7.5 ml) olive oil and spread on a baking sheet. Roast for 15 minutes until golden.
2. Meanwhile, in a medium pot, heat remaining ½ tbsp (7.5 ml) olive oil over medium heat. Add onion

- and cook for 3 minutes until soft.
3. Add garlic, turmeric, and cumin. Cook for 30 seconds until fragrant.
4. Add roasted cauliflower and vegetable broth. Bring to a simmer and cook for 5 minutes.
5. Using an immersion blender, puree soup until completely smooth. Season with salt and pepper.

SERVING SUGGESTIONS:

- Drizzle with extra virgin olive oil.
- Sprinkle with parsley and smoked paprika.
- Serve with crusty whole grain bread.

Nutritional Value (per serving):

Calories: 120 kcal | Protein: 3 g | Fat: 8 g (Saturated Fat: 1 g) |
 Carbohydrates: 10 g | Fiber: 3 g | Sodium: 600 mg | Potassium: 400 mg

FISH & FENNEL STEW (QUICK BROTHY VERSION)

 **Prep Time:** 10 minutes
 **Cooking Time:** 20 minutes
 **Servings:** 2

A light yet flavorful Mediterranean stew showcasing tender white fish, aromatic fennel, and a fragrant tomato broth. Ready in under 30 minutes, this wholesome dish is perfect for a family-friendly meal.



INGREDIENTS:

- 10 oz (280 g) firm white fish (such as cod or halibut), cut into 1-inch (2.5 cm) chunks
- 1 cup (150 g) fennel bulb, thinly sliced (reserve fronds for garnish)
- ½ cup (80 g) onion, diced
- ½ cup (75 g) red bell pepper, diced

- 1 tsp (5 g) garlic clove, minced
- 1 cup (240 ml) fish or vegetable broth
- ½ cup (120 ml) water
- ½ cup (120 g) canned diced tomatoes, with juices
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 ml) lemon juice
- ½ tsp (2.5 g) fennel seeds
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 1 tbsp (3 g) fresh parsley, chopped

INSTRUCTIONS:

1. Heat olive oil in a medium pot over medium heat. Add onion, fennel, and red bell pepper. Sauté for 4-5 minutes until softened.
2. Stir in garlic and fennel seeds, cooking for 30 seconds until fragrant.

3. Pour in the broth, water, and diced tomatoes with their juices. Bring to a gentle simmer and cook for 8 minutes to allow the flavors to meld.
4. Gently add the fish chunks to the pot, making sure they are fully submerged. Cover and simmer for 4-5 minutes, or until the fish is opaque and flakes easily with a fork.
5. Remove from heat. Stir in the lemon juice, then season with salt and black pepper to taste.

SERVING SUGGESTIONS:

- Garnish with reserved fennel fronds and fresh parsley.
- Serve with a slice of crusty whole-grain bread.
- Drizzle with extra virgin olive oil for richness.

Nutritional Value (per serving):

Calories: 240 kcal | Protein: 28 g | Fat: 8 g (Saturated Fat: 1 g) |
 Carbohydrates: 15 g | Fiber: 4 g | Sodium: 700 mg | Potassium: 600 mg

Fast & Flavorful Vegetarian Mains



SPINACH & FETA STUFFED PORTOBELLOS

Prep Time: 10 minutes
Cooking Time: 20 minutes
Servings: 2



INGREDIENTS:

- 2 large portobello mushrooms (4–5 inches / 10–12 cm diameter), stems and gills removed
- 1 cup (30 g) fresh spinach, chopped

A satisfying vegetarian main featuring meaty portobello mushrooms stuffed with a savory blend of spinach, feta, and Mediterranean herbs. Ready in under 30 minutes for a wholesome, protein-rich meal.

- ½ cup (75 g) crumbled feta cheese
- ¼ cup (40 g) red onion, finely diced
- 1 tsp (5 g) garlic clove, minced
- 2 tbsp (30 ml) olive oil (divided)
- 1 tbsp (15 g) breadcrumbs
- ½ tsp (1 g) dried oregano
- ¼ tsp (0.5 g) red pepper flakes (optional)
- ⅛ tsp (0.5 g) black pepper

1–2 minutes until spinach wilts. Remove from heat.

INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). Brush mushroom caps with 1 tbsp (15 ml) olive oil and place on a baking sheet, gill-side up.
2. Heat remaining 1 tbsp (15 ml) olive oil in a skillet over medium heat. Sauté red onion for 2 minutes until translucent. Add garlic and spinach, cooking for

3. In a bowl, combine the sautéed spinach mixture, feta, breadcrumbs, oregano, red pepper flakes (if using), and black pepper. Divide the filling evenly among the mushroom caps, pressing gently to adhere.
4. Bake for 15–18 minutes until mushrooms are tender and filling is lightly golden.

SERVING SUGGESTIONS:

- Drizzle with balsamic glaze.
- Serve alongside a fresh mixed greens salad.
- Garnish with vibrant fresh parsley or basil leaves for added color and aroma.

Nutritional Value (per serving):

Calories: 250 kcal | Protein: 10 g | Fat: 18 g (Saturated Fat: 6 g) |
 Carbohydrates: 12 g | Fiber: 3 g | Sodium: 450 mg | Potassium: 500 mg

ZUCCHINI & CORN FRITTERS (WITH YOGURT DIP)

Prep Time: 15 minutes
Cooking Time: 15 minutes
Servings: 2



INGREDIENTS:

- 1 cup (120 g) grated zucchini (excess moisture squeezed out)
- ½ cup (75 g) fresh or frozen corn kernels
- ¼ cup (30 g) all-purpose flour
- 1 large egg, lightly beaten

Light and crispy Mediterranean-inspired fritters bursting with fresh zucchini, sweet corn, and fragrant herbs. Served alongside a creamy yogurt dip, they make a satisfying vegetarian meal or appetizer—ready in just 30 minutes.

- 2 tbsp (10 g) grated Parmesan cheese
- 1 tbsp (5 g) fresh parsley, finely chopped
- ½ tsp (2 g) garlic powder
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 2 tbsp (30 ml) olive oil (for frying)
- ½ cup (120 g) plain Greek yogurt
- 1 tsp (5 ml) lemon juice
- ½ tsp (1 g) dried dill
- ⅛ tsp (0.5 g) garlic powder
- Pinch of salt

black pepper to the zucchini. Mix until just combined.

INSTRUCTIONS:

1. Place grated zucchini in a clean kitchen towel and squeeze firmly to remove excess moisture. Transfer to a large bowl.
2. Add corn, flour, egg, Parmesan, parsley, garlic powder, salt, and

3. Heat olive oil in a large skillet over medium heat. Drop ¼-cup (60 ml) portions of the batter into the skillet, flattening slightly with a spatula. Cook for 3–4 minutes per side until golden brown and crisp. Transfer to a paper towel-lined plate.

4. For the dip, whisk together yogurt, lemon juice, dill, garlic powder, and salt in a small bowl.

SERVING SUGGESTIONS:

- Serve with lemon wedges.
- Pair with a simple side salad (1 cup/30g mixed greens).
- Garnish with extra parsley or dill.

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 14 g | Fat: 16 g (Saturated Fat: 3.5 g) |
 Carbohydrates: 22 g | Fiber: 2 g | Sodium: 450 mg | Potassium: 400 mg

EGGPLANT CAPONATA PASTA (SWEET & TANGY)

Prep Time: 10 minutes
Cooking Time: 20 minutes
Servings: 2



INGREDIENTS:

- 1 cup (120 g) diced eggplant (½-inch / 1.25 cm cubes)
- 1 cup (150 g) penne or rigatoni pasta
- ½ cup (80 g) red onion, diced
- ½ cup (120 g) canned diced tomatoes, with juices
- 1 tbsp (9 g) capers, rinsed

A Sicilian-inspired vegetarian pasta starring tender eggplant simmered in a sweet-and-sour tomato sauce, accented with briny olives and capers. Ready in just 30 minutes, this flavorful Mediterranean dish is perfect for a satisfying weeknight meal.

- ¼ cup (35 g) green olives, pitted and sliced
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 g) garlic, minced
- 1 tbsp (15 ml) red wine vinegar
- 1 tsp (5 g) sugar
- ½ tsp (1 g) dried oregano
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. Cook pasta in salted boiling water according to package instructions. Drain, reserving ¼ cup (60 ml) pasta water.
2. Heat olive oil in a large skillet over medium heat. Add eggplant and onion, sautéing for 5 minutes until softened.
3. Stir in garlic and oregano, cooking for 30 seconds until fragrant.

4. Add the diced tomatoes with their juices, olives, capers, vinegar, and sugar. Simmer for 8 minutes, stirring occasionally, until the eggplant is tender and the sauce has thickened.
5. Toss the cooked pasta with the caponata sauce, adding reserved pasta water as needed to loosen the sauce. Season with salt and pepper to taste.

SERVING SUGGESTIONS:

- Generously sprinkle with grated Pecorino Romano cheese for a savory, tangy finish.
- Finish by scattering fresh basil leaves on top, adding both vibrant color and a refreshing aroma.
- Serve with a side of arugula salad dressed with lemon juice.

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 8 g | Fat: 10 g (Saturated Fat: 1.5 g) |
 Carbohydrates: 52 g | Fiber: 6 g | Sodium: 800 mg | Potassium: 450 mg

MEDITERRANEAN STUFFED PEPPERS (QUINOA, OLIVES, TOMATOES)

Prep Time: 15 minutes
Cooking Time: 15 minutes
Servings: 2



INGREDIENTS:

- 2 medium bell peppers (any color), halved lengthwise, seeds and ribs removed
- ½ cup (90 g) cooked quinoa
- ¼ cup (40 g) red onion, diced
- 1 tbsp (15 ml) olive oil

Colorful bell peppers stuffed with a hearty quinoa blend, brimming with briny olives, sweet tomatoes, and fragrant Mediterranean herbs. This protein-packed vegetarian meal is bursting with flavor and ready in just 30 minutes.

- ½ cup (90 g) canned diced tomatoes, drained
- ¼ cup (35 g) Kalamata olives, pitted and chopped
- 2 tbsp (20 g) crumbled feta cheese
- 1 tsp (5 g) garlic, minced
- ½ tsp (1 g) dried oregano
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 2 tbsp (30 ml) water

INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). Place pepper halves cut-side up in a baking dish.
2. Heat olive oil in a skillet over medium heat. Sauté red onion for 2 minutes until softened. Add garlic and oregano, cooking for 30 seconds until fragrant.

3. Stir in cooked quinoa, diced tomatoes, olives, salt, and black pepper. Cook for 2 minutes to combine flavors. Remove from heat and fold in feta cheese.
4. Divide quinoa mixture evenly among pepper halves. Pour water into the baking dish around the peppers.
5. Bake for 12–15 minutes until peppers are tender but still hold their shape.

SERVING SUGGESTIONS:

- Drizzle with extra virgin olive oil.
- Garnish with fresh parsley or basil leaves.
- Serve with a lemon wedge.

Nutritional Value (per serving):

Calories: 250 kcal | Protein: 8 g | Fat: 12 g (Saturated Fat: 3 g) |
 Carbohydrates: 30 g | Fiber: 6 g | Sodium: 700 mg | Potassium: 500 mg

MUSHROOM & WALNUT BOLOGNESE (OVER WHOLE WHEAT PASTA)

 **Prep Time:** 10 minutes
 **Cooking Time:** 20 minutes
 **Servings:** 2

A hearty, plant-based twist on classic Bolognese, featuring earthy mushrooms, crunchy walnuts, and rich tomato sauce. Ready in just 30 minutes, this dish offers rich umami flavors while remaining light and nutritious.



INGREDIENTS:

- 4 oz (115 g) whole wheat pasta (such as spaghetti or penne)
- 1 cup (100 g) cremini mushrooms, finely chopped
- ½ cup (60 g) walnuts, finely chopped
- ½ cup (80 g) onion, diced
- ½ cup (75 g) carrot, diced
- ½ cup (75 g) celery, diced
- 1 tsp (5 g) garlic, minced
- ½ cup (120 g) canned crushed tomatoes

- ½ cup (120 ml) vegetable broth
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 ml) tomato paste
- 1 tsp (5 ml) balsamic vinegar
- ½ tsp (1 g) dried oregano
- ½ tsp (1 g) dried thyme
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. Cook the pasta according to package instructions in salted boiling water until al dente. Drain and set aside, reserving ¼ cup (60 ml) of pasta water.
2. Heat olive oil in a large skillet over medium heat. Add onion, carrot, and celery. Sauté for 5 minutes until softened.
3. Stir in garlic, oregano, and thyme, cooking for 30 seconds until fragrant.
4. Add mushrooms and walnuts, cooking for 5 minutes until mushrooms release their moisture and walnuts are lightly toasted.

5. Stir in the tomato paste and crushed tomatoes, then add the vegetable broth. Simmer for 8 minutes, stirring occasionally, until the sauce thickens slightly.
6. Add the balsamic vinegar, salt, and black pepper. If the sauce feels too thick, gradually stir in the reserved pasta water, 1 tablespoon (15 ml) at a time, until the desired consistency is reached.
7. Toss the cooked pasta with the sauce until it's thoroughly coated.

SERVING SUGGESTIONS:

- Sprinkle with grated Parmesan cheese (optional).
- Serve alongside a side of steamed greens, such as ½ cup (30 g) of tender baby spinach.
- Drizzle with extra virgin olive oil for added richness.

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 14 g | Fat: 18 g (Saturated Fat: 2.5 g) |
 Carbohydrates: 55 g | Fiber: 10 g | Sodium: 680 mg | Potassium: 650 mg

FALAFEL WRAPS (QUICK PAN-FRIED VERSION)

 **Prep Time:** 15 minutes
 **Cooking Time:** 15 minutes
 **Servings:** 2

A speedy, Mediterranean-inspired wrap featuring crispy pan-fried falafel, fresh veggies, and creamy tahini sauce. Ready in 30 minutes, this dish is packed with plant-based protein and vibrant flavors.



INGREDIENTS:

- 1 cup (200 g) canned chickpeas, drained and rinsed
- ¼ cup (30 g) red onion, roughly chopped
- 1 tbsp (8 g) all-purpose flour (or chickpea flour for gluten-free)
- 1 tbsp (15 ml) olive oil (divided, for frying)
- 1 tsp (5 g) garlic, minced
- ½ tsp (1 g) ground cumin
- ½ tsp (1 g) ground coriander
- ¼ tsp (1 g) smoked paprika
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 2 small (6-inch / 15 cm) whole wheat tortillas
- ½ cup (50 g) shredded lettuce
- ½ cup (75 g) cucumber, thinly sliced
- ¼ cup (40 g) red onion, thinly sliced
- ¼ cup (60 g) cherry tomatoes, halved
- 2 tbsp (30 ml) tahini sauce

INSTRUCTIONS:

1. In a food processor, combine chickpeas, red onion, garlic, cumin, coriander, smoked paprika, salt, and black pepper. Pulse until coarsely blended but not puréed (some texture should remain). Transfer to a bowl and stir in flour. Shape into 6 small patties (about 2 inches / 5 cm wide).
2. Heat ½ tsp (7 ml) olive oil in a nonstick skillet over medium heat. Cook falafel patties for

3–4 minutes per side, until golden and crisp, adding remaining oil as needed. Transfer to a plate.

3. Warm tortillas in a dry skillet for 20 seconds per side or wrap in a damp towel and microwave for 15 seconds.
4. Assemble wraps: Spread 1 tbsp (15 ml) tahini sauce on each tortilla. Top with lettuce, cucumber, red onion, cherry tomatoes, and 3 falafel patties per wrap. Fold tightly and slice in half.

SERVING SUGGESTIONS:

- Serve with a side of pickled vegetables (for example, ¼ cup/30 g pickled turnips or carrots).
- Drizzle with extra tahini sauce or hot sauce.
- Pair with ½ cup (75 g) Greek salad for a fuller meal.

**Nutritional Value
(per serving):**

Calories: 380 kcal | Protein: 14 g | Fat: 18 g (Saturated Fat: 2.5 g) |
Carbohydrates: 45 g | Fiber: 10 g | Sodium: 700 mg | Potassium: 550 mg

CRISPY CHICKPEA & SPINACH SAUTÉ

-  **Prep Time:** 10 minutes
 **Cooking Time:** 20 minutes
 **Servings:** 2

A vibrant Mediterranean-inspired dish with golden-crisp chickpeas, fresh spinach, and fragrant spices. Ready in just 30 minutes, this protein-packed sauté is a satisfying vegetarian main, perfect when paired with warm pita or fluffy couscous.

**INGREDIENTS:**

- 1 cup (200 g) cooked chickpeas (or canned, drained and patted dry)
- 2 cups (60 g) fresh spinach, roughly chopped
- ½ cup (80 g) red onion, thinly sliced
- ½ cup (75 g) red bell pepper, diced
- 1 tsp (5 g) garlic, minced
- 2 tbsp (30 ml) olive oil (divided)
- 1 tbsp (15 ml) lemon juice
- ½ tsp (1 g) ground cumin

- ½ tsp (1 g) smoked paprika
- ¼ tsp (1 g) ground coriander
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 2 tbsp (30 ml) plain Greek yogurt (optional, for serving)

INSTRUCTIONS:

1. Heat 1 tbsp (15 ml) olive oil in a large skillet over medium-high heat. Add chickpeas and cook undisturbed for 5 minutes until golden on one side. Stir and cook for 3 more minutes until crispy. Transfer to a plate.
2. In the same skillet, heat the remaining 1 tablespoon (15 ml) of olive oil. Add the red onion and bell pepper, sautéing for about 4 minutes until softened.
3. Stir in the garlic, cumin, smoked paprika, and coriander. Cook for 30 seconds, stirring constantly, until fragrant.
4. Add spinach and cook for 2 minutes, tossing until just wilted.

5. Return chickpeas to the skillet. Drizzle with lemon juice and season with salt and black pepper. Toss to combine and remove from heat.

SERVING SUGGESTIONS:

- Serve with warm whole wheat pita or ½ cup (90 g) of cooked couscous.
- Add a dollop of creamy Greek yogurt and sprinkle with fresh herbs for extra flavor.
- Garnish with lemon wedges for extra brightness.

**Nutritional Value
(per serving):**

Calories: 290 kcal | Protein: 10 g | Fat: 16 g (Saturated Fat: 2 g) |
Carbohydrates: 30 g | Fiber: 8 g | Sodium: 600 mg | Potassium: 580 mg

SHAKSHUKA (EGGS IN TOMATO SAUCE)

 **Prep Time:** 10 minutes
 **Cooking Time:** 20 minutes
 **Servings:** 2

A vibrant North African dish featuring eggs poached in a spiced tomato and pepper sauce. This protein-rich vegetarian meal comes together in one skillet for an easy, flavorful breakfast or dinner.

**INGREDIENTS:**

- 1 cup (240 g) canned diced tomatoes, with juices
- ½ cup (75 g) red bell pepper, diced
- ½ cup (80 g) onion, diced
- 2 large eggs
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 g) garlic, minced
- ½ tsp (1 g) ground cumin
- ½ tsp (1 g) paprika
- ¼ tsp (0.5 g) cayenne pepper (optional)

- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 1 tbsp (3 g) fresh parsley, chopped

INSTRUCTIONS:

1. Heat olive oil in a 10-inch (25 cm) skillet over medium heat. Add the onion and bell pepper, sautéing for about 5 minutes until softened.
2. Stir in garlic, cumin, paprika, and cayenne (if using), cooking for 30 seconds until fragrant.
3. Add the diced tomatoes with their juices, season with salt and black pepper, and simmer for 8 minutes, stirring occasionally, until the sauce thickens slightly.
4. Using a spoon, create two small wells in the sauce. Crack an egg into each well. Cover the skillet and cook for 5–7 minutes, until the egg whites are set but the yolks remain runny.

SERVING SUGGESTIONS:

- Sprinkle generously with fresh parsley for a burst of color and freshness.
- Serve with warm pita bread.
- Garnish with crumbled feta cheese.

**Nutritional Value
(per serving):**

Calories: 220 kcal | Protein: 10 g | Fat: 14 g (Saturated Fat: 3 g) |
 Carbohydrates: 15 g | Fiber: 3 g | Sodium: 600 mg | Potassium: 500 mg

SPANAKORIZO (SPINACH & RICE)

 **Prep Time:** 10 minutes
 **Cooking Time:** 20 minutes
 **Servings:** 2

A classic Greek comfort dish featuring tender spinach and aromatic rice cooked in a lemony broth. This one-pot wonder comes together in 30 minutes, offering a nutritious and flavorful vegetarian meal.

**INGREDIENTS:**

- ½ cup (100 g) long-grain white rice
- 2 cups (60 g) fresh spinach, roughly chopped
- ½ cup (80 g) onion, finely diced
- 1 tsp (5 g) garlic, minced
- 1½ cups (360 ml) vegetable broth
- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 ml) lemon juice
- ½ tsp (1 g) dried dill
- ½ tsp (1 g) dried oregano
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 2 tbsp (30 g) crumbled feta cheese (optional, for serving)

INSTRUCTIONS:

1. Heat olive oil in a medium saucepan over medium heat. Add onion and sauté for 3 minutes until translucent.
2. Stir in garlic, dill, and oregano, cooking for 30 seconds until fragrant.
3. Add rice and cook for 1 minute, stirring to coat the grains with oil.

4. Pour in vegetable broth and bring to a simmer. Reduce heat to low, cover, and cook for 12 minutes.
5. Stir in spinach, cover, and cook for 3 more minutes until spinach is wilted and rice is tender.
6. Remove from heat. Stir in lemon juice, salt, and black pepper.

SERVING SUGGESTIONS:

- Top with crumbled feta cheese.
- Serve with lemon wedges for extra brightness.
- Pair with a side of Kalamata olives.

