

THE ESSENTIAL MEDITERRANEAN DIET COOKBOOK FOR BEGINNERS.

*100+ Easy and Delicious Recipes for Vibrant Living and
a Healthier You.*

*Includes a 30-day Meal Plan and Shopping List
to Get Started Today.*

Tessa Green





Copyright © 2024 by Tessa Green. All rights reserved.

No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission from the publisher. The content within this book is protected by copyright law and is intended solely for the purchaser's personal use. Unauthorized reproduction or distribution of this material is illegal and punishable by law.

Disclaimer Notice:

This cookbook is intended as a guide for cooking and dietary inspiration only. The Mediterranean diet recipes included here are recommendations based on commonly accepted nutritional guidelines. They are not intended as a substitute for medical or nutritional advice from a healthcare provider.

The author and publisher are not responsible for any adverse effects of following these recipes. Consult a registered dietitian or doctor if you have dietary restrictions or health concerns before implementing new recipes. Nutritional values provided are estimates and should be used as general guidelines only.

By using this cookbook, you acknowledge and accept these terms.



TABLE OF CONTENTS

Introduction	4
Chapter One:	5
Discovering the Mediterranean Diet: A Simple Guide to Healthier Eating and Living.	
Chapter Two:	11
30-Day Kick-Start Meal Plan, Mediterranean Diet Shopping List for Beginners.	
Chapter Three:	20
Breakfast Recipes. Energizing Morning Meals.	
Chapter Four:	31
Lunch Recipes. Quick and Satisfying Midday Meals.	
Chapter Five:	42
Dinner Recipes. Flavourful, Wholesome Meals.	
Chapter Six:	53
Snacks and Sides. Healthy Additions and Bites	
Chapter Seven:	64
Snacks and Sides. Healthy Additions and Bites	
Chapter Eight:	75
Refreshing Mediterranean Beverages	
Chapter Nine:	85
Staying Motivated and On Track	
Conclusion	88
A note from the author	89



INTRODUCTION

Welcome to The Essential Mediterranean Diet Cookbook for Beginners!

Congratulations on taking the first step toward a healthier, more vibrant lifestyle.

The Mediterranean Diet is celebrated not just for its delicious flavors but also for its remarkable health benefits—helping to support heart health, boost energy, and even promote longevity.

Inspired by the time-tested eating habits of Mediterranean countries like Italy, Greece, and Spain, this way of eating emphasizes simple, wholesome ingredients, bold flavors, and a food approach that nourishes both body and soul.

Whether you're curious about what the Mediterranean Diet can offer or ready to dive right in, this book guides you every step of the way. Inside, you'll find over 100 beginner-friendly recipes, from bright salads and hearty grains to comforting mains and satisfying snacks, all designed to bring the vibrant tastes of the Mediterranean to your kitchen. To help make your journey smooth and enjoyable, we've also included a 30-day meal plan and shopping list, making it easy to build these delicious, nutrient-packed meals into your routine.

Why choose the Mediterranean Diet?

Unlike restrictive diets, Mediterranean eating encourages you to enjoy food—celebrating fresh vegetables, fruits, lean proteins, whole grains, and healthy fats like olive oil. Studies have shown that it can aid in weight management, boost mood, and support overall well-being. Plus, Mediterranean eating is flexible, allowing you to adapt the meals to suit your tastes and lifestyle.

If you're ready to transform your eating habits and embrace a diet that's both sustainable and satisfying, you're in the right place.

Let's begin this exciting journey toward a healthier, more fulfilling life—one delicious meal at a time.



**CHAPTER ONE:
DISCOVERING THE MEDITERRANEAN
DIET: A SIMPLE GUIDE TO
HEALTHIER EATING AND LIVING.**





Fundamental Principles of the Mediterranean Diet

The Mediterranean Diet is based on simple yet powerful principles prioritizing nutrient-dense foods and mindful eating. Here's what makes up its foundation:

Whole Grains: Mediterranean meals often include oats, brown rice, barley, and whole wheat bread. These grains are rich in fiber, vitamins, and minerals that help satisfy you and provide steady energy.

Lean Proteins: Instead of heavy, processed meats, the Mediterranean Diet includes lean proteins such as fish, chicken, and legumes. Fish, especially fatty varieties like salmon and sardines, are packed with omega-3 fatty acids, known to support heart and brain health.

Healthy Fats: One of the most distinctive features of this diet is its focus on healthy fats, especially olive oil. Rich in monounsaturated fats, olive oil is linked to lower cholesterol and heart health. Nuts, seeds, and avocados are also familiar sources of healthy fats.

Fruits and Vegetables: Fresh, seasonal fruits and vegetables are central to Mediterranean meals. They are packed with vitamins, minerals, fiber, and antioxidants that support immune function, digestion, and overall wellness.

Herbs and Spices: Instead of relying heavily on salt, Mediterranean cooking uses flavorful herbs like basil, oregano, rosemary, and garlic, enhancing food without adding sodium.

Health Benefits of the Mediterranean Diet

The Mediterranean Diet is often called one of the world's healthiest diets, with studies showing that it can support various aspects of health, from heart wellness to weight management. Here's how it benefits your body and well-being:

- **Heart Health:** High in heart-friendly fats, fiber-rich foods, and antioxidants, the Mediterranean Diet has been shown to help lower LDL cholesterol levels, reduce blood pressure, and support overall cardiovascular health. Olive oil, nuts, and fatty fish all play a crucial role in protecting the heart.
- **Weight Management:** Unlike restrictive diets, the Mediterranean Diet focuses on balance and whole foods, helping to prevent cravings and overeating. It emphasizes fiber-rich foods that keep you full, making it easier to maintain a healthy weight.

- **Longevity:** The diet's focus on plant-based foods, healthy fats, and lean proteins has been associated with longer life expectancy. Studies suggest that this diet may lower the risk of chronic diseases, supporting a longer, healthier life.
- **Cognitive Health:** Rich in antioxidants, healthy fats, and anti-inflammatory foods, the Mediterranean Diet is also linked to improved brain health, helping to reduce the risk of cognitive decline and conditions like Alzheimer's disease.
- **Better Digestion:** The Mediterranean diet's high fiber content aids digestion and promotes gut health, which supports the body's overall function and immunity.

Eating the Mediterranean Way

The Mediterranean Diet is about more than just the foods you eat—it's about how you enjoy them. This lifestyle encourages eating with intention, taking time to savor meals, and, whenever possible, sharing food with loved ones. This approach supports mindful eating and helps you build a positive relationship with food, making meals a pleasurable experience rather than a quick routine.

Simple Steps to Start the Mediterranean Diet Today

Transitioning to the Mediterranean Diet can be easy and enjoyable. Here are some practical ways to start incorporating it into your daily routine:

- **Swap Processed Grains for Whole Grains:** Replace white bread, pasta, and rice with whole-grain alternatives like whole wheat bread, brown rice, and quinoa. These are more filling and provide more nutrients.
- **Choose Olive Oil Over Butter or Margarine:** Olive oil is fantastic for cooking, salad dressings, and baking. It adds flavor while offering healthy fats.
- **Incorporate Fish Twice a Week:** Make an effort to enjoy fish, especially fatty varieties like salmon and tuna, a couple of times a week. They're packed with omega-3 fatty acids, which benefit heart and brain health.
- **Snack on Nuts and Fruits:** Instead of reaching for chips or sweets, enjoy fresh fruit, a handful of almonds, or a mix of berries and yogurt.
- **Make Vegetables the Star of Your Plate:** Aim to fill half of your plate with colorful vegetables, whether raw in salads, grilled, or roasted. They add nutrients, flavor, and texture to meals.

Meal Planning, Shopping, and Cooking Tips

Starting the Mediterranean Diet can be easier with some planning and preparation. Here's how you can make it a smooth transition:

- **Plan Balanced Meals:** Create a simple meal plan that includes a mix of whole grains, lean proteins, and plenty of fruits and vegetables. This will save time and help you stick to the diet.
- **Shop with a List:** When you shop, focus on fresh produce, whole grains, lean proteins, and healthy fats. Having a list will keep you on track and make it easier to choose wholesome foods.
- **Cook Simply and Flavorfully:** Mediterranean cuisine doesn't require fancy techniques. Roasting, grilling, and lightly sautéing foods are standard methods that produce natural flavors while keeping nutrients intact.

Embrace the Mediterranean Lifestyle

The Mediterranean Diet is more than a diet; it's a lifestyle that emphasizes physical activity, community, and relaxation. Regular exercise, such as walking, biking, or dancing, is central to Mediterranean life. Eating slowly and sharing meals with family and friends also contributes to a balanced, joyful approach to food.

By embracing the Mediterranean Diet, you're choosing to eat better and committing to a lifestyle that supports physical and mental well-being. This flexible, flavorful, and sustainable diet makes it ideal for those seeking a healthier, more enjoyable way of life.

So, let yourself explore the variety and satisfaction of Mediterranean meals, enjoy each bite, and take the time to appreciate the process. You'll soon experience how these dietary habits bring vitality, health, and joy into everyday life.

Quick Tips for Success on the Mediterranean Diet

These quick tips for success can make your journey on the Mediterranean Diet smoother, more enjoyable, and more sustainable. It will help you gradually build healthy habits, boost your confidence in the kitchen, reduce stress, and save time. By following these quick tips, you're setting yourself up for a positive experience with the Mediterranean Diet, making healthy eating a natural, sustainable part of your life.

- **Start Simple:** Ease in by incorporating one or two Mediterranean-inspired meals each week. Gradually increase to make it a natural part of your routine.
- **Focus on Fresh and Whole:** Center meals around vegetables, fruits, whole grains, and lean proteins. Choose fresh, minimally processed ingredients to keep your diet nutritious and vibrant.

- **Meal Plan for Ease:** Pick a few recipes for the week and create a simple shopping list based on those ingredients. To make meal prep easier, batch-cook grains or roast various vegetables at the start of the week.
- **Snack Smart:** Keep healthy snacks like nuts, Greek yogurt, and fresh fruit on hand. This can help you stay full between meals and avoid processed options.
- **Mindful Eating:** Enjoy each meal, savoring flavors and textures. Eating slowly enhances enjoyment and helps you feel satisfied with less.
- **Enjoy Social Meals:** Share meals with family or friends when possible. Eating together fosters connection and adds joy to your meals, an essential part of the Mediterranean lifestyle.
- **Keep Hydrated:** Water is the main beverage in the Mediterranean Diet. Drink plenty of it throughout the day, and enjoy herbal teas as a flavorful alternative.

Simple Ways to Ease into the Mediterranean Diet

By following these quick tips and simple steps, you'll find that incorporating the Mediterranean Diet becomes a seamless and rewarding part of your lifestyle.

- **Make Small Swaps:** Replace refined grains with whole grains (like switching from white bread to whole wheat) and butter with olive oil. These small changes add up over time.
- **Add a Side Salad:** Serve a fresh side salad with your meals. It's an easy way to add greens and veggies without overhauling your whole plate.
- **Try Meatless Mondays:** Dedicate one day a week to plant-based meals. Use beans, legumes, and hearty vegetables as your main protein sources.
- **Flavor with Herbs and Spices:** Season your food with herbs and spices like basil, oregano, and rosemary. This reduces the need for salt and enhances Mediterranean flavors.
- **Take Your Time:** Don't rush the transition. Gradually add new ingredients and meals, making the Mediterranean Diet sustainable and enjoyable.



