

THE DASH LIFESTYLE

COOKBOOK FOR SENIORS OVER 60

Easy and Flavorful Low-Sodium Meals
Based on the Proven DASH Diet Principles —
Support Heart Health, Lower Blood Pressure,
Boost Energy, and Enjoy Life After 60

Dr. Elena Marini

Disclaimer

This book "The DASH Lifestyle Cookbook for Seniors Over 60" By Dr. Elena Marini is for educational and general wellness purposes only. It is not medical advice and does not replace diagnosis, treatment, or individualized nutrition counseling. Individual needs vary. Follow your doctor's instructions.

Nutrition estimates. Calorie and nutrient values are good-faith estimates based on standard databases and typical serving sizes. Actual values vary by brand, ripeness, and preparation methods.

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ENERGY, JOY, HEALTH



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INTRODUCTION

Welcome to the DASH Kitchen After 60

This book is about food that supports heart-healthy eating, promotes healthy blood pressure, and makes your life taste better. We've gathered simple recipes with clear steps, large type, and photos so cooking feels easy, even when time and energy are limited. Your kitchen is the most accessible way to invest in it, day by day.

What you'll find inside: energizing breakfasts, balanced lunches and dinners without "salty surprises," smart snacks and drinks without excess sugar, plus short tips on how to lower sodium, where "hidden salt" lives, and what to swap for the foods you're better off avoiding. You'll also get a meal plan and a mini shopping cheat sheet.

What DASH Is and Why It Works

DASH (Dietary Approaches to Stop Hypertension) is widely recognized by physicians and researchers as a research-backed eating pattern that supports healthy blood pressure habits. It rests on three pillars:

- Less sodium (table salt and salty foods).
- More potassium, magnesium, and calcium (found in vegetables, fruits, legumes, whole grains, and low-fat dairy) — minerals that help "calm" vascular tone.
- Quality proteins and healthy fats (fish, poultry, legumes, nuts, olive oil) with minimal saturated fats and added sugars.

How this helps blood pressure: less salt → less fluid retention → lower circulating blood volume → gentler pressure on vessel walls. More plant foods and fiber → steadier blood sugar and lipids. And none of this requires "diet misery": flavor comes from acidity, herbs, cooking technique, and texture, not the salt shaker.

This book provides general nutrition information and should not be used as a substitute for medical advice. Consult your clinician for personal guidance.

Eating After 60: What Matters Most

After 60, metabolism slows, appetite may fluctuate, and your need for nutrients remains high. That's why this book emphasizes:

- Protein regularly. Aim to maintain muscle, immunity, and satiety. Sources: fish and seafood, skinless chicken or turkey, eggs, legumes, and low-fat yogurt/kefir or cottage cheese. Spread protein across meals, not as one heavy dinner.
- Daily fiber. Oatmeal, whole-wheat bread, brown rice, quinoa, beans/lentils/chickpeas, vegetables, and berries for blood pressure, cholesterol, and digestive health.
- Calcium and vitamin D, found in low-fat dairy, fish, and fortified foods, provide foundational support for bones.
- Healthy fats. Olive oil and unsalted nuts and seeds serve as the “lubrication” for the vessels and the brain.
- Hydration. Drink regularly in small amounts: water, unsweetened tea, soups, and water-rich fruits.
- Texture & safety. If tougher foods are challenging, use braising, baking, or steaming; lean on puréed soups, bean spreads, and softer sides. We kept this in mind throughout the recipes and steps.

What a DASH Plate Looks Like

Think in simple visuals:

- $\frac{1}{2}$ of your plate — vegetables and fruits;
- $\frac{1}{4}$ — whole grains (oatmeal, bulgur, brown rice, quinoa, whole-wheat bread);
- $\frac{1}{4}$ — protein (fish, poultry, legumes, eggs, or low-fat dairy).

Use fats in moderation, mainly olive oil. Build flavor with lemon, tomatoes, vinegars, garlic, onions, pepper, and herbs (such as basil, oregano, thyme, rosemary, dill, and parsley)—not the salt shaker.

Foods to Limit (and Why)

Straight talk to avoid surprises:

- Salt and salty foods. Remove the salt shaker from the table. Watch out for pickles and brined foods, instant soups/bouillon cubes, instant noodles, salted fish, chips/snacks, salted nuts, and smoked meats.
- Processed meats—sausage, hot dogs, bacon, smoked meat, or fish. These are champions in sodium and saturated fat and can raise blood pressure and strain the cardiovascular system.
- Fast food and ultra-processed products. The “salt + sugar + poor-quality fat” combo drives BP spikes and empty calories.
- Hard/processed cheeses and cheese sauces. Often very salty; use less, keep portions small, or opt for lower-sodium options.
- Fatty red meat and organ meats. Less is better; favor poultry, fish, and legumes.
- Sugary beverages and store-bought desserts. Empty calories and excess sugar place an additional strain on the vessels and weight.
- Alcohol. Use only in moderation and not for everyone; always consider your medications and consult your clinician for guidance.

Foods to Build Your Diet Around

- Vegetables and fruits of all colors (fresh or frozen without added salt or syrup).
- Whole grains: old-fashioned oats, brown rice, quinoa, bulgur, whole-wheat bread/pasta.
- Legumes: beans, lentils, chickpeas, and peas—protein, fiber, and minerals.
- Protein foods: fish and seafood; skinless chicken/turkey; eggs; low-fat dairy (plain yogurt, kefir, 1–2% milk, cottage cheese).
- Unsalted nuts and seeds: almonds, walnuts, pistachios, pumpkin/sunflower seeds.
- Healthy fats: extra-virgin olive oil; avocado in moderation.
- Water, unsweetened tea, and herbal infusions.

Big Flavor Without Salt: 10 Quick Tricks

1. Finish with lemon or lime, which brightens almost any dish.
2. Use tomatoes (fresh, purée, or no-salt-added paste) for depth and umami.
3. Lean on vinegars (apple cider, red/white wine, or balsamic), a pinch of acidity instead of a pinch of salt.
4. Smoked paprika—grilled flavor without sodium.
5. Keep salt-free herb blends on hand, such as Italian, herbes de Provence, and Mexican.

- Bloom spices in a dry skillet before adding—this unlocks their aroma.
- Choose baking and grilling pan techniques to concentrate flavor without adding salt.
- Make quick sauces at home: yogurt + lemon + herbs; tahini + lemon + water; chickpea purée + garlic.
- Play with texture: crunch (nuts/seeds), creaminess (bean purées), juiciness (grilled vegetables).
- Reduce the salt in the recipe and increase citrus juice and fresh herbs at the table.

Sodium & Labels: Spotting Hidden Salt

- Skip salting at the table—finish with herbs/lemon instead.
- On U.S. labels, check %DV for sodium: $\leq 5\%$ per serving is “low,” 10–19% is “moderate,” and $\geq 20\%$ is “too much.”
- Compare brands: “low-sodium” versions often taste great with minimal difference.
- Bread, cereals, and sauces are common hidden sources—always check.
- Potassium-based salt substitutes aren’t for everyone (kidney issues, certain meds)—use only if your clinician says it’s okay.

Safety & Personalization

- Kidneys & potassium: limit intake of bananas, dried fruits, tomato paste, and potassium-based salt substitutes, only with your clinician's approval.
- Anticoagulants (warfarin): keep intake of leafy greens (vitamin K) steady—avoid big swings from “none” to “a lot.”
- Diabetes/lipids: lean on fiber, protein, and healthy fats; keep sweets occasional and in small portions.
- GI/reflux: soften spices as needed; prefer braising/steaming; enjoy puréed soups; add citrus only as tolerated.
- Weight/appetite: raise nutrient density with plain yogurt, unsalted nuts, chickpea spread, eggs, and olive oil—smaller portions, more often.

Mini Shopping Cheat Sheet (Print or Snap a Photo)

- Produce: broccoli, cauliflower, spinach, leafy greens, cucumbers, tomatoes, berries, apples, citrus (fresh or frozen without salt/syrup).
- Grains: oatmeal, brown rice, quinoa, bulgur, whole-wheat bread/pasta.
- Legumes: beans, chickpeas, lentils (dry or no-salt-added canned).

- Proteins: chicken breast/turkey cutlets; fish (salmon, cod, tuna packed in water); eggs; plain yogurt/kefir; cottage cheese.
- Fats & flavor: olive oil, unsalted nuts/seeds, lemons/limes, garlic, onions, vinegars, smoked paprika, salt-free herb blends.

Quick Q&A

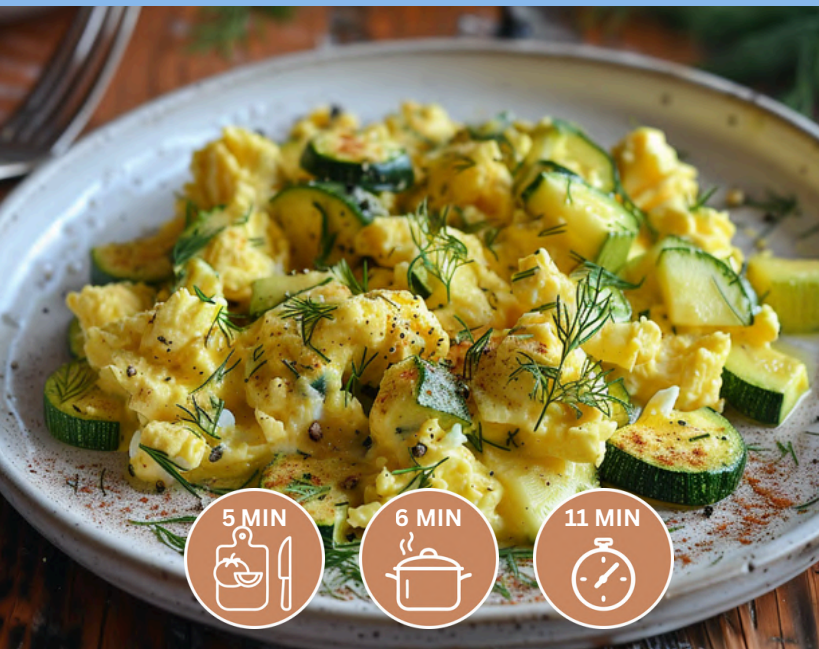
- Can I eat meat? Yes—choose lean cuts and keep portions modest; poultry and fish are preferable.
- Are cheeses off-limits? No, keep portions small and look for lower-sodium options.
- Coffee/tea? Yes, without sugar or syrups; follow your clinician's guidance and your own tolerance.
- Alcohol? If your clinician agrees, occasionally and in small amounts.
- Salt substitutes? Use herb blends, acidity, and smoked paprika for added flavor. Potassium-based substitutes are only available with medical approval.

Let's Agree on the Essentials

Perfection isn't required. Habit is. Make 70–80% of your plates DASH-style, read labels, and keep lemon and herbs within reach—and you're already on the right track. This book isn't about restriction; it's about choices you can happily repeat. Ready? Turn the page and start cooking. Flavor is on your side, salt is not.



BREAKFASTS



SCRAMBLED EGGS WITH ZUCCHINI & FLAX

Ingredients

- 2 large eggs + 2 egg whites
- 1 cup (130 g) zucchini, grated and squeezed
- 2 tbsp (10 g) ground flaxseed
- 2 tsp (10 ml) olive oil
- ¼ tsp (1 g) black pepper
- 2 tbsp (10 g) chopped dill

Tips

- 💡 **Tip:** Add cherry tomatoes for juiciness.
- 📖 **Note:** Milk isn't needed—keeps sodium lower and texture tender.
- 👉 **Advice:** Fresh herbs add big flavor without salt.

Instruction

- 1 Sauté zucchini in oil 2–3 minutes; reduce moisture.
- 2 Whisk eggs with flax and pepper; cook gently to soft curds.
- 3 Top with dill and serve.

Calories: 270
Protein: 18 g | Carbs: 5 g | Fat: 19 g
Fiber: 5 g | Sugar: 3 g | Sodium: 130 mg



Instruction

- 1 Bring water or milk to a soft boil. Stir in oats; reduce heat and cook 5 minutes, stirring.
- 2 Rest 1–2 minutes; spoon into bowls.
- 3 Top with berries and walnuts; drizzle honey if desired.

OATMEAL WITH BERRIES & WALNUTS

Ingredients

- 1 cup (90 g) old-fashioned oats
- 2 cups (480 ml) water or low-fat milk
- ½ cup (75 g) mixed berries, fresh or frozen
- 2 tbsp. (14 g) chopped walnuts (unsalted)
- 1 tsp (7 g) honey or stevia/monk fruit (optional)

Tips

- 💡 **Tip:** Plain oats over flavored packets; frozen berries are great year-round.
- 📖 **Note:** If the texture is too thick, splash in hot water instead of salt.
- 🌟 **Advice:** Add lemon zest for brightness—no sodium added.

Calories: 240
 Protein: 7 g | Carbs: 39 g | Fat: 8 g
 Fiber: 6 g | Sugar: 8 g | Sodium: 40 mg



Instruction

- 1 Sauté mushrooms in 1 tablespoon of oil for 3 minutes; add spinach for 1 minute, then add beans; warm through.
- 2 Whisk eggs with pepper; add remaining oil; pour in eggs.
- 3 When nearly set, add veggies; fold and finish to desired doneness.

VEGGIE OMELET WITH SPINACH, MUSHROOMS & BEANS

Ingredients

- 2 large eggs + 2 egg whites
- 1 cup (60 g) fresh spinach, chopped
- 1 cup (90 g) mushrooms, sliced
- ¼ cup (45 g) no-salt-added black beans, rinsed
- 2 tsp (10 ml) olive oil
- ¼ tsp (1 g) black pepper
- 2 tbsp. (10 g) chopped parsley

Tips

- 💡 **Tip:** Add bell pepper for sweetness; skip cheese to keep sodium low.
- 📖 **Note:** Cooking off mushroom moisture improves texture.
- 🌟 **Advice:** Beans add fiber and fullness with minimal sodium.

Calories: 260
 Protein: 21 g | Carbs: 10 g | Fat: 14 g
 Fiber: 5 g | Sugar: 3 g | Sodium: 135 mg



Instruction

- 1 Spread avocado mashed with lemon juice and pepper onto crispbread.
- 2 Top with cherry tomatoes and serve immediately.

AVOCADO TOAST ON UNSALTED CRISPBREAD

Ingredients

- 2 pieces unsalted crispbread (or very low-sodium bread: ≤ 80 mg/slice)
- 1 small ripe avocado (150 g)
- 1 tbsp (15 ml) lemon juice
- 1 cup (150 g) cherry tomatoes, halved
- $\frac{1}{4}$ tsp (1 g) black pepper

Tips

- 💡 **Tip:** Radishes or cucumber add crunch and keep sodium low.
- 📖 **Note:** Olive oil is optional—acidity from lemon boosts flavor nicely.
- 👉 **Advice:** Choose crispbread without added salt for the biggest win.

Calories: 250
 Protein: 6 g | Carbs: 28 g | Fat: 15 g
 Fiber: 9 g | Sugar: 4 g | Sodium: 120 mg



Instruction

- 1 Simmer rice in milk 20–25 minutes, stirring to creamy.
- 2 Stir in dried fruit, flax, cinnamon, and vanilla; simmer 2 minutes.
- 3 Sweeten to taste; rest 3 minutes before serving.

RICE PUDDING WITH DRIED FRUIT (FLAX BOOST)

Ingredients

- $\frac{1}{2}$ cup (90 g) short-grain brown rice, rinsed
- $1\frac{1}{2}$ cups (360 ml) low-fat milk or unsweetened almond milk
- $\frac{1}{4}$ cup (40 g) chopped dried apricots or raisins (unsulphured)
- 1 tbsp (10 g) ground flaxseed
- $\frac{1}{2}$ tsp (1 g) ground cinnamon
- $\frac{1}{2}$ tsp (2 g) vanilla extract
- 1 tbsp. (15 g) maple syrup (optional)

Tips

- 💡 **Tip:** A spoon of ricotta makes it extra silky with little sodium.
- 📖 **Note:** Portion dried fruit to taste—sweetness varies by brand.
- 👉 **Advice:** Flax quietly adds fiber and body.

Calories: 310
 Protein: 10 g | Carbs: 52 g | Fat: 7 g
 Fiber: 6 g | Sugar: 19 g | Sodium: 90 mg



Instruction

- 1 Divide ricotta into bowls; top with pineapple, chia, and almonds.
- 2 Dust with cinnamon if desired.

RICOTTA CUP WITH PINEAPPLE & CHIA

Ingredients

- 1 cup (225 g) part-skim ricotta (lower-sodium brand)
- 1 cup (165 g) pineapple chunks in juice, drained
- 2 tbsp (20 g) chia seeds
- 2 tbsp (14 g) unsalted chopped almonds
- ¼ tsp (1 g) ground cinnamon (optional)

Tip: Look for ricotta with ≤60–90 mg sodium per ¼ cup.

Note: If using cottage cheese, choose a low-sodium version.

Advice: Chia thickens slightly after a few minutes—creamy and full.

Tips

Calories: 320

Protein: 18 g | Carbs: 26 g | Fat: 16 g
Fiber: 10 g | Sugar: 16 g | Sodium: 120 mg



Instruction

- 1 Layer yogurt, berries, muesli, and flax.
- 2 Repeat layers; serve immediately.

FRENCH YOGURT PARFAIT WITH BERRIES

Ingredients

- 2 cups (450 g) plain low-fat yogurt
- ½ cup (40 g) quick muesli (oats + unsalted nuts + raisins)
- ¾ cup (110 g) mixed berries
- 1 tbsp (10 g) ground flaxseed

Tip: DIY muesli keeps sodium lower than many granolas.

Note: Let the layers sit 1–2 minutes if you prefer a softer bite.

Advice: Plain yogurt gives control over sweetness.

Tips

Calories: 300

Protein: 15 g | Carbs: 42 g | Fat: 8 g
Fiber: 7 g | Sugar: 19 g | Sodium: 110 mg



KOREAN VEGGIE PANCAKES

Ingredients

- ¾ cup (95 g) whole-wheat flour
- ¼ cup (30 g) rice flour (optional, for crispness)
- 1 cup (240 ml) water
- 1 cup (70 g) scallions, 2-inch pieces
- 1 cup (90 g) shredded carrots and zucchini
- 1 tbsp (15 ml) canola or avocado oil
- Lemon wedges for dipping

Tip: Keep the pancakes thin for crisp edges.