**Nutritional Value
(per serving):**

Calories: 280 kcal | Protein: 6 g | Fat: 12 g (Saturated Fat: 2 g) |
Carbohydrates: 38 g | Fiber: 3 g | Sodium: 800 mg | Potassium: 350 mg

GRILLED HALLOUMI & VEGGIE SKEWERS

 **Prep Time:** 15 minutes

 **Cooking Time:** 15 minutes

 **Servings:** 2

A vibrant Mediterranean-inspired dish featuring smoky grilled vegetables and golden halloumi cheese. These skewers come together in 30 minutes, offering a perfect balance of textures and flavors with minimal cleanup.



- ½ tsp (1 g) dried oregano
- ½ tsp (1 g) smoked paprika
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

SERVING SUGGESTIONS:

- Drizzle with tzatziki sauce.
- Serve with warm pita bread. Pair with a refreshing Greek salad featuring ½ cup (75 g) of mixed greens, briny olives, and crisp cucumber per serving for a perfect balance of flavors.

INGREDIENTS:

- 8 oz (225 g) halloumi cheese, cut into 1-inch (2.5 cm) cubes
- 1 cup (150 g) bell peppers (mixed colors), cut into 1-inch (2.5 cm) pieces
- 1 cup (100 g) zucchini, sliced into ½-inch (1 cm) rounds
- ½ cup (80 g) red onion, cut into 1-inch (2.5 cm) wedges
- 8 cherry tomatoes
- 2 tbsp (30 ml) olive oil
- 1 tsp (5 ml) lemon juice

INSTRUCTIONS:

1. Soak 4 wooden skewers in water for 10 minutes to prevent burning.
2. In a large bowl, combine olive oil, lemon juice, oregano, smoked paprika, salt, and black pepper. Add halloumi and vegetables, tossing gently to coat.
3. Thread ingredients onto skewers, alternating halloumi with vegetables (about 4 pieces of each per skewer).
4. Heat a grill pan or outdoor grill over medium-high heat. Cook skewers for 3-4 minutes per side, turning carefully, until vegetables are charred and halloumi is golden (about 12 minutes total).
5. Remove from heat and let rest for 2 minutes before serving.

**Nutritional Value
(per serving):**

Calories: 380 kcal | Protein: 18 g | Fat: 28 g (Saturated Fat: 12 g) |
Carbohydrates: 15 g | Fiber: 3 g | Sodium: 900 mg | Potassium: 450 mg

Fast & Flavorful Seafood Mains



BAKED COD WITH TOMATO & OLIVE TAPENADE

Prep Time: 15 minutes
Cooking Time: 15 minutes
Servings: 2



INGREDIENTS:

- 2 (6 oz / 170 g) cod fillets
- ½ cup (120 g) cherry tomatoes, quartered
- ¼ cup (40 g) Kalamata olives, pitted and chopped
- 2 tbsp (30 ml) olive oil (divided)

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 30 g | Fat: 15 g (Saturated Fat: 2 g) |
 Carbohydrates: 6 g | Fiber: 2 g | Sodium: 750 mg | Potassium: 700 mg

A light yet flavorful Mediterranean dish showcasing flaky cod topped with a vibrant tomato-olive tapenade. This easy bake delivers restaurant-quality results in just 30 minutes, making it perfect for quick and satisfying weeknight dinners.

- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) capers, rinsed and chopped
- ½ tsp (1 g) dried oregano
- ¼ tsp (1.5 g) salt (divided)
- ⅛ tsp (0.5 g) black pepper
- 1 tbsp (3 g) fresh parsley, chopped

INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). Lightly grease a small baking dish with 1 tsp (5 ml) olive oil.
2. In a bowl, combine tomatoes, olives, 1 tbsp (15 ml) olive oil, lemon juice, garlic, capers, oregano, and ⅛ tsp (0.5 g) salt.
3. Pat cod fillets dry and place in prepared baking dish. Drizzle with remaining 2 tsp (10 ml) olive

- oil and season with remaining ⅛ tsp (0.5 g) salt and black pepper.
- 4. Spoon tapenade mixture evenly over cod fillets.
- 5. Bake for 12-15 minutes until fish flakes easily with a fork.
- 6. Garnish with fresh parsley before serving.

SERVING SUGGESTIONS:

- Serve with ½ cup (90g) cooked quinoa or roasted potatoes per portion.
- Pair with steamed green beans (½ cup / 60 g per serving) for a fresh, crisp side that complements the dish's bold Mediterranean flavors.
- Drizzle with additional olive oil and lemon wedges.

MUSSELS IN WHITE WINE & GARLIC BROTH

Prep Time: 10 minutes
Cooking Time: 10 minutes
Servings: 2



INGREDIENTS:

- 2 lbs (900 g) fresh mussels, scrubbed and debearded
- ½ cup (120 ml) dry white wine
- ¼ cup (60 ml) vegetable or fish stock

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 28 g | Fat: 14 g (Saturated Fat: 2 g) |
 Carbohydrates: 12 g | Fiber: 1 g | Sodium: 800 mg | Potassium: 700 mg

A timeless Mediterranean seafood dish showcasing plump, tender mussels steamed in a fragrant white wine broth infused with garlic and fresh herbs. Ready in just 20 minutes, this elegant yet effortless meal is perfect for pairing with crusty bread to soak up every flavorful drop.

- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 g) garlic, minced
- ¼ cup (40 g) shallots, finely diced
- 2 tbsp (6 g) fresh parsley, chopped (divided)
- 1 tsp (5 g) lemon zest
- ½ tsp (1 g) dried thyme
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 1 tbsp (15 ml) lemon juice

INSTRUCTIONS:

1. Heat olive oil in a large pot or Dutch oven over medium heat. Add shallots and cook for 2 minutes until softened.
2. Stir in garlic, thyme, and half the parsley, cooking for 30 seconds until fragrant.

3. Pour in white wine and stock, bringing to a simmer. Cook for 2 minutes to reduce slightly.
4. Add mussels to the pot and cover with a tight-fitting lid. Steam for 5-6 minutes until mussels open (discard any unopened ones).
5. Remove from heat. Stir in lemon juice, lemon zest, remaining parsley, salt, and black pepper.

SERVING SUGGESTIONS:

- Serve with 2 slices of crusty baguette for dipping.
- Accompany by a simple green salad (1 cup / 30 g mixed greens per serving).
- Garnish with additional fresh parsley and lemon wedges.

MEDITERRANEAN TUNA PASTA (OLIVES, CAPERS, TOMATOES)

 **Prep Time:** 10 minutes
 **Cooking Time:** 20 minutes
 **Servings:** 2



INGREDIENTS:

- 6 oz (170 g) whole wheat penne or spaghetti
- 1 (5 oz / 142 g) can tuna in olive oil, drained
- ½ cup (120 g) cherry tomatoes, halved
- ¼ cup (40 g) Kalamata olives, pitted and halved
- 2 tbsp (20 g) capers, rinsed
- 2 tbsp (30 ml) olive oil (divided)
- 1 tsp (5 g) garlic, minced
- ½ tsp (1 g) dried oregano

A vibrant seafood pasta brimming with authentic Mediterranean flavors—briny olives, tangy capers, and sweet sun-ripened tomatoes. Ready in just 30 minutes, this satisfying dish effortlessly combines pantry staples with fresh ingredients for a wholesome and flavorful meal.

- ¼ tsp (0.5 g) red pepper flakes
- 2 tbsp (30 ml) lemon juice
- ¼ cup (60 ml) pasta water (reserved)
- 2 tbsp (6 g) fresh parsley, chopped
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. Cook pasta in salted boiling water according to package instructions. Reserve ¼ cup (60ml) pasta water before draining.
2. Heat 1 tablespoon (15 ml) of olive oil in a large skillet over medium heat. Add the garlic, oregano, and red pepper flakes, cooking for about 30 seconds until fragrant and aromatic.
3. Add the cherry tomatoes and cook for 3 minutes, stirring occasionally, until they begin to soften. Stir in the olives and capers, allowing the flavors to meld.

4. Flake tuna into the skillet, stirring gently to combine. Cook for 2 minutes.
5. Add drained pasta to the skillet with remaining 1 tbsp (15ml) olive oil, lemon juice, and reserved pasta water. Toss to coat evenly.
6. Remove from heat. Stir in parsley and season with salt and black pepper.

SERVING SUGGESTIONS:

- Generously top with freshly grated Parmesan cheese for a savory finish.
- Serve alongside a crisp arugula salad (1 cup / 20 g per serving) to add a peppery freshness.
- Drizzle with extra virgin olive oil for added richness.

Nutritional Value (per serving):

Calories: 480 kcal | Protein: 28 g | Fat: 18 g (Saturated Fat: 3 g) |
 Carbohydrates: 52 g | Fiber: 8 g | Sodium: 900 mg | Potassium: 500 mg

LEMON GARLIC SHRIMP & ASPARAGUS

 **Prep Time:** 10 minutes
 **Cooking Time:** 10 minutes
 **Servings:** 2



A bright Mediterranean-inspired dish showcasing succulent shrimp and crisp-tender asparagus tossed in a zesty lemon-garlic sauce. Ready in just 20 minutes, this light yet satisfying meal pairs beautifully with crusty bread or your favorite grains.

INGREDIENTS:

- 10 oz (300 g) large shrimp, peeled and deveined
- 1 cup (150 g) asparagus, trimmed and cut into 2-inch (5 cm) pieces
- 2 tbsp (30 ml) olive oil (divided)
- 1 tsp (5 g) garlic, minced
- 2 tbsp (30 ml) lemon juice
- 1 tsp (2 g) lemon zest

- ½ tsp (1 g) dried oregano
- ¼ tsp (0.5 g) red pepper flakes
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 2 tbsp (6 g) fresh parsley, chopped

INSTRUCTIONS:

1. Pat the shrimp dry and season both sides with salt and black pepper.
2. Heat 1 tbsp (15 ml) olive oil in a large skillet over medium-high heat. Add asparagus and cook for 3 minutes, stirring occasionally, until bright green but still crisp. Transfer to a plate.
3. Add the remaining 1 tablespoon (15 ml) of olive oil to the skillet. Cook the shrimp for 1 minute per side, until pink but not fully cooked through.

4. Reduce heat to medium. Add garlic, oregano, and red pepper flakes, stirring for 30 seconds until fragrant.
5. Return asparagus to the skillet. Add lemon juice and zest, tossing to coat. Cook for 1-2 minutes until shrimp are opaque and asparagus is tender-crisp.
6. Remove from heat. Stir in parsley.

SERVING SUGGESTIONS:

- Serve over ½ cup (90g) cooked quinoa or orzo per portion.
- Accompany with lemon wedges and crusty whole grain bread.
- Garnish with additional fresh parsley and a drizzle of olive oil.

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 28 g | Fat: 16 g (Saturated Fat: 2.5 g) | Carbohydrates: 8 g | Fiber: 3 g | Sodium: 500 mg | Potassium: 400 mg

QUICK SEAFOOD PAELLA (SIMPLIFIED 30-MIN VERSION)

-  **Prep Time:** 10 minutes
-  **Cooking Time:** 20 minutes
-  **Servings:** 2

A vibrant Spanish-inspired dish showcasing saffron-infused rice, succulent shrimp, and tender mussels. Simplified for easy weeknight cooking, this one-pan wonder delivers authentic, bold flavors in half the usual time.



- 1½ cups (360 ml) seafood or vegetable broth
- 2 tbsp (30 ml) olive oil
- ½ tsp (1 g) smoked paprika
- ¼ tsp (0.5 g) saffron threads
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 1 tbsp (3 g) fresh parsley, chopped
- 1 lemon, cut into wedges

5. Arrange shrimp and mussels over the rice, pressing them slightly into the mixture. Scatter peas evenly across the top.
6. Cover and cook for an additional 5–7 minutes, until the shrimp turn pink, mussels have opened (discard any that remain closed), and the liquid is fully absorbed.
7. Remove from heat. Let stand covered for 3 minutes before garnishing with parsley and lemon wedges.

INGREDIENTS:

- ½ cup (100 g) short-grain rice (such as Bomba or Arborio)
- 6 oz (170 g) large shrimp, peeled and deveined
- ½ lb (225 g) mussels, scrubbed and debearded
- ½ cup (80 g) onion, diced
- ½ cup (75 g) red bell pepper, diced
- ½ cup (75 g) frozen peas
- 1 tsp (5 g) garlic, minced

INSTRUCTIONS:

1. Heat olive oil in a 10-inch (25 cm) skillet over medium heat. Add the onion and bell pepper, sautéing for about 3 minutes until softened.
2. Stir in garlic, smoked paprika, and saffron, cooking for 30 seconds until fragrant.
3. Add rice and cook for 1 minute, stirring to coat grains with oil.
4. Pour in broth and bring to a simmer. Reduce heat to low, cover, and cook for 10 minutes.

SERVING SUGGESTIONS:

- Serve with a side of garlic aioli.
- Serve alongside a simple green salad—1 cup (30 g) of mixed greens tossed in a bright lemon vinaigrette—for a fresh and balanced accompaniment.
- Provide crusty bread for soaking up juices.

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 28 g | Fat: 12 g (Saturated Fat: 2 g) | Carbohydrates: 50 g | Fiber: 4 g | Sodium: 850 mg | Potassium: 550 mg

ANCHOVY & CHERRY TOMATO SPAGHETTI

Prep Time: 10 minutes
Cooking Time: 20 minutes
Servings: 2



INGREDIENTS:

- 6 oz (170 g) spaghetti
- 1 cup (150 g) cherry tomatoes, halved
- 4 anchovy fillets, minced
- 2 tbsp (30 ml) olive oil
- 1 tsp (5 g) garlic, minced
- ½ tsp (1 g) red pepper flakes
- ¼ cup (60 ml) pasta water (reserved)
- 2 tbsp (6 g) fresh parsley, chopped

A bold yet beautifully balanced pasta dish that highlights the savory depth of anchovies alongside the natural sweetness of cherry tomatoes. Ready in just 30 minutes, this Mediterranean-inspired meal delivers layered, complex flavor using simple, time-saving techniques.

- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 2 tbsp (10 g) grated Pecorino Romano

INSTRUCTIONS:

1. Cook spaghetti in salted boiling water until al dente, about 9 minutes. Reserve ¼ cup (60 ml) pasta water before draining.
2. Heat olive oil in a large skillet over medium-low heat. Add anchovies and cook for 2 minutes, mashing with a spoon until dissolved.
3. Increase heat to medium. Add garlic and red pepper flakes, cooking for 30 seconds until fragrant.
4. Add the cherry tomatoes and cook for about 4 minutes, stirring occasionally, until their skins begin to wrinkle and soften.
5. Toss drained spaghetti into the skillet with reserved pasta water. Cook for 1 minute, stirring to coat pasta evenly.

6. Remove from heat. Stir in parsley and season with salt and black pepper.

SERVING SUGGESTIONS:

- Top with grated Pecorino Romano cheese.
- Serve with a side of sautéed greens (1 cup / 30 g spinach or kale per serving).
- Finish with a drizzle of high-quality extra virgin olive oil to enhance richness and depth.

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 14 g | Fat: 16 g (Saturated Fat: 3 g) |
 Carbohydrates: 55 g | Fiber: 4 g | Sodium: 850 mg | Potassium: 450 mg

GREEK-STYLE GRILLED OCTOPUS SALAD (QUICK TENDERIZED VERSION)

Prep Time: 15 minutes
Cooking Time: 15 minutes
Servings: 2



A stunning Mediterranean seafood salad starring tender grilled octopus, crisp vegetables, and bold Greek flavors. This streamlined version uses a quick-cooking method to achieve perfect texture in just 30 minutes—ideal for an impressive yet effortless meal.

INGREDIENTS:

- 1 lb (450 g) pre-cleaned octopus tentacles (thawed if frozen)
- 1 cup (150 g) cherry tomatoes, halved
- ½ cup (75 g) cucumber, diced
- ¼ cup (40 g) red onion, thinly sliced
- ¼ cup (35 g) Kalamata olives, pitted and halved
- 2 tbsp (30 ml) extra virgin olive oil
- 1 tbsp (15 ml) red wine vinegar
- 1 tsp (5 g) garlic, minced
- ½ tsp (1 g) dried oregano
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 2 tbsp (10 g) crumbled feta cheese
- 1 tbsp (3 g) fresh dill, chopped

INSTRUCTIONS:

1. Fill a medium pot with water and bring to a boil. Add octopus tentacles and boil for 5 minutes. Drain and pat dry.
2. Heat grill or grill pan to high. Brush octopus with 1 tbsp (15 ml) olive oil and grill for 3-4 minutes per side until lightly charred. Transfer to a cutting board and slice into ½-inch (1 cm) pieces.

3. In a large bowl, whisk together the remaining 1 tablespoon (15 ml) of olive oil, red wine vinegar, garlic, oregano, salt, and black pepper until well combined.
4. Add the grilled octopus, tomatoes, cucumber, red onion, and olives. Toss gently to coat all ingredients evenly in the dressing.
5. Divide the salad between two plates. Top with crumbled feta and a sprinkle of fresh dill for a bright, flavorful finish.

SERVING SUGGESTIONS:

- Serve with warm pita bread.
- Accompany with lemon wedges for extra brightness.
- Pair with a crisp white wine like Assyrtiko.

**Nutritional Value
(per serving):**

Calories: 320 kcal | Protein: 35 g | Fat: 16 g (Saturated Fat: 3 g) |
Carbohydrates: 12 g | Fiber: 3 g | Sodium: 900 mg | Potassium: 800 mg

SEARED SCALLOPS WITH LEMON & HERBS

-  **Prep Time:** 10 minutes
-  **Cooking Time:** 10 minutes
-  **Servings:** 2

A restaurant-worthy seafood dish featuring beautifully seared scallops with a vibrant citrus-herb finish. This elegant yet uncomplicated preparation enhances the scallops' natural sweetness and comes together in just 20 minutes—perfect for a refined weeknight dinner or special occasion.



INGREDIENTS:

- 8 large (12 oz / 340 g) sea scallops, side muscle removed
- 2 tbsp (30 ml) olive oil (divided)
- 1 tbsp (15 g) unsalted butter
- 1 tsp (5 g) garlic, minced
- 2 tbsp (30 ml) lemon juice
- ½ tsp (1 g) lemon zest
- 1 tbsp (3 g) fresh parsley, chopped
- ½ tsp (1 g) fresh thyme leaves
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. Pat scallops completely dry with paper towels. Season both sides with salt and black pepper.
2. Heat 1 tbsp (15 ml) olive oil in a large stainless steel or cast iron skillet over medium-high heat until shimmering.
3. Add scallops in a single layer, leaving space between them. Cook undisturbed for 2 minutes until golden brown crust forms.
4. Flip scallops and add butter to the pan. Cook for 1 minute while basting scallops with melted butter.
5. Transfer scallops to a plate. Reduce heat to medium.
6. Add remaining 1 tbsp (15 ml) olive oil to the same skillet. Cook garlic for 30 seconds until fragrant but not browned.
7. Remove from heat. Stir in lemon juice, zest, parsley, and thyme. Spoon sauce over scallops.

SERVING SUGGESTIONS:

- Serve over ½ cup (100 g) cooked quinoa or lemon risotto.
- Pair with roasted asparagus.
- Garnish with microgreens and additional lemon wedges.

**Nutritional Value
(per serving):**

Calories: 280 kcal | Protein: 24 g | Fat: 18 g (Saturated Fat: 5 g) |
Carbohydrates: 5 g | Fiber: 0.5 g | Sodium: 500 mg | Potassium: 450 mg

GARLIC BUTTER SALMON (WITH LEMON & HERBS)

 **Prep Time:** 10 minutes
 **Cooking Time:** 20 minutes
 **Servings:** 2

A luxurious yet effortlessly simple Mediterranean-inspired salmon dish, glazed with a rich garlic-herb butter sauce. Ready in just 30 minutes, this recipe brings restaurant-quality flavor to your table with minimal fuss.



INGREDIENTS:

- 2 (6 oz / 170 g) salmon fillets, skin-on
- 2 tbsp (30 g) unsalted butter
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 g) garlic, minced
- 1 tbsp (15 ml) lemon juice

- ½ tsp (1 g) dried thyme
- ½ tsp (1 g) dried dill
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. Pat the salmon fillets dry with paper towels. Season both sides generously with salt and black pepper.
2. Heat olive oil in a medium skillet over medium-high heat. Place the salmon fillets skin-side down and cook undisturbed for 5 minutes, until the skin is crispy and golden.
3. Flip salmon and cook for 2 minutes. Transfer to a plate (skin-side up).

4. Reduce heat to medium. Melt butter in the same skillet. Add garlic, thyme, and dill, cooking for 30 seconds until fragrant.
5. Stir in lemon juice and return salmon to the skillet (skin-side up). Spoon sauce over fillets. Top each with 2 lemon slices.
6. Cover and cook for 3-4 minutes until salmon flakes easily with a fork (internal temperature 145°F / 63°C).

SERVING SUGGESTIONS:

- Serve over ½ cup (90 g) of cooked quinoa or couscous per serving.
- Pair with roasted asparagus for a flavorful, balanced meal.
- Garnish with fresh parsley and extra lemon wedges.

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 34g | Fat: 20g (Saturated Fat: 8g) |
 Carbohydrates: 2g | Fiber: 0.5g | Sodium: 400 mg | Potassium: 650 mg

SARDINE TOAST (WITH AVOCADO & CHILI FLAKES)

 **Prep Time:** 10 minutes
 **Cooking Time:** 5 minutes
 **Servings:** 2

A nutrient-packed Mediterranean-inspired open-faced sandwich featuring rich sardines, creamy avocado, and a spicy kick. Ready in just 15 minutes, this protein-rich meal makes a satisfying lunch or light dinner.