Mindful Eating Tips for Beginners

These mindful eating habits can make meals more enjoyable and support a balanced, positive approach to eating as part of the Mediterranean lifestyle.

- **Slow Down:** Take small bites and chew thoroughly. Slowing down allows you to taste each ingredient and gives your body time to recognize when it's complete.
- **Engage Your Senses:** Notice your food's colors, aromas, and textures. Appreciate how each flavor combines to create a satisfying meal, enhancing your eating experience.
- **Limit Distractions:** Put away phones, turn off screens, and sit at a table. Focus on your meal, which helps you enjoy it more fully and feel more satisfied.
- **Take Pauses:** Set your fork between bites and take small sips of water. Pausing allows you to check in with your hunger and fullness levels, preventing overeating.
- **Express Gratitude:** Take a moment to acknowledge your meal and feel gratitude for the nourishment. This simple act can increase satisfaction and promote a positive relationship with food.
- **Listen to Your Body:** Pay attention to your hunger and fullness cues rather than eating out of habit. Recognizing when you're truly hungry or comfortably complete is vital to mindful eating.
- **Enjoy the Social Aspect:** When possible, share meals with friends or family. Engaging in conversation allows you to slow down and enhances the joy of the meal.

Week 1 : Mediterranean Essentials

Theme: Start with foundational Mediterranean ingredients and simple recipes.

Meal Prep Tips:

- **Sunday Prep:** Make a batch of hummus, chop veggies, and prepare overnight oats.
- **Dinner Simplification:** Option for one-pan or sheet-pan dinners to minimize cleanup.

	Breakfast	Lunch	Dinner	Snack
Mon	Greek Yogurt Parfait with Honey & Berries	Mediterranean Chickpea Salad	Lemon Garlic Salmon with Roasted Veggies	Classic Hummus with Veggies / Almond & Orange Biscotti
Tue	Sun-Dried Tomato and Spinach Omelet	Spinach & Feta Stuffed Bell Peppers	Mediterranean Chicken Skewers with Tzatziki	Spiced Roasted Chickpeas / Chia Pudding with Pomegranate
Wed	Mediterranean Avocado Toast	Grilled Vegetable Pita Wrap with Hummus	Greek Lemon Chicken with Potatoes	Baba Ghanoush with Pita Chips / Stuffed Baked Apples
Thu	Almond Butter and Banana Oats	Lentil & Tomato Soup with Fresh Basil	Shrimp & Avocado Salad with Citrus	Zaatar Spiced Pita Chips / Fig & Almond Energy Bites
Fri	Warm Quinoa Porridge with Cinnamon & Almonds	Mediterranean Tuna Salad	Stuffed Zucchini Boats with Ground Turkey	Stuffed Grape Leaves / Lemon Ricotta Mousse
Sat	Pistachio and Apricot Granola with Greek Yogurt	Quinoa & Roasted Vegetable Bowl with Tahini	Seared Sea Bass with Olive & Caper Salsa	Oven-Roasted Lemon Potatoes / Grilled Peaches with Greek Yogurt
Sun	Lemon Poppy Seed Greek Yogurt Muffins	Chickpea and Spinach Curry with Rice	Chicken & Vegetable Sheet Pan Dinner	Classic Hummus with Veggies / Pomegranate & Dark Chocolate Bark

Week 2: Embracing Fresh Flavors

Theme: Add variety with fresh salads, new veggies, and roasted proteins.

Meal Prep Tips:

- **Sunday Prep:** Cook a large batch of quinoa, make Tzatziki, and prepare sliced fruit.
- **Lunch Strategy:** Use leftover proteins from dinner in salads or grain bowls.

	Breakfast	Lunch	Dinner	Snack
Mon	Ricotta & Berry Breakfast Tartine	Mediterranean Farro Salad	Lamb & Vegetable Kebabs with Mint Yogurt	Stuffed Grape Leaves / Greek Yogurt Cheesecake
Tue	Fig & Walnut Greek Yogurt Bowl	Shrimp & Avocado Salad	Eggplant & Chickpea Tagine	Zaatar Spiced Pita Chips / Olive Oil Citrus Cake
Wed	Mediterranean Sweet Potato Hash	Roasted Beet and Goat Cheese Salad	Mediterranean Meatballs with Tomato Basil Sauce	Roasted Red Pepper Dip / Apricot Pistachio Bars
Thu	Smashed Chickpea and Avocado Toast	Grilled Vegetable Pita Wrap	Shrimp Saganaki with Feta	Warm Artichoke Dip / Stuffed Baked Apples
Fri	Tahini Banana Smoothie	Cauliflower Tabbouleh with Parsley & Lemon	Greek Lemon Chicken with Potatoes	Classic Hummus with Veggies / Honey-Roasted Nuts
Sat	Warm Quinoa Porridge	Lentil & Avocado Wrap with Tahini Sauce	Baked Cod with Garlic, Lemon, and Herbs	Spiced Chickpeas / Fig & Almond Energy Bites
Sun	Olive Oil and Lemon Zucchini Bread	Quinoa & Roasted Vegetable Bowl	Vegetable and Chickpea Moussaka	Greek Tzatziki with Pita / Grilled Peaches

Week 3: Building Variety with Herbs and Spices

Theme: Experiment with Mediterranean spices and herbs.

Meal Prep Tips:

- **Sunday Prep:** Marinate olives, bake zucchini fries, and prepare multiple servings of overnight oats.
- **Leftover Trick:** Add fresh greens and a dressing to leftover dinners for lunch.

	Breakfast	Lunch	Dinner	Snack
Mon	Spinach & Feta Egg Muffins	Mediterranean Chickpea Salad	Spinach & Feta Stuffed Chicken Breasts	Classic Hummus with Veggies / Date & Walnut Bars
Tue	Ricotta and Honey Fig Toast	Grilled Halloumi Salad	Lamb & Vegetable Kebabs with Mint Yogurt	Warm Artichoke Dip / Apricot Pistachio Bars
Wed	Greek Yogurt Lemon Bars	Smoked Salmon Salad with Capers and Dill	Greek Lemon Chicken with Potatoes	Zaatar Pita Chips / Greek Yogurt Cheesecake
Thu	Apple Cinnamon Overnight Oats	Spinach & Feta Stuffed Bell Peppers	Eggplant & Chickpea Tagine	Feta-Stuffed Dates / Pomegranate & Dark Chocolate Bark
Fri	Mediterranean Smoothie Bowl	Roasted Sweet Potato & Spinach Salad	Whole-wheat pasta with Sundried Tomatoes	Spiced Chickpeas / Fig & Almond Energy Bites
Sat	Fig & Walnut Greek Yogurt Bowl	Quinoa & Roasted Vegetable Bowl	Roasted Red Pepper and Tomato Shakshuka	Baked Zucchini Fries / Honey-Roasted Nuts
Sun	Savory Tomato & Feta Scramble	Mediterranean Chickpea Salad	Grilled Swordfish with Olive Tapenade	Classic Hummus with Veggies / Olive Oil Citrus Cake

Week 4: Mastering Mediterranean Staples

Theme: Reinforce Mediterranean staples and maintain balanced, nourishing meals.

Meal Prep Tips:

- **Sunday Prep:** Cook a batch of lentils, make pita chips, and prepare Greek Tzatziki sauce.
- **Batch Cooking:** Mix extra servings of whole grains into bowls and salads.

	Breakfast	Lunch	Dinner	Snack
Mon	Apple Cinnamon Overnight Oats	Lentil & Tomato Soup	Mediterranean Meatballs with Tomato Sauce	Greek Tzatziki with Pita / Date & Walnut Bars
Tue	Lemon Poppy Seed Greek Yogurt Muffins	Spinach & Feta Stuffed Bell Peppers	Lamb and Lentil Stew with Fresh Mint	Zaatar Spiced Pita Chips / Olive Oil Citrus Cake
Wed	Greek Yogurt Parfait	Shrimp & Avocado Salad with Citrus	Greek Lemon Chicken with Potatoes	Classic Hummus with Veggies / Honey-Roasted Nuts
Thu	Mediterranean Breakfast Bowl	Mediterranean Chickpea Salad	Shrimp & Avocado Salad with Citrus	Warm Artichoke & Spinach Dip / Pomegranate & Dark Chocolate Bark
Fri	Warm Quinoa Porridge with Cinnamon & Almonds	Grilled Halloumi Salad	Stuffed Eggplant with Ground Beef & Pine Nuts	Baked Zucchini Fries with Lemon Yogurt Dip / Apricot Pistachio Bars
Sat	Smashed Chickpea and Avocado Toast	Cauliflower Tabbouleh with Parsley & Lemon	Shrimp Saganaki with Feta	Spiced Roasted Chickpeas / Chia Pudding with Pomegranate
Sun	Olive Oil & Lemon Zucchini Bread	Grilled Vegetable Pita Wrap with Hummus	Garlic & Herb Roasted Cauliflower Steaks	Stuffed Grape Leaves/ Grilled Peaches with Greek Yogurt



Mediterranean Diet Shopping List for Beginners

Monthly Pantry Essentials:

Stock up on these items once a month to ensure a well-rounded pantry that supports Mediterranean-style meals.

- **Grains:** Quinoa, brown rice, whole-wheat pasta, farro, couscous, bulgur
- **Legumes:** Dried or canned chickpeas, lentils, white beans
- **Oils & Vinegar:** Extra-virgin olive oil, avocado oil, balsamic vinegar, red wine vinegar
- **Nuts & Seeds:** Almonds, walnuts, pine nuts, pistachios, chia seeds, sesame seeds (store in the freezer to maintain freshness)
- **Canned Goods:** Crushed or diced tomatoes, artichoke hearts, olives (green or Kalamata)
- **Spices & Seasonings:** Garlic powder, onion powder, oregano, basil, thyme, rosemary, cumin, smoked paprika, cinnamon, za'atar, sumac
- **Sweeteners & Baking Basics:** Honey, dates, almond flour, baking powder, coconut, dark chocolate (for snacks and desserts)

Weekly Fresh Produce:

Keep these fresh fruits and vegetables on hand each week for balanced Mediterranean meals.

- **Leafy Greens:** Spinach, arugula, kale (1-2 bunches or bags)
- **Tomatoes:** Cherry tomatoes or heirloom (1-2 pints)
- **Vegetables:** Zucchini, eggplant, bell peppers, cucumbers, sweet potatoes, garlic, onions
- **Fruits:** Lemons, oranges, apples, figs, berries, pomegranates (for snacks, desserts, and salads)
- **Fresh Herbs:** Basil, parsley, cilantro, mint, dill (1 bunch each)
- **Citrus Fruits:** Limes, additional lemons (for beverages and dressings)



Proteins and Dairy:

Add these proteins and dairy items to your weekly list of nutrient-rich Mediterranean dishes.

- **Fish & Seafood:** Salmon, tuna (canned or fresh), shrimp, sea bass (1-2 pounds weekly, depending on recipes)
- **Poultry:** Boneless, skinless chicken breast or thighs (1-2 pounds weekly)
- **Lean Meats (optional):** Ground turkey or lamb for meatballs and stews
- **Cheese:** Feta, halloumi, ricotta (optional, for breakfasts and desserts)
- **Greek Yogurt:** Plain, one tub weekly for breakfast and sauces

Beverage Essentials:

These ingredients support Mediterranean beverages, offering refreshing options that complement meals.