Note: A little vinegar wakes up flavor like salt would.

Advice: Pat veggies dry for less splatter.

Tips

Instruction

- 1 Whisk the flours and water to a thin batter; fold in the scallions and vegetables.
- 2 Cook two thin pancakes in a lightly oiled skillet for 3–4 minutes per side.
- 3 Serve with lemon or a splash of vinegar—no soy needed.

Calories: 250

Protein: 8 g | Carbs: 39 g | Fat: 7 g
Fiber: 6 g | Sugar: 5 g | Sodium: 130 mg



WHOLE-WHEAT FLAX CREPES

Ingredients

- ¾ cup (95 g) whole-wheat flour
- 2 tbsp (14 g) ground flaxseed
- 1 large egg
- 1 cup (240 ml) low-fat milk or oat milk
- 1 tsp (5 ml) olive oil + extra for pan

Tip: Keep batter thin for tenderness.

Note: Mini-crêpes are easier to flip.

Advice: Flax adds nuttiness and fiber.

Tips

Instruction

- 1 Blend to a smooth thin batter; rest 5 minutes.
- 2 Cook thin crêpes 1–2 minutes per side until lightly golden.
- 3 Serve with berries or a spoonful of hummus for savory.

Calories: 300

Protein: 11 g | Carbs: 36 g | Fat: 9 g
Fiber: 7 g | Sugar: 6 g | Sodium: 120 mg



Instruction

- 1 Sauté onion and pepper 4–5 minutes; add garlic 30 seconds.
- 2 Stir in tomatoes, chickpeas, paprika, and cumin; simmer 5 minutes.
- 3 Make two wells, add eggs, and cover for 4–6 minutes, or until set to taste.

SHAKSHUKA WITH CHICKPEAS (2-EGG)

- 1 tsp (5 ml) olive oil
- 1 small onion, diced (80 g)
- 1 small red bell pepper, diced (90 g)
- 1 garlic clove, minced
- 1 can (14.5 oz/410 g) no-salt-added crushed tomatoes
- ½ can (125 g) no-salt-added chickpeas
- ½ tsp (1 g) smoked paprika
- ¼ tsp (1 g) ground cumin
- 2 large eggs

Ingredients

- 💡 **Tip:** Finish with parsley and lemon.
- 📖 **Note:** Skip toast to keep sodium down.
- 👉 **Advice:** Soft yolks add richness without salt.

Tips

Calories: 300
 Protein: 16 g | Carbs: 31 g | Fat: 12 g
 Fiber: 8 g | Sugar: 10 g | Sodium: 140 mg



Instruction

- 1 Slice banana.
- 2 Top yogurt with banana and chia; serve chilled.

GREEK YOGURT WITH BANANA & CHIA

- 2 cups (450 g) plain Greek yogurt, 2%
- 1 large banana, sliced (130 g)
- 1 tbsp (12 g) chia seeds

Ingredients

- 💡 **Tip:** Cinnamon or vanilla adds sweetness without sugar.
- 📖 **Note:** Swap chia for ground flax if preferred.
- 👉 **Advice:** Plain yogurt keeps sodium and sugar lower.

Tips

Calories: 300
 Protein: 20 g | Carbs: 29 g | Fat: 9 g
 Fiber: 9 g | Sugar: 16 g | Sodium: 80 mg



Instruction

- 1 Stir yogurt with lemon and oil for a quick sauce.
- 2 Divide grains into bowls; add chickpeas and vegetables.
- 3 Drizzle yogurt-lemon sauce; sprinkle herbs.

MEDITERRANEAN BREAKFAST BOWL

Ingredients

- 1 cup (150 g) cooked quinoa or brown rice, warm
- 1 cup (170 g) no-salt-added chickpeas, warmed
- 1 cup (150 g) chopped cucumbers and tomatoes
- 2 tbsp (30 g) plain yogurt
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) olive oil
- ¼ tsp (1 g) oregano or za'atar

- 💡 **Tip:** Add spinach or roasted peppers for color.
- 📖 **Note:** A few rinsed olives are optional if sodium is allowed.
- 🌱 **Advice:** Warm grains make the bowl comforting.

Tip

Calories: 320
 Protein: 13 g | Carbs: 52 g | Fat: 8 g
 Fiber: 9 g | Sugar: 6 g | Sodium: 140 mg



Instruction

- 1 Blend until smooth; rest 1 minute to thicken
- 2 Adjust with milk if needed.

BERRY SMOOTHIE WITH OATS & FLAXSEED

Ingredients

- 1 cup (150 g) mixed berries (frozen OK)
- ½ banana (65 g)
- ¼ cup (20 g) old-fashioned oats
- 1 tbsp (10 g) ground flaxseed
- 1 cup (240 ml) low-fat milk or unsweetened almond milk

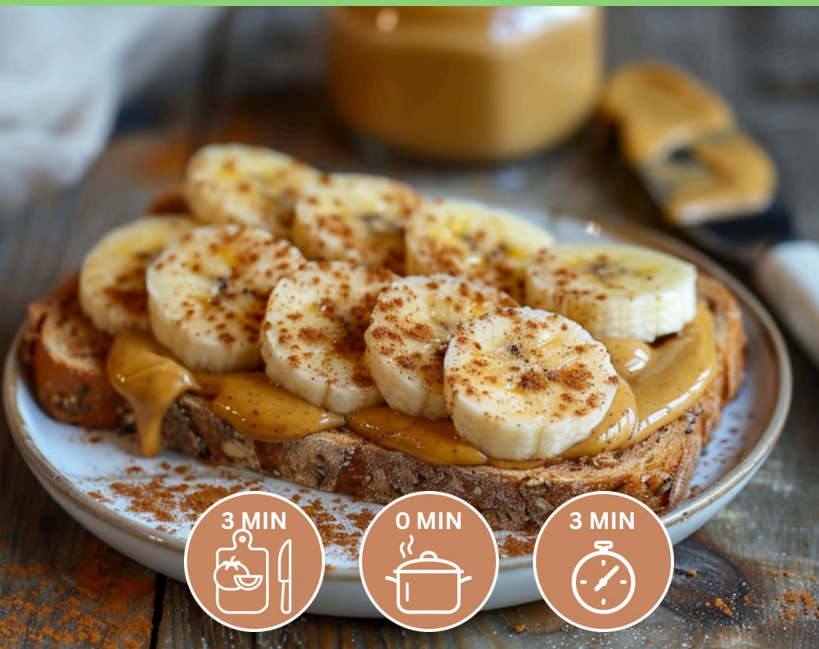
- 💡 **Tip:** Add spinach for extra greens—you won't taste it.
- 📖 **Note:** Overripe banana boosts natural sweetness.
- 🌱 **Advice:** Oats add soluble fiber.

Tip

Calories: 220
 Protein: 8 g | Carbs: 39 g | Fat: 5 g
 Fiber: 6 g | Sugar: 18 g | Sodium: 90 mg



SNACKS



Instruction

- 1 Spread peanut butter on crispbread.
- 2 Top with banana and chia.

PEANUT BUTTER & BANANA "TOAST" (CRISPbread)

- 2 pieces unsalted whole-grain crispbread
- 2 tbsp (32 g) natural unsalted peanut butter
- ½ banana (65 g), sliced
- 1 tsp (3 g) chia seeds

Ingredients

- 💡 **Tip:** Add cinnamon for a warm spice flavor without adding sugar.
- 📖 **Note:** If you like, swap out peanut butter for almond butter.
- 👉 **Advice:** Use very ripe banana for natural sweetness.

Tips

Calories: 240
Protein: 8 g | Carbs: 28 g | Fat: 12 g
Fiber: 6 g | Sugar: 8 g | Sodium: 20 mg



Instruction

- 1 Top rice cakes with avocado and tomato.
- 2 Sprinkle pepper and drizzle lemon juice.
- 3 Serve right away.

RICE CAKES WITH AVOCADO & TOMATO

- 2 unsalted brown-rice cakes
- ½ medium avocado (75 g), sliced
- 1 small tomato (100 g), sliced
- ¼ tsp (1 g) black pepper
- 1 tsp (5 ml) lemon juice

Ingredients

Tip: Add radish or cucumber for crunch.

Note: Choose truly unsalted rice cakes—labels vary.

Advice: A pinch of lemon zest lifts flavor without sodium.

Tips

Calories: 220
 Protein: 4 g | Carbs: 28 g | Fat: 13 g
 Fiber: 8 g | Sugar: 4 g | Sodium: 60 mg



Instruction

- 1 Mix salmon with yogurt, lemon, dill, and flax.
- 2 Spoon onto cucumber rounds.
- 3 Serve with mini crackers if desired.

SALMON & CUCUMBER BITES

- 3 oz (85 g) no-salt-added canned salmon, drained
- 2 tbsp (30 g) plain low-fat yogurt
- 1 tsp (5 ml) lemon juice
- 1 tsp (2 g) chopped dill
- 1 tbsp (8 g) ground flaxseed
- 8–10 cucumber rounds
- 2 mini whole-grain crackers (optional, for extra fiber)

Ingredients

Tip: If using smoked salmon, keep portions small and compare sodium.

Note: A squeeze of lemon brightens without salt.

Advice: Dill and pepper add aroma with no sodium.

Tips

Calories: 230
 Protein: 22 g | Carbs: 11 g | Fat: 11 g
 Fiber: 5 g | Sugar: 3 g | Sodium: 130 mg



FRUIT SALAD WITH CHIA

Ingredients

- 1 cup (150 g) mixed berries
- 1 small orange (130 g), segmented
- ½ medium apple (90 g), diced
- 1 tbsp (10 g) chia seeds
- 1 tsp (5 ml) lemon juice

Tip: Add mint for freshness.

Note: Choose ripe fruit—less need for sweeteners.

Advice: Keep portions that feel good for you.

Tips

Instruction

- 1 Combine fruits in a bowl.
- 2 Sprinkle the chia seeds; add the lemon juice and toss.
- 3 Let it sit for 2 minutes so the chia softens slightly.

Calories: 200

Protein: 4 g | Carbs: 46 g | Fat: 3 g
Fiber: 10 g | Sugar: 30 g | Sodium: 10 mg



PUMPKIN YOGURT BOWL

Ingredients

- ½ cup (120 g) plain low-fat Greek yogurt
- ½ cup (120 g) 100% pumpkin purée
- 1 tbsp (8 g) oat bran
- ½ tsp (1 g) cinnamon
- 1 tsp (7 g) honey or unsweetened applesauce (optional)

Tip: A pinch of nutmeg or ginger adds warmth.

Note: Use unsweetened pumpkin purée (not pie filling).

Advice: Oat bran ups fiber without affecting sodium.

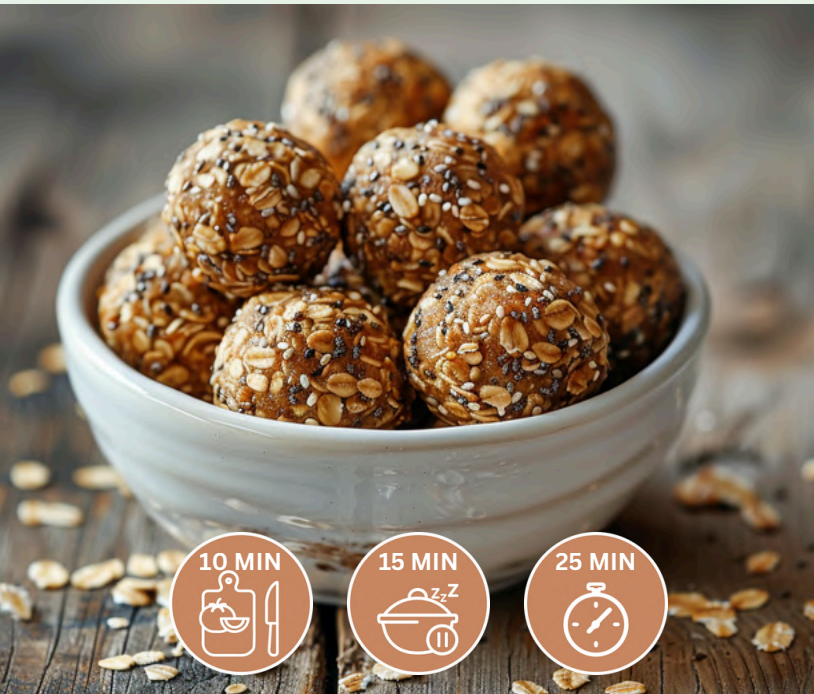
Tips

Instruction

- 1 Stir yogurt, pumpkin, oat bran, and cinnamon.
- 2 Sweeten lightly if desired.
- 3 Serve chilled.

Calories: 180

Protein: 10 g | Carbs: 24 g | Fat: 3 g
Fiber: 9 g | Sugar: 13 g | Sodium: 95 mg



Instruction

- 1 Pulse oats, dates, peanut butter, flax, and chia to a sticky dough.
- 2 If the mixture is too dry, add a teaspoon of water.
- 3 Shape the mixture into eight equal portions, then chill it for 15 minutes.

OATMEAL ENERGY BALLS

- ½ cup (45 g) old-fashioned oats
- 3 soft dates (60 g), pitted and chopped
- 1 tbsp (16 g) unsalted peanut butter
- 1 tbsp (10 g) ground flaxseed
- 1 tbsp (10 g) chia seeds
- 1–2 tsp (5–10 ml) water, as needed

Ingredients

- 💡 **Tip:** Coat in extra oats for less stickiness.
- 📖 **Note:** Use almond butter if preferred.
- 👉 **Advice:** Keep chilled for quick snacks.

Tips

Calories: 220
 Protein: 6 g | Carbs: 28 g | Fat: 10 g
 Fiber: 6 g | Sugar: 14 g | Sodium: 40 mg



Instruction

- 1 Blend the dates, almonds, cocoa, flaxseed, and vanilla together until they form a dough.
- 2 Add water by teaspoons if needed; roll into eight bites.
- 3 Chill 15 minutes.

DATE & ALMOND ENERGY BITES

- 6 dates (120 g), pitted
- ¼ cup (30 g) unsalted almonds
- 1 tbsp (10 g) cocoa powder (unsweetened)
- 1 tbsp (10 g) ground flaxseed
- 1 tsp (5 ml) vanilla (optional)
- 1 tsp (5 ml) water, as needed

Ingredients

- 💡 **Tip:** Dust with cocoa for a truffle look.
- 📖 **Note:** Add orange zest for a citrus note.
- 👉 **Advice:** Small bites go a long way on sweetness.

Tips

Calories: 240
 Protein: 5 g | Carbs: 32 g | Fat: 10 g
 Fiber: 6 g | Sugar: 24 g | Sodium: 5 mg



Instruction

- 1 Arrange the apple slices and drizzle them with almond butter.
- 2 Sprinkle flax or chia and serve.

APPLE "NACHOS" WITH ALMOND BUTTER

- 1 medium apple (180 g), thinly sliced
- 2 tbsp (32 g) unsalted almond butter, warmed
- 1 tsp (3 g) ground flaxseed or chia

Ingredients

- 💡 **Tip:** Warm up your day by adding a dash of cinnamon.
- 📖 **Note:** Heat the almond butter in the microwave for a few seconds to make it easier to drizzle.
- 👉 **Advice:** Serve with tea or water.

Tips

Calories: 230
Protein: 4 g | Carbs: 30 g | Fat: 12 g
Fiber: 7 g | Sugar: 19 g | Sodium: 5 mg



Instruction

- 1 Spread the ricotta cheese onto the pear slices.
- 2 If desired, drizzle with honey and add cinnamon.

PEAR SLICES WITH RICOTTA

- 1 ripe pear (180 g), sliced
- ½ cup (120 g) part-skim ricotta (lower-sodium)
- 1 tsp (5 ml) honey unsweetened applesauce (optional)
- Pinch cinnamon

Ingredients

- 💡 **Tip:** Brands of ricotta vary. Compare the sodium content on the labels.
- 📖 **Note:** For extra crunch, add chopped walnuts.
- 👉 **Advice:** The addition of fresh mint is a nice touch.

Tips

Calories: 220
Protein: 10 g | Carbs: 28 g | Fat: 8 g
Fiber: 6 g | Sugar: 19 g | Sodium: 120 mg



Instruction

- 1 Toss veggies with oil, pepper, and paprika.
- 2 Bake at 375°F (190°C) on two sheets for 20 minutes. Flip the sheets once.
- 3 Cool for extra crispness.

VEGGIE CHIPS (BAKED)

- 1 cup (90 g) beet slices, skin on
- 1 cup (100 g) carrot slices
- 1 cup (110 g) parsnip or sweet potato slices
- 2 tsp (10 ml) olive oil
- ¼ tsp (1 g) black pepper
- ½ tsp (1 g) smoked paprika (optional)

Tip: Slice evenly for even baking.

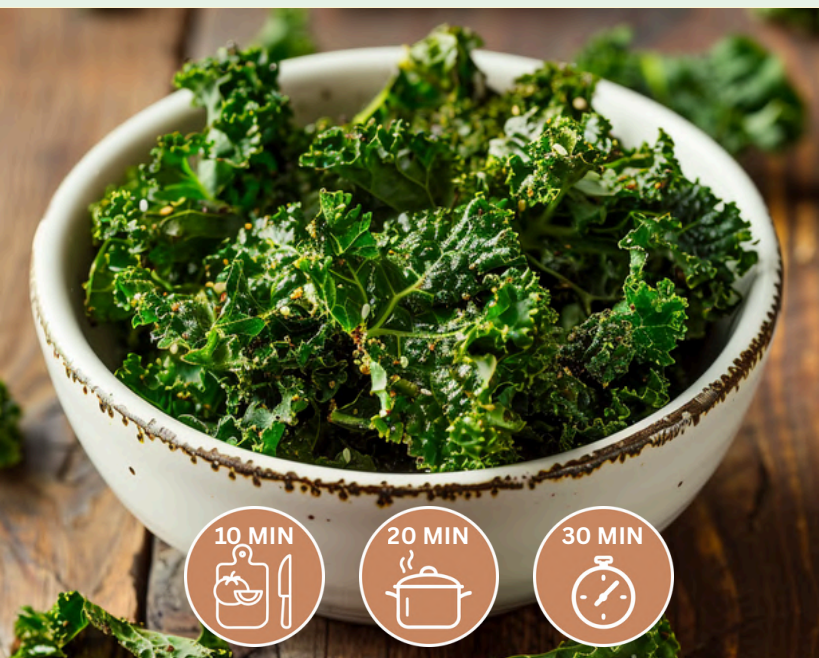
Note: Use convection for more crunch.