INGREDIENTS:

- 2 slices whole grain sourdough bread
- 1 (4.25 oz / 120 g) can sardines in olive oil, drained

- ½ cup (75 g) avocado, mashed
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) extra virgin olive oil
- ½ tsp (1 g) chili flakes
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 2 tbsp (10 g) red onion, thinly sliced
- 1 tbsp (3 g) fresh parsley, chopped

INSTRUCTIONS:

1. Toast bread until golden and crisp, about 3 minutes in a toaster or 2 minutes per side in a dry skillet.
2. In a small bowl, combine mashed avocado, lemon juice, and olive

oil. Season with salt and black pepper.

3. Spread avocado mixture evenly over toasted bread.
4. Top each toast with sardine fillets (about 2-3 fillets per slice).
5. Garnish with red onion slices, chili flakes, and fresh parsley.

SERVING SUGGESTIONS:

- Serve with a side of cherry tomatoes.
- Drizzle with additional olive oil for richness.
- Pair with a simple green salad (1 cup / 30 g mixed greens per serving).

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 18 g | Fat: 18 g (Saturated Fat: 3 g) |
 Carbohydrates: 25 g | Fiber: 6 g | Sodium: 600 mg | Potassium: 500 mg

Fast & Flavorful Poultry and Meat Mains



TURKEY & SPINACH MEATBALLS IN TOMATO SAUCE

 **Prep Time:** 15 minutes
 **Cooking Time:** 15 minutes
 **Servings:** 2

Juicy turkey meatballs seasoned with fresh herbs and spinach, gently cooked in a savory tomato sauce. This nutritious, high-protein Mediterranean meal is quick to make and perfect for a comforting family dinner.



INGREDIENTS:

- 8 oz (225 g) ground turkey (93% lean)
- ½ cup (15 g) fresh spinach, finely chopped
- 2 tbsp (10 g) breadcrumbs
- 1 tbsp (15 ml) olive oil (divided)
- 1 tsp (5 g) garlic, minced
- ½ tsp (1 g) dried oregano
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

- 1 cup (240 g) canned crushed tomatoes
- ¼ cup (60 ml) water
- ½ tsp (1 g) dried basil
- ¼ tsp (1.5 g) salt
- 1 tbsp (15 ml) olive oil

INSTRUCTIONS:

1. In a bowl, combine ground turkey, spinach, breadcrumbs, ½ tbsp (7.5 ml) olive oil, garlic, oregano, salt, and black pepper. Mix gently until just combined (do not overmix). Shape into 8 meatballs (about 1.5-inch / 4 cm each).
2. Heat remaining ½ tbsp (7.5 ml) olive oil in a medium skillet over medium heat. Add meatballs and cook for 5–6 minutes, turning occasionally, until lightly browned on all sides. Transfer to a plate.
3. In the same skillet, add 1 tbsp (15 ml) olive oil and crushed tomatoes, water, basil, and salt. Stir and bring to a simmer.

4. Return meatballs to the skillet, spooning sauce over them. Cover and simmer for 8–10 minutes until meatballs are cooked through (internal temperature of 165°F / 74°C).

SERVING SUGGESTIONS:

- Serve over ½ cup (90 g) of cooked whole-wheat pasta or ½ cup (100 g) of quinoa per serving for a wholesome base.
- Garnish with freshly grated Parmesan cheese.
- Pair with a side of steamed green beans (about ½ cup / 75 g per portion) to complete the meal with fresh greens.

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 25 g | Fat: 18g (Saturated Fat: 3 g) |
 Carbohydrates: 15 g | Fiber: 3 g | Sodium: 800 mg | Potassium: 600 mg

QUICK CHICKEN SOUVLAKI WRAPS

 **Prep Time:** 10 minutes
 **Cooking Time:** 15 minutes
 **Servings:** 2

A quick and flavorful Mediterranean-inspired wrap filled with tender, marinated chicken, crunchy fresh vegetables, and creamy tzatziki sauce. Perfect for a wholesome, family-friendly meal ready in under 30 minutes.



INGREDIENTS:

- ½ lb (225 g) boneless, skinless chicken breast, cut into ½-inch (1.25 cm) cubes
- 2 small (6-inch / 15 cm) whole wheat tortillas or flatbreads
- ½ cup (75 g) cucumber, diced
- ½ cup (75 g) tomato, diced
- ¼ cup (40 g) red onion, thinly sliced
- ¼ cup (60 g) plain Greek yogurt
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 g) garlic, minced
- ½ tsp (1 g) dried oregano
- ½ tsp (2.5 g) ground cumin
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 2 tbsp (5 g) fresh parsley, chopped (optional, for garnish)

INSTRUCTIONS:

1. In a bowl, combine chicken, olive oil, lemon juice, garlic, oregano, cumin, salt, and black pepper. Toss to coat evenly. Let marinate for 5 minutes while prepping other ingredients.
2. Heat a non-stick skillet over medium-high heat. Add the marinated chicken and cook for 6–8 minutes, stirring occasionally, until fully cooked and lightly browned.
3. Meanwhile, prepare the tzatziki by mixing Greek yogurt with

half the diced cucumber (¼ cup/37.5 g) and a pinch of salt.

4. Warm the tortillas in a dry skillet for 20 seconds per side or wrap in a damp towel and microwave for 10 seconds.
5. Assemble the wraps by spreading a generous layer of tzatziki on each tortilla. Top with cooked chicken, the remaining cucumber, tomato, and red onion. Sprinkle with fresh parsley if desired. Fold the sides inward and roll tightly to secure.

SERVING SUGGESTIONS:

- Serve with a side of mixed greens or roasted lemon potatoes.
- Finish with a drizzle of extra tzatziki or a fresh squeeze of lemon juice for added brightness.

**Nutritional Value
(per serving):**

Calories: 380 kcal | Protein: 35 g | Fat: 12 g (Saturated Fat: 2.5 g) |
Carbohydrates: 30 g | Fiber: 5 g | Sodium: 600 mg | Potassium: 550 mg

MOROCCAN SPICED CHICKEN THIGHS (WITH APRICOTS)

 **Prep Time:** 10 minutes

 **Cooking Time:** 20 minutes

 **Servings:** 2

A fragrant, fast-simmered dish showcasing tender chicken thighs cooked with sweet apricots, warm Moroccan spices, and a hint of honey. This simplified tagine-inspired recipe delivers rich, comforting flavors in just 30 minutes—perfect for an easy weeknight dinner.



- ½ tsp (1 g) ground coriander
- ½ tsp (1 g) ground cinnamon
- ¼ tsp (1 g) ground ginger
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 1 tbsp (3 g) fresh cilantro, chopped (for garnish)

4. Simmer uncovered for 8–10 minutes, turning chicken once, until the sauce thickens slightly and chicken reaches an internal temperature of 165°F (74°C).

5. Garnish with fresh cilantro before serving.

INSTRUCTIONS:

1. Pat chicken thighs dry and season with salt and black pepper. Heat olive oil in a large skillet over medium-high heat. Add chicken and cook for 4–5 minutes per side until golden brown. Transfer to a plate.
2. Reduce heat to medium. Add onion to the skillet and sauté for 3 minutes until softened. Stir in garlic, cumin, coriander, cinnamon, and ginger, cooking for 30 seconds until fragrant.
3. Pour in chicken broth and honey, scraping up any browned bits from the pan. Add apricots and return chicken to the skillet, nestling them into the liquid.

SERVING SUGGESTIONS:

- Serve over ½ cup (100 g) cooked couscous or quinoa per person.
- Pair with a simple salad of 1 cup (50 g) mixed greens and 1 tsp (5 ml) lemon juice.

INGREDIENTS:

- 2 (about 10 oz / 280 g total) boneless, skinless chicken thighs, trimmed of excess fat
- ½ cup (75 g) dried apricots, halved
- ½ cup (80 g) onion, thinly sliced
- ½ cup (120 ml) low-sodium chicken broth
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 ml) honey
- 1 tsp (5 g) garlic, minced
- 1 tsp (2 g) ground cumin

**Nutritional Value
(per serving):**

Calories: 380 kcal | Protein: 28 g | Fat: 14 g (Saturated Fat: 3 g) |
Carbohydrates: 35 g | Fiber: 4 g | Sodium: 450 mg | Potassium: 620 mg

ONE-PAN CHICKEN & ARTICHOKEs

Prep Time: 10 minutes
Cooking Time: 20 minutes
Servings: 2

**INGREDIENTS:**

- 2 (about 10 oz / 280 g total) boneless, skinless chicken breasts, pounded to ½-inch (1.25 cm) thickness
- 1 cup (120 g) marinated artichoke hearts, quartered (reserve 1 tbsp/15ml of the marinade)
- ½ cup (75 g) red bell pepper, sliced into ½-inch (1.25 cm) strips
- ¼ cup (35 g) pitted Kalamata olives, halved

A Mediterranean-inspired one-pan dish featuring tender chicken breasts simmered with briny artichokes, sweet peppers, and olives. Light yet satisfying, this flavorful meal is brightened with fresh lemon and herbs, making cleanup a breeze.

- 2 tbsp (30 ml) olive oil (divided)
 - 2 tbsp (30 ml) lemon juice
 - 1 tsp (5 g) garlic, minced
 - ½ tsp (1 g) dried oregano
 - ½ tsp (1 g) dried thyme
 - ¼ tsp (1.5 g) salt
 - ⅛ tsp (0.5 g) black pepper
 - 1 tbsp (3 g) fresh parsley, chopped (for garnish)
3. Add artichokes (with reserved marinade), olives, and lemon juice to the skillet. Cook for 2 minutes, stirring gently to combine.
 4. Return chicken to the skillet, nestling it into the vegetables. Simmer for 2–3 minutes to allow flavors to blend.
 5. Garnish with fresh parsley before serving.

INSTRUCTIONS:

1. Season chicken breasts evenly with salt, black pepper, oregano, and thyme. Heat 1 tbsp (15 ml) olive oil in a large skillet over medium-high heat. Add chicken and cook for 5–6 minutes per side until golden brown and internal temperature reaches 165°F (74°C). Transfer to a plate.
2. Reduce heat to medium. Add remaining 1 tbsp (15 ml) olive oil to the skillet. Sauté bell pepper for 3 minutes until slightly softened. Stir in garlic and cook for 30 seconds until fragrant.

SERVING SUGGESTIONS:

- Serve with ½ cup (100 g) cooked orzo or crusty whole-grain bread to soak up the juices.
- Pair with a simple green salad of 1 cup (50 g) arugula and 1 tsp (5 ml) lemon juice.

**Nutritional Value
(per serving):**

Calories: 350 kcal | Protein: 32 g | Fat: 18 g (Saturated Fat: 3g) |
 Carbohydrates: 12g | Fiber: 4 g | Sodium: 800 mg | Potassium: 580 mg

LAMB & MINT KOFTA BURGERS

Prep Time: 15 minutes
Cooking Time: 10 minutes
Servings: 2



A Mediterranean-inspired burger featuring spiced ground lamb patties infused with fresh mint and parsley, served alongside a refreshing yogurt sauce. Easy to prepare and bursting with bold, vibrant flavors.

INGREDIENTS:

- ½ lb (225 g) ground lamb (85% lean)
- 2 small (4-inch / 10 cm) whole wheat pitas or buns
- ¼ cup (60 g) plain Greek yogurt
- ¼ cup (15 g) fresh mint leaves, finely chopped (divided)
- 2 tbsp (8 g) fresh parsley, finely chopped
- 2 tbsp (20 g) red onion, finely diced
- 1 tsp (5 g) garlic, minced
- ½ tsp (1 g) ground cumin
- ½ tsp (1 g) ground coriander
- ¼ tsp (1 g) ground cinnamon
- ¼ tsp (1.5 g) salt
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 1 tbsp (15 ml) olive oil
- ¼ cup (40 g) cucumber, thinly sliced, for serving
- 2 tbsp (20 g) cherry tomatoes, halved, for serving

INSTRUCTIONS:

1. In a bowl, combine ground lamb, half the mint (2 tbsp / 7g), parsley, red onion, garlic, cumin, coriander, cinnamon, salt, and black pepper. Mix gently with hands until just combined. Divide into 2 equal portions and shape into ¾-inch (2 cm) thick patties.
2. Heat olive oil in a cast-iron or non-stick skillet over medium-high

- heat. Cook patties for 4–5 minutes per side until browned and internal temperature reaches 160°F (71°C).
3. Meanwhile, stir together yogurt and remaining mint (2 tbsp / 7 g) in a small bowl. Season with a pinch of salt.
 4. Lightly toast pitas or buns in a dry skillet for 30 seconds per side.

- top with lamb patties, cucumber, and tomatoes.
- Serve with ½ cup (75 g) mixed greens tossed with 1 tsp (5 ml) lemon juice.

SERVING SUGGESTIONS:

- Spread mint yogurt on pitas, then

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 28 g | Fat: 25 g (Saturated Fat: 10 g) | Carbohydrates: 22g | Fiber: 3 g | Sodium: 500 mg | Potassium: 480 mg

BEEF & EGGPLANT MOUSSAKA (QUICK SKILLET VERSION)

- Prep Time:** 10 minutes
- Cooking Time:** 20 minutes
- Servings:** 2

A simplified twist on the classic Greek casserole, layering spiced ground beef, tender eggplant, and creamy béchamel—all cooked together in one skillet for a delicious Mediterranean meal ready in just 30 minutes.



INGREDIENTS:

- ½ lb (225 g) lean ground beef (90% lean)
- 2 cups (200 g) eggplant, diced into ½-inch (1.25 cm) cubes
- ½ cup (80 g) onion, diced
- ½ cup (120 g) canned crushed tomatoes
- ¼ cup (60 ml) beef broth
- 2 tbsp (30 ml) olive oil (divided)
- 1 tsp (5 g) garlic, minced
- ½ tsp (1 g) ground cinnamon
- ½ tsp (1 g) dried oregano
- ¼ tsp (1 g) ground allspice
- ¼ tsp (1.5 g) salt (divided)

- ⅛ tsp (0.5 g) black pepper
- ½ cup (120 ml) milk (2% or whole)
- 1 tbsp (8 g) all-purpose flour
- 1 tbsp (14 g) unsalted butter
- 2 tbsp (10 g) grated Parmesan cheese
- Pinch of ground nutmeg

INSTRUCTIONS:

1. Heat 1 tbsp (15 ml) olive oil in a 10-inch (25 cm) ovenproof skillet over medium heat. Add eggplant and cook for 5 minutes, stirring occasionally, until softened. Transfer to a plate.
2. In the same skillet, heat remaining 1 tbsp (15 ml) olive oil. Add onion and cook for 3 minutes until translucent. Stir in garlic, cinnamon, oregano, and allspice; cook for 30 seconds until fragrant.
3. Add ground beef, breaking it apart with a spoon. Cook for 5 minutes until browned. Stir in crushed tomatoes, beef broth, ⅛ tsp (0.5g) salt, and black pepper. Simmer for 3 minutes.

4. Meanwhile, prepare the béchamel sauce: Melt the butter in a small saucepan over medium heat. Whisk in the flour and cook for about 1 minute, stirring constantly. Gradually pour in the milk while whisking continuously until the mixture is smooth. Cook for 2–3 minutes, stirring constantly, until the sauce thickens. Remove from heat, then stir in the Parmesan, nutmeg, and the remaining ⅛ tsp (0.5g) salt.
5. Return eggplant to the skillet, nestling it into the beef mixture. Pour béchamel evenly over the top. Broil in the oven for 3–4 minutes until golden (watch closely).

SERVING SUGGESTIONS:

- Serve with ½ cup (75 g) chopped cucumber and ¼ cup (40 g) diced tomato salad.
- Accompany with a slice of crusty whole-grain bread to soak up the sauce.

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 28 g | Fat: 25 g (Saturated Fat: 9 g) | Carbohydrates: 22 g | Fiber: 5 g | Sodium: 650 mg | Potassium: 850 mg

PORK TENDERLOIN WITH FIGS & BALSAMIC

Prep Time: 10 minutes
Cooking Time: 20 minutes
Servings: 2



INGREDIENTS:

- ½ lb (225 g) pork tenderloin, trimmed and cut into 1-inch (2.5 cm) thick medallions
- ½ cup (80 g) fresh figs, quartered (about 4 small figs)
- ¼ cup (60 ml) balsamic vinegar
- 2 tbsp (30 ml) olive oil (divided)
- 1 tsp (5 g) garlic, minced
- ½ tsp (1 g) dried rosemary
- ½ tsp (1 g) dried thyme
- ¼ tsp (1.5 g) salt

A sophisticated yet effortless Mediterranean dish showcasing succulent pork tenderloin paired with sweet figs and finished with a tangy balsamic reduction. Elegant enough to impress guests, yet simple enough for weeknight dinners.

- ¼ tsp (0.5 g) black pepper
- ½ cup (120 ml) low-sodium chicken broth

INSTRUCTIONS:

1. Season pork medallions evenly with rosemary, thyme, salt, and pepper. Heat 1 tbsp (15 ml) olive oil in a large skillet over medium-high heat. Add pork and sear for 3–4 minutes per side until golden brown and internal temperature reaches 145°F (63°C). Transfer to a plate.
2. Reduce heat to medium and add the remaining 1 tbsp (15 ml) olive oil to the skillet. Sauté the garlic for about 30 seconds until fragrant. Add the figs and cook for 2 minutes until they begin to soften.
3. Deglaze the pan with balsamic vinegar and chicken broth, scraping up any browned bits from the bottom. Simmer for

3–4 minutes until the liquid is reduced by half and slightly thickened.

4. Return pork to the skillet, turning to coat with the sauce. Cook for 1–2 minutes to rewarm.

SERVING SUGGESTIONS:

- Serve over ½ cup (100 g) cooked quinoa or mashed sweet potatoes.
- Garnish with fresh parsley or thyme leaves.

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 30 g | Fat: 18 g (Saturated Fat: 3.5 g) |
 Carbohydrates: 22 g | Fiber: 2 g | Sodium: 450 mg | Potassium: 600 mg

ITALIAN-STYLE TURKEY STUFFED ZUCCHINI BOATS

Prep Time: 15 minutes
Cooking Time: 15 minutes
Servings: 2



A vibrant Mediterranean dish featuring tender zucchini halves generously filled with seasoned ground turkey, juicy tomatoes, and aromatic fresh herbs, all topped with a golden layer of melted cheese. Perfectly balanced, wholesome, and satisfying for any weeknight meal.

INGREDIENTS:

- 2 medium zucchini (about 8 oz / 225 g each), halved lengthwise
- ½ lb (225 g) ground turkey (93% lean)
- ½ cup (120 g) canned diced tomatoes, drained
- ¼ cup (25 g) grated Parmesan cheese
- ¼ cup (30 g) mozzarella cheese, shredded
- ¼ cup (40 g) onion, finely diced
- 1 tsp (5 g) garlic, minced
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) dried oregano
- ½ tsp (1 g) dried basil
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 2 tbsp (5 g) fresh parsley, chopped

INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). Scoop out zucchini flesh, leaving ¼-inch (6 mm) thick shells. Chop the scooped flesh and set aside.
2. Heat olive oil in a skillet over medium heat. Add onion and cook for 3 minutes until softened. Stir in garlic and cook for 30 seconds until fragrant.
3. Add ground turkey, oregano, basil, salt, and pepper. Cook for 5 minutes, breaking up the meat, until no longer pink. Stir in diced

tomatoes and reserved zucchini flesh; cook for 2 minutes. Remove from heat and mix in Parmesan cheese.

4. Place zucchini shells on a baking sheet. Divide turkey mixture among them, then top with mozzarella. Bake for 12–15 minutes until zucchini is tender and cheese is golden.
5. Garnish with fresh parsley before serving.

SERVING SUGGESTIONS:

- Serve alongside ½ cup (100g) of cooked farro or a slice of crusty whole-grain bread.
- Drizzle with balsamic glaze for extra flavor.

**Nutritional Value
(per serving):**

Calories: 320 kcal | Protein: 32 g | Fat: 16 g (Saturated Fat: 6 g) |
Carbohydrates: 14 g | Fiber: 3 g | Sodium: 650 mg | Potassium: 800 mg

LEMON OREGANO GRILLED CHICKEN (WITH ROASTED POTATOES)

 **Prep Time:** 10 minutes

 **Cooking Time:** 20 minutes

 **Servings:** 2

A vibrant Mediterranean-inspired dish showcasing tender grilled chicken marinated in zesty lemon and fragrant oregano, paired with crispy roasted potatoes. Fast, wholesome, and perfect for the whole family.



- 1 tbsp (3 g) fresh parsley, chopped, for garnish

INSTRUCTIONS:

1. Preheat the oven to 425°F (220°C). Toss the potatoes with 1 tbsp (15 ml) olive oil, ¼ tsp (1.5 g) salt, freshly ground black pepper, and smoked paprika (if using). Arrange in a single layer on a baking sheet and roast for 20 minutes, flipping halfway through, until golden brown and crisp.
2. Meanwhile, in a bowl, combine the chicken thighs with the remaining 1 tbsp (15ml) olive oil, lemon juice, garlic, oregano, and remaining ¼ tsp (1.5g) salt. Massage the marinade into the chicken and let it sit for 5 minutes.
3. Heat a grill pan or skillet over medium-high heat. Cook the chicken for 5-6 minutes per side, or until internal temperature reaches 165°F (74°C). Rest for 2 minutes before slicing.

4. Serve the grilled chicken alongside the roasted potatoes, garnished with freshly chopped parsley for a bright, fresh finish.

SERVING SUGGESTIONS:

- Pair with a simple Greek salad (½ cup / 75 g diced cucumber, ½ cup / 75 g cherry tomatoes, ¼ cup/40g red onion, 1 tbsp / 15 ml olive oil, 1 tsp / 5 ml lemon juice).
- Drizzle with extra lemon juice or a dollop of tzatziki (2 tbsp / 30 g per serving).