- **Herbal Teas:** Hibiscus tea, green tea, chamomile
- **Citrus Fruits:** Lemons, limes, oranges, grapefruit (for infusions and iced teas)
- **Fresh Herbs for Beverages:** Mint, basil, rosemary, thyme
- **Sparkling Water:** Unflavored or lemon-flavored for refreshing spritzers
- **Flavoring Extras:** Ginger root (fresh), cardamom pods, cinnamon sticks, honey

Optional Add-ons and Specialty Items:

These optional items can enhance the variety of your meals—purchase as needed based on specific recipes.

- **Specialty Cheese:** Ricotta, goat cheese (for breakfasts, salads, and desserts)
- **Extra Fruits:** Figs, dates, pomegranates (for desserts, energy bites, and snacks)
- **Extra Spices & Condiments:** Capers, tahini, za'atar, sumac (for Mediterranean dips and dressings)
- **Additional Baking Ingredients:** Coconut flakes, almond flour, dark chocolate, vanilla extract (for light Mediterranean desserts)

Tips for Using the Mediterranean Diet Shopping List.

- **Stock Up on Monthly Essentials First**

Begin by purchasing the “Basics for the Month” items. These pantry staples—like grains, canned goods, and oils—are frequently used in Mediterranean recipes, making meal prep much more accessible. Buy these at the start of the month, and they’ll last for multiple meals.

- **Plan Your Weekly Fresh Produce**

Use the “Weekly Fresh Produce” section at the start of each week to buy fruits, vegetables, and herbs. These items add color, flavor, and nutrients to each meal, and the list can be adjusted based on seasonal availability. Try to buy only what you need for the week to keep everything fresh.

- **Estimate Quantities for Your Needs**

Consider the quantities suggested as a starting point for the weekly items, but adjust based on your household size and preferences. For example, if you use leafy greens daily in salads and smoothies, you might need two bags instead of one.

- **Adapt the List to Your Meal Plan**

This list is designed to be flexible. After selecting your recipes for the week, could you check which ingredients overlap and make slight adjustments? For instance, if you plan multiple dishes with tomatoes or feta, increase those amounts accordingly.

- **Store Ingredients for Maximum Freshness**

1. Nuts and Seeds: Store in the freezer to keep them fresh for longer.
2. Herbs: To extend the shelf life of fresh herbs, keep them in water like a bouquet or wrap them in damp paper towels.
3. Greek Yogurt & Cheeses: Keep airtight containers in the fridge’s coldest section.

- **Use the “Optional Add-ons” for Variety**

The “Optional Add-ons” section lets you experiment with different flavors and textures, especially if you want to try new recipes. Add one or two weekly items to keep meals interesting without overwhelming your shopping list or budget.



- **Batch Cook with Basics for Quick Meals**

Prepare grains and proteins like quinoa, lentils, or chicken at the start of the week. Having these pre-cooked basics means you can quickly assemble Mediterranean bowls, salads, or side dishes throughout the week without extra time to cook.

- **Look for Substitutions to Stay Flexible**

If certain ingredients aren't available, feel free to make swaps. For example:

1. Halloumi: Substitute with feta or mozzarella.
2. Fresh herbs: Use dried if fresh isn't available.
3. Berries: Substitute with seasonal fruits like apples or pears in winter.

- **Use the List as a Template for Future Shopping**

As you become familiar with the Mediterranean Diet, this list can serve as a foundation. Adjust quantities and items as you discover your favorite recipes and ingredients, making them fit your lifestyle

- **Make It Fun!**

Try to explore new ingredients each month. Add one or two unique items from the list, like za'atar, tahini, or artichokes, to add depth and excitement to your meals



**CHAPTER THREE:
BREAKFAST RECIPES,
ENERGIZING MORNING
MEALS**



GREEK YOGURT PARFAIT WITH HONEY AND FRESH BERRIES



INGREDIENTS:

- 1 cup plain Greek yogurt
- 2 tsp honey (plus extra for drizzling)
- 1 cup mixed fresh berries (blueberries, raspberries, strawberries)
- 2 tbsp chopped nuts (e.g., almonds, walnuts)

Optional Toppings: fresh mint, 1/4 tsp cinnamon, 1 tbsp chia seeds

TIME	SERVES	CALORIES
10 MINS	2	190 KCAL

DIRECTIONS:

1. Mix Greek yogurt with two teaspoons of honey. Stir well to incorporate.
2. Layer in glasses: yogurt, berries, and repeat. End with berries on top.
3. Top with nuts and drizzle honey. Add mint or cinnamon if desired.

PROTEIN	CARBS	FAT	FIBER
10 GR	5 GR	14 GR	1 GR

RICOTTA AND BERRY BREAKFAST TARTINE



INGREDIENTS:

- One slice of whole-grain toast
- 1/4 cup ricotta cheese
- 1/2 cup mixed fresh berries (blueberries, strawberries, raspberries)
- 1 tsp honey
- Fresh mint, chia seeds, or ground cinnamon

TIME	SERVES	CALORIES
5 MINS	1	210 KCAL

DIRECTIONS:

1. Spread ricotta on toast.
2. Top with fresh berries.
3. Drizzle with honey and add optional toppings if desired.

PROTEIN	CARBS	FAT	FIBER
10 GR	5 GR	14 GR	1 GR

SAVORY TOMATO AND FETA SCRAMBLE



INGREDIENTS:

- Four large eggs
- 1/4 cup crumbled feta cheese
- 1/2 cup cherry tomatoes, halved
- 1 tbsp olive oil
- Salt and pepper, to taste

Optional Toppings: fresh basil or parsley, chopped

TIME	SERVES	CALORIES
10 MINS	2	180 KCAL

DIRECTIONS:

1. Whisk eggs in a bowl with a pinch of salt and pepper.
2. Heat olive oil in a skillet over medium heat. Add cherry tomatoes and sauté for 1-2 minutes until softened.
3. Pour the eggs into the skillet and gently stir. As the eggs start to set, sprinkle feta cheese over the top.
4. Cook for another 1-2 minutes, stirring gently until eggs are cooked to your liking.
5. Top with fresh basil or parsley, if desired.

PROTEIN	CARBS	FAT	FIBER
10 GR	5 GR	14 GR	1 GR

MEDITERRANEAN AVOCADO TOAST WITH CHERRY TOMATOES AND BASIL



INGREDIENTS:

- One slice of whole-grain bread, toasted
- 1/2 avocado, mashed
- 1/4 cup cherry tomatoes, halved
- Fresh basil leaves, torn (about 3-4 leaves)
- 1 tsp olive oil
- Salt and pepper, to taste

Optional: red pepper flakes for a hint of spice

TIME	SERVES	CALORIES
5 MINS	1	210 KCAL

DIRECTIONS:

1. One slice of whole-grain toast
2. 1/4 cup ricotta cheese
3. 1/2 cup mixed fresh berries (blueberries, strawberries, raspberries)
4. 1 tsp honey
5. Fresh mint, chia seeds, or ground cinnamon

PROTEIN	CARBS	FAT	FIBER
10 GR	5 GR	14 GR	1 GR

SPINACH AND FETA EGG MUFFINS



INGREDIENTS:

- Six large eggs
- 1/2 cup fresh spinach, chopped
- 1/4 cup feta cheese, crumbled
- 1/4 cup cherry tomatoes, diced
- Salt and pepper, to taste

Optional: fresh basil or parsley, chopped

TIME	SERVES	CALORIES
15 MINS	4	120 KCAL

DIRECTIONS:

1. Preheat the oven to 350°F (175°C). Lightly grease a muffin tin.
2. Whisk eggs in a mixing bowl, then add spinach, feta, cherry tomatoes, salt, and pepper.
3. Pour the mixture evenly into the muffin tin compartments.
4. Bake for 12-15 minutes until the egg muffins are set and golden.
5. Garnish with basil or parsley, if desired. Serve warm.

PROTEIN	CARBS	FAT	FIBER
8 GR	3 GR	9 GR	1 GR

MEDITERRANEAN SWEET POTATO HASH WITH POACHED EGGS



INGREDIENTS:

- One large sweet potato, peeled and diced
- 1 tbsp olive oil
- 1/2 red bell pepper, diced
- 1/4 cup cherry tomatoes, halved
- 1/4 cup red onion, diced
- 1/4 tsp smoked paprika
- Salt and pepper, to taste
- Two large eggs

Optional Toppings: fresh parsley or basil

TIME	SERVES	CALORIES
20 MINS	2	250 KCAL

DIRECTIONS:

1. Heat olive oil in a skillet over medium heat. Add diced sweet potatoes and cook for about 5 minutes until slightly tender.
2. Add bell pepper, cherry tomatoes, onion, smoked paprika, salt, and pepper. Cook for another 5 minutes until vegetables are tender.
3. Poach the eggs in a separate pan of simmering water until whites are set.
4. Serve the sweet potato hash topped with poached eggs. Garnish with parsley or basil, if desired.

PROTEIN	CARBS	FAT	FIBER
10 GR	30 GR	10 GR	5 GR

WARM QUINOA PORRIDGE WITH CINNAMON AND ALMONDS



INGREDIENTS:

- 1/2 cup quinoa, rinsed
- 1 cup almond milk (or milk of choice)
- 1/2 tsp cinnamon
- 1 tbsp honey or maple syrup (optional)
- 2 tbsp sliced almonds

Optional Toppings: fresh berries, chia seeds, additional cinnamon

TIME	SERVES	CALORIES
20 MINS	2	220 KCAL

DIRECTIONS:

1. In a small saucepan, combine quinoa and almond milk. Bring to a boil over medium heat, then reduce heat to low.
2. Cover and simmer for 15-18 minutes, stirring occasionally, until the quinoa is soft and the milk is absorbed.
3. Stir in cinnamon and honey or maple syrup if using.
4. Serve warm, topped with sliced almonds and optional toppings like fresh berries, chia seeds, or a sprinkle of cinnamon.

PROTEIN	CARBS	FAT	FIBER
8 GR	35 GR	6 GR	5 GR

OLIVE OIL AND LEMON ZUCCHINI BREAD



INGREDIENTS:

- 1 1/2 cups whole-wheat flour
- 1 cup grated zucchini
- 1/2 cup olive oil
- 1/2 cup honey or maple syrup
- Two large eggs
- Zest and juice of 1 lemon
- 1/2 tsp each baking soda, baking powder, and salt

TIME	SERVES	CALORIES
60 MINS	8	180 KCAL

DIRECTIONS:

1. Preheat oven to 350°F (175°C) and grease a loaf pan.
2. Mix flour, baking soda, baking powder, and salt in a bowl.
3. Whisk oil, honey, eggs, lemon zest/juice, and zucchini in another bowl.
4. Combine wet and dry ingredients until just mixed.
5. Pour into pan and bake for 50-60 min, until a toothpick comes out clean.
6. Cool and then top with lemon zest or nuts if desired.