Advice: No salt needed—paprika and roasting bring flavor.

Ingredients

Tips

Calories: 150
 Protein: 3 g | Carbs: 26 g | Fat: 5 g
 Fiber: 6 g | Sugar: 11 g | Sodium: 60 mg



Instruction

- 1 Massage kale with 1 tsp oil, pepper, and garlic powder.
- 2 Bake at 300°F (150°C) for 18–22 minutes, or until crisp.
- 3 Blend beans, lemon, water, and 1 tsp oil; serve with chips.

KALE CHIPS WITH WHITE BEAN DIP

- 4 cups (120 g) kale, torn, stems removed
- 2 tsp (10 ml) olive oil
- ¼ tsp (1 g) black pepper
- ½ tsp (1 g) garlic powder (no-salt)
- ½ cup (85 g) no-salt-added white beans, rinsed
- 1 tbsp (15 ml) lemon juice
- 2 tbsp (30 ml) water

Tip: Keep the temp low so kale doesn't burn.

Note: Add smoked paprika for depth—no salt required.

Advice: Dip adds fiber and creaminess.

Ingredients

Tips

Calories: 220
 Protein: 9 g | Carbs: 28 g | Fat: 7 g
 Fiber: 8 g | Sugar: 4 g | Sodium: 140 mg



Instruction

- 1 Warm tortillas briefly; spread avocado.
- 2 Add beans, tomato, and cumin; roll up and halve.
- 3 Serve warm.

MINI CORN TORTILLA BEAN ROLL-UPS

- 2 small corn tortillas
- ½ cup (60 g) no-salt-added black beans, rinsed
- 2 tbsp (30 g) avocado, mashed
- 2 tbsp (30 g) tomato, diced
- ¼ tsp (1 g) cumin

Ingredients

Tip: If you want, you can squeeze in some lime juice to make it even more flavorful.

Note: Use pinto or chickpeas instead of black beans.

Advice: Choose tortillas with a low amount of sodium.

Tips

Calories: 220
 Protein: 8 g | Carbs: 38 g | Fat: 4 g
 Fiber: 8 g | Sugar: 3 g | Sodium: 120 mg



Instruction

- 1 Mix spinach, ricotta, bran, egg white, oil, and spices.
- 2 Line two muffin cups with flatbread pieces; fill with mixture.
- 3 Bake at 375°F (190°C) for 15–18 minutes, or until set.

MINI SPINACH PIE (RICOTTA & OAT BRAN)

- 1 cup (70 g) chopped spinach
- ⅔ cup (160 g) part-skim ricotta (lower-sodium)
- 1 tbsp (8 g) oat bran
- 1 egg white
- 1 tsp (5 ml) olive oil
- Pinch nutmeg, pepper
- 2 small squares of low-sodium whole-wheat flatbread (as crust liners)

Ingredients

Tip: Skip crust for even lower sodium (bake crustless).

Note: A touch of lemon zest wakes flavors.

Advice: Serve warm or room temp.

Tips

Calories: 180
 Protein: 11 g | Carbs: 16 g | Fat: 7 g
 Fiber: 5 g | Sugar: 3 g | Sodium: 160 mg



Instruction

- 1 Mix quinoa, veggies, flax, egg white, oil, and paprika.
- 2 Pack into eight mini-muffin cups; bake at 375°F (190°C) 12–15 minutes.
- 3 Cool for 5 minutes before removing.

QUINOA & VEGGIE MINI CUPS

- ¾ cup (120 g) cooked quinoa
- ½ cup (70 g) finely chopped zucchini and bell pepper
- 1 tbsp (10 g) ground flaxseed
- 1 egg white
- 1 tsp (5 ml) olive oil
- ¼ tsp (1 g) smoked paprika

Ingredients

Tip: Chop veggies small so cups hold together.

Note: Add parsley for freshness.

Advice: This is a great snack to make ahead of time

Tips

Calories: 200
Protein: 7 g | Carbs: 32 g | Fat: 6 g
Fiber: 6 g | Sugar: 3 g | Sodium: 120 mg



Instruction

- 1 Toss zucchini with oil, bran, flax, paprika, and garlic powder.
- 2 Bake at 425°F (220°C) 15–18 minutes until golden.
- 3 Stir yogurt with lemon; serve as a dip.

BAKED ZUCCHINI WITH YOGURT DIP

- 2 cups (260 g) zucchini sticks
- 1 tbsp (8 g) oat bran
- 1 tbsp (8 g) ground flaxseed
- 1 tsp (5 ml) olive oil
- ¼ tsp (1 g) paprika
- ¼ tsp (1 g) garlic powder (no-salt)
- ¼ cup (60 g) plain low-fat yogurt
- 1 tsp (5 ml) lemon juice

Ingredients

Tip: Fan the dough out on the tray to make the edges crispy.

Note: To make a thicker dressing, use Greek yogurt.

Advice: Herbs make food more flavorful without the need for salt.

Tips

Calories: 180
Protein: 9 g | Carbs: 20 g | Fat: 7 g
Fiber: 6 g | Sugar: 9 g | Sodium: 120 mg



Instruction

- 1 Mix tomatoes, beans, oil, vinegar, and herbs.
- 2 Spread the mixture on the crispbread and enjoy it.

ITALIAN BRUSCHETTA

- 2 pieces unsalted whole-grain crispbread (or very low-sodium bread)
- 1 cup (160 g) diced tomatoes
- ¼ cup (40 g) no-salt-added white beans, rinsed
- 1 tsp (5 ml) olive oil
- 1 tsp (5 ml) balsamic vinegar
- ¼ tsp (1 g) oregano or basil

Ingredients

💡 **Tip:** Rub cut garlic on the crispbread to make it smell good.

📖 **Note:** Add chopped parsley for freshness.

👉 **Advice:** Rinse the beans well to reduce the amount of salt.

Tips

Calories: 210
 Protein: 8 g | Carbs: 32 g | Fat: 6 g
 Fiber: 7 g | Sugar: 8 g | Sodium: 130 mg



Instruction

- 1 Mix the edamame with oil, pepper, and garlic powder.
- 2 Roast at 400°F (205°C) for about 18 to 20 minutes, and shake it once.
- 3 Serve warm.

ROASTED EDAMAME

- 1½ cups (200 g) shelled edamame, thawed (unsalted)
- 2 tsp (10 ml) olive oil
- ¼ tsp (1 g) black pepper
- ¼ tsp (1 g) garlic powder (no-salt)

Ingredients

💡 **Tip:** Add lemon zest after roasting.

📖 **Note:** Paprika or cumin works well here.

👉 **Advice:** Protein-rich and very filling.

Tips

Calories: 190
 Protein: 17 g | Carbs: 14 g | Fat: 7 g
 Fiber: 8 g | Sugar: 3 g | Sodium: 20 mg



BAKED SWEET POTATO FRIES

- 2 small sweet potatoes (400 g), cut into fries
- 2 tsp (10 ml) olive oil
- ¼ tsp (1 g) smoked paprika
- ¼ tsp (1 g) garlic powder (no-salt)
- Black pepper to taste

Ingredients

- 💡 **Tip:** Make sure you cut it so that it's the same size so that it cooks evenly.
- 📖 **Note:** To make the dish more colorful and tasty, squeeze a lime into it.
- 👉 **Advice:** Convection can help make the bread crispy.

Tips

Instruction

- 1 Toss the fries with oil and seasonings.
- 2 Bake at 425°F (220°C) for 20–22 minutes, and flip it over once.
- 3 Eat it while it's still hot.

Calories: 200

Protein: 3 g | Carbs: 36 g | Fat: 5 g
Fiber: 6 g | Sugar: 9 g | Sodium: 60 mg



CARIBBEAN PLANTAIN PANCAKES (FLAX)

- 1 green plantain (200 g), grated
- 1 tbsp (10 g) ground flaxseed
- 1 egg white
- 1 tsp (5 ml) olive oil
- ¼ tsp (1 g) cinnamon (optional)

Ingredients

- 💡 **Tip:** Add sliced banana or mango (just a little).
- 📖 **Note:** You can add vanilla if you want.
- 👉 **Advice:** Make the cakes thin so that the edges are crisp.

Tips

Instruction

- 1 Mix plantain, flax, egg white, and cinnamon.
- 2 Make four small pancakes. Use a pan that has a little bit of oil in it. Cook them over medium heat for two to three minutes on each side.
- 3 Serve warm.

Calories: 220

Protein: 5 g | Carbs: 38 g | Fat: 6 g
Fiber: 6 g | Sugar: 12 g | Sodium: 10 mg



LUNCHES



Instruction

- 1 Sauté ginger in oil for 30 seconds.
- 2 Add carrots, beans, and water/broth; simmer 15–18 minutes until soft.
- 3 Blend until silky; return to pot and warm through.
- 4 Finish with lemon and pepper.

CARROT & GINGER CREAM SOUP

- 3 cups (710 ml) water or no-salt vegetable broth
- 2 cups (260 g) carrots, sliced
- ½ cup (85 g) no-salt-added white beans, rinsed
- 1 tsp (5 ml) olive oil
- 1 tbsp (12 g) fresh ginger, sliced
- ¼ tsp (1 g) turmeric
- Black pepper to taste
- 1 tsp (5 ml) lemon juice

Tip: Add a spoonful of yogurt when serving for tang.

Note: Turmeric stains—use a spoon you don't mind coloring.

Advice: Thin with hot water if too thick.

Ingredients

Tips

Calories: 190
 Protein: 7 g | Carbs: 38 g | Fat: 4 g
 Fiber: 8 g | Sugar: 12 g | Sodium: 110 mg



Instruction

- 1 Sauté onion, carrot, and celery in oil for 3 minutes.
- 2 Add water/broth and barley; simmer 20 minutes.
- 3 Add the chicken and beans; simmer for 5–7 minutes, or until the chicken is cooked.
- 4 Pepper, thyme, and parsley to finish.

BARLEY CHICKEN SOUP

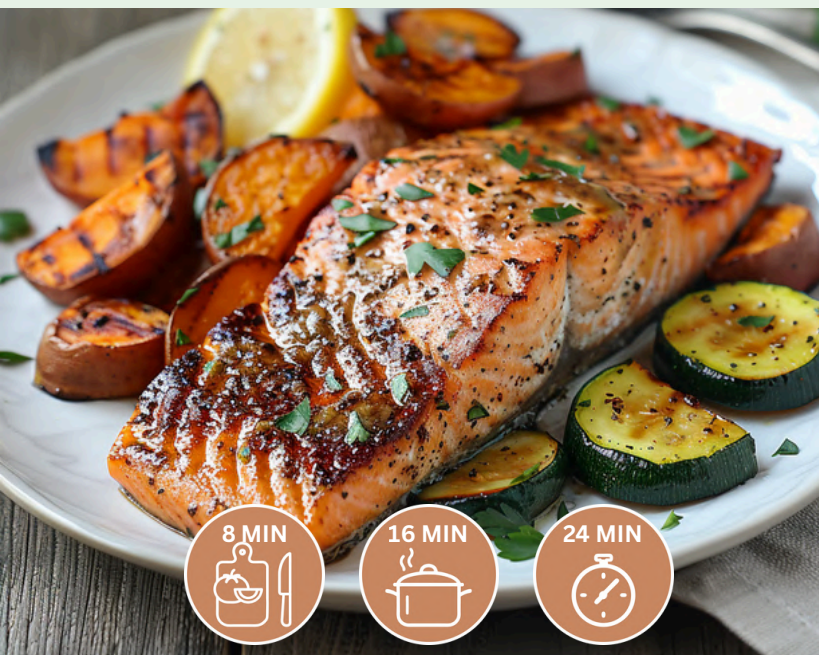
Ingredients

- 4 cups (950 ml) water (or broth without salt)
- ⅓ cup (65 g) hulled barley, rinsed
- 4 oz (115 g) chicken breast, diced
- ½ cup (70 g) carrot, diced
- ½ cup (60 g) celery, diced
- ¼ cup (40 g) onion, diced
- ½ cup (85 g) no-salt-added white beans, rinsed
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried thyme, black pepper to taste
- 1 tbsp (4 g) chopped parsley

- 💡 **Tip:** Add a squeeze of lemon at the end for brightness.
- 📖 **Note:** Use hulled barley for more fiber than pearled.
- 👉 **Advice:** Shred leftover chicken from dinner to save time.

Tips

Calories: 260
 Protein: 22 g | Carbs: 36 g | Fat: 5 g
 Fiber: 8 g | Sugar: 4 g | Sodium: 140 mg



Instruction

- 1 Roast sweet potato cubes at 425°F (220°C) for 12 minutes.
- 2 Push to sides; add zucchini and salmon; brush with oil and paprika.
- 3 Roast 10–12 minutes more, until salmon flakes. Squeeze lemon juice

SALMON WITH SWEET POTATOES & ZUCCHINI

Ingredients

- 2 small sweet potatoes (400 g), cubed
- 2 cups (260 g) zucchini, half-moons
- 8 oz (225 g) salmon fillet, skin on
- 2 tsp (10 ml) olive oil
- ½ tsp (1 g) smoked paprika, black pepper to taste
- 1 tsp (5 ml) lemon juice

- 💡 **Tip:** Use skin-on salmon for moisture.
- 📖 **Note:** Swap zucchini for broccoli florets if you like.
- 👉 **Advice:** Herbs like dill/parsley add flavor without salt.

Tips

Calories: 410
 Protein: 31 g | Carbs: 35 g | Fat: 16 g
 Fiber: 7 g | Sugar: 9 g | Sodium: 130 mg



Instruction

- 1 Toss green and white beans with oil, garlic powder, and pepper; spread on a sheet.
- 2 Nestle cod on top; brush with lemon.
- 3 Bake at 400°F (205°C) for 12–14 minutes until flaky.

BAKED COD WITH GREEN BEANS

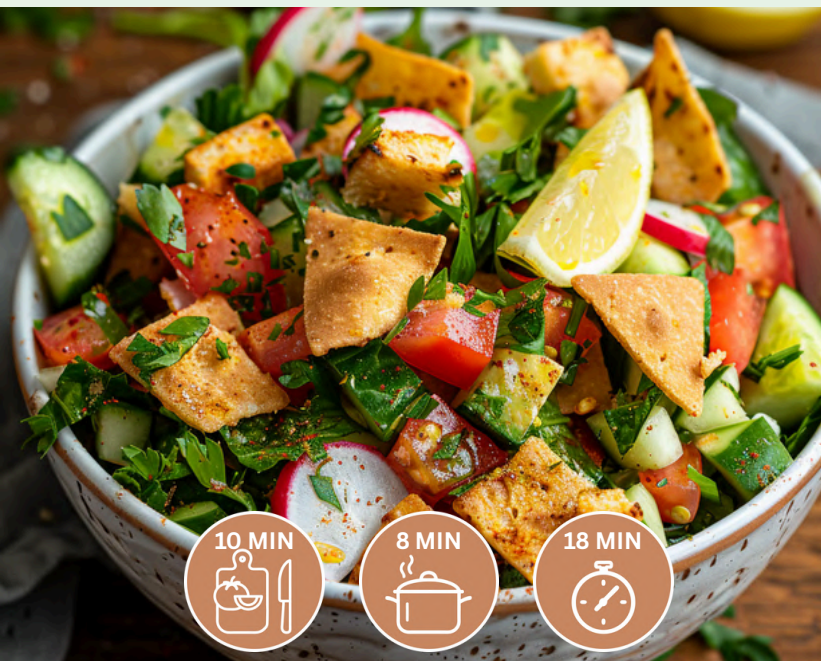
Ingredients

- 8 oz (225 g) cod fillet
- 2 cups (220 g) green beans, trimmed
- ½ cup (85 g) no-salt-added white beans, rinsed
- 1 tsp (5 ml) olive oil
- 1 tsp (5 ml) lemon juice
- ¼ tsp (1 g) garlic powder (no-salt)
- Black pepper to taste

Tips

- 💡 **Tip:** Add cherry tomatoes to the tray for acidity.
- 📖 **Note:** Cod cooks fast—avoid overbaking.
- 🍋 **Advice:** Finish with lemon zest for brightness.

Calories: 250
 Protein: 29 g | Carbs: 22 g | Fat: 6 g
 Fiber: 6 g | Sugar: 4 g | Sodium: 140 mg



Instruction

- 1 Toast pita pieces in the oven at 350°F (175°C) about 6–8 minutes, until they're crunchy.
- 2 Toss vegetables and chickpeas with lemon, oil, sumac, and pepper.
- 3 Fold in pita just before serving.

LEBANESE FATTOUSH

Ingredients

- 2 cups (280 g) chopped cucumber and tomato
- 1 cup (60 g) romaine, shredded
- ¼ cup (40 g) red onion, thinly sliced
- ½ cup (40 g) unsalted whole-wheat pita chips (home-toasted)
- ½ cup (85 g) no-salt-added chickpeas, rinsed
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) olive oil
- 1 tsp (2 g) sumac, black pepper to taste

Tips

- 💡 **Tip:** Add chopped mint and parsley for classic flavor.
- 📖 **Note:** Keep pita portions modest to maintain the sodium target.
- 🍋 **Advice:** Rinse chickpeas well to reduce sodium.

Calories: 260
 Protein: 8 g | Carbs: 44 g | Fat: 7 g
 Fiber: 8 g | Sugar: 10 g | Sodium: 120 mg






MINISTRONE WITH PASTA



Instruction

- 1 Sauté onion, carrot, and zucchini in oil for 3 minutes.
- 2 Add water/broth, tomatoes, and both beans; bring to a simmer.
- 3 Add pasta; cook 8–10 minutes until tender.
- 4 Season with herbs and pepper.