INGREDIENTS:

- 2 (about 10 oz / 280 g total) boneless, skinless chicken thighs
- 1 cup (150 g) baby potatoes, halved (or quartered if larger than 1 inch / 2.5 cm)
- 2 tbsp (30 ml) olive oil, divided
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 g) garlic, minced
- 1 tsp (1 g) dried oregano
- ½ tsp (3 g) salt, divided
- ¼ tsp (0.5 g) black pepper
- ¼ tsp (1 g) smoked paprika (optional, for potatoes)

**Nutritional Value
(per serving):**

Calories: 380 kcal | Protein: 28 g | Fat: 22 g (Saturated Fat: 4 g) |
Carbohydrates: 18 g | Fiber: 2 g | Sodium: 650 mg | Potassium: 600 mg

GREEK LEMON CHICKEN SKEWERS

Prep Time: 10 minutes
Cooking Time: 15 minutes
Servings: 2



INGREDIENTS:

- 10 oz (300 g) boneless, skinless chicken breast, cut into 1-inch (2.5 cm) cubes
- 2 tbsp (30 ml) olive oil

Tender, juicy chicken skewers marinated in zesty lemon, garlic, and oregano, then grilled to golden perfection. This quick, protein-packed Mediterranean dish bursts with vibrant flavor and comes together in under 30 minutes—ideal for effortless weeknight meals or outdoor gatherings.

- 2 tbsp (30 ml) lemon juice
- 1 tsp (5 g) garlic, minced
- 1 tsp (1 g) dried oregano
- ½ tsp (2.5 g) salt
- ¼ tsp (0.5 g) black pepper
- ½ cup (75 g) red bell pepper, cut into 1-inch (2.5 cm) pieces
- ½ cup (75 g) red onion, cut into 1-inch (2.5 cm) pieces

INSTRUCTIONS:

1. In a medium bowl, whisk together olive oil, lemon juice, garlic, oregano, salt, and black pepper. Add chicken cubes and toss to coat. Let marinate for 5 minutes.
2. Preheat a grill pan or skillet over medium-high heat. Thread

chicken, bell pepper, and onion onto skewers, alternating pieces evenly.

3. Grill the skewers for 4–5 minutes per side, turning once, until the chicken is fully cooked (internal temperature of 165°F/74°C) and the vegetables are lightly charred.
4. Remove from heat and let rest for 2 minutes before serving.

SERVING SUGGESTIONS:

- Serve with a side of tzatziki sauce.
- Pair with a Greek salad or warm pita bread.
- Garnish with fresh parsley or a lemon wedge.

Nutritional Value (per serving):

Calories: 290 kcal | Protein: 32 g | Fat: 15 g (Saturated Fat: 2.5 g) |
 Carbohydrates: 8 g | Fiber: 2 g | Sodium: 650 mg | Potassium: 500 mg

Easy Sides & Grains



LEMON GARLIC ROASTED BROCCOLI

Prep Time: 5 minutes
Cooking Time: 20 minutes
Servings: 2



INGREDIENTS:

- 2 cups (200 g) broccoli florets (cut into 1.5-inch / 4 cm pieces)
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 g) garlic, minced

A vibrant and zesty side dish featuring crisp-tender broccoli roasted with garlic and lemon, delivering bright Mediterranean flavors in under 30 minutes. Simple, healthy, and perfect for weeknights.

- 1 tbsp (15 ml) lemon juice
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- ½ tsp (1 g) lemon zest (optional)
- 1 tbsp (5 g) grated Parmesan cheese (optional)

INSTRUCTIONS:

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. In a large bowl, toss the broccoli florets with olive oil, garlic, salt, and black pepper until evenly coated. Spread in a single layer on the prepared baking sheet.
3. Roast for 15–18 minutes, flipping halfway, until the edges are lightly

charred and the stems are tender when pierced with a fork.

4. Transfer to a serving dish. Drizzle with lemon juice and sprinkle with lemon zest and Parmesan (if using). Toss gently to combine.

SERVING SUGGESTIONS:

- Pair with grilled chicken or fish.
- Sprinkle with 1 tbsp (9 g) toasted pine nuts or slivered almonds for crunch.

Nutritional Value (per serving):

Calories: 90 kcal | Protein: 3 g | Fat: 7 g (Saturated Fat: 1 g) |
 Carbohydrates: 6 g | Fiber: 2 g | Sodium: 320 mg | Potassium: 300 mg

GREEK LEMON POTATOES (QUICK ROASTED VERSION)

Prep Time: 5 minutes
Cooking Time: 25 minutes
Servings: 2



INGREDIENTS:

- 1½ cups (300 g) Yukon Gold potatoes, cut into 1-inch (2.5 cm) wedges
- 2 tbsp (30 ml) olive oil

Crispy roasted potatoes infused with bright lemon and aromatic oregano, inspired by traditional Greek flavors but adapted for a speedy 30-minute preparation. A perfect accompaniment to grilled meats or fish.

- 2 tbsp (30 ml) lemon juice
- ½ tsp (2 g) garlic, minced
- ½ tsp (1 g) dried oregano
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 2 tbsp (30 ml) water
- 1 tbsp (3 g) fresh parsley, chopped (for garnish)

INSTRUCTIONS:

1. Preheat the oven to 425°F (220°C). In a large bowl, toss the potato wedges with olive oil, lemon juice, garlic, oregano, salt, and black pepper until evenly coated.
2. Spread the potatoes in a single layer on a baking sheet. Pour

the water onto the baking sheet (this creates steam for tender interiors).

3. Roast for 20 minutes, then flip the potatoes and roast for another 5–7 minutes until golden and crisp at the edges.
4. Transfer to a serving dish and garnish with fresh parsley.

SERVING SUGGESTIONS:

- Pair with grilled chicken or baked fish fillets.
- Serve with tzatziki sauce for dipping.

Nutritional Value (per serving):

Calories: 210 kcal | Protein: 3 g | Fat: 14 g (Saturated Fat: 2 g) |
 Carbohydrates: 20 g | Fiber: 3 g | Sodium: 300 mg | Potassium: 500 mg

SAUTÉED GREENS WITH GARLIC & CHILI

Prep Time: 5 minutes
Cooking Time: 10 minutes
Servings: 2

A vibrant Mediterranean-inspired side dish featuring tender greens quickly sautéed with garlic and a hint of chili for warmth. Ready in just 15 minutes while packing maximum flavor and nutrients.

**INGREDIENTS:**

- 4 cups (120 g) mixed leafy greens (kale, spinach, or Swiss chard), stems removed, torn into 2-inch (5 cm) pieces

- 1 tbsp (15 ml) olive oil
- 1 tsp (5 g) garlic, minced
- ¼ tsp (0.5 g) red chili flakes (adjust to taste)
- 1 tbsp (15 ml) lemon juice
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 1 tbsp (15 ml) water

INSTRUCTIONS:

1. Heat olive oil in a large skillet over medium heat. Add garlic and chili flakes, sautéing for 30 seconds until fragrant but not browned.
2. Add the greens in batches, stirring until slightly wilted before adding more. Sprinkle with salt and pepper.

3. Pour in water, cover the skillet, and cook for 2 minutes to steam the greens until tender.
4. Uncover, stir in lemon juice, and cook for another 1 minute to evaporate excess liquid.

SERVING SUGGESTIONS:

- Top with shaved Parmesan.
- Serve alongside grilled fish or crusty bread.

Nutritional Value (per serving):

Calories: 80 kcal | Protein: 2 g | Fat: 7 g (Saturated Fat: 1 g) |
 Carbohydrates: 4 g | Fiber: 2 g | Sodium: 320 mg | Potassium: 300 mg

BULGUR PILAF WITH TOMATOES

Prep Time: 5 minutes
Cooking Time: 20 minutes
Servings: 2

A wholesome Mediterranean-inspired side dish featuring nutty bulgur wheat simmered with juicy tomatoes and aromatic spices. Ready in 25 minutes for a nutritious, fiber-rich accompaniment.

**INGREDIENTS:**

- ½ cup (90 g) coarse bulgur wheat
- 1 cup (240 ml) vegetable broth
- ½ cup (120 g) diced tomatoes, with juices

- ¼ cup (40 g) onion, finely diced
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 g) garlic, minced
- ½ tsp (1 g) ground cumin
- ¼ tsp (0.5 g) smoked paprika
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 1 tbsp (3 g) fresh parsley, chopped

INSTRUCTIONS:

1. Heat olive oil in a small saucepan over medium heat. Add onion and sauté for 3 minutes until translucent.
2. Stir in garlic, cumin, and smoked paprika, cooking for 30 seconds until fragrant.

3. Add bulgur, diced tomatoes with juices, and vegetable broth. Bring to a boil, then reduce heat to low. Cover and simmer for 15 minutes until liquid is absorbed and bulgur is tender.
4. Remove from heat. Let stand covered for 5 minutes, then fluff with a fork. Stir in parsley, salt, and pepper.


SERVING SUGGESTIONS:

- Top with crumbled feta cheese.
- Pair with grilled chicken or roasted eggplant.

Nutritional Value (per serving):

Calories: 180 kcal | Protein: 5 g | Fat: 7 g (Saturated Fat: 1 g) |
 Carbohydrates: 28 g | Fiber: 6 g | Sodium: 450 mg | Potassium: 300 mg

HERBED COUSCOUS WITH PINE NUTS

 **Prep Time:** 5 minutes
 **Cooking Time:** 10 minutes
 **Servings:** 2

A light and fluffy Mediterranean-style couscous infused with fresh herbs and toasted pine nuts, ready in just 15 minutes. Perfect as a side dish or base for grilled vegetables and proteins.



INGREDIENTS:

- ½ cup (90 g) dry couscous
- ¾ cup (180 ml) vegetable broth or water
- 1 tbsp (15 ml) olive oil

- 2 tbsp (18 g) pine nuts
- 1 tbsp (3 g) fresh parsley, finely chopped
- 1 tsp (1 g) fresh mint, finely chopped (or ½ tsp dried mint)
- ½ tsp (2 g) lemon zest
- 1 tsp (5 ml) lemon juice
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. Heat a small dry skillet over medium-low heat. Add the pine nuts and toast for 2–3 minutes, stirring frequently, until golden and fragrant. Transfer to a plate to cool.

2. In a small saucepan, bring the vegetable broth or water to a boil. Stir in the couscous, cover, and remove from heat. Let stand for 5 minutes until all liquid is absorbed.
3. Fluff the couscous with a fork. Drizzle with olive oil and add the toasted pine nuts, parsley, mint, lemon zest, lemon juice, salt, and black pepper. Gently toss to combine.


SERVING SUGGESTIONS:

- Top with crumbled feta cheese.
- Serve alongside roasted vegetables or grilled chicken.

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 5 g | Fat: 10 g (Saturated Fat: 1 g) |
 Carbohydrates: 28 g | Fiber: 2 g | Sodium: 350 mg | Potassium: 120 mg

ROASTED CARROTS WITH CUMIN & HONEY

 **Prep Time:** 5 minutes
 **Cooking Time:** 20 minutes
 **Servings:** 2

Sweet roasted carrots with warm cumin and a honey glaze, offering a perfect balance of earthy and sweet flavors. A simple yet elegant Mediterranean-inspired side dish ready in 25 minutes.



INGREDIENTS:

- 2 cups (300 g) carrots, cut into ½-inch (1.25 cm) thick rounds
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) ground cumin

- ½ tsp (1 g) smoked paprika
- 1 tbsp (15 ml) honey
- ½ tsp (3 g) salt
- ⅛ tsp (0.5 g) black pepper
- 1 tsp (5 ml) lemon juice
- 1 tbsp (3 g) fresh cilantro or parsley, chopped (for garnish)

INSTRUCTIONS:

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. In a large bowl, toss the carrots with olive oil, cumin, smoked paprika, salt, and black pepper until evenly coated. Spread in a single layer on the prepared baking sheet.

3. Roast for 15 minutes, then drizzle with honey and toss gently. Return to the oven for another 5 minutes until the carrots are tender and caramelized at the edges.
4. Transfer to a serving dish. Drizzle with lemon juice and garnish with fresh herbs.

SERVING SUGGESTIONS:

- Pair with grilled chicken or baked salmon.
- Serve over a bed of quinoa for a complete meal.

Nutritional Value (per serving):

Calories: 120 kcal | Protein: 1 g | Fat: 7 g (Saturated Fat: 1 g) |
 Carbohydrates: 16 g | Fiber: 3 g | Sodium: 600 mg | Potassium: 400 mg

CRISPY SMASHED POTATOES WITH ROSEMARY

Prep Time: 10 minutes
Cooking Time: 20 minutes
Servings: 2



INGREDIENTS:

- 10 oz (300 g) baby potatoes (about 8-10 potatoes, 1.5-inch/4 cm diameter)
- 2 tbsp (30 ml) olive oil, divided
- ½ tsp (1 g) dried rosemary (or 1 tsp fresh)
- ½ tsp (3 g) salt

Golden and crispy on the outside, tender and creamy on the inside, these rosemary-infused potatoes make a simple yet striking Mediterranean-inspired side dish—ready in just 30 minutes.

- ¼ tsp (0.5 g) black pepper
- ½ tsp (2 g) garlic powder
- 1 tbsp (3 g) fresh parsley, chopped

INSTRUCTIONS:

1. Place potatoes in a medium pot and cover with cold water by 1 inch (2.5 cm). Bring to a boil over high heat, then reduce to simmer for 12-15 minutes until fork-tender. Drain and let cool slightly.
2. Preheat oven to 450°F (230°C). Line a baking sheet with parchment paper.
3. Place potatoes on the prepared sheet. Using the bottom of a glass or measuring cup, gently press each potato to about ½-inch (1.25 cm) thickness while keeping them intact.

4. Drizzle with 1 tbsp (15 ml) olive oil and sprinkle with rosemary, salt, pepper, and garlic powder. Roast for 15 minutes.
5. Remove the potatoes from the oven and carefully flip them. Drizzle with the remaining 1 tbsp (15 ml) olive oil, then return to the oven and roast for an additional 5-7 minutes until they turn a deep golden brown and become extra crispy.
6. Transfer to a serving plate and garnish with fresh parsley.

SERVING SUGGESTIONS:

- Serve with garlic aioli for dipping.
- Pair with grilled fish or roast chicken.

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 3 g | Fat: 14 g (Saturated Fat: 2 g) |
 Carbohydrates: 23 g | Fiber: 3 g | Sodium: 600 mg | Potassium: 500 mg

GRILLED EGGPLANT WITH TAHINI DRIZZLE

Prep Time: 10 minutes
Cooking Time: 15 minutes
Servings: 2



INGREDIENTS:

- 1 small eggplant (about 12 oz / 350 g), sliced into ½-inch (1.25 cm) rounds
- 2 tbsp (30 ml) olive oil

Tender, smoky grilled eggplant slices topped with a creamy tahini-lemon sauce and fresh herbs. A simple yet flavorful Mediterranean side dish ready in 25 minutes.

- ½ tsp (3 g) salt
- ¼ tsp (0.5 g) black pepper
- ½ tsp (1 g) smoked paprika
- 2 tbsp (30 g) tahini
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (15 ml) water
- ½ tsp (2 g) garlic, minced
- ⅛ tsp (0.5 g) salt
- 1 tbsp (3 g) fresh parsley, chopped, for garnish
- ½ tsp (1 g) sesame seeds, for garnish

INSTRUCTIONS:

1. Preheat a grill or grill pan over medium-high heat. Brush the eggplant slices generously with olive oil on both sides, then season with salt, pepper, and smoked paprika.

2. Grill eggplant for 4-5 minutes per side until tender with visible grill marks.
3. Meanwhile, whisk together tahini, lemon juice, water, garlic, and salt until smooth and creamy. Add additional water, 1 teaspoon at a time, to achieve a pourable, drizzle-ready consistency.
4. Arrange grilled eggplant on a plate. Drizzle with tahini sauce and garnish with parsley and sesame seeds.

SERVING SUGGESTIONS:

- Serve with warm pita bread.
- Pair with grilled chicken or chickpea salad.

Nutritional Value (per serving):

Calories: 240 kcal | Protein: 4 g | Fat: 20 g (Saturated Fat: 3 g) |
 Carbohydrates: 14 g | Fiber: 6 g | Sodium: 650 mg | Potassium: 450 mg

WARM FARRO SALAD WITH HERBS

Prep Time: 10 minutes
Cooking Time: 20 minutes
Servings: 2



INGREDIENTS:

- ½ cup (100 g) semi-pearled farro
- 1½ cups (360 ml) water
- ¼ tsp (1.5 g) salt

A hearty and nutty farro salad tossed with fresh herbs, lemon, and olive oil. This Mediterranean-inspired dish comes together in 30 minutes for a wholesome, fiber-rich side.

- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 ml) lemon juice
- ½ tsp (2 g) lemon zest
- 1 tbsp (3 g) fresh parsley, chopped
- 1 tsp (1 g) fresh mint, chopped
- 1 tbsp (10 g) red onion, finely diced
- ¼ cup (35 g) cherry tomatoes, quartered
- 2 tbsp (20 g) cucumber, diced
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. Rinse farro under cold water. In a small saucepan, combine farro, water, and ¼ tsp salt. Bring to a boil, then reduce heat

to low, cover, and simmer for 18-20 minutes until tender but chewy. Drain any excess water.

2. While farro cooks, whisk together olive oil, lemon juice, and lemon zest in a large bowl.
3. Add cooked farro to the bowl while still warm. Toss to coat with the dressing.
4. Stir in parsley, mint, red onion, cherry tomatoes, and cucumber. Season with remaining ¼ tsp salt and black pepper.

SERVING SUGGESTIONS:

- Top with crumbled feta cheese.
- Serve alongside grilled fish or roasted vegetables.

Nutritional Value (per serving):

Calories: 250 kcal | Protein: 5 g | Fat: 14 g (Saturated Fat: 2 g) |
 Carbohydrates: 28 g | Fiber: 5 g | Sodium: 600 mg | Potassium: 200 mg

QUICK RATATOUILLE (SAUTÉED VEGGIE MIX)

Prep Time: 10 minutes
Cooking Time: 20 minutes
Servings: 2



INGREDIENTS:

- 1 cup (150 g) eggplant, diced into ½-inch (1.25 cm) cubes
- ½ cup (75 g) zucchini, diced into ½-inch (1.25 cm) cubes
- ½ cup (75 g) bell pepper (any color), diced

A streamlined take on the classic Provençal dish, showcasing tender summer vegetables simmered in fragrant herbs and rich olive oil. This 30-minute recipe captures the essence of Mediterranean flavors with effortless simplicity.

- ½ cup (80 g) onion, diced
- ½ cup (120 g) canned diced tomatoes, with juices
- 1 tsp (5 g) garlic, minced
- 2 tbsp (30 ml) olive oil
- ½ tsp (1 g) dried thyme
- ½ tsp (1 g) dried basil
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 1 tbsp (3 g) fresh basil, chopped, for garnish

INSTRUCTIONS:

1. Heat olive oil in a large skillet over medium heat. Add onion and sauté for 3 minutes until translucent.
2. Add eggplant and cook for 5 minutes, stirring occasionally, until beginning to soften.

3. Stir in zucchini, bell pepper, and garlic. Cook for another 5 minutes until vegetables are tender but still hold their shape.
4. Add diced tomatoes with their juices, thyme, dried basil, salt, and black pepper. Simmer uncovered for 5 minutes to allow flavors to blend.
5. Remove from heat and garnish with fresh basil.

SERVING SUGGESTIONS:

- Serve over ½ cup (100 g) cooked quinoa or couscous per serving.
- Top with grated Parmesan cheese.
- Accompany with crusty bread.

Nutritional Value (per serving):

Calories: 180 kcal | Protein: 3 g | Fat: 14 g (Saturated Fat: 2 g) |
 Carbohydrates: 15 g | Fiber: 4 g | Sodium: 350 mg | Potassium: 450 mg

Family-Friendly Flatbreads & Wraps



GREEK GYROS (CHICKEN OR LAMB)

Prep Time: 15 minutes
Cooking Time: 15 minutes
Servings: 2

Juicy, spiced meat wrapped in warm pita with crisp vegetables and creamy tzatziki. This simplified version brings authentic Greek flavors to your table in just 30 minutes.



- ½ cup (75 g) cucumber, diced
- ¼ cup (40 g) red onion, thinly sliced
- ¼ cup (60 g) tzatziki sauce

For marinade

- 1 tbsp (15 ml) olive oil
- 1 tsp (5 g) garlic, minced
- ½ tsp (1 g) dried oregano
- ½ tsp (1 g) ground cumin
- ½ tsp (1 g) smoked paprika
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 1 tsp (5 ml) lemon juice

2. Heat a large skillet over medium-high heat. Cook marinated meat for 5-6 minutes, stirring occasionally, until cooked through and slightly charred.

3. Warm pitas in a dry skillet for 30 seconds per side or wrap in foil and warm in a 300°F (150°C) oven for 5 minutes.

4. Assemble gyros: spread 2 tbsp (30 g) tzatziki on each pita, top with cooked meat, tomatoes, cucumber, and red onion.

INGREDIENTS:

- 8 oz (225 g) boneless chicken thighs or lamb, thinly sliced
- 2 small (6-inch / 15 cm) pita breads
- ½ cup (75 g) tomato, diced

INSTRUCTIONS:

1. Combine all marinade ingredients in a bowl. Add meat and toss to coat. Let marinate while prepping vegetables (at least 5 minutes).

SERVING SUGGESTIONS:

- Serve with lemon wedges.
- Accompany with Greek salad.
- Add ½ cup (75 g) roasted potatoes per serving.

Nutritional Value

(per serving with chicken):

Calories: 420 kcal | Protein: 32 g | Fat: 18 g (Saturated Fat: 4 g) |
 Carbohydrates: 35 g | Fiber: 3 g | Sodium: 650 mg | Potassium: 500 mg

MEDITERRANEAN CHICKPEA & VEGETABLE PITA

Prep Time: 15 minutes
Cooking Time: 15 minutes
Servings: 2

A hearty vegetarian pita filled with spiced chickpeas, crisp vegetables, and creamy yogurt sauce. Inspired by Mediterranean flavors and ready in 30 minutes.