PROTEIN	CARBS	FAT	FIBER
4 GR	25 GR	7 GR	2 GR

MEDITERRANEAN BREAKFAST BOWL WITH CHICKPEAS, VEGGIES, AND TAHINI DRIZZLE



INGREDIENTS:

- 1 cup cooked chickpeas
- 1/2 cucumber, diced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red bell pepper, diced
- 1/4 cup red onion, finely chopped
- 1/2 avocado, sliced
- 1 tbsp olive oil
- Salt and pepper, to taste

Tahini Drizzle:

- 2 tbsp tahini
- 1 tbsp lemon juice
- 1 tbsp water (adjust for consistency)
- 1/4 tsp garlic powder

TIME	SERVES	CALORIES
15 MINS	2	300 KCAL

DIRECTIONS:

1. Arrange chickpeas, cucumber, cherry tomatoes, bell pepper, red onion, and avocado in a bowl.
2. Drizzle with olive oil and season with salt and pepper.
3. Mix tahini, lemon juice, water, and garlic powder until smooth in a small bowl.
4. Drizzle the tahini sauce over the bowl and enjoy immediately.

PROTEIN	CARBS	FAT	FIBER
12 GR	32 GR	15 GR	8 GR

APPLE CINNAMON OVERNIGHT OATS WITH CHIA SEEDS



INGREDIENTS:

- 1 cup almond milk (or milk of choice)
- 1/2 apple, diced
- 1 tbsp chia seeds
- 1/2 tsp cinnamon
- 1 tbsp maple syrup or honey (optional)

Optional Toppings: additional apple slices, chopped nuts, a sprinkle of cinnamon

TIME	SERVES	CALORIES
5 MINS + OVERNIGHT	2	250 KCAL

DIRECTIONS:

1. In a jar or bowl, mix oats, milk, diced apple, chia seeds, cinnamon, and sweetener (if using).
2. Stir well, cover, and refrigerate overnight.
3. In the morning, stir it and add toppings as desired. Serve chilled or warm it up if preferred.

PROTEIN	CARBS	FAT	FIBER
8 GR	40 GR	7 GR	8 GR

SMOKED SALMON AND AVOCADO BAGEL WITH DILL



INGREDIENTS:

- One whole-grain bagel, halved and toasted
- 1/2 avocado, sliced
- 2 oz smoked salmon
- Fresh dill, chopped (about 1 tsp)
- 1 tsp capers (optional)
- Salt and pepper, to taste

TIME	SERVES	CALORIES
5 MINS	1	320 KCAL

DIRECTIONS:

1. Spread avocado slices on each half of the toasted bagel.
2. If desired, Top with smoked salmon and sprinkle with fresh dill and capers.
3. Season with salt and pepper. Serve immediately.

PROTEIN	CARBS	FAT	FIBER
12 GR	28 GR	18 GR	5 GR

FIG AND WALNUT GREEK YOGURT BOWL



INGREDIENTS:

- 1 cup plain Greek yogurt
- Two fresh figs, quartered
- 2 tbsp walnuts, chopped
- 1 tsp honey

Optional Toppings: a sprinkle of cinnamon, fresh mint leaves

TIME	SERVES	CALORIES
5 MINS	1	220 KCAL

DIRECTIONS:

1. Spoon Greek yogurt into a bowl.
2. Arrange fig quarters on top of the yogurt.
3. Sprinkle with chopped walnuts and drizzle with honey.
4. Add optional cinnamon or mint leaves for extra flavor.

PROTEIN	CARBS	FAT	FIBER
10 GR	30 GR	8 GR	5 GR

SUN-DRIED TOMATO AND SPINACH OMELETTE



INGREDIENTS:

- Two large eggs
- 1/4 cup fresh spinach, chopped
- 2 tbsp sun-dried tomatoes, chopped (packed in oil, drained)
- 1 tbsp feta cheese, crumbled
- 1/2 tbsp olive oil
- Salt and pepper, to taste

TIME	SERVES	CALORIES
10 MINS	1	220 KCAL

DIRECTIONS:

1. Whisk eggs in a bowl with a pinch of salt and pepper.
2. Heat olive oil in a non-stick skillet over medium heat. Add spinach and sun-dried tomatoes, sautéing until spinach is wilted.
3. Pour eggs over the spinach mixture, cooking until edges set.
4. Sprinkle feta on one side, fold the omelet, and cook until the eggs are fully set.
5. Serve warm.

PROTEIN	CARBS	FAT	FIBER
14 GR	6 GR	16 GR	2 GR

MEDITERRANEAN SMOOTHIE BOWL WITH BERRIES AND NUTS



INGREDIENTS:

- 1/2 cup Greek yogurt
- 1/2 cup frozen mixed berries
- 1/2 banana, sliced
- 1/4 cup almond milk (or milk of choice)
- 1 tbsp almonds or walnuts, chopped
- 1 tbsp chia seeds

Optional Toppings: fresh berries, sliced banana, drizzle of honey, and mint leaves

TIME	SERVES	CALORIES
5 MINS	1	300 KCAL

DIRECTIONS:

1. Blend Greek yogurt, frozen berries, banana, and almond milk until smooth.
2. Pour into a bowl and top with chopped nuts, chia seeds, and optional toppings as desired.
3. Serve immediately.

PROTEIN	CARBS	FAT	FIBER
10 GR	45 GR	12 GR	8 GR

PISTACHIO AND APRICOT GRANOLA WITH GREEK YOGURT



INGREDIENTS:

- 1 cup Greek yogurt
- 1/4 cup granola (store-bought or homemade)
- 2 tbsp pistachios, chopped
- Two dried apricots, chopped
- 1 tsp honey

Optional Toppings: fresh mint, a sprinkle of cinnamon

TIME	SERVES	CALORIES
10 MINS	2	280 KCAL

DIRECTIONS:

1. Spoon Greek yogurt into bowls.
2. Top with granola, chopped pistachios, and apricots.
3. Drizzle honey over the top and add optional toppings if desired.
4. Serve immediately.

PROTEIN	CARBS	FAT	FIBER
12 GR	35 GR	10 GR	5 GR

SMASHED CHICKPEA AND AVOCADO TOAST



INGREDIENTS:

- One slice of whole-grain bread, toasted
- 1/4 cup chickpeas, rinsed and drained
- 1/2 avocado
- 1 tsp lemon juice
- Salt and pepper, to taste

Optional Toppings: cherry tomatoes, red pepper flakes, fresh herbs (such as parsley or cilantro)

TIME	SERVES	CALORIES
5 MINS	1	280 KCAL

DIRECTIONS:

1. In a small bowl, mash chickpeas and avocado with lemon juice, salt, and pepper until well combined.
2. Spread the mixture on toasted bread.
3. Top with cherry tomatoes, red pepper flakes, or fresh herbs if desired.
4. Serve immediately.

PROTEIN	CARBS	FAT	FIBER
9 GR	28 GR	16 GR	9 GR

ALMOND BUTTER AND BANANA OATS



INGREDIENTS:

- 1/2 cup rolled oats
- 1 cup almond milk (or milk of choice)
- 1 tbsp almond butter
- 1/2 banana, sliced
- 1/2 tsp cinnamon

Optional Toppings: chia seeds, sliced almonds, extra banana slices

TIME	SERVES	CALORIES
10 MINS	1	350 KCAL

DIRECTIONS:

1. Combine oats, almond milk, and cinnamon in a small saucepan. Cook over medium heat, stirring occasionally, until oats are creamy (about 5 minutes).
2. Pour oats into a bowl and swirl in almond butter.
3. Top with banana slices, and add any optional toppings if desired.
4. Serve warm.

PROTEIN	CARBS	FAT	FIBER
10 GR	48 GR	13 GR	8 GR

LEMON POPPY SEED GREEK YOGURT MUFFINS



INGREDIENTS:

- 1 cup all-purpose flour
- 1/2 cup Greek yogurt
- 1/4 cup honey or maple syrup
- One egg
- 1 tbsp poppy seeds
- Zest of 1 lemon
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- Pinch of salt

TIME	SERVES	CALORIES
20 MINS	6 MUFFINS	350 KCAL

DIRECTIONS:

1. Preheat the oven to 350°F (175°C). Grease or line a muffin tin.
2. Combine flour, poppy seeds, baking powder, baking soda, and salt in a bowl.
3. Whisk Greek yogurt, honey, egg, and lemon zest in another bowl until smooth.
4. Combine wet and dry ingredients, mixing until just combined.
5. Divide the batter evenly into the muffin tin and bake for 15-20 minutes or until a toothpick comes out clean. Cool slightly before serving.

PROTEIN	CARBS	FAT	FIBER
5 GR	20 GR	5 GR	1 GR

RICOTTA AND HONEY FIG TOAST



INGREDIENTS:

- Two slices of whole-grain bread, toasted
- 1/2 cup ricotta cheese
- Two fresh figs, sliced
- 2 tsp honey

Optional Toppings: pinch of sea salt, fresh thyme, or crushed pistachios

TIME	SERVES	CALORIES
5 MINS	2	220 KCAL

DIRECTIONS:

1. Spread ricotta cheese evenly over each slice of toasted bread.
2. Arrange fig slices on top of the ricotta on both toasts.
3. Drizzle each with 1 tsp of honey and sprinkle with optional toppings like sea salt, thyme, or pistachios, if desired.

PROTEIN	CARBS	FAT	FIBER
7 GR	30 GR	8 GR	3 GR

TAHINI BANANA SMOOTHIE



INGREDIENTS:

- One ripe banana
- 1 tbsp tahini
- 1/2 cup Greek yogurt
- 1/2 cup almond milk (or milk of choice)
- 1/4 tsp ground cinnamon
- 1 tsp honey or maple syrup (optional)
- Ice cubes, as needed

TIME	SERVES	CALORIES
5 MINS	1	300 KCAL

DIRECTIONS:

1. Combine banana, tahini, Greek yogurt, almond milk, cinnamon, and honey (if using) in a blender.
2. Blend until smooth, adding ice cubes to reach your desired thickness.
3. Pour into a glass and enjoy immediately.

PROTEIN	CARBS	FAT	FIBER
8 GR	45 GR	10 GR	6 GR



**CHAPTER FOUR:
LUNCH RECIPES.
QUICK AND SATISFYING
MIDDAY MEALS**



MEDITERRANEAN CHICKPEA SALAD WITH CUCUMBER AND FETA



INGREDIENTS:

- One can (15 oz) chickpeas, drained and rinsed
- 1 cup cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/2 cup red bell pepper, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup feta cheese, crumbled
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped (optional)
- 2 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- Salt and pepper, to taste

TIME	SERVES	CALORIES
10 MINS	4	220 KCAL

DIRECTIONS:

1. Mix chickpeas, cucumber, cherry tomatoes, bell pepper, red onion, feta, parsley, and mint in a large bowl.
2. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste.
3. Toss gently to combine all ingredients and serve.

PROTEIN	CARBS	FAT	FIBER
8 GR	26 GR	10 GR	6 GR

SPINACH AND FETA STUFFED BELL PEPPERS



INGREDIENTS:

- 1 cup fresh spinach, chopped
 - 1/2 cup crumbled feta cheese
 - 1 tbsp olive oil
 - Salt and pepper, to taste
- Optional:** 1 tsp dried oregano or basil

TIME	SERVES	CALORIES
30 MINS	4	150 KCAL

DIRECTIONS:

1. **Prep Bell Peppers:** Preheat oven to 375°F (190°C). Place bell pepper halves on a baking sheet.
2. **Make Filling:** In a bowl, mix spinach, feta, cherry tomatoes, olive oil, salt, and pepper.
3. **Stuff Peppers:** Spoon filling into each pepper half, packing lightly.
4. **Bake:** Bake for 20-25 minutes, until peppers are tender and cheese is slightly golden.
5. **Serve:** Garnish with oregano or basil if desired. Enjoy warm.