Tip

-  **Tip:** Add the chopped spinach at the end to make it a more nutritious meal.
-  **Note:** Whole-wheat pasta keeps fiber high.
-  **Advice:** Rinse canned beans well to lower sodium

Ingredients

- 3 cups (710 ml) water or no-salt vegetable broth
- ½ cup (120 g) no-salt-added diced tomatoes
- ½ cup (85 g) no-salt-added kidney beans, rinsed
- ½ cup (85 g) no-salt-added cannellini beans, rinsed
- ½ cup (70 g) zucchini, diced
- ½ cup (70 g) carrot, diced
- ¼ cup (40 g) onion, diced
- ½ cup (35 g) whole-wheat ditalini or small pasta
- 1 tsp (5 ml) olive oil
- ¼ tsp (1 g) Italian herbs, black pepper to taste

Calories: 310
 Protein: 14 g | Carbs: 55 g | Fat: 6 g
 Fiber: 11 g | Sugar: 8 g | Sodium: 150 mg



KOREAN BIBIMBAP



Instruction

- 1 Sauté mushrooms; wilt spinach; quick-sauté carrot and zucchini.
- 2 Arrange warm rice in bowls; top with vegetables and edamame.
- 3 Add eggs if using; mix yogurt with chili flakes and lemon; drizzle.

Tip

- Tip:** If you want the soup to have a sesame aroma, use unsalted sesame seeds.
- Note:** If you want a lighter option, skip the eggs.
- Advice:** Traditional Korean Bibimbapis salty, but this swap keeps the flavors bright.

Ingredients

- 1½ cups (240 g) cooked brown rice, warm
- 1 cup (90 g) mushrooms, sliced
- 1 cup (60 g) spinach
- 1 cup (120 g) of carrot and zucchini matchsticks
- ½ cup (85 g) no-salt-added edamame, thawed
- 2 eggs, fried or poached (optional)
- 2 tbsp (30 g) plain low-fat yogurt +
- ½ tsp (1 g) gochugaru (Korean chili flakes)
- 1 tsp (5 ml) lemon juice

Calories: 430
 Protein: 20 g | Carbs: 63 g | Fat: 11 g
 Fiber: 9 g | Sugar: 8 g | Sodium: 140 mg






VEGETABLE STRUDEL



Instruction

- 1 Sauté the mushrooms for 3 minutes; add the spinach and carrot to wilt.
- 2 Stir in mashed beans, lemon, and seasonings; cool slightly.
- 3 Layer phyllo, spreading filling; roll into a log seam-side down.
- 4 Bake at 375°F (190°C) 18 minutes until golden.

Tip

-  **Tip:** Think “mist, not soak”—a thin brush of oil keeps phyllo shatter, not greasy.
-  **Note:** Keep unused phyllo under a barely damp towel so it doesn't dry out.
-  **Advice:** Great with a quick tomato-cucumber salad or a spoon of no-salt yogurt.

Ingredients

- 4 sheets whole-wheat phyllo (lower-sodium), lightly brushed with 2 tsp (10 ml) olive oil total
- 1 cup (70 g) mushrooms, chopped
- 1 cup (30 g) spinach, chopped
- ½ cup (85 g) no-salt-added white beans, rinsed and mashed
- ¼ cup (35 g) shredded carrot
- 1 tsp (5 ml) lemon juice
- Black pepper, garlic powder (no-salt) to taste

Calories: 320
Protein: 11 g | Carbs: 46 g | Fat: 10 g
Fiber: 7 g | Sugar: 4 g | Sodium: 180 mg






JAPANESE MISO VEGETABLE OATMEAL



Instruction

- 1 Bring broth to a simmer; add oats and mushrooms; cook 5 minutes.
- 2 Stir in greens and scallions; cook 1–2 minutes.
- 3 Off heat, whisk in a tiny amount of miso (if using).
- 4 Pepper/chili to taste.

Tip

-  **Tip:** A few drops of rice vinegar add sparkle.
-  **Note:** Keep miso minimal to stay low in sodium.
-  **Advice:** Add tofu cubes for more protein if desired.

Ingredients

- 2 cups (480 ml) mushroom-kombu broth (no-salt-added)
- ½ cup (45 g) old-fashioned oats
- ½ cup (70 g) mushrooms, sliced
- ½ cup (70 g) bok choy or spinach, chopped
- ¼ cup (30 g) scallions, chopped
- ¼ tsp (1.5 g) white miso paste (for the whole pot) — optional
- Black pepper and chili flakes to taste

Calories: 170
Protein: 6 g | Carbs: 32 g | Fat: 3 g
Fiber: 6 g | Sugar: 3 g | Sodium: 120 mg



Instruction

- 1 Sauté turkey in oil until browned; drain if needed.
- 2 Add onion/pepper; cook 3 minutes.
- 3 Stir in beans, tomatoes, water, and spices; simmer 15–20 minutes

TURKEY & VEGETABLE CHILI

Ingredients

- 6 oz (170 g) lean ground turkey
- 1 cup (170 g) no-salt-added kidney beans, rinsed
- ½ cup (120 g) no-salt-added crushed tomatoes
- 1 cup (120 g) of onion and bell pepper, diced
- 1 tsp (5 ml) olive oil
- 1 tbsp (7 g) chili powder (no-salt)
- ½ tsp (1 g) cumin
- ½ cup (120 ml) water

- 💡 **Tip:** Add corn for sweetness and bulk.
- 📖 **Note:** Cocoa powder (a pinch) deepens flavor.
- 👉 **Advice:** Taste the peppers for heat before adding

Tips

Calories: 360
 Protein: 34 g | Carbs: 34 g | Fat: 11 g
 Fiber: 10 g | Sugar: 7 g | Sodium: 180 mg



Instruction

- 1 Sauté potato and onion in oil for 6–8 minutes until tender.
- 2 Mix eggs, bran, and spices. Then, add spinach.
- 3 Pour over vegetables; cook 3–4 minutes on medium-low.
- 4 Finish under broiler 2–3 minutes until set.

POTATO FRITTATA

Ingredients

- 2 cups (260 g) of potato, thin slices (skin on)
- 1 cup (30 g) spinach, chopped
- ¼ cup (40 g) onion, diced
- 2 eggs + 2 egg whites
- 1 tbsp (8 g) oat bran
- 1 tsp (5 ml) olive oil
- Black pepper and paprika to taste

- 💡 **Tip:** Let it cool slightly for cleaner slices.
- 📖 **Note:** To prevent the food from sticking, use a skillet that has been seasoned with cooking oil.
- 👉 **Advice:** Great warm or room temperature.

Tips

Calories: 280
 Protein: 16 g | Carbs: 36 g | Fat: 8 g
 Fiber: 6 g | Sugar: 4 g | Sodium: 180 mg



Instruction

- 1 Sauté sweet potato in 1 tsp oil for 8–10 minutes until nearly tender.
- 2 Add onion and pepper with remaining oil; cook 4 minutes.
- 3 Stir in black beans and paprika; heat through.

SWEET POTATO HASH

Ingredients

- 2 cups (300 g) sweet potato, ½-inch cubes
- 1 cup (150 g) red bell pepper (diced)
- ½ cup (70 g) onion, diced
- ¾ cup (130 g) no-salt-added black beans, rinsed
- 2 tsp (10 ml) olive oil
- ½ tsp (1 g) smoked paprika, black pepper to taste

- 💡 **Tip:** Top with a spoon of yogurt or salsa (no-salt).
- 📖 **Note:** Dice evenly for even cooking.
- 👉 **Advice:** Leftovers make a great taco filling.

Tips

Calories: 300
 Protein: 9 g | Carbs: 52 g | Fat: 8 g
 Fiber: 10 g | Sugar: 11 g | Sodium: 130 mg



Instruction

- 1 Boil greens 5–7 minutes until tender; drain well.
- 2 Mix the dressing, olive oil, lemon juice, paprika, and pepper.
- 3 Eating it warm or at room temperature is recommended.

GREEK HORTA (BOILED GREENS)

Ingredients

- 8 cups (200 g) mix of different types of greens, such as dandelion, kale, and chard, all cut into small pieces.
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 ml) lemon juice
- Black pepper to taste

- 💡 **Tip:** Save the water you use to cook the pasta for a light broth.
- 📖 **Note:** Add chopped garlic if you like.
- 👉 **Advice:** Extra lemon wakes up the greens.

Tips

Calories: 160
 Protein: 6 g | Carbs: 14 g | Fat: 10 g
 Fiber: 7 g | Sugar: 3 g | Sodium: 70 mg



Instruction

- 1 Combine all ingredients and toss gently.
- 2 Wait 10 minutes so the flavors have time to blend.

CORN SALAD

Ingredients

- 1½ cups (230 g) corn kernels (fresh or thawed, unsalted)
- ¾ cup (130 g) no-salt-added black beans, rinsed
- ½ medium avocado (75 g), diced
- ¼ cup (30 g) red onion, minced
- 2 tbsp (30 ml) lime juice
- ¼ tsp (1 g) cumin, black pepper to taste

Tips

- 💡 **Tip:** Add chopped cilantro and jalapeño for heat.
- 📖 **Note:** Frozen sweet corn works great—thaw and drain.
- 👉 **Advice:** Lime and cumin carry the flavor; salt isn't missed.

Calories: 300
Protein: 9 g | Carbs: 44 g | Fat: 12 g
Fiber: 10 g | Sugar: 6 g | Sodium: 60 mg



Instruction

- 1 Cook pasta; add broccoli and asparagus in the last 2 minutes.
- 2 Drain, reserving a splash of cooking water.
- 3 Toss with oil, lemon, nutritional yeast, pepper, and garlic powder; add a splash of pasta water to gloss.

PASTA PRIMAVERA

Ingredients

- 4 oz (115 g) whole-wheat pasta
- 1 cup (120 g) broccoli florets
- 1 cup (120 g) asparagus or green beans, chopped
- ½ cup (70 g) cherry tomatoes (cut in half)
- 1 tsp (5 ml) olive oil
- 1 tbsp (5 g) nutritional yeast
- 1 tbsp (15 ml) lemon juice
- Black pepper and garlic powder (no salt) to taste

Tips

- 💡 **Tip:** Add peas for extra sweetness and fiber.
- 📖 **Note:** Use lots of veggies—Primavera loves color.
- 👉 **Advice:** Nutritional yeast gives cheesy notes with little sodium.

Calories: 380
Protein: 16 g | Carbs: 70 g | Fat: 7 g
Fiber: 10 g | Sugar: 7 g | Sodium: 130 mg



Instruction

- 1 Sauté onion and garlic in oil for 2–3 minutes.
- 2 Add chickpeas, tomatoes, water, and paprika; simmer 10–12 minutes.
- 3 Stir in spinach to wilt; pepper to taste.

CHICKPEA STEW

- 1 tsp (5 ml) olive oil
- ¼ cup (40 g) onion, diced
- 1 garlic clove, minced
- 1½ cups (250 g) no-salt-added chickpeas, rinsed
- ½ cup (120 g) no-salt-added crushed tomatoes
- 1 cup (30 g) spinach, chopped
- ½ tsp (1 g) smoked paprika, black pepper to taste
- ¼ cup (60 ml) water

Ingredients

- 💡 **Tip:** Finish with lemon juice for zing.
- 📖 **Note:** Add diced zucchini or carrots for volume.
- 👉 **Advice:** Great with a spoon of yogurt.

Tip

Calories: 290
 Protein: 13 g | Carbs: 43 g | Fat: 8 g
 Fiber: 11 g | Sugar: 8 g | Sodium: 140 mg



Instruction

- 1 Combine tomatoes, beans, avocado, and cucumber.
- 2 Now add the lemon juice, olive oil, paprika, and pepper to the salad. Put all the ingredients together. Please don't mix them too much.

AVOCADO & TOMATO SALAD

- 1 cup (160 g) cherry tomatoes, halved
- ½ cup (85 g) no-salt-added black beans, rinsed
- ½ medium avocado (75 g), diced
- ¼ cup (30 g) cucumber, diced
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) of olive oil
- Black pepper to taste

Ingredients

- 💡 **Tip:** Chill 5–10 minutes so the flavors come together.
- 📖 **Note:** To add a hint of sweetness fold in a spoonful of unsalted corn.
- 👉 **Advice:** To make the meal even fresher, add a sprig of cilantro or parsley.

Tip

Calories: 250
 Protein: 7 g | Carbs: 26 g | Fat: 15 g
 Fiber: 9 g | Sugar: 5 g | Sodium: 90 mg



MEXICAN TACOS

Ingredients

- 4 small corn tortillas (unsalted)
- 1½ cups (250 g) no-salt-added pinto or black beans, rinsed
- 1 cup (150 g) sautéed peppers and onions
- ½ cup (70 g) corn kernels (unsalted)
- 1 tsp (5 ml) lime juice
- Chili powder (no salt) and black pepper to taste

Tip: Add avocado slices if desired.

Note: Fresh cilantro and radish brighten everything.

Advice: Skip cheese to keep sodium low.

Tips

Instruction

- 1 Warm tortillas.
- 2 Heat beans with peppers, onions, and corn; season with chili and pepper.
- 3 Fill tortillas; splash with lime.

Calories: 360

Protein: 14 g | Carbs: 66 g | Fat: 7 g
Fiber: 12 g | Sugar: 6 g | Sodium: 140 mg



GREEK HORIATIKI SALAD

Ingredients

- 1½ cups (220 g) of tomatoes and cucumber, chopped
- ¼ cup (40 g) red onion, thinly sliced
- ¼ cup (35 g) green bell pepper, strips
- 1 tbsp rinsed feta (for whole salad)
- 6–8 pitted olives, rinsed and halved
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) dried oregano, black pepper to taste

Tip: Rinsing olives and feta can help reduce the amount of sodium in your diet.

Note: Ricotta instead of feta will keep the creamy note with less salt.

Advice: If you want a traditional flavor, use plenty of oregano.

Tips

Instruction

- 1 Put the sliced vegetables in a bowl.
- 2 Add ricotta cheese (or a small amount of rinsed feta cheese).
- 3 Mix the lemon oil, oregano, and pepper with the salad. Toss gently.

Calories: 200

Protein: 7 g | Carbs: 20 g | Fat: 11 g
Fiber: 6 g | Sugar: 8 g | Sodium: 130 mg



DINNERS



Instruction

- 1 Place fish on a lined tray; brush with oil, lemon, herbs, and pepper.
- 2 Bake at 400°F (205°C) for 10–12 minutes until flaky.
- 3 Warm beans and wilt spinach 2–3 minutes; serve alongside.

BAKED FISH WITH LEMON & HERBS

- 8 oz (225 g) white fish (cod/haddock)
- 1 tsp (5 ml) olive oil;
- 1 tsp (5 ml) lemon juice
- 1 tsp mixed herbs (dill/parsley); black pepper
- 1 cup (170 g) no-salt-added white beans, rinsed
- 2 cups (60 g) spinach

Tip: Lemon zest gives a big aroma without sodium.

Note: Pull fish as soon as it flakes—don't overbake.

Advice: Swap spinach for chard if preferred.

Ingredients

Tips

Calories: 300
 Protein: 32 g | Carbs: 24 g | Fat: 8 g
 Fiber: 6 g | Sugar: 2 g | Sodium: 140 mg



Instruction

- 1 Roast sprouts with oil, paprika, and pepper at 425°F (220°C) for 10 minutes.
- 2 Add trout (skin-side down) and lentils; roast 8 minutes more.

OCEAN TROUT WITH BRUSSELS SPROUTS

- 8 oz (225 g) ocean trout/steelhead, skin-on
- 3 cups (270 g) Brussels sprouts, halved
- 1 tsp (5 ml) olive oil; ½ tsp (1 g) smoked paprika; black pepper
- ½ cup (90 g) cooked lentils

Ingredients

Tip: A splash of apple cider vinegar adds brightness.

Note: Avoid “pre-brined” fish—those add sodium.

Advice: Warm lentils act like a sauce.

Tips

Calories: 420
 Protein: 32 g | Carbs: 28 g | Fat: 20 g
 Fiber: 8 g | Sugar: 6 g | Sodium: 160 mg



Instruction

- 1 Sauté peppers and onions for 4 minutes.
- 2 Combine with beans and spices.
- 3 Fill tortillas, roll, place seam-side down; top with tomato purée.
- 4 Bake at 375°F (190°C) for 12–15 minutes; serve with yogurt.

ENCHILADAS WITH BEANS & VEGETABLES

- 4 small unsalted corn tortillas
- 1 cup (170 g) no-salt-added black or pinto beans, rinsed
- 1 cup (150 g) sautéed peppers and onions
- ½ cup (120 g) no-salt-added tomato purée
- 1 tsp (5 ml) olive oil; ½ tsp (1 g) chili powder (no-salt); black pepper
- 2 tbsp (30 g) plain low-fat yogurt (topping)

Ingredients

Tip: Lime juice and cilantro bring brightness.

Note: Skip cheese to keep sodium low.

Advice: Try zucchini ribbons inside for more veg.

Tips

Calories: 390
 Protein: 16 g | Carbs: 66 g | Fat: 8 g
 Fiber: 12 g | Sugar: 9 g | Sodium: 190 mg



Instruction

- 1 Bake the eggplant rounds at 425°F (220°C) for 10 minutes.
- 2 In a baking dish, arrange the tomatoes, followed by the eggplant, then the ricotta, and finally the breadcrumbs.
- 3 Bake at 375°F (190°C) for 10 minutes until golden.

ITALIAN BAKED EGGPLANT

Ingredients

- 1 large eggplant, sliced into rounds
- 1 cup (240 g) no-salt-added crushed tomatoes
- ⅔ cup (160 g) part-skim ricotta (lower-sodium)
- ¼ cup (20 g) unsalted whole-wheat breadcrumbs
- 1 tsp (5 ml) olive oil; garlic powder (no-salt), oregano; black pepper

Tips

- 💡 **Tip:** Add spinach between layers for extra greens.
- 📖 **Note:** Use fresh young eggplant—no salting needed.
- 🍷 **Advice:** Nutritional yeast boosts “cheesy” notes.

Calories: 350
 Protein: 18 g | Carbs: 42 g | Fat: 12 g
 Fiber: 8 g | Sugar: 16 g | Sodium: 200 mg



Instruction

- 1 Sauté onion and pepper in oil 2 minutes; add rice, paprika, and saffron.
- 2 Pour in liquid; simmer 20 minutes without stirring.
- 3 Fold in zucchini, chickpeas, and peas; cook 2 minutes more.