- ½ cup (75 g) cucumber, diced
- ¼ cup (40 g) red onion, thinly sliced
- 2 small (6-inch / 15 cm) whole wheat pitas
- 2 tbsp (30 ml) olive oil, divided
- 1 tsp (5 g) garlic, minced
- ½ tsp (1 g) ground cumin
- ½ tsp (1 g) smoked paprika
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5g) black pepper
- ¼ cup (60 g) plain Greek yogurt
- 1 tbsp (15 ml) lemon juice
- ½ tsp (1 g) dried dill
- ¼ tsp (1.5 g) garlic powder

and pepper. Cook for 5 minutes, mashing slightly with a fork. Remove from heat.

2. In a small bowl, whisk together yogurt, lemon juice, dill, and garlic powder to make the sauce.

3. Warm pitas in a dry skillet for 30 seconds per side.

4. Assemble pitas: Spread 1 tbsp (15 g) yogurt sauce in each pita, then layer with chickpea mixture, bell peppers, cucumber, and red onion.

INGREDIENTS:

- 1 cup (200 g) canned chickpeas, drained and rinsed
- ½ cup (75 g) red bell pepper, diced

INSTRUCTIONS:

1. Heat 1 tbsp (15 ml) olive oil in a skillet over medium heat. Add chickpeas, cumin, paprika, salt,

SERVING SUGGESTIONS:

- Serve with a side of mixed greens.
- Drizzle with extra olive oil.
- Add crumbled feta cheese.

Nutritional Value

(per serving):

Calories: 350 kcal | Protein: 12 g | Fat: 16 g (Saturated Fat: 2 g) |
 Carbohydrates: 42 g | Fiber: 8g | Sodium: 600 mg | Potassium: 450 mg

MEDITERRANEAN VEGGIE PANINI

Prep Time: 10 minutes
Cooking Time: 15 minutes
Servings: 2

A wholesome, veggie-packed panini layered with roasted vegetables, creamy hummus, and tangy feta cheese, inspired by vibrant Mediterranean flavors. Fast to prepare and ideal for a light yet satisfying meal.

**INGREDIENTS:**

- 2 small (6-inch / 15 cm) whole wheat ciabatta rolls or flatbreads
- ½ cup (120 g) roasted red bell peppers, sliced (jarred or homemade)
- ½ cup (75 g) zucchini, thinly sliced (about ¼-inch/6mm thick)
- ½ cup (50 g) baby spinach
- ¼ cup (60 g) hummus
- 2 tbsp (30 g) crumbled feta cheese
- 1 tbsp (15 ml) olive oil (divided)

- 1 tsp (5 ml) balsamic vinegar
- ½ tsp (1 g) dried oregano
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. Heat a grill pan or skillet over medium heat. Brush zucchini slices with ½ tbsp (7.5 ml) olive oil and sprinkle with a pinch of salt and black pepper. Grill for 2-3 minutes per side until tender and lightly charred. Remove from heat.
2. Slice the ciabatta rolls or flatbreads in half horizontally. Spread hummus evenly on the bottom halves.
3. Layer roasted red peppers, grilled zucchini, and baby spinach on top of the hummus. Drizzle with balsamic vinegar and sprinkle with oregano and crumbled feta.
4. Close the paninis with the top halves of the bread. Lightly brush

the outer sides of the bread with the remaining ½ tbsp (7.5 ml) olive oil.

5. Heat the same grill pan or skillet over medium heat. Place the paninis in the pan and press down lightly with a spatula. Grill for 2-3 minutes per side until the bread is crispy and the filling is warmed through.

SERVING SUGGESTIONS:

- Serve with a side of mixed greens drizzled with olive oil and lemon juice.
- Pair with a small bowl of olives or marinated artichokes.

**Nutritional Value
(per serving):**

Calories: 320 kcal | Protein: 10 g | Fat: 14 g (Saturated Fat: 3 g) |
 Carbohydrates: 40 g | Fiber: 6 g | Sodium: 800 mg | Potassium: 450 mg

HALLOUMI & GRILLED VEGGIE WRAP

Prep Time: 10 minutes
Cooking Time: 15 minutes
Servings: 2

A vibrant Mediterranean-inspired wrap featuring crispy halloumi cheese, smoky grilled vegetables, and a creamy yogurt-tahini sauce. Quick, nutritious, and packed with bold flavors.

**INGREDIENTS:**

- 2 (8-inch / 20 cm) whole wheat tortillas or flatbreads
- ½ cup (100 g) halloumi cheese, sliced into ¼-inch (6 mm) thick strips
- ½ cup (75 g) zucchini, sliced into ¼-inch (6 mm) thick rounds
- ½ cup (75 g) red bell pepper, thinly sliced
- ¼ cup (40 g) red onion, thinly sliced
- 2 tbsp (30 g) plain Greek yogurt
- 1 tbsp (15 g) tahini
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (15 ml) olive oil (divided)
- ½ tsp (1 g) smoked paprika
- ¼ tsp (1.5 g) salt (divided)
- ⅛ tsp (0.5 g) black pepper
- ½ cup (15 g) baby arugula

INSTRUCTIONS:

1. In a small bowl, whisk together Greek yogurt, tahini, lemon juice, and $\frac{1}{8}$ tsp (0.5 g) salt. Set aside.
2. Heat $\frac{1}{2}$ tbsp (7.5 ml) olive oil in a grill pan or skillet over medium-high heat. Add zucchini, bell pepper, and red onion. Sprinkle with smoked paprika and $\frac{1}{8}$ tsp (0.5 g) salt. Grill for 4–5 minutes, stirring occasionally, until vegetables are tender and lightly charred. Transfer to a plate.
3. In the same pan, add remaining $\frac{1}{2}$ tbsp (7.5 ml) olive oil and halloumi slices. Cook for 1–2 minutes per side until golden brown and crispy. Remove from heat.
4. Warm the tortillas or flatbreads in a dry skillet for 20 seconds per side or wrap in a damp towel and microwave for 10 seconds.
5. Spread the yogurt-tahini sauce evenly over each tortilla. Layer grilled vegetables, halloumi, and arugula in the center. Fold the sides of the tortilla inward and roll tightly to secure.

SERVING SUGGESTIONS:

- Serve with a side of mixed olives and cherry tomatoes.
- Drizzle with extra yogurt-tahini sauce or a squeeze of lemon.

**Nutritional Value
(per serving):**

Calories: 380 kcal | Protein: 14 g | Fat: 22 g (Saturated Fat: 8 g) |
Carbohydrates: 32 g | Fiber: 5 g | Sodium: 900 mg | Potassium: 420 mg

TUNA & OLIVE TAPENADE FLATBREAD

-  **Prep Time:** 10 minutes
 **Cooking Time:** 10 minutes
 **Servings:** 2

A Mediterranean-inspired flatbread featuring flaky tuna, briny olive tapenade, and fresh vegetables. Quick to prepare with bold flavors and wholesome ingredients.

**INGREDIENTS:**

- 2 (6-inch/15 cm) whole wheat flatbreads or naan
- $\frac{1}{2}$ cup (100 g) canned tuna in olive oil, drained
- $\frac{1}{4}$ cup (40 g) Kalamata olives, pitted and finely chopped
- 1 tbsp (15 g) capers, drained and chopped
- 1 tsp (5 g) garlic, minced
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (15 ml) extra virgin olive oil (divided)

- $\frac{1}{2}$ cup (75 g) cherry tomatoes, halved
- $\frac{1}{4}$ cup (40 g) red onion, thinly sliced
- $\frac{1}{2}$ cup (20 g) arugula
- $\frac{1}{2}$ tsp (1 g) dried oregano
- $\frac{1}{4}$ tsp (1.5 g) salt
- $\frac{1}{8}$ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Place flatbreads on a baking sheet and lightly brush with $\frac{1}{2}$ tbsp (7.5ml) olive oil. Toast in the oven for 5 minutes until slightly crisp.
2. In a small bowl, combine the olives, capers, garlic, lemon juice, the remaining $\frac{1}{2}$ tbsp (7.5 ml) olive oil, oregano, salt, and freshly ground black pepper to create a flavorful tapenade.
3. Spread the tapenade evenly over the toasted flatbreads. Top with flaked tuna, halved cherry tomatoes, and thinly sliced red onion.

4. Return to the oven for 3–4 minutes just to warm the toppings.
5. Remove from oven and scatter arugula over the top. Slice each flatbread into quarters and serve.

SERVING SUGGESTIONS:

- Drizzle with additional olive oil and a squeeze of lemon.
- Serve with a side of marinated artichoke hearts or roasted peppers.

**Nutritional Value
(per serving):**

Calories: 320 kcal | Protein: 18 g | Fat: 14 g (Saturated Fat: 2 g) |
Carbohydrates: 30 g | Fiber: 5 g | Sodium: 850 mg | Potassium: 380 mg

LAMB & TZATZIKI LAVASH ROLL

Prep Time: 15 minutes
Cooking Time: 10 minutes
Servings: 2

A Mediterranean-inspired wrap featuring spiced ground lamb, crisp vegetables, and cool tzatziki sauce, wrapped in soft lavash bread. Quick to prepare with vibrant flavors and wholesome ingredients.

**INGREDIENTS:**

- 2 (10-inch /25 cm) lavash flatbreads or whole wheat wraps
- ½ lb (225 g) ground lamb
- ½ cup (75 g) cucumber, diced
- ½ cup (75 g) tomato, diced
- ¼ cup (40 g) red onion, thinly sliced
- ½ cup (50 g) shredded romaine lettuce
- ¼ cup (60 g) plain Greek yogurt
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 g) garlic, minced

- ½ tsp (1 g) ground cumin
- ½ tsp (1 g) smoked paprika
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 1 tbsp (15 ml) olive oil

INSTRUCTIONS:

1. In a small bowl, combine Greek yogurt, lemon juice, garlic, and ¼ tsp (0.5 g) salt to make tzatziki sauce. Set aside.
2. Heat olive oil in a skillet over medium-high heat. Add ground lamb, cumin, smoked paprika, remaining ¼ tsp (0.5 g) salt, and black pepper. Cook for 5–6 minutes, breaking up the meat with a spoon, until browned and cooked through. Drain excess fat if needed.
3. Warm the lavash breads in a dry skillet for 20 seconds per side, or wrap them in a damp towel and microwave for 10 seconds until pliable.

4. Evenly spread tzatziki sauce over each lavash, leaving a 1-inch (2.5 cm) border around the edges. Arrange the cooked lamb, cucumber, tomato, red onion, and romaine lettuce down the center.
5. Fold the sides of the lavash inward and roll tightly to secure. Slice in half diagonally for easier serving.

SERVING SUGGESTIONS:

- Serve with extra tzatziki sauce for dipping.
- Pair with marinated olives or a simple Greek salad.

**Nutritional Value
(per serving):**

Calories: 420 kcal | Protein: 24 g | Fat: 22 g (Saturated Fat: 8 g) |
 Carbohydrates: 35 g | Fiber: 5 g | Sodium: 800 mg | Potassium: 500 mg

HUMMUS & ROASTED VEGGIE WRAP

Prep Time: 10 minutes
Cooking Time: 15 minutes
Servings: 2

A vibrant Mediterranean-inspired wrap featuring creamy hummus, roasted seasonal vegetables, and fresh greens, all wrapped in whole wheat flatbread. Packed with plant-based protein and fiber for a nutritious, family-friendly meal.

**INGREDIENTS:**

- 2 (8-inch / 20 cm) whole wheat tortillas or lavash
- ½ cup (120 g) hummus
- 1 cup (120 g) zucchini, cut into ½-inch (1 cm) thick half-moons
- ½ cup (75 g) red bell pepper, sliced into ½-inch (1 cm) strips
- ½ cup (75 g) red onion, sliced into ½-inch (1 cm) wedges

- 1 cup (30 g) baby spinach
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) ground cumin
- ½ tsp (1 g) smoked paprika
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 2 tbsp (30 g) crumbled feta cheese (optional)

INSTRUCTIONS:

1. Preheat oven to 425°F (220°C). Toss zucchini, bell pepper, and red onion with olive oil, cumin, smoked paprika, salt, and black pepper. Spread in a single layer on a baking sheet. Roast for 12-15 minutes until tender and slightly charred.
2. Warm tortillas in a dry skillet for 30 seconds per side or wrap in a damp towel and microwave for 15 seconds.

3. Spread ¼ cup (60 g) hummus evenly over each tortilla, leaving a 1-inch (2.5 cm) border. Layer roasted vegetables and baby spinach in the center. Sprinkle with feta if using.
4. Fold the sides of the tortilla inward, then roll tightly from the bottom to enclose the filling. Cut diagonally in half for easier serving.

SERVING SUGGESTIONS:

- Serve with extra hummus and fresh lemon wedges for dipping.
- Complement the dish with marinated artichoke hearts or Kalamata olives for added Mediterranean flair.

**Nutritional Value
(per serving):**

Calories: 320 kcal | Protein: 12 g | Fat: 14 g (Saturated Fat: 2 g) |
Carbohydrates: 40 g | Fiber: 8 g | Sodium: 700 mg | Potassium: 550mg

SPINACH & FETA PHYLLO TRIANGLES (QUICK VERSION)

-  **Prep Time:** 15 minutes
-  **Cooking Time:** 15 minutes
-  **Servings:** 2

A lighter take on the classic Greek spanakopita, featuring flaky phyllo dough wrapped around a savory spinach and feta filling. Simplified for a 30-minute preparation while maintaining authentic Mediterranean flavors.



- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Heat olive oil in a skillet over medium heat. Sauté onion for 2 minutes until translucent. Add garlic and spinach, cooking for 1-2 minutes until wilted. Transfer to a bowl and let cool slightly.
3. Stir feta, egg, dill, salt, and pepper into the spinach mixture until combined.
4. Place one phyllo sheet on a clean surface (keep others covered with a damp towel). Lightly brush with olive oil. Layer a second sheet on top and brush again. Cut stacked sheets lengthwise into 2 strips (about 4.5 inches/11cm wide each).

5. Spoon 1 tbsp (15 g) filling at the base of each strip. Fold diagonally to form triangles, continuing to fold until the entire strip is used. Repeat with remaining phyllo and filling.
6. Brush triangles lightly with olive oil. Bake for 12-15 minutes until golden and crisp.

SERVING SUGGESTIONS:

- Serve with tzatziki or lemon wedges for dipping.
- Pair with a simple Greek salad of cucumber, tomato, and olives.

INGREDIENTS:

- 4 sheets phyllo dough (9x14-inch / 23x35 cm), thawed
- 1 cup (50 g) fresh spinach, chopped
- ½ cup (75 g) feta cheese, crumbled
- ¼ cup (40 g) onion, finely diced
- 1 tsp (5 g) garlic, minced
- 1 tbsp (15 ml) olive oil (plus extra for brushing)
- 1 large egg, lightly beaten
- ½ tsp (1 g) dried dill

**Nutritional Value
(per serving):**

Calories: 280 kcal | Protein: 10 g | Fat: 16 g (Saturated Fat: 6 g) |
Carbohydrates: 24 g | Fiber: 2 g | Sodium: 800 mg | Potassium: 220 mg

QUICK PITA PIZZA MARGHERITA

Prep Time: 5 minutes
Cooking Time: 10 minutes
Servings: 2

A light and fresh Mediterranean-style pizza using whole wheat pita as the crust, topped with tomato sauce, mozzarella, and basil. Ready in minutes with simple, wholesome ingredients.



INGREDIENTS:

- 2 (6-inch / 15 cm) whole wheat pita breads
- ½ cup (120 g) canned crushed tomatoes
- ½ tsp (1 g) dried oregano

- ½ tsp (1 g) garlic powder
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 1 tbsp (15 ml) olive oil
- ¾ cup (75 g) fresh mozzarella, torn into small pieces
- ¼ cup (5 g) fresh basil leaves, torn
- 1 tbsp (15 ml) balsamic glaze (optional)

salt, and black pepper. Spread evenly over the pitas, leaving a ½-inch (1cm) border.

3. Scatter mozzarella pieces over the tomato sauce. Bake for 8–10 minutes until the cheese melts and the pita edges are crisp.
4. Remove from oven and top with fresh basil. Drizzle with balsamic glaze if desired.

INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). Place pita breads on a baking sheet and lightly brush with olive oil.
2. In a small bowl, mix crushed tomatoes, oregano, garlic powder,

SERVING SUGGESTIONS:

- Serve alongside a fresh mixed greens salad dressed with zesty lemon vinaigrette.
- For an added burst of flavor, garnish with sliced cherry tomatoes or a pinch of red pepper flakes.

Nutritional Value (per serving):

Calories: 290 kcal | Protein: 12 g | Fat: 14 g (Saturated Fat: 5 g) |
 Carbohydrates: 30 g | Fiber: 4 g | Sodium: 700 mg | Potassium: 350 mg

CAPRESE FLATBREAD (WITH PESTO)

Prep Time: 10 minutes
Cooking Time: 10 minutes
Servings: 2

A fresh Mediterranean-inspired flatbread featuring ripe tomatoes, creamy mozzarella, and aromatic basil pesto on a crispy whole wheat base. Ready in minutes with simple, vibrant ingredients.



INGREDIENTS:

- 2 (6-inch / 15 cm) whole wheat flatbreads or naan
- ½ cup (120 g) cherry tomatoes, halved

- ¾ cup (75 g) fresh mozzarella pearls or diced mozzarella
- ¼ cup (60 g) basil pesto (store-bought or homemade)
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 ml) balsamic glaze
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- ¼ cup (5 g) fresh basil leaves, torn

2. Spread pesto evenly over the flatbreads, leaving a ½-inch (1 cm) border. Arrange tomatoes and mozzarella on top.

3. Return to the oven for 5–6 minutes until the cheese softens and the edges are golden.
4. Remove from oven. Drizzle with balsamic glaze, sprinkle with salt and black pepper, and scatter fresh basil leaves over the top.

INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). Place flatbreads on a baking sheet and lightly brush with olive oil. Bake for 3 minutes until slightly crisp.

SERVING SUGGESTIONS:

- Serve with a side of mixed greens tossed in lemon vinaigrette.
- Add a sprinkle of red pepper flakes for a hint of heat.

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 12 g | Fat: 20 g (Saturated Fat: 6 g) |
 Carbohydrates: 25 g | Fiber: 4 g | Sodium: 650 mg | Potassium: 280 mg

Simple & Sweet Desserts



GREEK YOGURT WITH HONEY & WALNUTS

Prep Time: 5 minutes
Cooking Time: 0 minutes
Servings: 2

A classic Mediterranean dessert featuring creamy Greek yogurt topped with golden honey, crunchy walnuts, and warm spices. Light yet satisfying, with no cooking required.



INGREDIENTS:

- 1 cup (240 g) plain Greek yogurt (2% or whole milk)
- 2 tbsp (30 ml) honey

- ¼ cup (30 g) walnuts, roughly chopped
- ½ tsp (1 g) ground cinnamon
- ¼ tsp (0.5 g) ground cardamom
- 1 tsp (5 ml) lemon zest

SERVING SUGGESTIONS:

- Serve with fresh figs or sliced apples on the side
- Add a light sprinkle of sea salt to enhance flavors

INSTRUCTIONS:

1. Divide yogurt evenly between two serving bowls.
2. Drizzle 1 tbsp (15 ml) honey over each portion.
3. Sprinkle walnuts evenly over both bowls.
4. Dust with cinnamon and cardamom.
5. Garnish with lemon zest.

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 12 g | Fat: 10 g (Saturated Fat: 2.5 g) |
 Carbohydrates: 22 g | Fiber: 2 g | Sodium: 40 mg | Potassium: 280 mg

BAKED APPLES WITH CINNAMON

Prep Time: 10 minutes
Cooking Time: 20 minutes
Servings: 2

Warm, tender apples stuffed with a fragrant cinnamon-oat filling and baked to golden perfection. This comforting Mediterranean-inspired dessert is naturally sweetened and ready in under 30 minutes.



INGREDIENTS:

- 2 medium (10 oz / 300 g total) apples (Honeycrisp or Gala), halved and cored
- 2 tbsp (30 g) rolled oats
- 1 tbsp (15 ml) honey

- 1 tbsp (15 g) chopped walnuts
- ½ tsp (1 g) ground cinnamon
- ¼ tsp (1 g) vanilla extract
- ¼ cup (60 ml) water
- ½ tbsp (7 g) butter, diced (optional)

4. Bake uncovered for 18–20 minutes, until the apples are tender when pierced with a fork but still hold their shape.
5. Baste apples with pan juices before serving.

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Arrange apple halves cut-side up in a small baking dish.
2. In a bowl, mix oats, honey, walnuts, cinnamon, and vanilla until combined. Spoon evenly into apple centers.
3. Pour water into the baking dish around the apples—taking care not to pour over them. If desired, dot each apple with butter.

SERVING SUGGESTIONS:

- Drizzle with additional honey or Greek yogurt. Finish with a generous sprinkle of toasted coconut flakes for added texture and flavor.

Nutritional Value (per serving):

Calories: 180 kcal | Protein: 2 g | Fat: 4 g (Saturated Fat: 1 g) |
 Carbohydrates: 38 g | Fiber: 5 g | Sodium: 10 mg | Potassium: 200 mg

ORANGE & ALMOND CAKE (QUICK MUG VERSION)

 **Prep Time:** 5 minutes

 **Cooking Time:** 5 minutes

 **Servings:** 2

A light Mediterranean-inspired cake with bright citrus flavor and nutty almond texture, prepared in minutes using microwave-safe mugs. Naturally sweetened with honey and packed with protein.