PROTEIN	CARBS	FAT	FIBER
6 GR	10 GR	10 GR	3 GR

QUINOA AND ROASTED VEGETABLE BOWL WITH TAHINI DRESSING



INGREDIENTS:

- 1/2 cup quinoa, rinsed
- 1 cup mixed diced vegetables (bell peppers, zucchini, carrots)
- 1 tbsp olive oil
- Salt and pepper, to taste
- 1/4 cup cherry tomatoes, halved
- 1/4 avocado, sliced
- Optional: 1 tbsp chopped parsley

Tahini Dressing:

- 2 tbsp tahini
- 1 tbsp lemon juice
- 1/2 tsp garlic powder
- Water to thin, as needed
- Salt and pepper, to taste

TIME	SERVES	CALORIES
25 MINS	2	320 KCAL

DIRECTIONS:

1. **Cook Quinoa:** Boil 1 cup water, add quinoa, simmer 15 minutes until absorbed. Fluff.
2. **Roast Vegetables:** Toss diced veggies with olive oil, salt, and pepper; roast at 400°F (200°C) for 15-20 minutes.
3. **Make Dressing:** Whisk tahini, lemon juice, garlic powder, and water. Season to taste.
4. **Assemble:** Divide quinoa into bowls and top with veggies, tomatoes, and avocado. Drizzle with dressing and garnish.

PROTEIN	CARBS	FAT	FIBER
10 GR	40 GR	14 GR	8 GR

MEDITERRANEAN TUNA SALAD WITH OLIVES AND CAPERS



INGREDIENTS:

- One can (5 oz) tuna, drained
 - 1/4 cup kalamata olives, sliced
 - 1 tbsp capers, rinsed and drained
 - 1/4 cup cherry tomatoes, halved
 - 1 tbsp red onion, finely chopped
 - 2 tbsp extra-virgin olive oil
 - Juice of 1/2 lemon
 - Salt and pepper, to taste
- Optional:** fresh parsley or basil, chopped for garnish

TIME	SERVES	CALORIES
10 MINS	2	230 KCAL

DIRECTIONS:

1. Combine the tuna, olives, capers, cherry tomatoes, cucumber, and red onion in a mixing bowl.
2. Drizzle with olive oil and lemon juice. Season with salt and pepper.
3. Gently toss to combine all ingredients.
4. Garnish with fresh parsley or basil, if desired, and serve immediately.

PROTEIN	CARBS	FAT	FIBER
28 GR	5 GR	11 GR	2 GR

LENTIL AND TOMATO SOUP WITH FRESH BASIL



INGREDIENTS:

- 1 cup dried lentils, rinsed
- 4 cups vegetable broth
- One small onion, chopped
- Two cloves garlic, minced
- One carrot, diced
- 1 tsp olive oil
- Salt and pepper, to taste

Optional: fresh basil leaves, chopped for garnish

TIME	SERVES	CALORIES
30 MINS	4	220 KCAL

DIRECTIONS:

1. Heat olive oil over medium heat in a large pot. Add onion, garlic, and carrot, and sauté until softened, about 5 minutes.
2. Add the lentils, diced tomatoes, and vegetable broth to the pot and bring to a boil.
3. Reduce heat and simmer for 20-25 minutes, or until the lentils are tender. Season with salt and pepper.
4. Serve hot, garnished with fresh basil leaves.

PROTEIN	CARBS	FAT	FIBER
12 GR	34 GR	3 GR	10 GR

SHRIMP AND AVOCADO SALAD WITH CITRUS DRESSING



INGREDIENTS:

Salad:

- 1/2 lb. shrimp, cooked
- one avocado, diced
- 1 cup mixed greens
- 1/2 cup cherry tomatoes, halved

Dressing:

- 2 tbsp olive oil
- Juice of 1 lime and 1/2 orange
- 1 tsp honey
- Salt and pepper

TIME	SERVES	CALORIES
15 MINS	2	280 KCAL

DIRECTIONS:

1. **Mix Dressing:** Whisk olive oil, citrus juices, honey, salt, and pepper.
2. **Combine Salad:** Toss shrimp, avocado, greens, tomatoes, and cucumber in a bowl.
3. **Serve:** Drizzle with dressing, garnish with herbs if desired, and enjoy.

PROTEIN	CARBS	FAT	FIBER
18 GR	12 GR	18 GR	7 GR

EGGPLANT AND CHICKPEA STEW



INGREDIENTS:

- One large eggplant, cubed
- One can (15 oz) chickpeas, drained
- One can (15 oz) diced tomatoes
- One bell pepper, chopped
- One small onion, diced
- Two cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp cumin, 1/2 tsp smoked paprika
- Salt, pepper, parsley for garnish

TIME	SERVES	CALORIES
30 MINS	4	250 KCAL

DIRECTIONS:

- 1.Heat olive oil in a pot. Sauté onion, garlic, eggplant, and bell pepper for 5 minutes.
- 2.Add tomatoes, chickpeas, spices, salt, and pepper. Simmer for 15 minutes.
- 3.Garnish with parsley and serve warm.

PROTEIN	CARBS	FAT	FIBER
7 GR	35 GR	10 GR	10 GR

GRILLED HALLOUMI SALAD WITH MIXED GREENS AND CHERRY TOMATOES



INGREDIENTS:

- 4 oz Halloumi cheese, sliced
 - 4 cups mixed greens
 - 1 cup cherry tomatoes, halved
 - 1/4 cucumber, sliced
 - 1 tbsp olive oil
 - 1 tbsp balsamic vinegar
 - Salt and pepper, to taste
- Optional:** fresh basil leaves for garnish

TIME	SERVES	CALORIES
15 MINS	2	320 KCAL

DIRECTIONS:

- 1.Heat a non-stick skillet over medium heat and grill Halloumi slices for 1-2 minutes per side until golden brown.
- 2.Combine mixed greens, cherry tomatoes, and cucumber in a large bowl
- 3.Add grilled Halloumi on top and drizzle with olive oil and balsamic vinegar.
- 4.Season with salt, pepper, and basil if desired. Serve immediately.

PROTEIN	CARBS	FAT	FIBER
15 GR	10 GR	25 GR	3 GR

SPICED CAULIFLOWER AND QUINOA BOWL



INGREDIENTS:

- 1 cup cooked quinoa
- 1/2 head cauliflower, chopped into florets
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt and pepper, to taste
- 1/4 cup fresh parsley, chopped

Optional: 1/4 cup pomegranate seeds for garnish

TIME	SERVES	CALORIES
20 MINS	2	280 KCAL

DIRECTIONS:

1. Preheat oven to 400°F (200°C). In a bowl, toss cauliflower florets with olive oil, cumin, smoked paprika, salt, and pepper.
2. Spread cauliflower on a baking sheet and roast for 15-20 minutes until tender and golden.
3. In a serving bowl, layer cooked quinoa and top with roasted cauliflower.
4. Garnish with fresh parsley and pomegranate seeds if desired. Serve warm.

PROTEIN	CARBS	FAT	FIBER
8 GR	40 GR	10 GR	8 GR

ZA'ATAR CHICKEN AND COUSCOUS BOWL



INGREDIENTS:

- 1 cup couscous, cooked in water or broth
- Two chicken breasts seasoned with 1 tbsp za'atar
- 1 tbsp olive oil
- 1 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 cup crumbled feta
- Fresh parsley for garnish

TIME	SERVES	CALORIES
25 MINS	2	450 KCAL

DIRECTIONS:

1. Heat olive oil in a skillet and cook za'atar-seasoned chicken for 5-6 minutes per side. Slice.
2. Assemble bowls with couscous, chicken, tomatoes, cucumber, and feta.
3. Garnish with parsley and extra za'atar.

PROTEIN	CARBS	FAT	FIBER
30 GR	40 GR	18 GR	6 GR

MARINATED ARTICHOKE AND OLIVE PASTA SALAD



INGREDIENTS:

- 8 oz whole-wheat pasta, cooked and cooled
- 1 cup marinated artichoke hearts, chopped
- 1/2 cup Kalamata olives, halved
- 1/2 cup cherry tomatoes, halved
- 1/4 cup feta cheese, crumbled
- 1 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper, to taste

Optional: fresh basil, chopped

TIME	SERVES	CALORIES
15 MINS	4	300 KCAL

DIRECTIONS:

1. Combine pasta, artichokes, olives, tomatoes, and feta in a large bowl.
2. Drizzle with olive oil and lemon juice; season with salt and pepper.
3. Toss to combine. Garnish with basil if desired.

PROTEIN	CARBS	FAT	FIBER
7 GR	30 GR	15 GR	5 GR

GRILLED VEGETABLE PITA WRAP WITH HUMMUS



INGREDIENTS:

- 1 cup mixed bell peppers, sliced
- 1/2 zucchini, sliced
- 1/2 red onion, sliced
- 1 tbsp olive oil
- Salt and pepper, to taste
- Two whole-grain pita breads

Optional: Fresh spinach or arugula

TIME	SERVES	CALORIES
15 MINS	2	280 KCAL

DIRECTIONS:

1. Toss the vegetables with olive oil, salt, and pepper. Grill or sauté until tender.
2. Spread hummus inside each pita, then add the grilled veggies.
3. Add spinach or arugula, if desired. Wrap and serve warm.

PROTEIN	CARBS	FAT	FIBER
7 GR	35 GR	12 GR	6 GR

MEDITERRANEAN FARRO SALAD WITH CUCUMBER, OLIVES, AND FETA



INGREDIENTS:

- 1 cup cooked farro
- 1/2 cup cherry tomatoes, halved
- 1/4 cup Kalamata olives, sliced
- 1/4 cup feta cheese, crumbled
- 2 tbsp fresh parsley, chopped
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper, to taste

TIME	SERVES	CALORIES
20 MINS	4	250 KCAL

DIRECTIONS:

1. Combine farro, cucumber, tomatoes, olives, and feta in a large bowl.
2. Whisk olive oil, lemon juice, salt, and pepper, then drizzle over the salad.
3. Toss gently to combine, garnish with parsley, and serve chilled or at room temperature.

PROTEIN	CARBS	FAT	FIBER
8 GR	30 GR	10 GR	5 GR

ROASTED BEET AND GOAT CHEESE SALAD WITH WALNUTS



INGREDIENTS:

- Two medium beets, washed and trimmed
- 1/4 cup crumbled goat cheese
- 1/4 cup walnuts, toasted
- 2 cups mixed greens (arugula, spinach, or baby kale)
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper, to taste

TIME	SERVES	CALORIES
40 MINS	2	320 KCAL

DIRECTIONS:

1. Preheat oven to 400°F (200°C). Wrap each beet in foil and place on a baking sheet. Roast for 35-40 minutes until tender. Allow to cool, peel, and slice.
2. Combine mixed greens, sliced beets, walnuts, and crumbled goat cheese in a large bowl.
3. Drizzle olive oil and balsamic vinegar over the salad—season with salt and pepper.
4. Gently toss to combine and serve immediately.