SPANISH VEGETABLE PAELLA

Ingredients

- ⅔ cup (120 g) brown rice
- 2¼ cups (530 ml) water or no-salt vegetable broth
- ½ cup (70 g) bell pepper
- ½ cup (70 g) zucchini
- ¼ cup (40 g) onion, diced
- ½ cup (85 g) chickpeas, rinsed
- ⅓ cup (50 g) peas
- Pinch saffron; ½ tsp (1 g) smoked paprika; 1 tsp (5 ml) olive oil

Tips

- 💡 **Tip:** Serve with lemon wedges—classic touch.
- 📖 **Note:** Don't stir: you want a gentle socarrat.
- 🍷 **Advice:** Artichokes are a great add-in.

Calories: 380
 Protein: 13 g | Carbs: 72 g | Fat: 7 g
 Fiber: 9 g | Sugar: 7 g | Sodium: 140 mg



Instruction

- 1 Stir-fry the vegetables in a pan for three or four minutes over medium heat.
- 2 Add shrimp with ginger and garlic; cook 3–4 minutes until pink.
- 3 Splash with vinegar and lemon; serve over brown rice.

SHRIMP & VEGETABLE STIR-FRY

Ingredients

- 6 oz (170 g) shrimp, patted dry
- 2 cups (150 g) broccoli florets
- 1 cup (100 g) snap peas
- ½ cup (70 g) carrot, matchsticks
- 1 tsp (5 ml) sesame or olive oil
- 1 tsp (5 ml) rice vinegar
- 1 tsp (5 ml) lemon juice
- grated ginger and garlic, black pepper
- 1 cup (150 g) cooked brown rice (for serving)

Tips

- 💡 **Tip:** Unsalted sesame seeds add aroma.
- 📖 **Note:** Avoid brined or pre-seasoned shrimp.
- 👉 **Advice:** Lime juice gives a bright finish.

Calories: 360
 Protein: 26 g | Carbs: 52 g | Fat: 7 g
 Fiber: 7 g | Sugar: 6 g | Sodium: 190 mg



Instruction

- 1 Simmer tomatoes, water, fennel, and paprika for 5 minutes.
- 2 Add fish for 6–8 minutes; add shrimp for 2–3 minutes; warm the beans through.

SEAFOOD STEW (TOMATO-BEAN)

Ingredients

- 1 cup (240 g) no-salt-added crushed tomatoes + 1 cup (240 ml) water
- 6 oz (170 g) white fish, in chunks
- 3 oz (85 g) shrimp
- ½ cup (85 g) no-salt-added white beans, rinsed
- ½ cup (70 g) fennel or onion, sliced
- ½ tsp (1 g) paprika, black pepper

Tips

- 💡 **Tip:** Orange zest adds Mediterranean flair.
- 📖 **Note:** Skip mussels/clams—they add sodium.
- 👉 **Advice:** Add chili flakes if you like heat.

Calories: 340
 Protein: 30 g | Carbs: 28 g | Fat: 10 g
 Fiber: 8 g | Sugar: 6 g | Sodium: 200 mg



Instruction

- 1 Marinate chicken for 10 minutes.
- 2 Thread with vegetables; grill or roast at 400°F (205°C) 10–12 minutes until 165°F (74°C).
- 3 Serve over warm bulgur.

CHICKEN & VEGETABLE SKEWERS

- 8 oz (225 g) chicken breast, cubed
- 1 cup (150 g) of peppers and zucchini, chunks
- Marinade: 2 tbsp (30 g) plain yogurt, 1 tsp (5 ml) lemon juice, smoked paprika, black pepper
- ⅔ cup (110 g) cooked bulgur, warm

Ingredients

Tip: Serve with lemon wedges.

Note: Soak wooden skewers 15 minutes to prevent burning.

Advice: Swap bulgur for quinoa if preferred.

Tips

Calories: 420
 Protein: 36 g | Carbs: 50 g | Fat: 9 g
 Fiber: 8 g | Sugar: 4 g | Sodium: 170 mg



Instruction

- 1 Cook turkey 5–6 minutes; add vegetables, beans, and spices; cook 2–3 minutes.
- 2 Spoon into romaine leaves and roll up.

TURKEY ROLL-UPS (LETTUCE WRAPS)

- 8 oz (225 g) lean ground turkey
- 1 cup (150 g) mixed vegetables (carrot, bell pepper), finely chopped
- ½ cup (85 g) no-salt-added black beans, rinsed
- 1 tsp (5 ml) olive oil; cumin, paprika, black pepper
- 8 large romaine leaves

Ingredients

Tip: A squeeze of lime keeps flavors bright.

Note: Avoid deli turkey (often high in sodium).

Advice: Serve with warm quinoa if you like.

Tips

Calories: 360
 Protein: 34 g | Carbs: 28 g | Fat: 12 g
 Fiber: 7 g | Sugar: 6 g | Sodium: 140 mg






ITALIAN CHICKEN CACCIATORE (LOW-SODIUM)



Instruction

- 1 Brown chicken 3–4 minutes; remove.
- 2 Sauté onion, mushrooms, and pepper 3 minutes; add tomatoes, water, and spices.
- 3 Return chicken; simmer 15 minutes.
- 4 Add olives if using.

Tip

-  **Tip:** Rosemary and lemon zest bring Italian sunshine.
-  **Note:** Rinse olives to lower sodium if you include them.
-  **Advice:** Serve with farro or brown rice.

Ingredients

- 8 oz (225 g) chicken thighs or breast, in chunks
- 1 cup (240 g) no-salt-added crushed tomatoes + ½ cup (120 ml) water
- 1 cup (150 g) mushrooms and bell peppers, sliced
- ¼ cup (40 g) onion, sliced
- 1 tsp (5 ml) olive oil; oregano; black pepper
- (Optional) 4–6 olives, rinsed and chopped (use sparingly)

Calories: 390
Protein: 35 g | Carbs: 24 g | Fat: 16 g
Fiber: 7 g | Sugar: 8 g | Sodium: 200 mg



Instruction

- 1 Season steak with pepper and garlic; grill 3–4 minutes per side (medium).
- 2 Roast or steam broccoli 6–8 minutes; drizzle with oil.
- 3 Serve with brown rice.

GRILLED LEAN STEAK WITH BROCCOLI & BROWN RICE

- 8 oz (225 g) sirloin or flank steak, trimmed
- 3 cups (225 g) broccoli florets
- $\frac{3}{4}$ cup (120 g) cooked brown rice
- 1 tsp (5 ml) olive oil
- garlic powder (no-salt)
- black pepper

Ingredients

Tip: Slice it thinly against the grain.

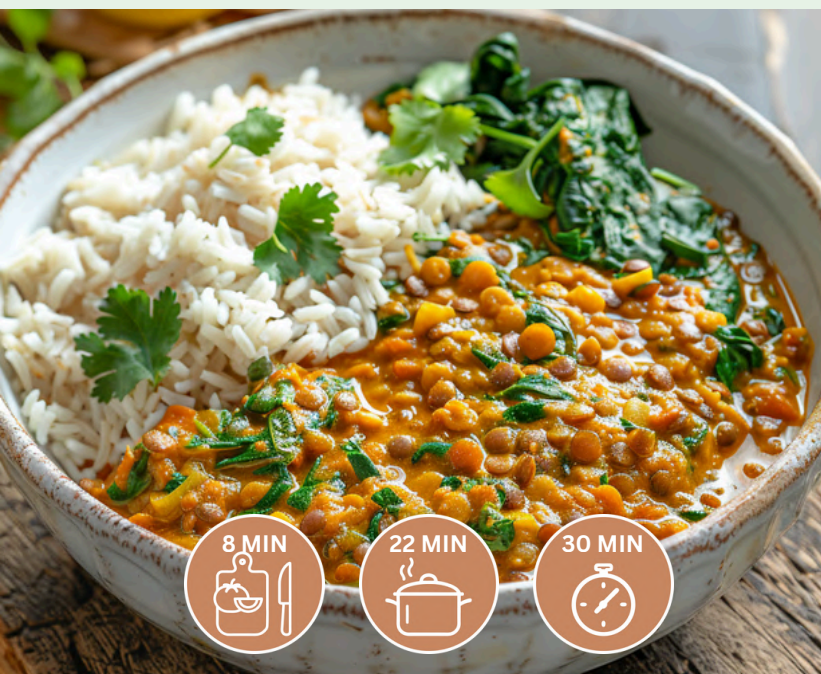
Note: Let the steak rest for five minutes before you cut it.

Advice: Lemon zest makes broccoli taste better.

Tips

Calories: 460

Protein: 35 g | Carbs: 46 g | Fat: 14 g
Fiber: 8 g | Sugar: 3 g | Sodium: 170 mg



Instruction

- 1 Cook the lentils in water for 15 to 18 minutes, until they are soft.
- 2 Stir in oil, spices, and spinach; cook 2–3 minutes.
- 3 Serve over brown rice.

LENTIL & SPINACH CURRY WITH BROWN RICE

- $\frac{3}{4}$ cup (140 g) dry red or brown lentils, rinsed
- 2 cups (480 ml) water
- 1 cup (30 g) spinach, chopped
- 1 tsp (5 ml) olive oil
- $\frac{1}{2}$ tsp (1 g) curry powder
- $\frac{1}{4}$ tsp (1 g) turmeric
- black pepper
- $\frac{3}{4}$ cup (120 g) cooked brown rice (for serving)

Ingredients

Tip: Fresh ginger adds cozy warmth.

Note: Spices carry flavor—salt won't be missed.

Advice: A spoon of yogurt can mellow the heat.

Tips

Calories: 430

Protein: 22 g | Carbs: 76 g | Fat: 7 g
Fiber: 14 g | Sugar: 5 g | Sodium: 160 mg



Instruction

- 1 Sauté the vegetables for 3–4 minutes. Add beans, tomatoes, water, and spices.
- 2 Cook everything together for 15–16 minutes, until the mixture is tender.

VEGETARIAN CHILI WITH BLACK BEANS

Ingredients

- 1 cup (170 g) no-salt-added black beans, rinsed
- ½ cup (120 g) no-salt-added crushed tomatoes
- 1 cup (160 g) diced peppers and onion
- ½ cup (85 g) unsalted corn
- 1 tsp (5 ml) olive oil
- 1 tbsp (7 g) chili powder, cumin, black pepper
- ½ cup (120 ml) water

Tip: A pinch of cocoa adds depth.

Note: Thicken by simmering rather than adding flour.

Advice: Top with avocado for creaminess.

Tip

Calories: 360
 Protein: 16 g | Carbs: 64 g | Fat: 7 g
 Fiber: 14 g | Sugar: 10 g | Sodium: 200 mg



Instruction

- 1 Roast eggplant halves at 425°F (220°C) for 10 minutes.
- 2 Cook beef with onion 4 minutes; stir in chickpeas, tomatoes, and spices.
- 3 Use a pre-cooked eggplant base as a mold. Bake it in a 375-degree (190-degree Celsius) oven for 10 minutes.

STUFFED EGGPLANT WITH GROUND BEEF

Ingredients

- 1 large eggplant, halved lengthwise
- 6 oz (170 g) lean ground beef
- ½ cup (85 g) no-salt-added chickpeas, lightly mashed
- ½ cup (120 g) no-salt-added crushed tomatoes
- ¼ cup (40 g) onion, diced; 1 tsp (5 ml) olive oil; paprika; black pepper

Tip: Fresh parsley on top adds color and freshness.

Note: Eggplant soaks oil—measure it.

Advice: Finish with lemon for a clean finish.

Tip

Calories: 420
 Protein: 28 g | Carbs: 40 g | Fat: 16 g
 Fiber: 10 g | Sugar: 11 g | Sodium: 180 mg



Instruction

- 1 Bring broth with bean purée to a gentle simmer.
- 2 Stream in eggs while stirring to form ribbons.
- 3 Add spinach 1–2 minutes; finish with lemon and pepper.

STRACCIATELLA SOUP

Ingredients

- 3 cups (710 ml) no-salt-added chicken or vegetable broth
- 1 egg + one egg white, lightly beaten
- 1 cup (30 g) spinach, chopped
- ½ cup (85 g) no-salt-added white beans, puréed
- Pinch nutmeg; black pepper
- 1 tsp (5 ml) lemon juice

Tip: Skip parmesan—use nutritional yeast for umami.

Note: Don't boil after adding egg.

Advice: Serve with unsalted whole-grain toast.

Tips

Calories: 220
 Protein: 16 g | Carbs: 18 g | Fat: 8 g
 Fiber: 6 g | Sugar: 2 g | Sodium: 170 mg



Instruction

- 1 Brown lamb 2 minutes; remove.
- 2 Sauté onion and carrot for 2 minutes; add zucchini.
- 3 Return lamb, add tomatoes, water, chickpeas, and spices; simmer 15 minutes.

LAMB STEW (CHICKPEA & TOMATO)

Ingredients

- 4 oz (115 g) lean lamb (leg), diced
- 1 cup (240 g) no-salt-added crushed tomatoes + 1 cup (240 ml) water
- ½ cup (85 g) chickpeas, rinsed
- ½ cup (70 g) carrot, ¼ cup (40 g) onion, ½ cup (70 g) zucchini, diced
- 1 tsp (5 ml) olive oil
- ½ tsp (1 g) cumin; black pepper

Tip: Fresh mint or parsley at the end adds lift.

Note: Trim visible fat before cooking.

Advice: Serve with lemon—no salt needed.

Tips

Calories: 420
 Protein: 28 g | Carbs: 44 g | Fat: 14 g
 Fiber: 9 g | Sugar: 10 g | Sodium: 180 mg



DESSERTS



Instruction

- 1 Pulse dates, nut butter, oats, and flax to a sticky dough; add water if dry.
- 2 Press into a 4×4-in (10×10-cm) lined dish; chill 20 min.
- 3 Cut into four squares.

DATE & OAT SQUARES (No-Bake)

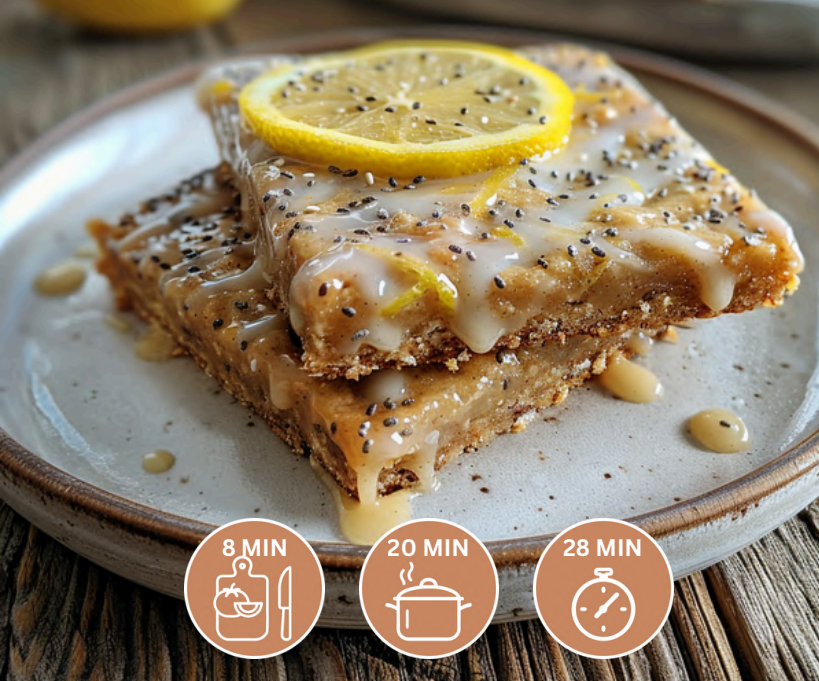
- ½ cup (45 g) old-fashioned oats
- 6 soft dates (120 g), pitted
- 1 tbsp (16 g) unsalted peanut or almond butter
- 1 tbsp (10 g) ground flaxseed
- 1 tsp (5 ml) water, as needed

Ingredients

- 💡 **Tip:** Dust with cocoa (unsweetened) for a truffle vibe.
- 📖 **Note:** Check dates' labels—no added sugar.
- 🗨️ **Advice:** Pair with tea for a balanced snack.

Tips

Calories: 215
 Protein: 6 g | Carbs: 34 g | Fat: 8 g
 Fiber: 6 g | Sugar: 21 g | Sodium: 5 mg



Instruction

- 1 Mix the dry ingredients; stir in the honey, applesauce, and lemon.
- 2 Press into a 4x6-in (10x15-cm) lined pan; bake 18–20 min at 350°F (175°C).
- 3 Cool and slice.

LEMON OATMEAL BARS

Ingredients

- ½ cup (45 g) old-fashioned oats
- ¼ cup (30 g) whole-wheat flour
- 1 tbsp (12 g) chia seeds
- 2 tbsp (30 ml) honey or maple syrup or monk fruit drops
- 2 tbsp (28 g) unsalted applesauce
- 1 tbsp (15 ml) lemon juice + ½ tsp zest

- 💡 **Tip:** Extra brightness → more zest, not more sugar.
- 📖 **Note:** Let bars cool fully to set.
- 👉 **Advice:** Great with herbal tea after dinner.

Tips

Calories: 210
 Protein: 6 g | Carbs: 36 g | Fat: 4 g
 Fiber: 6 g | Sugar: 16 g | Sodium: 40 mg



Instruction

- 1 Mix the crust; press it into two lined muffin cups; bake for 5–6 minutes at 325°F (165°C).
- 2 Blend yogurt, cream cheese, egg, honey, and vanilla; divide the mixture over the crusts.
- 3 Bake 15 minutes until set; chill 1 hr.

GREEK YOGURT CHEESECAKE

Ingredients

- ¾ cup (170 g) plain low-fat Greek yogurt
- 3 oz (85 g) light cream cheese, softened
- 1 egg
- 1 tbsp (12 g) honey or drop of stevia
- ½ tsp vanilla extract
- Crust: ¼ cup (20 g) quick oats + 1 tsp (5 ml) olive oil + 1 tsp (5 ml) honey

- 💡 **Tip:** Top with a few berries for color.
- 📖 **Note:** Choose light cream cheese to limit sodium/fat.
- 👉 **Advice:** Keep portions small—rich flavor goes far.