INGREDIENTS:

- ¼ cup (25 g) almond flour
- 2 tbsp (15 g) all-purpose flour
- 1 large egg
- 2 tbsp (30 ml) fresh orange juice

- 1 tbsp (15 ml) honey
- ½ tbsp (7 ml) olive oil
- ½ tsp (2 g) orange zest
- ¼ tsp (1 g) baking powder
- Pinch of salt
- 1 tsp (5g) sliced almonds (for topping)

INSTRUCTIONS:

1. In a medium bowl, whisk together almond flour, all-purpose flour, baking powder, and salt.
2. Add egg, orange juice, honey, olive oil, and orange zest. Mix until smooth batter forms.
3. Divide batter evenly between two microwave-safe mugs (10 oz / 300 ml capacity). Sprinkle sliced almonds on top.

4. Microwave one mug at a time on high for 1 minute 30 seconds. Check doneness—cake should spring back when touched. If needed, microwave in 15-second increments.
5. Let cool for 2 minutes before serving.

SERVING SUGGESTIONS:

- Dust with powdered sugar or drizzle with extra honey
- Serve with fresh orange segments on the side
- Top with a dollop of Greek yogurt

Nutritional Value (per serving):

Calories: 180 kcal | Protein: 6 g | Fat: 10 g (Saturated Fat: 1.5 g) |
Carbohydrates: 18 g | Fiber: 2 g | Sodium: 90 mg | Potassium: 120 mg

DATE & NUT ENERGY BALLS

 **Prep Time:** 15 minutes

 **Cooking Time:** 15 minutes
(includes chilling)

 **Servings:** 2

Naturally sweet energy bites packed with Mediterranean-inspired ingredients like dates, nuts, and warm spices. No baking required, with a perfect balance of chewiness and crunch.



INGREDIENTS:

- ½ cup (75 g) pitted Medjool dates
- ¼ cup (30 g) mixed nuts (walnuts/almonds)
- 1 tbsp (8 g) rolled oats

- ½ tsp (1 g) ground cinnamon
- ¼ tsp (0.5 g) ground cardamom
- 1 tsp (5 ml) lemon juice
- 1 tbsp (7 g) unsweetened shredded coconut (for coating)

INSTRUCTIONS:

1. Soak dates in warm water for 5 minutes if they're not soft. Drain well.
2. Pulse nuts in a food processor until coarsely chopped. Remove half and set aside.
3. Add dates, oats, cinnamon, cardamom, and lemon juice to remaining nuts in processor. Blend until a sticky paste forms.

4. Mix in reserved chopped nuts by hand. Divide mixture into 8 portions (about 1 tbsp / 15 g each). Roll into balls.
5. Spread coconut on a plate. Roll each ball lightly in coconut to coat.
6. Chill for 15 minutes before serving to firm up.

SERVING SUGGESTIONS:

- Serve with fresh mint leaves and orange slices
- Drizzle with dark chocolate for extra indulgence

Nutritional Value (per serving):

Calories: 210 kcal | Protein: 3 g | Fat: 8 g (Saturated Fat: 1.5 g) |
Carbohydrates: 35 g | Fiber: 5 g | Sodium: 5 mg | Potassium: 320 mg

HONEY-DRIZZLED PHYLLO CRISPS

Prep Time: 5 minutes
Cooking Time: 10 minutes
Servings: 2

Delicate layers of crisp phyllo pastry lightly sweetened with honey and cinnamon, inspired by Mediterranean traditions. A light yet satisfying dessert that comes together in minutes.



INGREDIENTS:

- 4 sheets phyllo dough (9x14-inch / 23x35 cm), thawed
- 2 tbsp (30 ml) olive oil
- 2 tbsp (30 ml) honey
- ¼ tsp (0.5 g) ground cinnamon

- 2 tbsp (15 g) chopped pistachios
- 1 tsp (5 ml) orange blossom water (optional)

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Lay one phyllo sheet on a clean surface (keep others covered with a damp towel). Brush lightly with olive oil. Layer a second sheet on top and brush again. Repeat with remaining sheets.
3. Cut stacked phyllo into 8 rectangles (about 3x4 inches / 7x10 cm each). Place on baking sheet.

4. Bake for 8-10 minutes until golden and crisp, rotating sheet halfway through.
5. While warm, drizzle with honey mixed with orange blossom water (if using). Sprinkle with cinnamon and pistachios.

SERVING SUGGESTIONS:

- Serve with fresh figs or sliced peaches
- Accompany with Greek yogurt for dipping

Nutritional Value (per serving):

Calories: 240 kcal | Protein: 3 g | Fat: 12 g (Saturated Fat: 2 g) |
 Carbohydrates: 32 g | Fiber: 1 g | Sodium: 150 mg | Potassium: 100 mg

RICOTTA & BERRY PARFAIT

Prep Time: 10 minutes
Cooking Time: 15 minutes
 (includes chilling)
Servings: 2

A light Mediterranean-inspired dessert featuring creamy ricotta, fresh berries, and a touch of honey layered in elegant glasses. Ready in minutes with no cooking required.



INGREDIENTS:

- 1 cup (250 g) whole milk ricotta cheese
- 1 cup (150 g) mixed fresh berries (strawberries, blueberries, raspberries)

- 2 tbsp (30 ml) honey
- ½ tsp (1 g) vanilla extract
- ¼ tsp (0.5 g) lemon zest
- 2 tbsp (15 g) toasted sliced almonds
- ½ tsp (1 g) ground cinnamon

INSTRUCTIONS:

1. In a bowl, whisk together ricotta, 1 tbsp (15 ml) honey, vanilla extract, and lemon zest until smooth.
2. Divide half the ricotta mixture between two serving glasses (8 oz/240 ml capacity).
3. Layer half the mixed berries over the ricotta in each glass.
4. Repeat with remaining ricotta mixture and berries.

5. Drizzle each parfait with remaining 1 tbsp (15 ml) honey and sprinkle with almonds and cinnamon.
6. Chill for 15 minutes before serving to allow flavors to meld.

SERVING SUGGESTIONS:

- Garnish with fresh mint leaves.
- Serve with almond biscotti on the side.
- Add a sprinkle of granola for extra crunch.

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 12 g | Fat: 14 g (Saturated Fat: 7 g) |
 Carbohydrates: 28 g | Fiber: 3 g | Sodium: 80 mg | Potassium: 220 mg

CHOCOLATE-DIPPED FIGS

-  **Prep Time:** 10 minutes
 **Cooking Time:** 15 minutes
 (includes chilling)
 **Servings:** 2



INGREDIENTS:

- 6 fresh figs (about 1 cup / 150 g), stems trimmed, halved lengthwise
- ½ cup (90 g) dark chocolate chips (70% cacao)

A luxurious yet effortless Mediterranean-inspired dessert showcasing ripe figs dipped in rich dark chocolate and sprinkled with crunchy crushed pistachios. Elegant enough for special occasions, yet simple enough for a delightful weeknight treat.

- 1 tsp (5 ml) coconut oil
- 2 tbsp (15 g) shelled pistachios, finely chopped
- Pinch of sea salt

INSTRUCTIONS:

1. Line a baking sheet with parchment paper. Arrange fig halves cut-side up.
2. Combine chocolate chips and coconut oil in a microwave-safe bowl. Microwave in 30-second intervals, stirring between each, until fully melted (about 1 minute total).
3. Holding each fig half by the stem end, dip the cut side into melted chocolate to coat halfway. Allow excess to drip off.

4. Place dipped figs on prepared sheet. Immediately sprinkle with pistachios and a tiny pinch of sea salt.
5. Refrigerate for 15 minutes until chocolate sets.




SERVING SUGGESTIONS:

- Drizzle with extra melted chocolate before serving
- Serve with a small glass of dessert wine
- Accompany with mascarpone cheese for dipping

Nutritional Value (per serving):

Calories: 240 kcal | Protein: 3 g | Fat: 12 g (Saturated Fat: 6 g) |
 Carbohydrates: 35 g | Fiber: 5 g | Sodium: 25 mg | Potassium: 400 mg

PISTACHIO & ROSEWATER SEMOLINA PUDDING

-  **Prep Time:** 5 minutes
 **Cooking Time:** 15 minutes (plus
 10 minutes chilling)
 **Servings:** 2



INGREDIENTS:

- 1 cup (240 ml) whole milk
- ¼ cup (45 g) fine semolina
- 2 tbsp (25 g) sugar
- 1 tsp (5 ml) rosewater
- ½ tsp (2 ml) vanilla extract

A fragrant Mediterranean dessert featuring creamy semolina infused with rosewater and topped with crushed pistachios. Light yet satisfying, with a delicate floral aroma.

- 2 tbsp (15 g) shelled pistachios, finely chopped
- ½ tsp (1 g) ground cardamom
- 1 tsp (5 ml) honey (for drizzling)

INSTRUCTIONS:

1. In a small saucepan, heat milk over medium heat until steaming but not boiling (about 3 minutes).
2. Whisk in semolina and sugar. Cook for 5-6 minutes, stirring constantly, until thickened to a pudding consistency.
3. Remove from heat. Stir in rosewater and vanilla extract.
4. Divide mixture between two small serving bowls (about ½ cup / 120 ml each). Smooth tops with the back of a spoon.

5. Sprinkle with pistachios and cardamom. Drizzle lightly with honey.
6. Chill for 10 minutes to set before serving.

SERVING SUGGESTIONS:

- Garnish with edible rose petals (if available)
- Serve with a side of fresh berries
- Accompany with mint tea

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 7 g | Fat: 6 g (Saturated Fat: 2.5 g) |
 Carbohydrates: 35 g | Fiber: 2 g | Sodium: 50 mg | Potassium: 250 mg

LEMON OLIVE OIL COOKIES

Prep Time: 10 minutes
Cooking Time: 12 minutes
Servings: 2

Delicate Mediterranean-inspired cookies with bright lemon flavor and rich olive oil, featuring a tender crumb and crisp edges. Quick to prepare with simple, wholesome ingredients.

**INGREDIENTS:**

- ½ cup (60 g) all-purpose flour
- 2 tbsp (25 g) sugar
- 1 tbsp (15 ml) extra virgin olive oil
- 1 tbsp (15 ml) fresh lemon juice

- ½ tsp (2 g) lemon zest
- ¼ tsp (1 g) baking powder
- Pinch of salt
- 1 tbsp (15 ml) milk

INSTRUCTIONS:

1. Preheat oven to 350°F (175°C). Line a small baking sheet with parchment paper.
2. In a bowl, whisk together flour, sugar, baking powder, and salt.
3. Add olive oil, lemon juice, lemon zest, and milk. Stir until a soft dough forms.
4. Divide dough into 6 equal portions (about 1 tbsp / 15 g each). Roll into balls and flatten slightly to ½-inch (1 cm) thick discs.

5. Arrange on baking sheet, spacing 2 inches (5 cm) apart. Bake for 10-12 minutes until edges are lightly golden.
6. Cool on sheet for 2 minutes, then transfer to a wire rack.

SERVING SUGGESTIONS:

- Dust with powdered sugar before serving.
- Serve with fresh berries or citrus segments.
- Pair with herbal tea or espresso.

**Nutritional Value
(per serving):**

Calories: 180 kcal | Protein: 2 g | Fat: 7 g (Saturated Fat: 1 g) |
 Carbohydrates: 28 g | Fiber: 1 g | Sodium: 85 mg | Potassium: 40 mg

BAKLAVA YOGURT BARK

Prep Time: 10 minutes
Cooking Time: 0 minutes (plus 20 minutes freezing)
Servings: 2

A Mediterranean-inspired frozen dessert blending creamy Greek yogurt with the warm, classic flavors of baklava—honey, walnuts, and cinnamon. No baking needed, and ready in under 30 minutes.

**INGREDIENTS:**

- 1 cup (240 g) Greek yogurt (2% or whole milk)
- 2 tbsp (30 ml) honey (divided)
- ¼ tsp (0.5 g) ground cinnamon
- ¼ tsp (1 ml) vanilla extract

- 2 tbsp (15 g) walnuts, finely chopped
- 1 tbsp (10 g) pistachios, chopped
- ½ tsp (1 g) orange zest

INSTRUCTIONS:

1. Line a small baking sheet (approx. 8x8in / 20x20 cm) with parchment paper.
2. In a bowl, mix yogurt, 1 tbsp (15 ml) honey, cinnamon, and vanilla until smooth.
3. Spread yogurt mixture evenly on prepared sheet to about ¼-inch (6 mm) thickness.
4. Sprinkle walnuts, pistachios, and orange zest evenly over yogurt. Drizzle with remaining 1 tbsp (15 ml) honey.

5. Freeze for 20 minutes until firm enough to break into pieces.
6. Break or cut into 6-8 irregular pieces. Serve immediately or store frozen.

SERVING SUGGESTIONS:

- Garnish with edible rose petals (if available)
- Serve with fresh figs or dates
- Drizzle with extra honey before serving

**Nutritional Value
(per serving):**

Calories: 210 kcal | Protein: 12 g | Fat: 9 g (Saturated Fat: 2 g) |
 Carbohydrates: 22 g | Fiber: 1 g | Sodium: 40 mg | Potassium: 220 mg

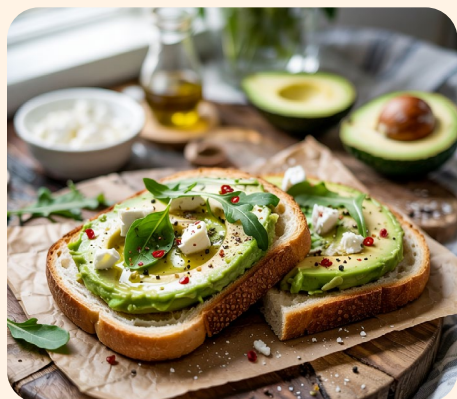
Quick Breakfasts



AVOCADO & FETA TOAST

Prep Time: 5 minutes
Cooking Time: 5 minutes
Servings: 2

A Mediterranean-inspired breakfast featuring creamy avocado, tangy feta, and a hint of lemon on crisp whole grain toast. Packed with healthy fats and ready in minutes.



INGREDIENTS:

- 2 slices whole grain bread
- 1 medium (5 oz / 150 g) ripe avocado
- ¼ cup (40 g) crumbled feta cheese

- 1 tsp (5 ml) lemon juice
- ½ tsp (1 g) red pepper flakes
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 1 tbsp (15 ml) extra virgin olive oil
- ½ cup (15 g) arugula

INSTRUCTIONS:

1. Toast bread until golden and crisp.
2. Halve and pit the avocado. Scoop flesh into a bowl and mash roughly with lemon juice, salt, and black pepper.
3. Spread avocado mixture evenly on toast slices.

4. Top with crumbled feta, arugula, and red pepper flakes.
5. Drizzle with olive oil just before serving.

SERVING SUGGESTIONS:

- Serve with cherry tomatoes on the side
- Add a poached egg for extra protein
- Sprinkle with everything bagel seasoning

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 8 g | Fat: 20 g (Saturated Fat: 5 g) |
 Carbohydrates: 22 g | Fiber: 8 g | Sodium: 600 mg | Potassium: 500 mg

GREEK YOGURT PANCAKES

Prep Time: 5 minutes
Cooking Time: 10 minutes
Servings: 2

Fluffy, protein-rich pancakes with a Mediterranean twist, featuring Greek yogurt for tenderness and a subtle tang. Light yet satisfying, ready in under 20 minutes.



INGREDIENTS:

- ½ cup (60 g) all-purpose flour
- ½ tsp (2 g) baking powder
- ¼ tsp (1.5 g) baking soda
- 1 tbsp (12 g) sugar
- 1 large egg

- ½ cup (120 g) Greek yogurt (2% or whole milk)
- 2 tbsp (30 ml) milk
- ½ tsp (2 ml) vanilla extract
- 1 tbsp (15 ml) olive oil (for cooking)

INSTRUCTIONS:

1. In a bowl, whisk together flour, baking powder, baking soda, and sugar.
2. In another bowl, beat egg, then whisk in yogurt, milk, and vanilla until smooth.
3. Gently fold wet ingredients into dry ingredients until just combined (small lumps are okay).
4. Heat ½ tbsp (7 ml) olive oil in a non-stick skillet over medium-low heat.

5. Pour 2 tbsp (30 ml) batter per pancake, cooking 3-4 at a time. Cook for 2-3 minutes until bubbles form on surface.
6. Flip and cook 1-2 minutes more until golden. Repeat with remaining batter, adding remaining oil as needed.

SERVING SUGGESTIONS:

- Drizzle with honey and sprinkle with chopped walnuts
- Serve with fresh berries or sliced bananas
- Dust lightly with powdered sugar

Nutritional Value (per serving):

Calories: 240 kcal | Protein: 12 g | Fat: 9 g (Saturated Fat: 2 g) |
 Carbohydrates: 28 g | Fiber: 1 g | Sodium: 320 mg | Potassium: 180 mg

MEDITERRANEAN EGG SCRAMBLE WITH SPINACH & FETA

 **Prep Time:** 5 minutes
 **Cooking Time:** 10 minutes
 **Servings:** 2

A protein-packed breakfast featuring fluffy scrambled eggs with wilted spinach, tomatoes, and creamy feta cheese. Inspired by Mediterranean flavors and ready in 15 minutes.



INGREDIENTS:

- 4 large eggs
- 1 cup (30 g) fresh spinach, roughly chopped
- ½ cup (75 g) cherry tomatoes, halved

- ¼ cup (40 g) crumbled feta cheese
- 2 tbsp (30 ml) olive oil
- 1 tbsp (10 g) red onion, finely diced
- 1 tsp (5 g) garlic, minced
- ½ tsp (1 g) dried oregano
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 1 tbsp (5 g) fresh parsley, chopped

INSTRUCTIONS:

1. Heat olive oil in a non-stick skillet over medium heat. Add red onion and sauté for 2 minutes until softened.
2. Add garlic and cherry tomatoes, cooking for 1 minute until fragrant.

3. Stir in spinach and cook for 1-2 minutes until just wilted.
4. In a bowl, whisk eggs with oregano, salt, and black pepper. Pour into skillet.
5. Cook gently, stirring occasionally, for 3-4 minutes until the eggs are softly set but still creamy.
6. Remove from heat and gently fold in the feta cheese. Garnish with fresh parsley before serving.

SERVING SUGGESTIONS:

- Serve with toasted whole grain bread
- Top with sliced avocado or kalamata olives
- Sprinkle with red pepper flakes for heat

Nutritional Value (per serving):

Calories: 290 kcal | Protein: 16 g | Fat: 23 g (Saturated Fat: 7 g) | Carbohydrates: 6 g | Fiber: 2 g | Sodium: 650 mg | Potassium: 380 mg

POACHED EGGS WITH SPINACH & FETA

 **Prep Time:** 5 minutes
 **Cooking Time:** 10 minutes
 **Servings:** 2

A light yet protein-packed Mediterranean breakfast featuring perfectly poached eggs nestled atop wilted garlic spinach, finished with creamy feta and a drizzle of golden olive oil.



INGREDIENTS:

- 4 large eggs
- 2 cups (60 g) fresh spinach
- ¼ cup (40 g) crumbled feta cheese
- 1 tbsp (15 ml) white vinegar
- 1 tbsp (15 ml) olive oil

- 1 tsp (5 g) garlic, minced
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- ½ tsp (1 g) dried oregano

INSTRUCTIONS:

1. Fill a medium saucepan with 3 inches (7.5 cm) of water. Add vinegar and bring to a gentle simmer (small bubbles, not boiling).
2. Meanwhile, heat olive oil in a skillet over medium heat. Add garlic and cook for 30 seconds until fragrant.
3. Add spinach and cook for 1-2 minutes until just wilted. Season with salt, pepper, and oregano. Divide between two plates.

4. Crack eggs one at a time into a small bowl, then gently slide them into simmering water. Poach for 3-4 minutes for runny yolks.
5. Remove eggs with a slotted spoon, draining well. Place two eggs over each spinach portion.
6. Sprinkle with feta cheese and drizzle with additional olive oil if desired.

SERVING SUGGESTIONS:

- Serve with toasted whole grain bread.
- Garnish with cherry tomatoes or avocado slices.
- Add a pinch of red pepper flakes for heat.

Nutritional Value (per serving):

Calories: 240 kcal | Protein: 14 g | Fat: 18 g (Saturated Fat: 6 g) | Carbohydrates: 4 g | Fiber: 1 g | Sodium: 650 mg | Potassium: 320 mg

MEDITERRANEAN BREAKFAST BURRITO

Prep Time: 5 minutes
Cooking Time: 10 minutes
Servings: 2



INGREDIENTS:

- 2 (8-inch / 20 cm) whole wheat tortillas
- 4 large eggs
- ½ cup (50 g) fresh spinach, chopped
- ¼ cup (40 g) crumbled feta cheese

A protein-packed breakfast wrap featuring scrambled eggs, spinach, feta, and sun-dried tomatoes wrapped in a whole wheat tortilla. Bursting with Mediterranean flavors and ready in 15 minutes.

- 2 tbsp (20 g) sun-dried tomatoes, chopped
- 2 tbsp (30 ml) olive oil (divided)
- 1 tsp (5 g) garlic, minced
- ½ tsp (1 g) dried oregano
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper

INSTRUCTIONS:

1. Heat 1 tbsp (15 ml) olive oil in a non-stick skillet over medium heat. Add garlic and sauté for 30 seconds until fragrant.
2. Add spinach and cook for 1-2 minutes until wilted. Transfer to a plate.
3. In the same skillet, heat remaining 1 tbsp (15 ml) olive oil. Whisk eggs with oregano, salt, and pepper, then pour into skillet.

4. Cook eggs, stirring gently, for 2-3 minutes until softly set. Stir in sun-dried tomatoes during the last 30 seconds.
5. Warm tortillas in a dry skillet for 30 seconds per side. Divide egg mixture between tortillas, top with spinach and feta.
6. Fold sides inward and roll tightly to form burritos.

SERVING SUGGESTIONS:

- Serve with Greek yogurt or tzatziki for dipping.
- Add sliced avocado or kalamata olives.
- Drizzle with hot sauce or harissa.