PROTEIN	CARBS	FAT	FIBER
8 GR	24 GR	22 GR	5 GR

CHICKPEA AND SPINACH CURRY WITH RICE



INGREDIENTS:

- 1 tbsp olive oil
- 1/2 onion, chopped
- One clove of garlic, minced
- 1/2 tsp cumin
- 1/2 tsp turmeric
- 1/2 tsp coriander
- One can chickpeas, drained and rinsed
- 1 cup fresh spinach, chopped
- 1/2 cup canned tomatoes
- Salt and pepper, to taste
- 1/2 cup basmati rice, cooked

TIME	SERVES	CALORIES
30 MINS	2	350 KCAL

DIRECTIONS:

- 1.Heat olive oil in a skillet over medium heat. Add onions and garlic; sauté until soft.
- 2.Stir in cumin, turmeric, and coriander, cooking for another 1 minute.
- 3.Add chickpeas and tomatoes. Simmer for 10 minutes, then add spinach and cook until wilted.
- 4.Season with salt and pepper, and serve over cooked basmati rice.

PROTEIN	CARBS	FAT	FIBER
10 GR	55 GR	8 GR	10 GR

MEDITERRANEAN BULGUR SALAD WITH MINT AND POMEGRANATE



INGREDIENTS:

- 1/2 cup bulgur wheat
- 1 cup boiling water
- 1/4 cup fresh mint, chopped
- 1/4 cup parsley, chopped
- 1/4 cup pomegranate seeds
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper, to taste

TIME	SERVES	CALORIES
20 MINS	2	220 KCAL

DIRECTIONS:

- 1.Place bulgur in a bowl and pour boiling water over it. Cover and sit for 10 minutes until tender, then fluff with a fork.
- 2.Add mint, parsley, and pomegranate seeds to the bulgur.
- 3.Drizzle with olive oil and lemon juice, season with salt and pepper, and toss to combine.

PROTEIN	CARBS	FAT	FIBER
5 GR	35 GR	8 GR	6 GR

CAULIFLOWER TABBOULEH WITH PARSLEY AND LEMON



INGREDIENTS:

- 1/2 head cauliflower, grated (or 1 cup diced cauliflower)
- 1/2 cup parsley, chopped
- 1/4 cup fresh mint, chopped
- 1/4 cup cucumber, diced
- 1/4 cup cherry tomatoes, diced
- Juice of 1 lemon
- 2 tbsp olive oil
- Salt and pepper, to taste

TIME	SERVES	CALORIES
15 MINS	2	140 KCAL

DIRECTIONS:

1. Combine cauliflower, parsley, mint, cucumber, and tomatoes in a large bowl.
2. Drizzle with lemon juice and olive oil, then season with salt and pepper.
3. Toss to combine and serve fresh.

PROTEIN	CARBS	FAT	FIBER
3 GR	10 GR	10 GR	4 GR

SMOKED SALMON SALAD WITH CAPERS AND DILL DRESSING



INGREDIENTS:

- 2 cups mixed greens
- 3 oz smoked salmon, sliced
- 1/4 cup cucumber, sliced
- 1 tbsp capers
- Fresh dill, chopped

Dressing:

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

TIME	SERVES	CALORIES
10 MINS	2	210 KCAL

DIRECTIONS:

1. Whisk together olive oil, lemon juice, Dijon, salt, and pepper.
2. Toss mixed greens with the dressing until evenly coated.
3. Top with smoked salmon, cucumber, capers, and dill.
4. Serve immediately.

PROTEIN	CARBS	FAT	FIBER
15 GR	8 GR	14 GR	3 GR

LENTIL AND AVOCADO WRAP WITH TAHINI SAUCE



INGREDIENTS:

- 1 cup cooked lentils
- One avocado, sliced
- 2 large whole-grain wraps
- 1/4 cup shredded carrots
- 1/4 cup cucumber, julienned
- Fresh parsley, chopped

Tahini Sauce:

- 2 tbsp tahini
- 1 tbsp lemon juice
- One garlic clove, minced
- Salt and pepper
- Water to thin

TIME	SERVES	CALORIES
15 MINS	2	280 KCAL

DIRECTIONS:

1. Whisk tahini, lemon juice, garlic, salt, and pepper, adding water until smooth.
2. Layer wraps with lentils, avocado, carrots, cucumber, and parsley.
3. Drizzle tahini sauce, roll up tightly, slice, and serve.

PROTEIN	CARBS	FAT	FIBER
12 GR	35 GR	10 GR	8 GR

ROASTED SWEET POTATO AND SPINACH SALAD WITH YOGURT DRESSING



INGREDIENTS:

- One large sweet potato, diced
- 1 tbsp olive oil
- Salt and pepper, to taste
- 2 cups fresh spinach
- 1/4 cup red onion, thinly sliced

Yogurt Dressing:

- 1/4 cup Greek yogurt
- 1 tsp lemon juice
- 1/2 tsp honey
- Salt and pepper, to taste

TIME	SERVES	CALORIES
25 MINS	2	220 KCAL

DIRECTIONS:

1. Preheat oven to 400°F (200°C). Toss sweet potato with olive oil, salt, and pepper. Roast for 20 minutes or until tender.
2. Mix yogurt, lemon juice, honey, salt, and pepper for the dressing.
3. Combine roasted sweet potato, spinach, and red onion. Drizzle with yogurt dressing and toss lightly before serving.

PROTEIN	CARBS	FAT	FIBER
6 GR	30 GR	10 GR	5 GR



**CHAPTER FIVE:
DINNER RECIPES.
FLAVOURFUL,
WHOLESOME MEALS**



LEMON GARLIC SALMON WITH ROASTED VEGETABLES



DIRECTIONS:

1. Preheat oven to 400°F (200°C). Mix lemon juice, zest, garlic, olive oil, salt, and pepper in a small bowl.
2. Place salmon and veggies on a baking sheet, drizzle with lemon mixture, and toss veggies to coat evenly.
3. Roast for 15-20 minutes until salmon is cooked and vegetables are tender. Serve warm.

TIME	SERVES	CALORIES
25 MINS	2	420 KCAL

INGREDIENTS:

- Two salmon fillets
- 1 lemon, juiced and zested
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 cup broccoli florets
- 1 cup cherry tomatoes
- 1 small zucchini, sliced

PROTEIN	CARBS	FAT	FIBER
35 GR	18 GR	24 GR	5 GR

MEDITERRANEAN CHICKEN SKEWERS WITH TZATZIKI



DIRECTIONS:

1. **Marinate Chicken:** In a bowl, combine olive oil, lemon juice, oregano, garlic, salt, and pepper. Toss chicken cubes in the marinade and sit for at least 10 minutes.
2. **Prepare Tzatziki:** Mix Greek yogurt, cucumber, olive oil, garlic, lemon juice, salt, and pepper in a separate bowl. Add dill or mint if desired.
3. **Cook Skewers:** Thread chicken onto skewers. Grill or cook in a skillet over medium heat for 10-12 minutes, turning to cook evenly until golden. Serve with tzatziki on the side.

TIME	SERVES	CALORIES
30 MINS	4	280 KCAL

INGREDIENTS:

- 450 g chicken breast, cut into cubes
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tbsp fresh oregano, chopped (or 1 tsp dried)
- Two cloves garlic, minced
- Salt and pepper to taste

Tzatziki Sauce:

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

Optional: fresh dill or mint, chopped

PROTEIN	CARBS	FAT	FIBER
25 GR	6 GR	17 GR	1 GR

STUFFED ZUCCHINI BOATS WITH GROUND TURKEY AND HERBS



DIRECTIONS:

1. Preheat oven to 375°F (190°C). Arrange zucchini halves in a baking dish.
2. In a skillet, heat olive oil over medium. Sauté onion and garlic until soft. Add turkey, tomatoes, salt, and pepper; cook until browned. Stir in herbs.
3. Fill zucchini with turkey mixture and sprinkle with Parmesan if desired. Bake 20 min until tender. Serve warm.

TIME	SERVES	CALORIES
35 MINS	4	220 KCAL

INGREDIENTS:

- 4 zucchinis, halved and scooped out
- 1/2 lb. ground turkey
- 1 tbsp olive oil
- 1/2 onion, chopped
- One clove of garlic, minced
- 1/2 cup diced tomatoes
- 1/4 cup fresh parsley or basil, chopped
- Salt and pepper

Optional: 1/4 cup grated Parmesan

PROTEIN	CARBS	FAT	FIBER
18 GR	8 GR	13 GR	3 GR

EGGPLANT AND CHICKPEA TAGINE WITH SPICES



DIRECTIONS:

1. In a large pot, heat olive oil over medium. Sauté onion and garlic until fragrant.
2. Add eggplant, tomatoes, chickpeas, broth, cumin, coriander, cinnamon, salt, and pepper. Stir well.
3. Cover and simmer for 30 minutes until eggplant is tender. Garnish with cilantro and serve.

TIME	SERVES	CALORIES
45 MINS	4	260 KCAL

INGREDIENTS:

- 1 medium eggplant, cubed
- 1 tbsp olive oil
- one onion, chopped
- 2 garlic cloves, minced
- 1 can (15 oz) chickpeas, drained
- 1 can (15 oz) diced tomatoes
- 1/2 cup vegetable broth
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp cinnamon
- Salt and pepper
- Fresh cilantro for garnish

PROTEIN	CARBS	FAT	FIBER
7 GR	35 GR	12 GR	10 GR

WHOLE-WHEAT PASTA WITH SPINACH, GARLIC, AND SUNDRIED TOMATOES



DIRECTIONS:

1. Cook pasta according to package directions. Drain and set aside.
2. In a large skillet, heat olive oil over medium. Add garlic and sundried tomatoes, sauté for 1 minute.
3. Add spinach, stirring until wilted. Toss in pasta, season with salt and pepper, and top with Parmesan if desired. Serve warm

TIME	SERVES	CALORIES
20 MINS	4	320 KCAL

INGREDIENTS:

- 8 oz whole-wheat pasta
- 1 tbsp olive oil
- Three garlic cloves, minced
- 1/4 cup sundried tomatoes, chopped
- 4 cups fresh spinach
- Salt and pepper, to taste

Optional: grated Parmesan

PROTEIN	CARBS	FAT	FIBER
10 GR	45 GR	12 GR	8 GR

SHRIMP SAGANAKI WITH FETA AND FRESH HERBS



DIRECTIONS:

1. In a skillet, heat olive oil over medium. Sauté onion and garlic until softened, about 3 minutes.
2. Add tomatoes and simmer for 5 minutes.
3. Add shrimp, season with salt and pepper, and cook until pink, about 3-4 minutes.
4. Sprinkle with feta, fresh parsley, and dill. Serve warm.

TIME	SERVES	CALORIES
25 MINS	4	260 KCAL

INGREDIENTS:

- 1 tbsp olive oil
- One small onion, diced
- Three garlic cloves, minced
- 1 can (14 oz) diced tomatoes
- One lb. large shrimp, peeled and deveined
- 1/4 cup feta cheese, crumbled
- Salt and pepper, to taste
- Fresh parsley and dill, chopped

PROTEIN	CARBS	FAT	FIBER
24 GR	6 GR	15 GR	2 GR

CHICKEN AND VEGETABLE SHEET PAN DINNER WITH ROSEMARY AND THYME



DIRECTIONS:

1. Preheat oven to 400°F (200°C). In a large bowl, toss chicken, potatoes, carrots, and bell peppers with olive oil, rosemary, thyme, salt, and pepper.
2. Spread evenly on a sheet pan, placing chicken thighs skin-side up.
3. Roast for 30-35 minutes until chicken is fully cooked and vegetables are tender. Serve warm.