Tips

Calories: 230
 Protein: 14 g | Carbs: 22 g | Fat: 9 g
 Fiber: 1 g | Sugar: 15 g | Sodium: 140 mg



Instruction

- 1 Whisk the wet ingredients; fold in the dry ingredients and spices.
- 2 Pour into a 5×5-in (13×13-cm) pan; bake 20 min at 350°F (175°C).
- 3 Cool before slicing.

WHOLE-GRAIN PUMPKIN HARVEST CAKE

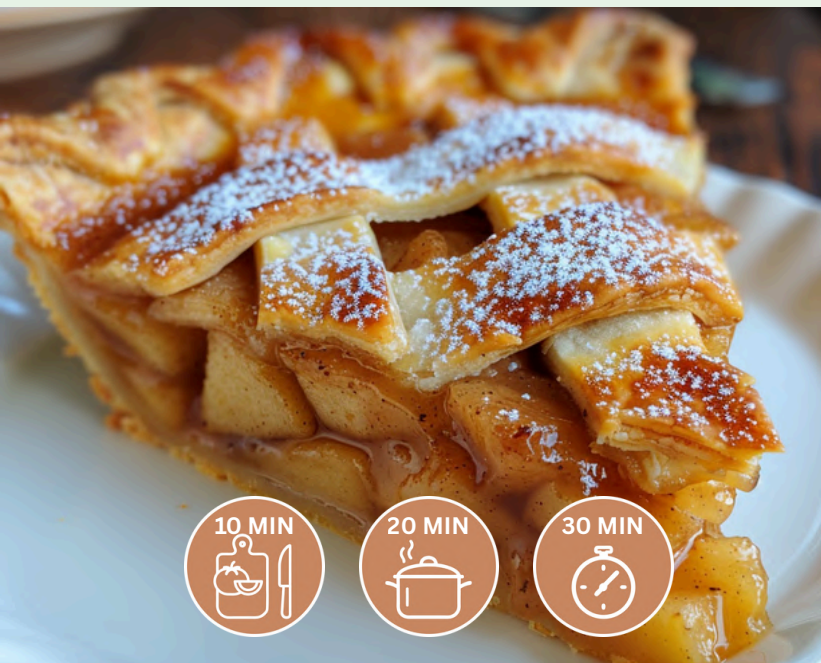
- ½ cup (60 g) whole-wheat flour
- ½ cup (120 g) canned pumpkin (100% pure)
- 2 tbsp (25 g) brown sugar (or coconut sugar) or 2 tsp (10 g) unsweetened applesauce
- 1 egg
- 1 tbsp (15 ml) olive oil
- ½ tsp baking powder (low-sodium)
- ½ tsp cinnamon, pinch nutmeg

Ingredients

- 💡 **Tip:** Use unsweetened purée, not pie filling.
- 📖 **Note:** Do not overbake—keep moist.
- 👉 **Advice:** Serve plain or with a spoonful of yogurt.

Tips

Calories: 230
 Protein: 6 g | Carbs: 33 g | Fat: 8 g
 Fiber: 5 g | Sugar: 14 g | Sodium: 120 mg



Instruction

- 1 Rub butter into flour; add water; press into two 4-in (10-cm) tart pans.
- 2 Toss apples with lemon, cinnamon, and honey; fill shells.
- 3 Bake 20 min at 375°F (190°C).

APPLE PIE

Filling:

- 2 cups (260 g) thin apple slices,
- 1 tsp lemon juice,
- ½ tsp cinnamon,
- 1 tsp honey or 1 tsp (4 g) erythritol

Crust:

- ½ cup (60 g) whole-wheat flour,
- 1 tbsp (14 g) cold unsalted butter,
- 2 tbsp (30 ml) cold water

Ingredients

- 💡 **Tip:** Leave peels on for more fiber.
- 📖 **Note:** Keep crust thin to reduce sodium/fat.
- 👉 **Advice:** Serve warm with a spoonful of yogurt.

Tips

Calories: 230
 Protein: 4 g | Carbs: 38 g | Fat: 8 g
 Fiber: 5 g | Sugar: 17 g | Sodium: 55 mg



Instruction

- 1 Heat the water and butter. Stir in the flour and cool for two minutes. Beat in the egg.
- 2 Pipe 6 small puffs; bake 18–20 min at 375°F (190°C), cool.
- 3 Mix the filling, split the puffs, and fill them lightly.

CHOCOLATE PROFITEROLE

- ¼ cup (60 ml) water
- 1 tbsp (14 g) butter (unsalted)
- ¼ cup (30 g) whole-wheat pastry flour
- 1 egg
- Filling: ½ cup (120 g) plain low-fat Greek yogurt + 1 tsp cocoa powder + 1 tsp unsweetened applesauce (instead of honey)

Ingredients

Tip: A light cocoa drizzle (unsweetened + a touch of honey) adds flair.

Note: Don't add salt to the dough.

Advice: Keep cream yogurt-based to cut sodium/fat.

Tips

Calories: 220

Protein: 9 g | Carbs: 24 g | Fat: 10 g
Fiber: 2 g | Sugar: 8 g | Sodium: 70 mg



Instruction

- 1 Spread yogurt ¼-in thick on parchment; drizzle honey.
- 2 Sprinkle berries and nuts; freeze 2 hr; break into pieces.

FROZEN YOGURT BARK (Berries & Nuts)

- 1 cup (240 g) plain low-fat Greek yogurt
- ½ cup (75 g) mixed berries, chopped
- 1 tbsp (10 g) unsalted chopped almonds or pistachios
- 1 tsp (5 ml) honey or 1 tsp unsweetened applesauce (optional)

Ingredients

Tip: Use a silicone mat for easy release.

Note: Keep nuts unsalted.

Advice: Store frozen; thaw 2–3 min before eating.

Tips

Calories: 170

Protein: 11 g | Carbs: 18 g | Fat: 6 g
Fiber: 3 g | Sugar: 13 g | Sodium: 60 mg



Instruction

- 1 Process peaches, yogurt, honey, and vanilla until smooth.
- 2 Serve soft or freeze 1–2 hr; stir once halfway.

PEACH FROZEN YOGURT

- 1½ cups (225 g) frozen peach slices (unsweetened)
- ¾ cup (180 g) plain low-fat Greek yogurt
- 1 tsp (5 ml) honey or 1 tsp (5 g) unsweetened applesauce (optional)
- ½ tsp vanilla extract

Ingredients

- 💡 **Tip:** A bit of cinnamon will make things more flavorful, not salty.
- 📖 **Note:** Use plain yogurt; flavored varieties have added sugar.
- 🕒 **Advice:** Let it sit about 5 min before scooping for easier serving.

Tips

Calories: 170
 Protein: 11 g | Carbs: 29 g | Fat: 2 g
 Fiber: 3 g | Sugar: 21 g | Sodium: 60 mg



Instruction

- 1 Microwave mochiko, water, and sugar for 60–90 seconds, stirring once, until sticky.
- 2 Dust your hands with cornstarch, then divide the dough into two pieces and flatten each piece.
- 3 Place a strawberry (and a dab of yogurt) inside; pinch to seal.

STRAWBERRIES MOCHI

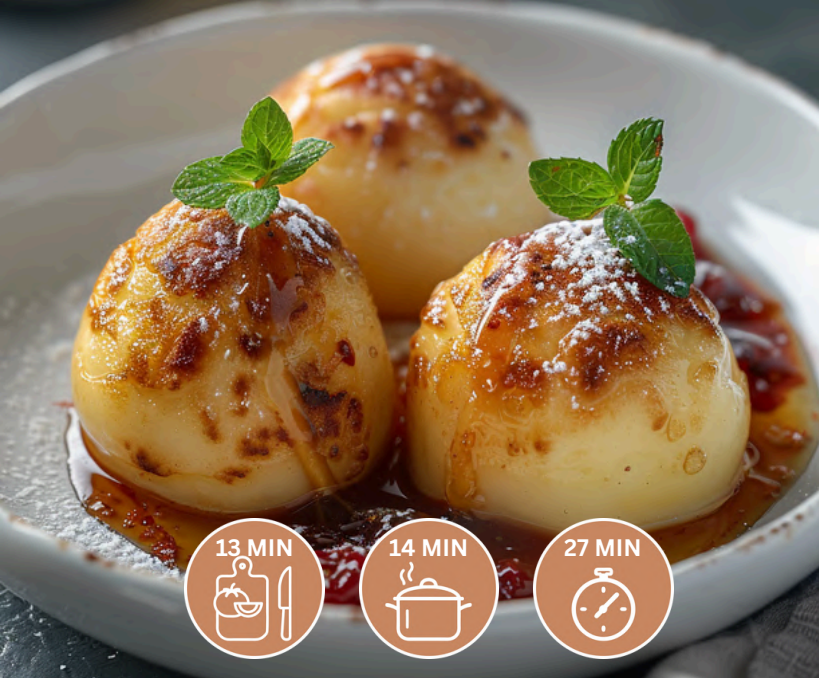
- ¼ cup (30 g) mochiko (sweet rice flour)
- 3 tbsp (45 ml) water
- 1 tsp (5 g) sugar (optional) or 1–2 drops of stevia
- 2 small strawberries (60 g), hulled
- 2 tsp (10 g) plain low-fat yogurt (thin layer inside, optional)

Ingredients

- 💡 **Tip:** Keep portions small—mochi is dense.
- 📖 **Note:** Chew slowly; sticky texture.
- 🕒 **Advice:** Use very ripe berries for sweetness.

Tips

Calories: 120
 Protein: 2 g | Carbs: 26 g | Fat: 0 g
 Fiber: 1 g | Sugar: 8 g | Sodium: 5 mg



Instruction

- 1 Mix dough; rest 10 min.
- 2 Divide into 4; fill lightly; seal.
- 3 Steam 12–14 min until puffed.

SWEET YEAST DUMPLINGS

- ½ cup (60 g) whole-wheat flour
- 1 tsp (3 g) instant yeast
- ¼ cup (60 ml) warm low-fat milk
- 1 tsp (5 ml) olive oil
- 1 tsp (4 g) sugar or 1 tsp (5 g) unsweetened applesauce
- ½ tsp vanilla
- 2 tsp (10 g) plum or apricot purée (no sugar added), for filling

Ingredients

- 💡 **Tip:** Steam, don't fry—keeps it light.
- 📖 **Note:** Use fruit purée, not jam (sodium/sugar).
- 👉 **Advice:** Serve with a spoon of yogurt, not butter.

Tips

Calories: 210
 Protein: 7 g | Carbs: 36 g | Fat: 4 g
 Fiber: 4 g | Sugar: 6 g | Sodium: 70 mg



Instruction

- 1 Whisk cocoa, milk, vanilla, and sugar; stir in yolk, then gently fold whisked whites.
- 2 Fill two greased ramekins and bake for 12–14 minutes at 375°F (190°C).
- 3 Serve immediately.

LIGHT CHOCOLATE SOUFFLÉ

- 1 egg + one egg white
- 2 tbsp (12 g) unsweetened cocoa powder
- 2 tbsp (25 g) sugar (or 1 tbsp sugar + 1 tbsp honey) or 1–2 tsp stevia (instead of sugar/honey)
- ¼ cup (60 ml) low-fat milk
- ½ tsp vanilla

Ingredients

- 💡 **Tip:** Dust with cocoa, not powdered sugar.
- 📖 **Note:** Serve hot—soufflé deflates as it cools.
- 👉 **Advice:** Pair with a few berries for best results.

Tips

Calories: 160
 Protein: 8 g | Carbs: 20 g | Fat: 5 g
 Fiber: 4 g | Sugar: 15 g | Sodium: 85 mg



Instructions

- 1 Whip aquafaba to stiff peaks.
- 2 Fold in cooled chocolate, cocoa, flax, vanilla, and syrup.
- 3 Spoon the mixture into cups and chill them for one hour.

CLASSIC CHOCOLATE MOUSSE

- $\frac{3}{4}$ cup (180 ml) aquafaba (no-salt chickpeas)
- 1.5 oz (45 g) 70% dark chocolate
- 1 tbsp cocoa powder
- 1 tbsp flaxseed
- 1–2 tsp maple syrup or unsweetened applesauce
- $\frac{1}{2}$ tsp vanilla

Ingredients

Tip: Chill the whisk and bowl for stronger peaks.

Note: Check that aquafaba is sodium-free.

Advice: If soft, whisk longer or chill more.

Tips

Calories: 220
Protein: 4 g | Carbs: 28 g | Fat: 11 g
Fiber: 6 g | Sodium: 60 mg



Instructions

- 1 Blend avocado, coconut water, lime juice/zest, and honey until silky.
- 2 Freeze in a shallow container, stirring once at 60 minutes.
- 3 Soften 5 minutes at room temp before scooping.

AVOCADO LIME SORBET

- 1 ripe avocado (200 g), peeled
- $\frac{1}{2}$ cup (120 ml) unsweetened coconut water, chilled
- 2 tbsp (30 ml) lime juice + $\frac{1}{2}$ tsp zest
- 1–2 tsp (5–10 ml) honey or maple syrup or 1 tsp (5 g) unsweetened applesauce (optional)

Ingredients

Tip: Extra—zesty? Add more lime zest, not salt.

Note: Choose ripe avocado for a creamy texture.

Advice: Small scoops satisfy without heaviness.

Tips

Calories: 180
Protein: 2 g | Carbs: 16 g | Fat: 13 g
Fiber: 6 g | Sugar: 7 g | Sodium: 55 mg



Instruction

- 1 Bloom gelatin; dissolve in warm milk.
- 2 Whisk together yogurt, honey, and vanilla; pour into two cups and chill in cold for 3 hours.

YOGURT PANNA COTTA

- $\frac{3}{4}$ cup (180 g) plain low-fat Greek yogurt
- $\frac{1}{4}$ cup (60 ml) low-fat milk, warmed
- 1 tsp (3 g) gelatin + 1 tbsp (15 ml) cold water (bloom)
- 1–2 tsp (5–10 ml) honey or 1 tsp (5 g) unsweetened applesauce
- $\frac{1}{2}$ tsp vanilla

Ingredients

- 💡 **Tip:** Top with sliced strawberries.
- 📖 **Note:** Avoid flavored yogurt (added sugar/sodium).
- 👉 **Advice:** Small cups keep portions in check.

Tips

Calories: 160
 Protein: 13 g | Carbs: 18 g | Fat: 4 g
 Fiber: 0 g | Sugar: 14 g | Sodium: 75 mg



Instruction

- 1 Mix wet; fold in dry; pour into small pan; swirl in strawberries.
- 2 Bake 20 min at 350°F (175°C).
- 3 Cool before slicing.

STRAWBERRY SWIRL CAKE

- $\frac{1}{2}$ cup (60 g) whole-wheat flour
- 1 egg
- $\frac{1}{4}$ cup (60 ml) low-fat milk
- 2 tbsp (28 g) olive oil
- 2 tbsp (25 g) sugar or 2 tbsp erythritol / $\frac{1}{2}$ tsp stevia powder (instead of sugar)
- $\frac{1}{2}$ tsp baking powder (low-sodium)
- $\frac{1}{4}$ cup (60 g) mashed strawberries (swirl)

Ingredients

- 💡 **Tip:** Swirl gently for a marbled look.
- 📖 **Note:** Use fresh or thawed berries, no syrup.
- 👉 **Advice:** Great with mint tea.

Tips

Calories: 230
 Protein: 6 g | Carbs: 29 g | Fat: 10 g
 Fiber: 3 g | Sugar: 13 g | Sodium: 95 mg



Instruction

- 1 Mix dry; whisk wet; combine; fold in raisins.
- 2 Scoop eight cookies; bake 10–12 min at 350°F (175°C).

OATMEAL RAISIN COOKIES

Ingredients

- ½ cup (45 g) old-fashioned oats
- ¼ cup (30 g) whole-wheat flour
- ¼ tsp baking powder (low-sodium)
- ½ tsp cinnamon
- 1 egg white
- 2 tbsp (28 g) no-sugar applesauce
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 ml) honey or sweetener
- 2 tbsp (20 g) raisins

Tip: Add chopped walnuts (unsalted) for crunch.

Note: Do not overbake—keep chewy.

Advice: Enjoy 1–2 with tea.

Tips

Calories: 210
Protein: 6 g | Carbs: 34 g | Fat: 6 g
Fiber: 5 g | Sugar: 15 g | Sodium: 60 mg



Instruction

- 1 Whisk wet ingredients with sugar; fold in flour, baking powder, poppy seeds, and zest.
- 2 Bake in a 5×5-in (13×13-cm) pan at 360°F (180°C) for 20 min.

POPPY SEED CAKE

Ingredients

- ½ cup (60 g) whole-wheat pastry flour
- 2 tbsp (20 g) poppy seeds
- 1 egg
- ¼ cup (60 ml) low-fat milk
- 2 tbsp (25 g) sugar or 2 tbsp erythritol or ½ tsp stevia
- 1 tbsp (15 ml) olive oil
- ½ tsp baking powder (low-sodium)
- ½ tsp lemon zest

Tip: Lemon zest lifts flavor—no salt needed.

Note: Keep slices modest; the cake is dense.

Advice: Serve with berries for freshness.

Tips

Calories: 230
Protein: 6 g | Carbs: 31 g | Fat: 10 g
Fiber: 4 g | Sugar: 14 g | Sodium: 95 mg



AVOCADO CHOCOLATE MOUSSE

- 1 ripe avocado
- 2 tbsp cocoa powder
- 2 Medjool dates or 2 tsp maple
- 2 tbsp almond milk (unsweetened)
- ½ tsp vanilla

Ingredients

Tips

Tip: Espresso powder deepens flavor.

Note: Use ripe avocado.

Advice: Top with strawberries.

Calories: 260
 Protein: 4 g | Carbs: 32 g | Fat: 14 g
 Fiber: 9 g | Sodium: 40 mg

Instruction

- 1 Scrape mixture with a fork until flaky until it's got that creamy consistency you're looking for.
- 2 Let the mixture chill for about 10–15 minutes.