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 18 g | Fat: 25 g (Saturated Fat: 7 g) |
 Carbohydrates: 25 g | Fiber: 4 g | Sodium: 800 mg | Potassium: 400 mg

WARM FIG & ALMOND BREAKFAST COUSCOUS

Prep Time: 5 minutes
Cooking Time: 10 minutes
Servings: 2



INGREDIENTS:

- ½ cup (90 g) whole-wheat couscous
- ¾ cup (180 ml) water or unsweetened almond milk (for creamier texture)
- ¼ tsp (1 g) ground cinnamon

A quick Mediterranean-inspired breakfast featuring fluffy whole-wheat couscous, fresh figs, toasted almonds, and a drizzle of honey. Ready in just 15 minutes, this dish beautifully balances natural sweetness, nutty crunch, and warm spices.

- ⅛ tsp (0.5 g) salt
 - 1 tsp (5 ml) vanilla extract
 - 1 tbsp (15 ml) honey (or maple syrup for vegan option)
 - ½ cup (80 g) fresh figs, stems removed, sliced into quarters
 - 2 tbsp (15 g) sliced almonds, lightly toasted
 - 1 tsp (5 ml) extra virgin olive oil
 - ½ tsp (1 g) lemon zest (optional, for brightness)
2. While couscous rests, heat a small dry skillet over medium-low heat. Toast almonds for 2-3 minutes, stirring frequently, until golden. Set aside.
 3. Gently fold vanilla extract and honey into the couscous. Divide between two bowls.
 4. Top each serving with figs, toasted almonds, a drizzle of olive oil, and lemon zest (if using).

INSTRUCTIONS:

1. In a small saucepan, bring water or almond milk to a boil. Stir in couscous, cinnamon, and salt. Remove from heat, cover, and let sit for 5 minutes until liquid is absorbed. Fluff with a fork.

SERVING SUGGESTIONS:

- Swap figs for ½ cup (75 g) diced pear or 2 tbsp (20 g) raisins soaked in warm water.
- Add 1 tbsp (10 g) shelled pistachios for extra crunch.
- Serve with a dollop of Greek yogurt for protein.

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 7 g | Fat: 8 g (Saturated Fat: 1 g) |
 Carbohydrates: 48 g | Fiber: 6 g | Sodium: 150 mg | Potassium: 25 0mg

TOMATO & HERB FRITTATA

Prep Time: 5 minutes
Cooking Time: 15 minutes
Servings: 2



A light, fluffy Mediterranean-style frittata packed with ripe tomatoes, fresh herbs, and creamy feta. Perfect for a protein-rich breakfast that's ready in 20 minutes.

- 1 tbsp (3 g) fresh chives, snipped
- 1 tsp (5 g) garlic, minced
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5g) black pepper

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C). In a medium bowl, whisk eggs with salt and pepper until fully blended.
2. Heat 1 tbsp (15 ml) olive oil in a 6-inch (15 cm) oven-safe skillet over medium-low heat. Add garlic and sauté for 30 seconds until fragrant.
3. Add cherry tomatoes and cook for 2 minutes, stirring gently, until slightly softened. Pour in the whisked eggs, ensuring they spread evenly across the skillet.
4. Sprinkle feta, parsley, and chives evenly over the eggs. Cook undisturbed for 3–4 minutes until edges set.
5. Transfer the skillet to the oven and bake for 6–8 minutes until the center is just set. Remove and let cool for 1 minute.
6. Drizzle with remaining 1 tbsp (15 ml) olive oil, then slice into wedges.

INGREDIENTS:

- 4 large eggs
- ½ cup (75 g) cherry tomatoes, halved
- ¼ cup (25 g) crumbled feta cheese
- 2 tbsp (30 ml) olive oil, divided
- 2 tbsp (8 g) fresh parsley, finely chopped

SERVING SUGGESTIONS:

- Serve with ½ cup (30g) arugula tossed in lemon juice.
- Pair with whole-grain toasts drizzled with olive oil.
- Garnish with extra fresh herbs or red pepper flakes for heat.

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 15 g | Fat: 22 g (Saturated Fat: 6 g) | Carbohydrates: 4 g | Fiber: 1 g | Sodium: 550 mg | Potassium: 240 mg

ALMOND BUTTER & BANANA TOAST

Prep Time: 5 minutes
Cooking Time: 0 minutes
Servings: 2



A protein-packed Mediterranean-inspired breakfast toast with creamy almond butter, fresh banana slices, and a touch of honey. Ready in 5 minutes for a nourishing start to the day.

- ½ tsp (1 g) ground cinnamon
- 1 tbsp (8 g) chopped almonds, lightly toasted
- Pinch of sea salt

INSTRUCTIONS:

1. Toast the bread slices until golden and crisp.
2. Spread 2 tbsp (32 g) almond butter evenly on each toast slice.
3. Arrange banana slices in a single layer over the almond butter.
4. Drizzle each toast with ½ tsp (2.5 ml) honey and sprinkle with ¼ tsp (0.5 g) cinnamon.
5. Top with chopped almonds and a pinch of sea salt.

SERVING SUGGESTIONS:

- Add 1 tsp (5 g) chia seeds for extra fiber.
- Substitute almond butter with ¼ cup (64 g) tahini for a savory twist.
- Pair with ½ cup (120 ml) Greek yogurt drizzled with olive oil.

INGREDIENTS:

- 2 slices whole-grain bread
- ¼ cup (64 g) almond butter
- ½ cup banana (100 g), sliced into ¼-inch (6 mm) rounds
- 1 tsp (5 ml) honey

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 10 g | Fat: 16 g (Saturated Fat: 1.5 g) | Carbohydrates: 38 g | Fiber: 6 g | Sodium: 180 mg | Potassium: 420 mg

QUICK CHEESE & OLIVE MUFFINS

Prep Time: 10 minutes
Cooking Time: 20 minutes
Servings: 2



INGREDIENTS:

- ½ cup (60 g) whole-wheat flour
- ½ tsp (2 g) baking powder
- ¼ tsp (1.5 g) salt
- ⅛ tsp (0.5 g) black pepper
- 1 large egg
- ¼ cup (60 ml) milk

Savory Mediterranean-inspired muffins bursting with feta cheese, Kalamata olives, and fresh herbs. Light and fluffy, they come together in just 30 minutes—perfect for a protein-rich breakfast or satisfying snack.

- 2 tbsp (30 ml) olive oil
- ¼ cup (40 g) crumbled feta cheese
- 2 tbsp (20 g) Kalamata olives, pitted and chopped
- 1 tbsp (3 g) fresh parsley, finely chopped
- 1 tsp (1 g) fresh oregano, minced

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Grease a 6-cup muffin tin or line with paper liners.
2. In a medium bowl, whisk together flour, baking powder, salt, and black pepper.
3. In a separate bowl, beat the egg, then stir in milk and olive oil until combined.
4. Pour the wet ingredients into the

dry ingredients and mix until just incorporated (do not overmix).

5. Fold in feta cheese, olives, parsley, and oregano.
6. Divide the batter evenly among 6 muffin cups, filling each halfway.
7. Bake for 18–20 minutes until golden and a toothpick inserted comes out clean.
8. Cool in the pan for 2 minutes, then transfer to a wire rack.

SERVING SUGGESTIONS:

- Serve warm with ¼ cup (60 g) Greek yogurt mixed with lemon zest.
- Drizzle with 1 tsp (5 ml) olive oil and a sprinkle of za'atar.
- Pair with ½ cup (75 g) cherry tomatoes for freshness.

Nutritional Value

(per serving, 3 muffins):

Calories: 320 kcal | Protein: 10 g | Fat: 20 g (Saturated Fat: 5 g) |
 Carbohydrates: 25 g | Fiber: 3 g | Sodium: 800 mg | Potassium: 180 mg

OATMEAL WITH TAHINI & HONEY

Prep Time: 5 minutes
Cooking Time: 10 minutes
Servings: 2



INGREDIENTS:

- 1 cup (80 g) rolled oats
- 2 cups (480 ml) water or unsweetened almond milk

A creamy, nutty Mediterranean-inspired oatmeal bowl featuring tahini's rich flavor, sweet honey, and crunchy toasted sesame seeds. Ready in 15 minutes for a wholesome, energizing breakfast.

- ¼ tsp (1.5 g) salt
- 2 tbsp (30 g) tahini
- 1 tbsp (15 ml) honey
- 1 tsp (5 ml) vanilla extract
- 1 tbsp (9 g) toasted sesame seeds
- ½ tsp (1 g) ground cinnamon

INSTRUCTIONS:

1. Combine oats, water or almond milk, and salt in a small saucepan. Bring to a boil over medium-high heat.
2. Reduce heat to low and simmer for 5–7 minutes, stirring occasionally, until oats are creamy and liquid is absorbed.

3. Remove from heat and stir in tahini, honey, and vanilla extract until fully incorporated.
4. Divide between two bowls. Sprinkle each serving with sesame seeds and cinnamon.

SERVING SUGGESTIONS:

- Top with ½ cup (75 g) fresh berries or 1 tbsp (10 g) chopped dates for natural sweetness.
- Drizzle with extra tahini for richness.
- Add 1 tbsp (15 g) chopped walnuts for crunch.

Nutritional Value

(per serving):

Calories: 290 kcal | Protein: 8 g | Fat: 12 g (Saturated Fat: 1.5 g) |
 Carbohydrates: 38 g | Fiber: 6 g | Sodium: 300 mg | Potassium: 250 mg

30-Day Meal Plan

Week 1

Day	Breakfast	Lunch	Dinner
1	Avocado & Feta Toast	Greek Salad + Hummus Trio	Garlic Butter Salmon + Lemon Garlic Roasted Broccoli
2	Mediterranean Egg Scramble	Tabbouleh + Crispy Halloumi Bites	Spinach & Feta Stuffed Portobellos + Warm Farro Salad
3	Greek Yogurt Pancakes	Lentil & Feta Salad	Quick Chicken Souvlaki Wraps + Cucumber & Avocado Salad
4	Oatmeal with Tahini & Honey	Shakshuka + Herbed Couscous	Seared Scallops + Sautéed Greens
5	Almond Butter & Banana Toast	Caprese Skewers + White Bean Dip	Eggplant Caponata Pasta + Grilled Eggplant
6	Poached Eggs with Spinach	Tuna & White Bean Salad	Moroccan Spiced Chicken Thighs + Bulgur Pilaf
7	Quick Cheese & Olive Muffins	Spanakorizo + Roasted Beet Salad	Mussels in White Wine + Crispy Smashed Potatoes

Week 2

Day	Breakfast	Lunch	Dinner
8	Warm Fig & Almond Couscous	Chickpea & Spinach Salad	Beef & Eggplant Moussaka + Greek Lemon Potatoes
9	Ricotta & Berry Parfait	Mediterranean Quinoa Salad	Grilled Halloumi & Veggie Skewers + Quick Ratatouille
10	Tomato & Herb Frittata	Watermelon & Feta Salad	Lemon Garlic Shrimp & Asparagus + Herbed Couscous
11	Greek Yogurt with Honey	Falafel Wraps + Tahini Dressing	Pork Tenderloin with Figs + Roasted Carrots
12	Mediterranean Breakfast Burrito	Spanish Gazpacho + Sardine Toast	Mushroom & Walnut Bolognese + Lemon Garlic Broccoli
13	Baked Apples with Cinnamon	Quick Minestrone + Marinated Olives	Lamb & Mint Kofta Burgers + Shaved Zucchini Salad
14	Date & Nut Energy Balls	Tomato & White Bean Soup	Baked Cod with Tapenade + Sautéed Greens

Week 3

Day	Breakfast	Lunch	Dinner
15	Chocolate-Dipped Figs	Greek Gyros + Tzatziki	Spanish Garlic Shrimp + Bulgur Pilaf
16	Orange & Almond Cake	Mediterranean Veggie Panini	One-Pan Chicken & Artichokes + Crispy Smashed Potatoes
17	Pistachio & Rosewater Pudding	Lentil & Spinach Soup	Anchovy & Cherry Tomato Spaghetti + Grilled Eggplant
18	Honey-Drizzled Phyllo Crisps	Halloumi & Grilled Veggie Wrap	Greek-Style Grilled Octopus Salad + Warm Farro Salad
19	Baklava Yogurt Bark	Hummus & Roasted Veggie Wrap	Italian Turkey Stuffed Zucchini Boats + Roasted Beet Salad
20	Lemon Olive Oil Cookies	Tuna & Olive Tapenade Flatbread	Lemon Oregano Grilled Chicken + Greek Lemon Potatoes
21	Greek Yogurt with Walnuts	Quick Pita Pizza Margherita	Quick Seafood Paella + Cucumber & Avocado Salad

Week 4

Day	Breakfast	Lunch	Dinner
22	Avocado & Feta Toast	Mediterranean Chickpea Pita	Crispy Chickpea & Spinach Sauté + Roasted Carrots
23	Mediterranean Egg Scramble	Golden Turmeric Rice Soup	Greek Lemon Chicken Skewers + Tabbouleh
24	Greek Yogurt Pancakes	Caprese Flatbread	Fish & Fennel Stew + Herbed Couscous
25	Poached Eggs with Spinach	Moroccan Harira	Lamb & Tzatziki Lavash Roll + Sautéed Greens
26	Almond Butter & Banana Toast	Creamy Cauliflower Soup	Eggplant Caponata Pasta + Grilled Eggplant
27	Warm Fig & Almond Couscous	Spinach & Feta Phyllo Triangles	Garlic Butter Salmon + Lemon Garlic Broccoli
28	Tomato & Herb Frittata	Tuscan Ribollita	Pork Tenderloin with Figs + Roasted Carrots

Week 5

Day	Breakfast	Lunch	Dinner
29	Ricotta & Berry Parfait	Stuffed Grape Leaves + Muhammara	Seared Scallops + Shaved Zucchini Salad
30	Date & Nut Energy Balls	Spanish Gazpacho + Sardine Toast	Mushroom & Walnut Bolognese + Lemon Garlic Broccoli

Shopping Lists

Week 1

Produce

- Avocado, 1 medium (5 oz / 150g)
- Arugula, 1 bag (5 oz / 150g)
- Spinach (fresh), 1 bunch or bag (10 oz / 300g)
- Cherry tomatoes, 1 pint (10 oz / 300g)
- Red onion, 1 medium (4 oz / 120g)
- Garlic, 1 bulb (3 oz / 90g)
- Parsley (fresh), 1 bunch (1 oz / 30g)
- Mint (fresh), 1 bunch (0.5 oz / 15g)
- Basil (fresh), 1 bunch (0.5 oz / 15g)
- Cilantro (fresh), 1 bunch (0.5 oz / 15g)
- Dill (fresh), 1 bunch (0.5 oz / 15g)
- Rosemary (fresh), 1 sprig (0.2 oz / 5g)
- Lemon, 3 count (6 oz / 180g total)
- Banana, 1 medium (4 oz / 120g)
- Cucumber, 1 medium (8 oz / 225g)
- Green bell pepper, 1 medium (5 oz / 150g)
- Scallions, 1 bunch (2 oz / 60g)
- Eggplant, 1 small (12 oz / 350g)
- Broccoli, 1 head (12 oz / 340g)
- Portobello mushrooms, 2 large (8 oz / 225g total)
- Mixed leafy greens (kale/spinach/chard), 1 bag (5 oz / 150g)
- Orange, 1 medium (6 oz / 180g)
- Beets (pre-cooked), 1 small (5 oz / 150g)

Dairy & Eggs

- Feta cheese (crumbled), 1 tub (8 oz / 225g)
- Halloumi cheese, 1 block (8 oz / 225g)
- Mozzarella balls (bocconcini), 1 tub (8 oz / 225g)
- Greek yogurt (2% or whole milk), 1 tub (16 oz / 450g)
- Parmesan cheese (grated), 1 small tub (2 oz / 60g)
- Butter (unsalted), 1 stick (4 oz / 113g)
- Eggs (large), 1 dozen (12 count)

Pantry Staples

- Whole grain bread, 1 loaf (16 oz / 450g)
- Rolled oats, 1 canister (18 oz / 510g)
- All-purpose flour, 1 bag (5 lb / 2.3 kg)
- Whole-wheat flour, 1 bag (2 lb / 900g)
- Bulgur wheat (fine & coarse), 1 bag (16 oz / 450g)
- Couscous, 1 box (10 oz / 280g)
- Long-grain white rice, 1 bag (1 lb / 450g)
- Semi-pearled farro, 1 bag (12 oz / 340g)
- Pasta (penne/rigatoni), 1 box (16 oz / 450g)
- Breadcrumbs, 1 canister (8 oz / 225g)
- Sugar, 1 bag (2 lb / 900g)

- Honey, 1 bottle (12 oz / 340g)
- Vanilla extract, 1 bottle (2 oz / 60ml)
- Olive oil (extra virgin), 1 bottle (16 oz / 500ml)
- Red wine vinegar, 1 bottle (8 oz / 250ml)
- Balsamic glaze, 1 bottle (8 oz / 250ml)
- Tahini, 1 jar (16 oz / 450g)
- Sesame seeds, 1 small bag (2 oz / 60g)
- Red pepper flakes, 1 jar (1 oz / 30g)
- Dried oregano, 1 jar (0.5 oz / 15g)
- Dried thyme, 1 jar (0.5 oz / 15g)
- Dried dill, 1 jar (0.5 oz / 15g)
- Ground cinnamon, 1 jar (1 oz / 30g)
- Ground cumin, 1 jar (1 oz / 30g)
- Smoked paprika, 1 jar (1 oz / 30g)
- Salt (sea/kosher), 1 box (26 oz / 737g)
- Black pepper, 1 grinder (1 oz / 30g)

Canned & Jarred Goods

- Chickpeas, 1 can (15 oz / 425g)
- Cannellini beans, 1 can (15 oz / 425g)
- Crushed tomatoes, 1 can (14 oz / 400g)
- Diced tomatoes, 1 can (14 oz / 400g)
- Tuna in olive oil, 1 can (5 oz / 142g)
- Green olives, 1 jar (6 oz / 170g)
- Kalamata olives, 1 jar (8 oz / 225g)
- Capers, 1 jar (3 oz / 85g)

Meat & Seafood

- Ground turkey (93% lean), 1 lb (16 oz / 450g)
- Chicken breast, 1 lb (16 oz / 450g)
- Chicken thighs, 10 oz (280g)
- Salmon fillets (skin-on), 2 fillets (12 oz / 340g total)
- Sea scallops, 8 large (12 oz / 340g)
- Mussels (fresh), 2 lbs (900g)

Frozen

- Baby potatoes, 1 bag (16 oz / 450g)

Other

- Almond butter, 1 jar (16 oz / 450g)
- Pine nuts, 1 small bag (2 oz / 60g)
- Walnuts, 1 small bag (4 oz / 120g)
- Dried apricots, 1 bag (6 oz / 170g)
- Vegetable broth, 1 carton (32 oz / 1L)
- Chicken broth, 1 carton (32 oz / 1L)
- White wine (dry), 1 bottle (750ml)

Week 2

Produce

- Fresh figs, 6 small (8 oz / 225g total)
- Mixed berries (strawberries, blueberries, raspberries), 1 pint (10 oz / 300g)
- Cherry tomatoes, 1 pint (10 oz / 300g)
- Red onion, 1 medium (4 oz / 120g)
- Garlic, 1 bulb (3 oz / 90g)
- Parsley (fresh), 1 bunch (1 oz / 30g)
- Chives (fresh), 1 bunch (0.5 oz / 15g)
- Mint (fresh), 1 bunch (0.5 oz / 15g)
- Basil (fresh), 1 bunch (0.5 oz / 15g)
- Rosemary (fresh), 1 sprig (0.2 oz / 5g)
- Thyme (fresh), 1 sprig (0.2 oz / 5g)
- Cilantro (fresh), 1 bunch (0.5 oz / 15g)
- Lemon, 3 count (6 oz / 180g total)
- Apples (Honeycrisp or Gala), 2 medium (10 oz / 300g total)
- Medjool dates, 1 package (8 oz / 225g)
- Cucumber, 1 large (12 oz / 340g)
- Red bell pepper, 1 medium (6 oz / 170g)
- Zucchini, 2 medium (16 oz / 450g total)
- Eggplant, 1 medium (12 oz / 340g)
- Carrots, 1 bunch (1 lb / 450g)
- Celery, 1 bunch (8 oz / 225g)
- Asparagus, 1 bunch (8 oz / 225g)
- Baby spinach, 1 bag (5 oz / 150g)
- Mixed leafy greens (kale/spinach/chard), 1 bag (5 oz / 150g)
- Watermelon, 1 small (4 lb / 1.8 kg)
- Yukon Gold potatoes, 3 medium (1 lb / 450g total)
- Cremini mushrooms, 8 oz / 225g

Dairy & Eggs

- Ricotta cheese (whole milk), 1 tub (15 oz / 425g)
- Feta cheese (crumbled), 1 tub (8 oz / 225g)
- Halloumi cheese, 1 block (8 oz / 225g)
- Greek yogurt (plain, 2% or whole), 1 tub (32 oz / 900g)
- Parmesan cheese (grated), 1 small tub (2 oz / 60g)
- Butter (unsalted), 1 stick (4 oz / 113g)
- Milk (2% or whole), 1 quart (32 oz / 1L)
- Eggs (large), 1 dozen (12 count)

Pantry Staples

- Whole-wheat couscous, 1 box (10 oz / 280g)
- Quinoa, 1 bag (12 oz / 340g)
- Whole wheat tortillas, 1 pack (8 count)
- Whole wheat pitas/buns, 1 pack (4 count)
- Whole wheat pasta, 1 box (16 oz / 450g)
- Small pasta (ditalini/shells), 1 box (16 oz / 450g)
- Rolled oats, 1 canister (18 oz / 510g)
- All-purpose flour, 1 bag (5 lb / 2.3 kg)