TIME	SERVES	CALORIES
35 MINS	4	320 KCAL

INGREDIENTS:

- 4 chicken thighs, bone-in, skin-on
- One lb. baby potatoes, halved
- 1 cup carrots, sliced
- 1 cup bell peppers, sliced
- 2 tbsp olive oil
- 2 tsp fresh rosemary, chopped
- 2 tsp fresh thyme, chopped
- Salt and pepper, to taste

PROTEIN	CARBS	FAT	FIBER
28 GR	15 GR	18 GR	5 GR

MEDITERRANEAN MEATBALLS WITH TOMATO BASIL SAUCE



DIRECTIONS:

1. Mix ground meat, breadcrumbs, feta, egg, garlic, oregano, salt, and pepper in a bowl. Form into small meatballs.
2. Heat olive oil in a skillet over medium heat and brown meatballs on all sides. Remove from skillet.
3. Add tomatoes, basil, salt, and pepper in the same skillet. Simmer for 5 minutes, then return meatballs to skillet. Simmer together for an additional 10 minutes.
4. Serve warm.

TIME	SERVES	CALORIES
30 MINS	4	280 KCAL

INGREDIENTS:

- 1 lb ground beef or lamb
- 1/4 cup breadcrumbs
- 1/4 cup feta cheese, crumbled
- 1 egg
- Two cloves garlic, minced
- 1 tsp dried oregano
- Salt and pepper, to taste

Tomato Basil Sauce:

- 1 can (14 oz) crushed tomatoes
- 1/4 cup fresh basil, chopped
- 1 tbsp olive oil
- Salt and pepper, to taste

PROTEIN	CARBS	FAT	FIBER
22 GR	10 GR	18 GR	3 GR

GARLIC AND HERB ROASTED CAULIFLOWER STEAKS



DIRECTIONS:

1. Preheat oven to 400°F (200°C). Arrange cauliflower steaks on a baking sheet.
2. Mix olive oil, garlic, parsley, thyme, salt, and pepper in a small bowl. Brush both sides of the cauliflower with the mixture.
3. Roast for 25-30 minutes, flipping halfway through, until cauliflower is golden and tender. Serve warm.

TIME	SERVES	CALORIES
30 MINS	2	150 KCAL

INGREDIENTS:

- One large cauliflower head, sliced into 1-inch "steaks"
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh parsley, chopped
- 1/2 tsp dried thyme
- Salt and pepper, to taste

PROTEIN	CARBS	FAT	FIBER
4 GR	12 GR	10 GR	4 GR

GREEK LEMON CHICKEN WITH POTATOES AND OREGANO



DIRECTIONS:

1. Preheat oven to 400°F (200°C). Mix olive oil, lemon juice, garlic, oregano, salt, and pepper in a bowl.
2. Place chicken and potatoes in a baking dish, pour marinade over them, and toss to coat evenly.
3. Bake for 40-45 minutes, until chicken is golden and potatoes are tender, basting occasionally with the pan juices.
4. Serve warm.

TIME	SERVES	CALORIES
45 MINS	4	350 KCAL

INGREDIENTS:

- 4 chicken thighs, bone-in, skin-on
- 4 medium potatoes, cut into wedges
- 1/4 cup olive oil
- 1/4 cup lemon juice
- Three cloves garlic, minced
- 1 tbsp dried oregano
- Salt and pepper, to taste

PROTEIN	CARBS	FAT	FIBER
28 GR	25 GR	18 GR	4 GR

SEARED SEA BASS WITH OLIVE AND CAPER SALSA



DIRECTIONS:

1. In a small bowl, combine olives, capers, parsley, lemon juice, olive oil, and red pepper flakes. Set aside.
2. Season sea bass with salt and pepper. Heat 1 tbsp olive oil in a skillet over medium-high heat.
3. Sear the sea bass, skin-side down, for 4-5 minutes. Flip and cook another 3-4 minutes until the fish is golden and cooked through. Serve topped with olive and caper salsa.

TIME	SERVES	CALORIES
20 MINS	2	280 KCAL

INGREDIENTS:

- Two sea bass fillets
- 1 tbsp olive oil
- Salt and pepper, to taste

Olive and Caper Salsa

- 1/4 cup green olives, chopped
- 1 tbsp capers, rinsed and chopped
- 1 tbsp fresh parsley, chopped
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1/2 tsp red pepper flakes (optional)

PROTEIN	CARBS	FAT	FIBER
26 GR	4 GR	18 GR	2 GR

STUFFED EGGPLANT WITH GROUND BEEF AND PINE NUTS



DIRECTIONS:

1. Preheat oven to 375°F (190°C). Place eggplant halves on a baking sheet and brush with olive oil. Bake for 15 minutes until softened.
2. In a skillet, cook beef with onions, garlic, pine nuts, cumin, salt, and pepper until meat is browned. Stir in tomatoes and cook until combined.
3. Fill eggplant halves with the beef mixture. Return to oven for 10-15 minutes. Garnish with parsley and serve warm.

TIME	SERVES	CALORIES
40 MINS	4	250 KCAL

INGREDIENTS:

- Two medium eggplants, halved and scooped
- 1 tbsp olive oil
- 1/2 lb. ground beef
- 1/4 cup pine nuts
- One small onion, diced
- Two cloves garlic, minced
- 1/2 cup diced tomatoes
- 1 tsp ground cumin
- Salt and pepper, to taste
- Fresh parsley, chopped (for garnish)

PROTEIN	CARBS	FAT	FIBER
12 GR	20 GR	15 GR	7 GR

ROASTED RED PEPPER AND TOMATO SHAKSHUKA



DIRECTIONS:

1. Heat olive oil in a skillet; sauté bell pepper for 5 minutes until softened.
2. Add tomatoes, cumin, salt, and pepper. Simmer for 10 minutes until thickened.
3. Add small wells in the sauce and add an egg.
4. Cover and cook until eggs are set, about 5 minutes. Top with parsley and feta, if desired.

TIME	SERVES	CALORIES
25 MINS	4	200 KCAL

INGREDIENTS:

- 1 tbsp olive oil
- One red bell pepper, diced
- One can (14 oz) diced tomatoes
- 1/2 tsp ground cumin
- Salt and pepper, to taste
- Four large eggs

Optional Toppings:

- Fresh parsley, chopped
- Crumbled feta

PROTEIN	CARBS	FAT	FIBER
10 GR	15 GR	12 GR	4 GR

LAMB AND VEGETABLE KEBABS WITH MINT YOGURT SAUCE



DIRECTIONS:

1. In a bowl, toss lamb, bell pepper, zucchini, and onion with olive oil, cumin, smoked paprika, salt, and pepper. Thread onto skewers.
2. Grill kebabs over medium heat for 8-10 minutes, turning frequently until the lamb is cooked to your liking.
3. Mix yogurt, mint, lemon juice, salt, and pepper in a small bowl.
4. Serve kebabs with mint yogurt sauce on the side.

TIME	SERVES	CALORIES
30 MINS	4	320 KCAL

INGREDIENTS:

- 1 lb. lamb, cubed
- One red bell pepper, chopped
- One zucchini, sliced
- 1 red onion, cut into chunks
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt and pepper, to taste

Mint Yogurt Sauce:

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

PROTEIN	CARBS	FAT	FIBER
22 GR	8 GR	23 GR	3 GR

GRILLED SWORDFISH WITH OLIVE TAPENADE



DIRECTIONS:

1. Preheat grill to medium-high. Season swordfish with salt and pepper.
2. Combine olives, capers, parsley, lemon juice, and 1 tbsp olive oil for tapenade.
3. Brush swordfish with olive oil and grill for 4-5 min per side.
4. Serve with tapenade on top.

TIME	SERVES	CALORIES
20 MINS	4	280 KCAL

INGREDIENTS:

- Four swordfish steaks
- 1/2 cup black olives, chopped
- 2 tbsp capers
- 2 tbsp parsley, chopped
- 1 tbsp lemon juice
- 2 tbsp olive oil
- Salt and pepper

PROTEIN	CARBS	FAT	FIBER
30 GR	2 GR	16 GR	1 GR

SPINACH AND FETA STUFFED CHICKEN BREASTS



DIRECTIONS:

1. Preheat oven to 375°F (190°C). Slice each chicken breast horizontally to create a pocket.
2. Mix spinach, feta, salt, and pepper in a bowl. Stuff each chicken breast with the mixture and secure it with toothpicks.
3. Heat olive oil in a skillet over medium heat. Sear each side of the chicken for 2-3 minutes. Transfer to a baking dish, sprinkle with oregano, and bake for 15-20 minutes or until cooked.

TIME	SERVES	CALORIES
30 MINS	4	250 KCAL

INGREDIENTS:

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

PROTEIN	CARBS	FAT	FIBER
30 GR	3 GR	12 GR	1 GR

CHICKPEA AND SPINACH STEW WITH HARISSA



DIRECTIONS:

1. Heat olive oil in a pot over medium heat. Sauté onion and garlic until softened.
2. Stir in harissa, chickpeas, and tomatoes. Simmer for 15 minutes.
3. Add spinach and cook until wilted. Season with salt and pepper, then serve warm.

TIME	SERVES	CALORIES
30 MINS	4	220 KCAL

INGREDIENTS:

- 1 tbsp olive oil
- 1 onion, chopped
- Two garlic cloves, minced
- 1 tbsp harissa paste
- One can (15 oz) chickpeas, drained
- One can (14 oz) diced tomatoes
- 4 cups fresh spinach
- Salt and pepper to taste

PROTEIN	CARBS	FAT	FIBER
10 GR	30 GR	8 GR	8 GR

BAKED COD WITH GARLIC, LEMON, AND HERBS



DIRECTIONS:

1. Preheat oven to 400°F (200°C). Place cod on a baking sheet lined with parchment paper.
2. Mix olive oil, garlic, lemon zest, and juice in a small bowl. Brush over cod fillets.
3. Season with salt and pepper, sprinkle with parsley, and bake for 12-15 minutes until cod flakes easily with a fork.

TIME	SERVES	CALORIES
20 MINS	4	160 KCAL

INGREDIENTS:

- 4 cod fillets (about 6 oz each)
- 2 tbsp olive oil
- Three garlic cloves, minced
- Zest and juice of 1 lemon
- 1 tbsp fresh parsley, chopped
- Salt and pepper to taste

PROTEIN	CARBS	FAT	FIBER
22 GR	2 GR	7 GR	0 GR

LAMB AND LENTIL STEW WITH FRESH MINT



DIRECTIONS:

1. Heat olive oil in a pot over medium heat. Sauté onion and garlic until softened.
2. Stir in harissa, chickpeas, and tomatoes. Simmer for 15 minutes.
3. Add spinach and cook until wilted. Season with salt and pepper, then serve warm.