WATERMELON & STRAWBERRY GRANITA

- 2 cups (300 g) watermelon cubes
- 1 cup (150 g) strawberries, hulled
- 1 tbsp (15 ml) lime juice

Ingredients

Tips

Tip: A few mint leaves add freshness.

Note: No sugar needed—ripe fruit is enough.

Advice: Serve in small chilled cups.

Calories: 90
 Protein: 2 g | Carbs: 22 g | Fat: 0 g
 Fiber: 2 g | Sugar: 18 g | Sodium: 5 mg

Instruction

- 1 Blend all; pour into shallow pan; freeze 3 hr.
- 2 Scrape with a fork every hour to form crystals.



COCONUT MACAROON

- ¾ cup (45 g) unsweetened shredded coconut
- 1 egg white
- 1 tbsp (20 g) honey or 1 tbsp (15 g) unsweetened applesauce
- ½ tsp vanilla extract

Ingredients

Tips

Tip: For chocolate aroma, dust with cocoa.

Note: Keep portions small—coconut is calorie-dense.

Advice: Cool fully to crisp bottoms.

Calories: 200
 Protein: 4 g | Carbs: 17 g | Fat: 13 g
 Fiber: 4 g | Sugar: 13 g | Sodium: 25 mg

Instruction

- 1 Stir all ingredients; form 8 small mounds.
- 2 Bake 15 min at 325°F (165°C) until edges are golden.



DRINKS





Instruction


- 1 Into the blender goes everything. Blend until creamy and smooth.
- 2 Taste; if too thick, splash in 1–2 tbsp (15–30 ml) almond milk.
- 3 Serve this drink in two chilled glasses!

TROPICAL GREEN ENERGIZER

- 1 ripe avocado (200 g), peeled and pitted (or a banana for a sweeter taste)
- 1 cup (150 g) pineapple chunks (or mango or papaya)
- 1 cup (240 ml) almond milk (unsweetened)
- 1 tsp lime juice
- 1 tsp chia seeds

 **Tip:** Use unsweetened milk to avoid hidden sugar.

 **Note:** Swap pineapple for mango if you prefer a softer flavor.

 **Advice:** Adding spinach will boost fiber without changing flavor.

Ingredients

Tips

Calories: 210
 Protein: 4 g | Carbs: 24 g | Fat: 12 g
 Fiber: 7 g | Sugar: 13 g | Sodium: 65 mg



Instruction

- 1 Gather ingredients in the blender; start low, then high.
- 2 Run on high until the mixture is frothy and smooth, 30–40 seconds.
- 3 Pour into tall glasses; dust a pinch of cardamom on top if you like.

INDIAN MANGO LASSI

Ingredients

- 1 cup (150 g) mango, ripe, diced (fresh/frozen, unsweetened)
- 1 cup (240 g) Greek yogurt, plain, low-fat
- ½ cup (120 ml) cold water
- ¼ tsp (1 g) ground cardamom
- 1 tsp (5 ml) honey or 1 tsp (5 g) sugar— optional (or two drops stevia)
- Ice cubes (2–3)

Tip: Canned mango pulp often contains added sugar—avoid it.

Note: Use a squeeze of lime instead of cardamom for brightness.

Advice: A very ripe mango means you may not need any sweetener at all.

Tips

Calories: 175
 Protein: 8 g | Carbs: 30 g | Fat: 3 g
 Fiber: 2 g | Sugar: 23 g | Sodium: 70 mg



Instruction

- 1 Bring water to a boil, steep tea bags for 3–4 minutes. Let cool.
- 2 Blend berries into a purée.
- 3 Mix tea, berry purée, sugar (or honey), and mint in a pitcher.
- 4 Chill for 1 hour. Serve over ice.

BERRY MINT ICED TEA

Ingredients

- 2 cups (480 ml) water
- 2 black tea bags (caffeine-free if desired)
- ½ cup (75 g) mixed berries (blueberries, raspberries, strawberries)
- 1 tbsp (15 g) sugar/honey or two drops stevia (instead of sugar/honey)
- 4–5 fresh mint leaves
- Ice cubes (2–3)

Tip: Use sparkling water instead of still for a fizzy twist.

Note: Adjust sweetness to taste.

Advice: Fresh mint enhances both flavor and aroma.

Tips

Calories: 70
 Protein: 1 g | Carbs: 17 g | Fat: 0 g
 Fiber: 2 g | Sugar: 15 g | Sodium: 5 mg



Instruction

- 1 Pour the coconut water and lime juice in a pitcher, add a smidge of honey (or a drop of stevia), and give it a swirl.
- 2 Fill two glasses with ice and divide the drink between them.
- 3 Garnish with lime wedges and serve cold.

COCONUT WATER WITH LIME

- 2 cups (480 ml) coconut water, unsweetened—no mixers
- 2 tsp (10 ml) lime juice, fresh-squeezed
- 2 lime wedges on deck (garnish)
- 3 ice cubes
- 1 tbsp (15 g) honey, or a micro-drop of stevia

Ingredients

- 💡 **Tip:** Flavored coconut waters may include sodium or added sugar.
- 📖 **Note:** Add a few cucumber slices for extra freshness.
- 🌟 **Advice:** Great after light exercise—naturally contains potassium.

Tips

Calories: 30
 Protein: 0 g | Carbs: 7 g | Fat: 0 g
 Fiber: 0 g | Sugar: 6 g | Sodium: 35 mg



Instruction

- 1 Add, cover, and blend on high. If you want, you can strain it to get a clearer drink.
- 2 Pour into two glasses. Add sparkling water, and stir gently to keep the bubbles.
- 3 Serve cold.

PINEAPPLE GINGER SPARKLE

- 1 cup (150 g) pineapple chunks
- 1 tsp (5 g) grated fresh ginger
- 1 cup (240 ml) sparkling water
- 1 tsp (5 ml) honey or 1 tsp (4 g) sugar (optional) or a drop of stevia
- Ice cubes (2–3)

Ingredients

- 💡 **Tip:** Skip ginger ale—it's usually high in sugar and sodium.
- 📖 **Note:** Try orange segments instead of pineapple for a softer profile.
- 🌟 **Advice:** Serve immediately so the sparkle doesn't fade.

Tips

Calories: 55
 Protein: 0 g | Carbs: 14 g | Fat: 0 g
 Fiber: 1 g | Sugar: 12 g | Sodium: 10 mg



Instruction

- 1 Get a pitcher and fill it with water.
- 2 Add cucumber slices, lemon, and mint if you like.
- 3 Let it chill for 30 minutes to let the flavors blend before serving.

CUCUMBER LEMON WATER

- 2 cups (480 ml) cold water
- ½ cucumber, thinly sliced
- 2 lemon slices
- Fresh mint leaves (optional)

Ingredients

- 💡 **Tip:** Keep a pitcher in the fridge to sip throughout the day.
- 📖 **Note:** No sweetener is needed — flavors are naturally refreshing.
- 🌟 **Advice:** Replace soda with this water for heart health.

Tips

Calories: 5
Protein: 0 g | Carbs: 1 g | Fat: 0 g
Fiber: 0 g | Sugar: 0 g | Sodium: 2 mg



Instruction

- 1 Steep yerba mate in hot (not boiling) water for 4–5 minutes; strain.
- 2 Stir in honey or sugar if desired; cool to room temperature.
- 3 Chill, then pour over ice and garnish with lemon.

ICED YERBA MATE

- 2 tsp (4 g) yerba mate leaves (or two tea bags)
- 2 cups (480 ml) hot water (about 175°F/80°C)
- 1 tsp (5 ml) honey or 1 tsp (4 g) sugar, optional
- Ice cubes
- Lemon wedges, to garnish

Ingredients

- 💡 **Tip:** Contains caffeine—avoid late in the evening.
- 📖 **Note:** Add a few orange slices for a fruity twist.
- 🌟 **Advice:** Brew at 175°F to prevent bitterness.

Tips

Calories: 20
Protein: 0 g | Carbs: 5 g | Fat: 0 g
Fiber: 0 g | Sugar: 5 g | Sodium: 5 mg



Instruction

- 1 Blend watermelon with water until very smooth.
- 2 Strain through a fine sieve for a lighter texture, or leave pulpy for body.
- 3 Stir in lime juice and honey; pour over ice and serve.

MEXICAN AGUA FRESCA (WATERMELON)

- 2 cups (300 g) watermelon, cubes, seeded
- 1 cup (240 ml) really cold water
- 1 tsp (5 ml) lime juice
- 1 tsp (5 ml) honey or stevia, optional
- Ice cubes (as needed)

Ingredients

- 💡 **Tip:** Don't overdilute—keep the fruit flavor forward.
- 📖 **Note:** Use cantaloupe or honeydew for a different melon note.
- 🌟 **Advice:** Choose ripe, seedless watermelon for the best sweetness.

Tips

Calories: 60
 Protein: 1 g | Carbs: 15 g | Fat: 0 g
 Fiber: 1 g | Sugar: 13 g | Sodium: 5 mg



Instruction

- 1 Add orange slices, lemon slices, and lime slices to cold water.
- 2 Then, chill it in the fridge for 30 to 45 minutes to let the flavors blend.
- 3 Give it a gentle swirl halfway through. Serve over ice, and try not to squeeze.

CITRUS INFUSED WATER

- 2 cups (480 ml) water, cold
- 2 slices of orange or grapefruit (as you wish)
- 2 slices of lemon
- 2 slices lime or lime
- Ice cubes (for serving)

Ingredients

- 💡 **Tip:** Citrus can get bitter if you leave it out overnight, so be sure to refresh it every day.
- 📖 **Note:** A sprig of rosemary adds a lovely aroma.
- 🌟 **Advice:** Keep a pitcher ready as a soda alternative.

Tips

Calories: 10
 Protein: 0 g | Carbs: 2 g | Fat: 0 g
 Fiber: 1 g | Sugar: 1 g | Sodium: 0 mg



Instructions

- 1 Lightly mash blueberries with the lemon juice to release color and flavor.
- 2 Add water and stir; sweeten to taste with honey or sugar.
- 3 Fill your glasses with ice and pour the lemonade over it.

BLUEBERRY LEMONADE

- 1 cup (240 ml) water
- 2 tbsp (30 ml) lemon juice, fresh
- ¼ cup (40 g) blueberries (fresh or frozen)
- 1 tsp (5 ml) honey or 1 tsp (5 g) sugar – optional (or drop of stevia)
- Ice cubes (for serving)

Ingredients

Tip: Bottled lemonade often contains a high amount of sugar; homemade is a better option.

Note: Swap blueberries for raspberries for a pink version.

Advice: Strain if you prefer a clearer drink.

Tips

Calories: 40

Protein: 0 g | Carbs: 10 g | Fat: 0 g
Fiber: 1 g | Sugar: 8 g | Sodium: 2 mg



Instructions

- 1 Fill two glasses with ice cubes.
- 2 Pour in equal parts coffee and almond milk; stir to combine.
- 3 Sweeten lightly if desired and serve right away.

ICED COFFEE WITH ALMOND MILK

- 1 cup (240 ml) coffee, strong-brewed, cooled (decaf, if preferred)
- 1 cup (240 ml) almond milk, unsweetened
- 1 tsp (5 g) sugar or 1 tsp (5 ml) honey (or drop of stevia), optional
- Ice cubes (for serving)

Ingredients

Tip: Skip flavored syrups—they're high in sugar and sometimes sodium.

Note: Use coffee ice cubes to keep the drink bold and undiluted.

Advice: Brew doublestrength for the best iced flavor.

Tips

Calories: 25

Protein: 1 g | Carbs: 4 g | Fat: 1 g
Fiber: 0 g | Sugar: 3 g | Sodium: 35 mg



Instructions

- 1 Combine water, coffee grounds, and cinnamon in a jar; stir to wet all grounds.
- 2 Cover and refrigerate 12 hours.
- 3 Strain through a fine filter; pour over ice and add milk.
- 4 Sweeten to taste with sugar or honey, if you like.

CINNAMON COLD BREW

- 1 cup (240 ml) water, cold
- ¼ cup (25 g) coffee, coarsely ground
- ¼ tsp (0.5 g) cinnamon, ground
- 1 tsp (5 g) sugar or 1 tsp (5 ml) honey (or drop of stevia), optional
- Ice cubes
- ¼ cup (60 ml) lowfat milk or almond milk, for serving

Ingredients

- 💡 **Tip:** Don't steep too long—over 18 hours can turn bitter.
- 📖 **Note:** Add a strip of orange peel for a citrus note.
- 👉 **Advice:** Coarse grind prevents cloudiness and sludge.

Tips

Calories: 30
 Protein: 2 g | Carbs: 6 g | Fat: 0 g
 Fiber: 0 g | Sugar: 5 g | Sodium: 25 mg



Instructions

- 1 Combine water, apple slices, and cinnamon stick in a saucepan; bring to a gentle simmer.
- 2 Cook 8–10 minutes; remove the cinnamon stick.
- 3 Sweeten with honey if you like and serve warm.

CINNAMON APPLE TEA

- 2 cups (480 ml) water
- ½ apple, thinly sliced
- 1 small cinnamon stick
- 1 tsp (5 ml) honey or 1 tbsp erythritol, optional

Ingredients

- 💡 **Tip:** Don't boil hard—gentle simmer keeps flavors clean.
- 📖 **Note:** Add a strip of orange peel for a holiday note.
- 👉 **Advice:** Thin slices release more apple flavor.

Tips

Calories: 25
 Protein: 0 g | Carbs: 6 g | Fat: 0 g
 Fiber: 0 g | Sugar: 5 g | Sodium: 0 mg



Instructions

- 1 Just blend the yogurt with some cold water until it's all foamy and ready to go!
- 2 Add dried mint if using; pour over ice and serve immediately.

TURKISH YOGURT DRINK

- 1 cup (240 g) Greek yogurt, plain, lowfat
- 1 cup (240 ml) water, cold
- ¼ tsp (0.5 g) dried mint
- Ice cubes (as needed)

Ingredients

- 💡 **Tip:** Traditional Ayran often includes salt—skip it for DASH.
- 📖 **Note:** Stir in a spoon of grated cucumber for a savory twist.
- 👉 **Advice:** Use Greek yogurt for a creamier mouthfeel.

Tips

Calories: 71
 Protein: 6 g | Carbs: 4 g | Fat: 2 g
 Fiber: 0 g | Sugar: 3 g | Sodium: 53 mg



Instructions

- 1 Bring water and ginger to a simmer; cook 8–10 minutes.
- 2 Stir in turmeric and simmer one more minute; strain.
- 3 Sweeten with honey if desired and serve with a lemon wedge.

GINGER TURMERIC TEA

- 2 cups (480 ml) water
- 6–8 slices fresh ginger, thin
- ¼ tsp (1 g) turmeric, ground (or ½ tsp freshly grated)
- 1 tsp (5 ml) honey or one drop of stevia, optional
- Lemon wedge, for serving

Ingredients

- 💡 **Tip:** Turmeric can stain—use a spoon you don't mind tinting.
- 📖 **Note:** For optimal benefits from turmeric, consider adding a pinch of black pepper.
- 👉 **Advice:** Great warm drink for cool evenings.

Tips

Calories: 18
 Protein: 0 g | Carbs: 5 g | Fat: 0 g
 Fiber: 0 g | Sugar: 4 g | Sodium: 2 mg



Instruction

- 1 Bring water, milk, and spices to a gentle simmer.
- 2 Add tea bags; simmer 3–4 minutes until fragrant and tan in color.
- 3 Strain; sweeten if you like, and serve hot.

INDIAN MASALA CHAI

- 1 cup (240 ml) water
- 1 cup (240 ml) lowfat milk
- 2 tea bags, black
- 2 cardamom pods, lightly crushed
- 1 small cinnamon stick
- 2 slices fresh ginger, thin
- 2 tsp (10 g) sugar or 2 tsp (10 ml) honey or two drops stevia, optional

Ingredients

Tip: Boiling milk hard may scorch—keep the heat moderate.

Note: Add a pinch of black pepper for authentic warmth.

Advice: Adjust spice strength by steeping a minute longer.

Tips

Calories: 92

Protein: 4 g | Carbs: 16 g | Fat: 2 g
Fiber: 0 g | Sugar: 14 g | Sodium: 38 mg



Instruction

- 1 Whisk hot coffee with pumpkin purée and spice until smooth.
- 2 Stir in milk; sweeten lightly if desired.
- 3 For iced, cool first, then pour over ice.

PUMPKIN SPICE COFFEE

- 1 cup (240 ml) coffee, strong-brewed (hot or iced)
- ½ cup (120 ml) milk, lowfat (or almond milk, unsweetened)
- 1 tbsp (15 g) pumpkin purée, 100%
- ¼ tsp (0.5 g) pumpkin pie spice or cinnamon
- 1–2 tsp (5–10 g/ml) sugar or honey or 2 drops stevia, optional

Ingredients

Tip: Many café versions are high in sugar—this one is lighter.

Note: Use vanilla extract (⅛ tsp) for a dessertlike aroma.

Advice: Froth the milk for a caféstyle finish.

Tips

Calories: 44

Protein: 2 g | Carbs: 8 g | Fat: 1 g
Fiber: 2 g | Sugar: 5 g | Sodium: 30 mg



28-DAY MEAL PLAN

Daily target: ~1,600–1,800 kcal • Sodium ≤1,500 mg/day • Fiber 25–35 g/day

This meal plan is built for a baseline of ~1,300–1,400 kcal. To reach your recommended intake, add a favorite dish from our cookbook or select items from the booster list below.