- Breadcrumbs, 1 canister (8 oz / 225g)
- Honey, 1 bottle (12 oz / 340g)
- Maple syrup, 1 bottle (12 oz / 340g)
- Vanilla extract, 1 bottle (2 oz / 60ml)
- Olive oil (extra virgin), 1 bottle (16 oz / 500ml)
- Balsamic vinegar, 1 bottle (8 oz / 250ml)
- Balsamic glaze, 1 bottle (8 oz / 250ml)
- Sherry vinegar, 1 bottle (8 oz / 250ml)
- Tahini, 1 jar (16 oz / 450g)
- Pine nuts, 1 small bag (2 oz / 60g)
- Walnuts, 1 small bag (4 oz / 120g)
- Sliced almonds, 1 small bag (4 oz / 120g)
- Unsweetened shredded coconut, 1 bag (4 oz / 120g)
- Ground cinnamon, 1 jar (1 oz / 30g)
- Ground cardamom, 1 jar (0.5 oz / 15g)
- Ground cumin, 1 jar (1 oz / 30g)
- Smoked paprika, 1 jar (1 oz / 30g)
- Dried oregano, 1 jar (0.5 oz / 15g)
- Dried thyme, 1 jar (0.5 oz / 15g)
- Dried rosemary, 1 jar (0.5 oz / 15g)
- Red pepper flakes, 1 jar (1 oz / 30g)
- Salt (sea/kosher), 1 box (26 oz / 737g)
- Black pepper, 1 grinder (1 oz / 30g)

Canned & Jarred Goods

- Chickpeas, 2 cans (15 oz / 425g each)
- Cannellini beans, 2 cans (15 oz / 425g each)
- Crushed tomatoes, 1 can (14 oz / 400g)
- Diced tomatoes, 2 cans (14 oz / 400g each)
- Sardines in olive oil, 1 can (4.25 oz / 120g)
- Kalamata olives, 1 jar (8 oz / 225g)
- Mixed olives, 1 jar (8 oz / 225g)
- Green olives, 1 jar (6 oz / 170g)
- Capers, 1 jar (3 oz / 85g)
- Sun-dried tomatoes, 1 jar (8 oz / 225g)
- Tomato paste, 1 tube (4.5 oz / 130g)

Meat & Seafood

- Ground beef (90% lean), 1 lb (16 oz / 450g)
- Ground lamb (85% lean), 1 lb (16 oz / 450g)
- Pork tenderloin, 1 lb (16 oz / 450g)
- Cod fillets, 2 fillets (12 oz / 340g total)
- Large shrimp (peeled/deveined), 10 oz / 300g

Other

- Vegetable broth, 1 carton (32 oz / 1L)
- Beef broth, 1 carton (32 oz / 1L)
- Chicken broth, 1 carton (32 oz / 1L)
- Almond milk (unsweetened), 1 carton (32 oz / 1L)
- Dry white wine, 1 bottle (750ml)

Week 3

Produce

- Fresh figs, 6 small (8 oz / 225g total)
- Cherry tomatoes, 1 pint (10 oz / 300g)
- Red onion, 1 medium (4 oz / 120g)
- Garlic, 1 bulb (3 oz / 90g)
- Parsley (fresh), 1 bunch (1 oz / 30g)
- Dill (fresh), 1 bunch (0.5 oz / 15g)
- Mint (fresh), 1 bunch (0.5 oz / 15g)
- Basil (fresh), 1 bunch (0.5 oz / 15g)
- Rosemary (fresh), 1 sprig (0.2 oz / 5g)
- Thyme (fresh), 1 sprig (0.2 oz / 5g)
- Oregano (fresh), 1 sprig (0.2 oz / 5g)
- Lemon, 4 count (8 oz / 225g total)
- Orange, 1 medium (6 oz / 170g)
- Zucchini, 3 medium (1 lb / 450g total)
- Eggplant, 1 medium (12 oz / 340g)
- Red bell pepper, 2 medium (12 oz / 340g total)
- Cucumber, 2 medium (1 lb / 450g total)
- Carrots, 1 bunch (1 lb / 450g)
- Celery, 1 bunch (8 oz / 225g)
- Baby spinach, 1 bag (5 oz / 150g)
- Baby arugula, 1 bag (5 oz / 150g)
- Mixed leafy greens, 1 bag (5 oz / 150g)
- Yukon Gold potatoes, 1.5 lb (680g)
- Baby potatoes, 1 lb (450g)
- Beets (pre-cooked), 1 small (5 oz / 150g)
- Avocado, 1 medium (6 oz / 170g)
- Watermelon, 1 small (4 lb / 1.8 kg)

Dairy & Eggs

- Greek yogurt (plain, 2% or whole), 1 tub (32 oz / 900g)
- Feta cheese (crumbled), 1 tub (8 oz / 225g)
- Halloumi cheese, 1 block (8 oz / 225g)
- Mozzarella (fresh), 8 oz / 225g
- Parmesan cheese (grated), 1 small tub (2 oz / 60g)
- Pecorino Romano, 1 small wedge (2 oz / 60g)
- Butter (unsalted), 1 stick (4 oz / 113g)
- Eggs (large), 1 dozen (12 count)

Pantry Staples

- Dark chocolate chips (70% cacao), 1 bag (12 oz / 340g)
- Almond flour, 1 bag (8 oz / 225g)
- All-purpose flour, 1 bag (5 lb / 2.3 kg)
- Fine semolina, 1 box (16 oz / 450g)
- Phyllo dough, 1 package (16 oz / 450g)
- Whole wheat tortillas, 1 pack (8 count)
- Whole wheat pita bread, 1 pack (6 count)
- Whole wheat ciabatta rolls, 1 pack (4 count)
- Spaghetti, 1 box (16 oz / 450g)
- Short-grain rice (Bomba/Arborio), 1 bag (16 oz / 450g)
- Bulgur wheat (coarse), 1 bag (16 oz / 450g)
- Semi-pearled farro, 1 bag (16 oz / 450g)
- Dried brown/green lentils, 1 bag (16 oz / 450g)
- Rolled oats, 1 canister (18 oz / 510g)

- Tahini, 1 jar (16 oz / 450g)
- Honey, 1 bottle (12 oz / 340g)
- Maple syrup, 1 bottle (12 oz / 340g)
- Vanilla extract, 1 bottle (2 oz / 60ml)
- Rosewater, 1 bottle (4 oz / 120ml)
- Orange blossom water, 1 bottle (4 oz / 120ml)
- Olive oil (extra virgin), 1 bottle (16 oz / 500ml)
- Balsamic vinegar, 1 bottle (8 oz / 250ml)
- Balsamic glaze, 1 bottle (8 oz / 250ml)
- Red wine vinegar, 1 bottle (8 oz / 250ml)
- Sherry vinegar, 1 bottle (8 oz / 250ml)
- Pine nuts, 1 small bag (2 oz / 60g)
- Walnuts, 1 small bag (4 oz / 120g)
- Pistachios (shelled), 1 small bag (4 oz / 120g)
- Sliced almonds, 1 small bag (4 oz / 120g)
- Ground cinnamon, 1 jar (1 oz / 30g)
- Ground cardamom, 1 jar (0.5 oz / 15g)
- Smoked paprika, 1 jar (1 oz / 30g)
- Dried oregano, 1 jar (0.5 oz / 15g)
- Dried thyme, 1 jar (0.5 oz / 15g)
- Dried basil, 1 jar (0.5 oz / 15g)
- Red pepper flakes, 1 jar (1 oz / 30g)
- Saffron threads, 1 small jar (0.1 oz / 3g)
- Salt (sea/kosher), 1 box (26 oz / 737g)
- Black pepper, 1 grinder (1 oz / 30g)

Canned & Jarred Goods

- Canned tuna in olive oil, 2 cans (5 oz / 142g each)
- Anchovy fillets, 1 small can (2 oz / 60g)
- Marinated artichoke hearts, 1 jar (12 oz / 340g)
- Roasted red bell peppers, 1 jar (12 oz / 340g)
- Kalamata olives, 1 jar (8 oz / 225g)
- Green olives, 1 jar (6 oz / 170g)
- Capers, 1 jar (3 oz / 85g)
- Crushed tomatoes, 1 can (14 oz / 400g)
- Diced tomatoes, 2 cans (14 oz / 400g each)
- Canned chickpeas, 2 cans (15 oz / 425g each)
- Hummus, 1 tub (10 oz / 280g)

Meat & Seafood

- Boneless chicken thighs, 1 lb (16 oz / 450g)
- Boneless chicken breasts, 10 oz (280g)
- Ground turkey (93% lean), 1 lb (16 oz / 450g)
- Large shrimp (peeled/deveined), 1 lb (16 oz / 450g)
- Mussels, 1 lb (16 oz / 450g)
- Octopus tentacles, 1 lb (16 oz / 450g)

Frozen

- Frozen peas, 1 bag (12 oz / 340g)

Other

- Vegetable broth, 1 carton (32 oz / 1L)
- Seafood broth, 1 carton (32 oz / 1L)
- Coconut oil, 1 jar (16 oz / 450g)
- Tzatziki sauce, 1 tub (10 oz / 280g)

Week 4

Produce

- Avocado, 1 medium (5 oz / 150g)
- Arugula, 1 bag (5 oz / 150g)
- Spinach (fresh), 1 bunch or bag (10 oz / 300g)
- Kale, 1 bunch (8 oz / 225g)
- Mixed leafy greens, 1 bag (5 oz / 150g)
- Romaine lettuce, 1 head (12 oz / 340g)
- Cherry tomatoes, 1 pint (10 oz / 300g)
- Red onion, 2 medium (8 oz / 225g total)
- Yellow onion, 1 medium (4 oz / 120g)
- Garlic, 1 bulb (3 oz / 90g)
- Parsley (fresh), 1 bunch (1 oz / 30g)
- Cilantro (fresh), 1 bunch (0.5 oz / 15g)
- Mint (fresh), 1 bunch (0.5 oz / 15g)
- Dill (fresh), 1 bunch (0.5 oz / 15g)
- Basil (fresh), 1 bunch (0.5 oz / 15g)
- Rosemary (fresh), 1 sprig (0.2 oz / 5g)
- Thyme (fresh), 1 sprig (0.2 oz / 5g)
- Chives (fresh), 1 bunch (0.5 oz / 15g)
- Lemon, 4 count (8 oz / 225g total)
- Banana, 1 medium (4 oz / 120g)
- Figs (fresh), 6 small (8 oz / 225g total)
- Cucumber, 2 medium (1 lb / 450g total)
- Red bell pepper, 2 medium (12 oz / 340g total)
- Carrots, 1 bunch (1 lb / 450g)
- Celery, 1 bunch (8 oz / 225g)
- Fennel bulb, 1 medium (8 oz / 225g)
- Cauliflower, 1 small head (1.5 lb / 680g)
- Broccoli, 1 head (12 oz / 340g)
- Eggplant, 2 small (1.5 lb / 680g total)
- Zucchini, 1 medium (8 oz / 225g)

Dairy & Eggs

- Feta cheese (crumbled), 1 tub (8 oz / 225g)
- Mozzarella (fresh), 8 oz / 225g
- Parmesan cheese (grated), 1 small tub (2 oz / 60g)
- Greek yogurt (plain, 2% or whole), 1 tub (32 oz / 900g)
- Butter (unsalted), 1 stick (4 oz / 113g)
- Eggs (large), 1 dozen (12 count)

Meat & Seafood

- Salmon fillets (skin-on), 2 fillets (12 oz / 340g total)
- White fish (cod/halibut), 10 oz / 280g
- Chicken breast (boneless), 1 lb (16 oz / 450g)
- Ground lamb, 1 lb (16 oz / 450g)
- Pork tenderloin, 1 lb (16 oz / 450g)

Pantry Staples

- Whole grain bread, 1 loaf (16 oz / 450g)
- Whole wheat pita, 1 pack (6 count)
- Whole wheat flatbread/naan, 1 pack (4 count)
- Lavash bread, 2 sheets (10 oz / 280g total)
- All-purpose flour, 1 bag (5 lb / 2.3 kg)
- Whole-wheat couscous, 1 box (10 oz / 280g)
- Bulgur wheat (fine), 1 bag (16 oz / 450g)
- Couscous, 1 box (10 oz / 280g)
- Penne/rigatoni pasta, 1 box (16 oz / 450g)
- Almond flour, 1 bag (8 oz / 225g)
- Phyllo dough, 1 package (16 oz / 450g)
- Almond butter, 1 jar (16 oz / 450g)
- Tahini, 1 jar (16 oz / 450g)
- Basil pesto, 1 jar (8 oz / 225g)
- Honey, 1 bottle (12 oz / 340g)
- Maple syrup, 1 bottle (12 oz / 340g)
- Vanilla extract, 1 bottle (2 oz / 60ml)
- Olive oil (extra virgin), 1 bottle (16 oz / 500ml)
- Balsamic vinegar, 1 bottle (8 oz / 250ml)
- Balsamic glaze, 1 bottle (8 oz / 250ml)
- Red wine vinegar, 1 bottle (8 oz / 250ml)
- Sliced almonds, 1 small bag (4 oz / 120g)
- Pine nuts, 1 small bag (2 oz / 60g)
- Walnuts, 1 small bag (4 oz / 120g)
- Ground cinnamon, 1 jar (1 oz / 30g)
- Ground cumin, 1 jar (1 oz / 30g)
- Smoked paprika, 1 jar (1 oz / 30g)
- Dried oregano, 1 jar (0.5 oz / 15g)
- Dried thyme, 1 jar (0.5 oz / 15g)
- Dried dill, 1 jar (0.5 oz / 15g)
- Fennel seeds, 1 jar (0.5 oz / 15g)
- Red pepper flakes, 1 jar (1 oz / 30g)
- Salt (sea/kosher), 1 box (26 oz / 737g)
- Black pepper, 1 grinder (1 oz / 30g)

Canned & Jarred Goods

- Chickpeas, 3 cans (15 oz / 425g each)
- Cannellini beans, 1 can (15 oz / 425g)
- Brown lentils (cooked), 1 can (15 oz / 425g)
- Diced tomatoes, 2 cans (14 oz / 400g each)
- Green olives, 1 jar (6 oz / 170g)
- Kalamata olives, 1 jar (8 oz / 225g)
- Capers, 1 jar (3 oz / 85g)

Other

- Vegetable broth, 1 carton (32 oz / 1L)
- Chicken broth, 1 carton (32 oz / 1L)
- Fish broth, 1 carton (32 oz / 1L)
- Unsweetened almond milk, 1 carton (32 oz / 1L)

Week 5

Produce

- Mixed berries (strawberries, blueberries, raspberries), 1 pint (12 oz/340g)
- Medjool dates, 1 package (8 oz/225g)
- Yellow onion, 1 medium (4 oz/120g)
- Red onion, 1 medium (4 oz/120g)
- Garlic, 1 bulb (3 oz/90g)
- Fresh dill, 1 bunch (0.5 oz/15g)
- Fresh mint, 1 bunch (0.5 oz/15g)
- Fresh parsley, 1 bunch (1 oz/30g)
- Fresh thyme, 1 sprig (0.2 oz/5g)
- Fresh basil, 1 bunch (0.5 oz/15g)
- Lemon, 2 count (6 oz/180g total)
- Avocado, 1 medium (5 oz/150g)
- Ripe tomatoes, 3 medium (1 lb/450g total)
- Cucumber, 1 large (12 oz/340g)
- Red bell pepper, 1 large (8 oz/225g)
- Zucchini, 2 medium (1 lb/450g total)
- Cremini mushrooms, 8 oz/225g
- Carrot, 1 medium (4 oz/120g)
- Celery, 2 stalks (4 oz/120g)
- Broccoli florets, 1 head (12 oz/340g)

Dairy & Refrigerated

- Whole milk ricotta cheese, 1 tub (15 oz/425g)
- Parmesan cheese (shaved), 1 small package (2 oz/60g)
- Unsalted butter, 1 stick (4 oz/113g)

Meat & Seafood

- Sea scallops, 12 oz/340g (about 8 large)
- Sardines in olive oil, 1 can (4.25 oz/120g)

Pantry Staples

- Whole grain sourdough bread, 1 loaf (16 oz/450g)
- Whole wheat pasta, 1 box (16 oz/450g)
- Short-grain white rice, 1 bag (16 oz/450g)
- Rolled oats, 1 canister (18 oz/510g)
- Mixed nuts (walnuts/almonds), 1 bag (8 oz/225g)
- Walnuts, 1 small bag (4 oz/120g)
- Pine nuts, 1 small bag (2 oz/60g)
- Unsweetened shredded coconut, 1 bag (4 oz/120g)
- Grape leaves (jarred), 1 jar (16 oz/450g)
- Roasted red peppers (jarred), 1 jar (12 oz/340g)
- Honey, 1 bottle (12 oz/340g)
- Pomegranate molasses, 1 bottle (8 oz/225g)
- Vanilla extract, 1 bottle (2 oz/60ml)
- Olive oil (extra virgin), 1 bottle (16 oz/500ml)
- Sherry vinegar, 1 bottle (8 oz/250ml)
- Balsamic vinegar, 1 bottle (8 oz/250ml)
- Tomato paste, 1 tube (4.5 oz/130g)
- Ground cinnamon, 1 jar (1 oz/30g)
- Ground cardamom, 1 jar (0.5 oz/15g)
- Ground cumin, 1 jar (1 oz/30g)
- Smoked paprika, 1 jar (1 oz/30g)
- Dried oregano, 1 jar (0.5 oz/15g)
- Dried thyme, 1 jar (0.5 oz/15g)
- Red pepper flakes, 1 jar (1 oz/30g)
- Chili flakes, 1 jar (1 oz/30g)
- Salt (sea/kosher), 1 box (26 oz/737g)
- Black pepper, 1 grinder (1 oz/30g)

Canned & Jarred Goods

- Crushed tomatoes, 1 can (14 oz/400g)
- Vegetable broth, 1 carton (32 oz/1L)



Conclusion: Celebrate the Mediterranean Way

And just like that, you're ready to embrace the vibrant, nourishing, and delicious world of Mediterranean cooking—all in 30 minutes or less! Whether you're whipping up **Lemon Garlic Shrimp & Asparagus** for a weeknight dinner, packing **Chickpea & Spinach Salad** for lunch, or impressing guests with **Baklava Yogurt Bark**, these recipes prove that healthy eating doesn't have to be complicated or time-consuming. Every dish is a celebration of fresh flavors, wholesome ingredients, and the joy of sharing good food with the people you love.

The Mediterranean diet is more than just a collection of recipes—it's a lifestyle that prioritizes balance, pleasure, and community. With this book, you've got everything you need to make it work in your busy life: **quick techniques, flexible meals, and smart shortcuts** that keep cooking fun and stress-free. From **Crispy Halloumi Bites** to **Moroccan Spiced Chicken Thighs**, each bite brings you closer to the sun-soaked coasts and lively tables that inspire this way of eating.

Here's to your health, happiness, and countless delicious meals to come. May your kitchen be filled with the warm aromas of garlic and herbs, your plates burst with vibrant colors, and every bite remind you that truly great food can be both simple and extraordinary. Now go forth and cook—because the Mediterranean way is yours to savor.

The Mediterranean Kitchen: Beyond the Recipe

The magic of Mediterranean cooking isn't just in the ingredients—it's in how we share and savor them. This way of eating celebrates food as connection, nourishment as joy, and every meal as an opportunity to gather and recharge. Let's dive into two cornerstones of the Mediterranean lifestyle: **the art of shared meals and simple strategies to keep the momentum going in your kitchen.**

The Joy of Shared Meals

In the Mediterranean, meals are a ritual—a time to slow down, connect, and relish good company. Try serving dishes **family-style**, letting everyone build their plates with vibrant options like **Hummus Trio**, **Grilled Veggie Skewers**, and **Warm Farro Salad**. This not only makes meals more interactive but also honors the diet's emphasis on variety and balance. Even weeknight dinners can feel special when platters are passed, stories are shared, and the focus shifts from "eating quickly" to **eating joyfully**.

Keep the Momentum Going

Make Mediterranean eating effortless with these tips:

- **Weekly Prep:** Cook double batches of **quinoa, lentils, or roasted veggies** to toss into salads, soups, or wraps all week.
- **Theme Nights:** Try “**Meze Mondays**” (spread of dips and small plates), “**Fish Fridays**” (like Garlic Butter Salmon), or “**Soup Sundays**” (hello, Ribollita!).
- **Leftover Love:** Transform extras into new meals—**stuffed peppers from grains, frittatas from roasted veggies, or flatbreads from spare dips.**

A Lifestyle That Grows With You

The beauty of this approach? It’s flexible, sustainable, and always delicious. Whether you’re hosting a lively **mezze night** or quietly enjoying **Shakshuka for one**, every meal is a chance to nourish your body and soul. Here’s to cooking, sharing, and thriving—the Mediterranean way!

Final Words: Your Mediterranean Journey Begins Now!

As we come to the end of this book, remember that embracing the Mediterranean way isn’t about perfection—it’s about progress, enjoyment, and finding what truly works for you. Whether you’re drawn by the health benefits, the vibrant flavors, or the ease of quick, satisfying meals, you’ve already taken the first step toward a more nourishing and joyful relationship with food.

This isn’t a rigid diet with strict rules, but a flexible, forgiving approach to eating that celebrates fresh ingredients, simple techniques, and the occasional indulgence (hello, **Honey-Drizzled Phyllo Crisps!**). Some nights, you’ll wow everyone with **Seafood Paella**; other nights, **Avocado & Feta Toast** will be just right. Both are wins. The key is consistency, not complexity—each meal is an opportunity to fuel your body and delight your senses.

Keep this book close, but don’t hesitate to make the recipes your own. Swap in seasonal vegetables, adjust spices to suit your palate, and above all, share the experience with others. In true Mediterranean tradition, the best meals are about more than just food—they’re about connection, celebration, and the simple joy of gathering around the table. Here’s to your health, your culinary adventures, and all the delicious meals still to come.

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