Day 1

- Breakfast** Oatmeal with Berries & Walnuts (10)
- Snack** Mini Corn Tortilla Bean Roll-Ups (23)
- Lunch** Vegetable Strudel (32)
- Dinner** Grilled Lean Steak with Broccoli & Brown Rice (45)
- Drink** Cucumber Lemon Water (61)
- Total (approx.)** ≈1,345 kcal

- Breakfast** Veggie Omelet with Spinach, Mushrooms & Beans (11)
- Snack** Mini Spinach Pie (Ricotta & Oat Bran) (23)
- Lunch** Sweet Potato Hash (onion & herbs) (35)
- Dinner** Stracciatella Soup + Side (47)
- Drink** Iced Coffee with Almond Milk (63)
- Total (approx.)** ≈1,425 kcal

Day 3

Day 2

- Breakfast** Greek Yogurt with Banana & Chia (low-fat) (15)
- Snack** Quinoa & Veggie Mini Cups (24)
- Lunch** Japanese Miso Vegetable Oatmeal (33)
- Dinner** Stuffed Eggplant with Ground Beef (46)
- Drink** Indian Mango Lassi (59)
- Total (approx.)** ≈1,320 kcal

- Breakfast** Avocado Toast on Unsalted Crispbread (12)
- Snack** Baked Zucchini with Yogurt Dip (24)
- Lunch** Pasta Primavera (whole-grain) (36)
- Dinner** Salmon with Sweet Potatoes & Zucchini (28)
- Drink** Coconut Water with Lime (60)
- Total (approx.)** ≈1,435 kcal

Day 4

Day 5

Breakfast Rice Pudding with Dried Fruit (Flax Boost) (12)
Snack Italian Bruschetta (low-sodium bread) (25)
Lunch Minestrone with Whole-Grain Pasta (30)
Dinner Baked Cod with Green Beans (garlic, lemon) (29)
Drink Berry Mint Iced Tea (59)

Total (approx.) ≈1,400 kcal

Dinner Spanish Vegetable Paella (41)
Drink Blueberry Lemonade (63)

Total (approx.) ≈1,430 kcal

Breakfast Whole-Wheat Flax Crepes (14)
Snack Apple "Nachos" with Almond Butter (21)
Lunch Avocado & Tomato Salad (37)

Day 9

Day 6

Breakfast Mediterranean Breakfast Bowl (16)
Snack Roasted Edamame (25)
Lunch Barley Chicken Soup (28)+ Greek Horta (35)
Dinner Korean Bibimbap (31)

Dessert Whole-Grain Pumpkin Harvest Cake (slice) (50)
Drink Citrus Infused Water (62)

Total (approx.) ≈1,330 kcal

Dinner Italian Baked Eggplant (41)
Drink Cinnamon Cold Brew (64)

Total (approx.) ≈1,410 kcal

Breakfast Shakshuka with Chickpeas (15)
Snack Pear Slices with Ricotta (21)
Lunch Greek Horiatiki Salad (38)

Day 10

Day 7

Breakfast French Yogurt Parfait with Berries (13)
Snack Date & Almond Energy Bites (20)
Lunch Carrot & Ginger Cream Soup + Whole-Grain Toast (27)
Dinner Lamb stew (chickpea & tomato) (47)
Drink Iced Yerba Mate (61)

Dessert Apple Pie (small slice, oat crust) (50)

Total (approx.) ≈1,380 kcal

Dinner Shrimp & Vegetable Stir-Fry (42)

Drink Turkish Yogurt Drink 65

Dessert Coconut Macaroon (57)

Total (approx.) ≈1,325 kcal

Breakfast Scrambled Eggs with Zucchini & Flax (10)
Snack Veggie Chips (Baked) (22)

Lunch Chickpea Stew (37)

Dinner Seafood Stew (tomato-bean) (42)

Drink Berry Mint Iced Tea (59)

Dessert Poppy Seed Cake (56)

Total (approx.) ≈1,405 kcal

Day 11

Day 8

Breakfast Korean Veggie Pancakes (14)
Snack Lemon Oatmeal Bars (49)
Lunch Turkey & Vegetable Chili (34)

Day 12

Breakfast Pumpkin Yogurt Bowl (19)
Snack Kale Chips with White Bean Dip (22)
Lunch Japanese Miso Vegetable Oatmeal (33)
Dinner Turkey Roll-Ups (43)
Drink Mexican Agua Fresca (Watermelon) (62)
Total (approx.) ≈1,290 kcal

Day 13

Breakfast Oatmeal with Berries & Walnuts (unsalted) (p 11)
Snack Quinoa & Veggie Mini Cups (24)
Lunch Sweet Potato Hash (35)
Dinner Italian Chicken Cacciatore (44)
Drink Cucumber Lemon Water (61)
Dessert Avocado Chocolate Mousse (57)
Total (approx.) ≈1,415 kcal

Day 14

Breakfast Berry Smoothie with Oats & Flaxseed (16)
Snack Mini Corn Tortilla Bean Roll-Ups (p 23)
Lunch Potato Frittata (34)
Dinner Lentil & Spinach Curry with Brown Rice (45)
Drink Cinnamon Apple Tea (64)
Dessert Chocolate Profiterole (51)
Total (approx.) ≈1,390 kcal

Day 15

Breakfast Rice Cakes with Avocado & Tomato (18)
Snack Peach Frozen Yogurt (52)
Lunch Vegetable Strudel (p 32)

Dinner Vegetarian Chili with Black Beans (46)
Drink Iced Coffee with Almond Milk (63)
Dessert Yogurt Panna Cotta (55)
Total (approx.) ≈1,360 kcal

Breakfast Avocado Toast on Unsalted Crispbread (12)
Snack Baked Sweet Potato Fries (26)
Lunch Ocean Trout with Brussels Sprouts (40)
Dinner Grilled Lean Steak with Broccoli & Brown Rice (45)
Drink Blueberry Lemonade (63)
Total (approx.) ≈1,355 kcal

Breakfast Fruit Salad with Chia (19)
Snack Apple "Nachos" with Almond Butter (21)
Lunch Minestrone with Whole-Grain Pasta (30)
Dinner Stuffed Eggplant with Ground Beef (46)
Drink Iced Yerba Mate (61)
Dessert Strawberries Mochi (52)
Total (approx.) ≈1,270 kcal

Breakfast Mediterranean Breakfast Bowl (16)
Snack Light Chocolate Soufflé (53)
Lunch Barley Chicken Soup (28) + Greek Horta (35)
Dinner Chicken & Vegetable (43)
Drink Ginger Turmeric Tea (65)
Total (approx.) ≈1,335 kcal

Day 16

Day 17

Day 18

Day 19

Breakfast French Yogurt Parfait with Berries (13)
Snack Oatmeal Energy Balls (20)
Lunch Chickpea Stew (37)
Dinner Salmon with Sweet Potatoes & Zucchini (28)
Drink Turkish Yogurt Drink (65)

Total (approx.) ≈1,425 kcal

Day 20

Breakfast Korean Veggie Pancakes (14)
Snack Date & Almond Energy Bites (20)
Lunch Greek Horiatiki Salad (38)
Dinner Baked Cod with Green Beans (29)
Drink Coconut Water with Lime (60)

Dessert Greek Yogurt Cheesecake (49)

Total (approx.) ≈1,390 kcal

Day 21

Breakfast Whole-Wheat Flax Crepes (14)
Snack Italian Bruschetta (25)
Lunch Avocado & Tomato Salad (37)
Dinner Korean Bibimbap (31)
Drink Cinnamon Cold Brew (64)

Dessert Whole-Grain Pumpkin Harvest Cake (50)

Total (approx.) ≈1,350 kcal

Day 22

Breakfast Shakshuka with Chickpeas (15)
Snack Avocado Lime Sorbet (54)
Lunch Lebanese Fattoush (29)

Dinner Lamb stew (chickpea & tomato) (47)
Drink Tropical Green Energizer (58)
Dessert Chocolate Profiterole (51)

Total (approx.) ≈1,415 kcal

Breakfast Scrambled Eggs with Zucchini & Flax (10)
Snack Strawberry Swirl Cake (55)

Lunch Carrot & Ginger Cream Soup + Whole-Grain Toast (27)

Dinner Spanish Vegetable Paella (41)

Drink Pineapple Ginger Sparkle (60)

Total (approx.) ≈1,320 kcal

Breakfast Rice Cakes with Avocado & Tomato (18)

Snack Watermelon & Strawberry Granita

Lunch Corn Salad (olive oil, lime) (36)

Dinner Italian Baked Eggplant (41)

Drink Mexican Agua Fresca (Watermelon) (62)

Dessert Avocado Chocolate Mousse (57)

Total (approx.) ≈1,375 kcal

Breakfast Ricotta Cup with Pineapple & Chia (13)

Snack Oatmeal Energy Balls (20)

Lunch Mexican Tacos (38)

Dinner Chicken & Vegetable Skewers (43)

Drink Ginger Turmeric Tea (65)

Total (approx.) ≈1,390 kcal

Day 23

Day 24

Day 25

Day 26

Breakfast	Salmon & Cucumber Bites (18)
Snack	Classic Chocolate Mousse (54)
Lunch	Corn Salad (olive oil, lime) (36)
Dinner	Seafood Stew (tomato-bean) (42)
Drink	Indian Mango Lassi (59)

Total (approx.) ≈1,430 kcal

Day 27

Breakfast	Veggie Omelet (11)
Snack	Baked Sweet Potato Fries (26)
Lunch	Enchiladas with Beans & Vegetables (40)
Dinner	Turkey Roll-Ups (43)
Drink	Indian Masala Chai (66)

Dessert Oatmeal Raisin Cookies (2 pcs)

Total (approx.) ≈1,450 kcal

Day 28

Breakfast	Berry Smoothie with Oats & Flaxseed (16)
Snack	Baked Zucchini with Yogurt Dip (24)
Lunch	Pasta Primavera (whole-grain) (36)
Dinner	Italian Chicken Cacciatore (44)
Drink	Pumpkin Spice Coffee (66)

Dessert Date & Oat Squares (48)

Total (approx.) ≈1,415 kcal

CALORIE BOOSTERS

Use to raise daily energy intake without raising sodium. Values are approximate per addition.

Fats & Oils

- 1 tbsp extra-virgin olive oil — drizzle over salad/veg/rice/pasta/quinoa (~120 kcal)
- 1/2 avocado (~120 kcal)

Nuts, Seeds & Legumes

- 1 oz unsalted nuts (almonds ~170, walnuts ~185, cashews/pistachios ~160, hazelnuts ~180) (~160–185 kcal)
- 1 tbsp peanut butter on a rice cake (~130 kcal)
- 1 tbsp chia seeds stirred into yogurt (~60 kcal)
- 1/2 cup cooked chickpeas (~135 kcal)

Dairy & Alternatives

- 5 oz (140 g) low-fat Greek yogurt (~90 kcal)
- 8 oz (240 ml) low-fat kefir (~90 kcal)
- 1 cup unsweetened soy milk (~80 kcal)
- 2 tbsp cream cheese on white toast (~160 kcal)

Grains, Breads & Starches

- 1/2 cup cooked grains — white rice ~110, quinoa ~110, couscous ~90, barley ~95, bulgur ~75, farro ~100 (~75–110 kcal)
- 1/2 cup cooked white pasta (~100–110 kcal)
- 1 small flour tortilla (6") (~140 kcal)
- 1 small white pita (~165 kcal)
- 2 tbsp granola on yogurt (~90–110 kcal)
- 1 tbsp butter on white toast (~180 kcal)

Fruits & Sweets

- 1 small banana (~90 kcal)
- 1 small fruit (~60–100 kcal)
- 2 dried apricots (~35 kcal)
- 2 tbsp raisins (~60 kcal)
- 1 oz 70% dark chocolate (~160 kcal)

WEEKLY SHOPPING LISTS

WEEK 1 (DAYS 1-7)

Produce

- Avocados (3-4)
- Bananas (4)
- Mixed berries (2 pints)
- Lemons/limes (6-8)
- Cucumbers (3)
- Cherry tomatoes (2 pints)
- Zucchini (5-6)
- Spinach (2 large bags)
- Mushrooms (1 lb)
- Onions (3)
- Carrots (1 lb)
- Celery (1 bunch)
- Sweet potatoes (4-5)
- Brussels sprouts (1 lb)
- Salad greens (2 large tubs)
- Parsley, dill, cilantro, mint
- Garlic
- Fresh ginger root

Proteins & Dairy

- Low-fat Greek yogurt (48-64 oz)
- Eggs (2 dozen)
- No-salt-added beans: black/ white/kidney (6-8 cans)
- Lean beef stew meat (1-1.5 lb)
- Salmon fillets (2 lb)
- Ocean trout or salmon (1-1.5 lb)
- Cod (1.5-2 lb)
- Lamb for stew (1.5 lb)
- Part-skim ricotta (15 oz)
- Low-fat kefir (optional)
- Firm tofu (14-16 oz, optional).

Grains & Bakery

- Old-fashioned oats (large canister)
- Hulled barley
- Whole-grain pasta
- Brown rice
- Whole-grain bread / unsalted crispbread
- Small corn tortillas
- Whole-wheat phyllo or low-sodium bruschetta bread
- Unsweetened puffed rice cereal

Pantry & Frozen

- No-salt-added broth (2 qt)
- No-salt-added tomatoes (3-4 cans)
- No-salt tomato sauce
- Unsweetened coconut water
- Frozen mixed vegetables (optional)
- Tea for berry/mint lemonade
- Coffee
- Unsweetened cocoa powder

Oils, Nuts & Spices

- Extra-virgin olive oil
- Almonds/Walnuts (unsalted)
- Chia
- Ground flaxseed
- Garlic powder
- Onion powder
- Black pepper
- Smoked paprika
- Italian herbs
- Turmeric
- Ginger (fresh and/or ground)
- Cumin
- Coriander

WEEK 2 (DAYS 8-14)

Produce

- Apples (6-8)
- Pears (4)
- Grapes (1-2 lb)
- Berries (2 pints)
- Lemons/limes (6)
- Tomatoes (5) + cherry tomatoes (2 pints)
- Cucumbers (4)
- Zucchini (4-5)
- Eggplant (2 large)
- Potatoes for frittata (2-3)
- Mixed salad greens (2 tubs)
- Kale (for chips)
- Sweet potatoes (3-4)
- Parsley, basil
- Scallions.

Proteins & Dairy

- Eggs (2 dozen)
- Low-fat Greek yogurt (32-48 oz)
- Fish (cod/salmon 2 lb total)
- Chicken breast (2-3 lb)
- Frozen edamame
- Chickpeas (4-6 cans, no-salt)
- White beans (2 cans)
- Ground turkey (1.5-2 lb)
- Low-fat kefir (optional)

Grains & Bakery

- Whole-grain pasta (1-2 lb)
- Whole-grain tortillas/pitas (low-sodium)
- Whole-grain bread / unsalted crispbread
- Barley
- Brown rice

Pantry & Frozen

- No-salt-added broth (2 qt)
- No-salt-added tomatoes (2-3 cans)
- No-salt tomato sauce
- Unsweetened coconut water
- Tea for berry/mint lemonade
- Unsweetened cocoa powder.

Oils, Nuts & Spices

- Almonds/Walnuts (unsalted)
- Chia
- Ground flaxseed
- Garlic powder
- Onion powder
- Smoked paprika
- Italian herbs
- Turmeric
- Ginger (fresh and/or ground)

WEEK 3 (DAYS 15–21)

Produce

- Avocados (3–4)
- Bananas (4)
- Seasonal fruit for salad (4–6 pieces)
- Berries (2 pints)
- Lemons/limes (6–8)
- Cucumbers (3–4)
- Tomatoes (6)
- Onions (3)
- Carrots (1 lb)
- Celery (1 bunch)
- Spinach/kale (2 bags)
- Sweet potatoes (4)
- Potatoes (for frittata)
- Corn (fresh/frozen)
- Mixed herbs
- Garlic
- Fresh ginger

Proteins & Dairy

- Low-fat Greek yogurt (48–64 oz)
- Eggs (2 dozen)
- Chicken breast (2 lb)
- Lean beef or turkey (2 lb)
- Chickpeas (4–6 cans)
- White beans (2 cans)
- Seafood mix or shrimp (1.5–2 lb)
- Firm tofu (optional)

Grains & Bakery

- Whole-grain pasta
- Brown rice
- Quinoa
- Corn tortillas
- Pita/bread (low-sodium)
- Oats
- Oat bran (for bars)
- Puffed rice cereal

Pantry & Frozen

- No-salt-added broth (2–3 qt)
- No-salt-added tomatoes (3–4 cans)
- Crushed tomatoes (no-salt)
- Frozen mango/peach
- Almond/soy milk
- Tea (cinnamon apple, ginger turmeric)
- Unsweetened coconut water
- Coffee

Oils, Nuts & Spices

- Extra-virgin olive oil
- Peanut butter (unsalted)
- Almonds/Walnuts (unsalted)
- Chia
- Ground flaxseed
- Italian herb blend
- Cumin
- Paprika
- Chili powder
- Cinnamon
- Vanilla extract

WEEK 4 (DAYS 22–28)

Produce

- Strawberries/Watermelon (for granita & drinks)
- Pineapple + fresh ginger (sparkle)
- Mangos (for lassi)
- Limes/lemons (8–10)
- Cucumbers (3–4)
- Tomatoes (6)
- Onions (3)
- Carrots (1 lb)
- Celery (1 bunch)
- Sweet potatoes (4)
- Mixed greens (2 tubs)
- Mint, parsley, basil
- Garlic

Proteins & Dairy

- Low-fat Greek yogurt (64 oz)
- Eggs (2 dozen)
- Shrimp/white fish (2 lb)
- Chicken breast (2–3 lb)
- Lean turkey (1.5–2 lb) for roll-ups/quesadilla
- Chickpeas (4 cans)
- White beans (2 cans)

Grains & Bakery

- Whole-grain pasta
- Brown rice
- Barley
- Corn & whole-grain tortillas
- Low-sodium bread / unsalted crispbread
- Oats (for cookies/bars)
- Rice flour (for pancakes, if used)

Pantry & Frozen

- No-salt-added tomatoes/sauce (4–6 cans)
- No-salt-added broth (2 qt)
- Frozen fruit (berries/peach)
- Unsweetened cocoa powder
- Almond/soy milk
- Unsweetened shredded coconut
- Agar-agar or gelatin substitute (if used)
- Low-sodium baking powder
- Coffee/tea
- Unsweetened coconut water
- Sparkling water.

Oils, Nuts & Spices

- Almonds/Walnuts (unsalted)
- Peanut butter (unsalted)
- Chia
- Ground flaxseed
- Vanilla extract
- Cinnamon
- Nutmeg
- Cardamom (for lassi)
- Black pepper
- Italian blend
- Chili powder
- Paprika

Note: Choose no-salt-added canned goods, low-fat dairy, and whole grains where specified. Adjust quantities for household size.

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