TIME	SERVES	CALORIES
90 MINS	6	320 KCAL

INGREDIENTS:

- One lb. lamb shoulder, cubed
- 1 tbsp olive oil
- 1 large onion, chopped
- Three garlic cloves, minced
- 1 cup dried lentils, rinsed
- 4 cups chicken or vegetable broth
- 1 can (14 oz) diced tomatoes
- 1 tsp ground cumin
- 1 tsp ground coriander
- Salt and pepper to taste
- 1/4 cup fresh mint leaves, chopped

PROTEIN	CARBS	FAT	FIBER
28 GR	25 GR	12 GR	6 GR

VEGETABLE AND CHICKPEA MOUSSAKA



DIRECTIONS:

- Preheat oven to 375°F (190°C). Brush eggplant and zucchini slices with olive oil and roast for 15-20 minutes until soft.
- Sauté onion and garlic in a skillet until softened. Add chickpeas, tomatoes, cinnamon, cumin, salt, and pepper. Simmer for 10 minutes.
- Layer roasted vegetables and chickpea mixture in a baking dish. Spread yogurt on top, sprinkle with Parmesan, and bake for 25-30 minutes until golden and bubbly.

TIME	SERVES	CALORIES
75 MINS	6	290 KCAL

INGREDIENTS:

- One large eggplant, sliced
- 1 large zucchini, sliced
- 2 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- One can (15 oz) chickpeas, drained
- 1 can (14 oz) diced tomatoes
- 1/2 tsp cinnamon
- 1/2 tsp ground cumin
- Salt and pepper to taste
- 1/2 cup Greek yogurt
- 1/4 cup grated Parmesan cheese

PROTEIN	CARBS	FAT	FIBER
10 GR	30 GR	14 GR	7 GR

CLASSIC HUMMUS WITH FRESH VEGGIES



INGREDIENTS:

- One can (15 oz) chickpeas, drained and rinsed
- 1/4 cup tahini
- 2 tbsp olive oil
- Juice of 1 lemon
- One garlic clove
- Salt and pepper, to taste
- 1/4 tsp cumin (optional)
- Fresh veggies (carrots, cucumbers, bell peppers) for dipping

TIME	SERVES	CALORIES
10 MINS	4	160 KCAL

DIRECTIONS:

1. Blend chickpeas, tahini, olive oil, lemon juice, garlic, salt, and cumin until smooth in a food processor.
2. Adjust seasoning, adding a bit of water for desired consistency.
3. Serve with fresh veggies for dipping.

PROTEIN	CARBS	FAT	FIBER
6 GR	15 GR	9 GR	4 GR

STUFFED GRAPE LEAVES WITH RICE AND HERBS



INGREDIENTS:

- 1 jar (16 oz) grape leaves, drained and rinsed
- 1 cup cooked white rice
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh mint, chopped
- Juice of 1 lemon
- 2 tbsp olive oil
- Salt and pepper, to taste

TIME	SERVES	CALORIES
70 MINS	6	110 KCAL

DIRECTIONS:

1. Mix cooked rice, parsley, mint, olive oil, lemon juice, salt, and pepper in a bowl.
2. Lay each grape leaf flat, place a spoonful of filling in the center, and roll tightly.
3. Arrange in a pot, cover with water, and simmer for 45-60 minutes.
4. Serve warm or at room temperature.

PROTEIN	CARBS	FAT	FIBER
2 GR	16 GR	4 GR	2 GR

BABA GHANOUSH WITH PITA CHIPS



INGREDIENTS:

- 1 large eggplant
- 2 tbsp tahini
- One clove of garlic, minced
- Juice of 1 lemon
- 2 tbsp extra-virgin olive oil, plus more for garnish
- Salt and pepper, to taste
- Fresh parsley, chopped (for garnish)
- Two pita bread rounds cut into wedges

TIME	SERVES	CALORIES
30 MINS	4	150 KCAL

DIRECTIONS:

1. Preheat oven to 400°F (200°C). Pierce the eggplant and roast for 25-30 minutes until tender. Let cool slightly, then peel and mash the flesh in a bowl.
2. Mix in tahini, garlic, lemon juice, olive oil, salt, and pepper until smooth.
3. To make pita chips, brush pita wedges lightly with olive oil, sprinkle with salt, and bake on a baking sheet at 400°F (200°C) for 8-10 minutes, until golden and crisp.
4. Serve baba ghanoush with pita chips, garnished with parsley and a drizzle of olive oil.

PROTEIN	CARBS	FAT	FIBER
4 GR	15 GR	9 GR	5 GR

ROASTED RED PEPPER AND WALNUT DIP (MUHAMMARA)



INGREDIENTS:

- 1 cup roasted red peppers, drained
- 1/2 cup walnuts
- 1 clove garlic, minced
- 2 tbsp breadcrumbs
- 1 tbsp pomegranate molasses (or 1 tbsp lemon juice + 1 tsp honey as a substitute)
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- Salt and pepper, to taste

TIME	SERVES	CALORIES
10 MINS	4	180 KCAL

DIRECTIONS:

1. Combine roasted red peppers, walnuts, garlic, breadcrumbs, pomegranate molasses, olive oil, and cumin in a food processor. Blend until smooth.
2. Season with salt and pepper. Adjust the flavor as needed.
3. Serve in a dish with a drizzle of olive oil. Pair with pita chips, crackers, or fresh veggies.

PROTEIN	CARBS	FAT	FIBER
4 GR	9 GR	15 GR	3 GR

GREEK TZATZIKI WITH WARM PITA



INGREDIENTS:

- 1 cup plain Greek yogurt
- 1/2 cucumber, grated and squeezed to remove excess water
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp fresh dill or mint, chopped
- Salt and pepper, to taste
- Two pita breads, cut into wedges

TIME	SERVES	CALORIES
10 MINS	4	120 KCAL

DIRECTIONS:

1. Mix Greek yogurt, grated cucumber, garlic, olive oil, lemon juice, and fresh dill or mint in a bowl—season with salt and pepper. Stir until well combined.
2. Warm pita wedges in a skillet or oven for 2-3 minutes until soft and slightly toasted.
3. Serve tzatziki in a bowl drizzled with olive oil alongside warm pita wedges.

PROTEIN	CARBS	FAT	FIBER
4 GR	15 GR	6 GR	2 GR

SPICED ROASTED CHICKPEAS



INGREDIENTS:

- 1 can (15 oz) chickpeas, drained, rinsed, and patted dry
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/4 tsp chili powder
- 1/4 tsp garlic powder
- Salt and pepper, to taste

TIME	SERVES	CALORIES
25 MINS	4	140 KCAL

DIRECTIONS:

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Toss chickpeas with olive oil, smoked paprika, cumin, chili powder, garlic powder, salt, and pepper until evenly coated.
3. Spread chickpeas in a single layer on the baking sheet. Roast for 20-25 minutes, stirring halfway through, until crispy and golden.
4. Let cool slightly before serving as a snack or topping for salads.

PROTEIN	CARBS	FAT	FIBER
6 GR	18 GR	5 GR	6 GR

ROASTED EGGPLANT AND TOMATO STACKERS



INGREDIENTS:

- Two medium eggplants sliced into 1/2-inch rounds
 - Two large tomatoes sliced into rounds
 - 1/4 cup olive oil
 - 1/4 tsp salt
 - 1/4 tsp black pepper
 - 1/2 cup crumbled feta cheese
 - 1/4 cup fresh basil leaves
- Optional:** balsamic glaze for drizzling

TIME	SERVES	CALORIES
30 MINS	4	120 KCAL

DIRECTIONS:

1. **Prepare and Roast:** Preheat oven to 400°F (200°C). Brush eggplant slices with olive oil and sprinkle with salt and pepper. Arrange on a baking sheet and roast for 15-20 minutes, flipping halfway, until tender and lightly browned.
2. **Assemble Stackers:** Layer roasted eggplant slices with tomato rounds and crumbled feta. Repeat layers as desired.
3. **Finish and Serve:** Top each stack with fresh basil leaves and drizzle with balsamic glaze if desired. Serve warm or at room temperature

PROTEIN	CARBS	FAT	FIBER
4 GR	10 GR	8 GR	3 GR

BAKED ZUCCHINI FRIES WITH LEMON YOGURT DIP



INGREDIENTS:

For Zucchini Fries:

- 2 medium zucchinis, cut into sticks
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 large egg, beaten

For Lemon Yogurt Dip:

- 1/2 cup plain Greek yogurt
- 1 tsp lemon juice
- 1/2 tsp lemon zest
- Salt and pepper, to taste

TIME	SERVES	CALORIES
25 MINS	4	150 KCAL

DIRECTIONS:

1. **Prep Zucchini:** Preheat oven to 425°F (220°C). Mix breadcrumbs, Parmesan, and garlic powder in a bowl. Dip zucchini sticks in egg, then coat with breadcrumb mixture.
2. **Bake:** Arrange on a lined baking sheet and bake for 15-18 minutes, flipping halfway, until golden and crisp.
3. **Make Dip:** Combine yogurt, lemon juice, zest, salt, and pepper in a bowl.
4. **Serve** with warm zucchini fries.

PROTEIN	CARBS	FAT	FIBER
6 GR	15 GR	8 GR	2 GR

OVEN-ROASTED LEMON AND HERB POTATOES



INGREDIENTS:

- 1 1/2 lbs. baby potatoes, halved
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp lemon zest
- 1 tsp oregano
- 1/2 tsp garlic powder
- Salt and pepper, to taste

Optional: fresh parsley, chopped

TIME	SERVES	CALORIES
40 MINS	4	180 KCAL

DIRECTIONS:

1. **Prep & Toss:** Preheat oven to 400°F (200°C). Toss potatoes with olive oil, lemon juice, zest, oregano, garlic powder, salt, and pepper.
2. **Roast & serve:** Spread on a lined baking sheet and roast for 35-40 minutes, flipping halfway, until golden.
3. Garnish with parsley and serve warm.

PROTEIN	CARBS	FAT	FIBER
3 GR	30 GR	6 GR	4 GR

WARM ARTICHOKE AND SPINACH DIP



INGREDIENTS:

- 1 cup canned artichoke hearts, drained and chopped
- 1 cup fresh spinach, chopped
- 1/2 cup plain Greek yogurt
- 1/2 cup cream cheese, softened
- 1/2 cup grated Parmesan cheese
- 1/4 cup shredded mozzarella cheese
- One garlic clove, minced
- 1/4 tsp salt
- 1/4 tsp black pepper

TIME	SERVES	CALORIES
25 MINS	6	150 KCAL

DIRECTIONS:

1. **Mix Ingredients:** Preheat oven to 375°F (190°C). Combine artichokes, spinach, Greek yogurt, cream cheese, Parmesan, mozzarella, garlic, salt, and pepper in a mixing bowl. Mix until well blended.
2. **Bake:** Transfer the mixture to an oven-safe dish. Bake for 15-20 minutes until the dip is bubbly and golden on top.
3. Serve warm with whole-grain crackers, pita chips, or fresh vegetable sticks.

PROTEIN	CARBS	FAT	FIBER
6 GR	6 GR	12 GR	2 GR

ZAATAR SPICED PITA CHIPS



INGREDIENTS:

- 2 whole-grain pita bread rounds
- 2 tbsp olive oil
- 2 tbsp za'atar spice
- Salt, to taste

TIME	SERVES	CALORIES
15 MINS	4	120 KCAL

DIRECTIONS:

1. **Prep Chips:** Preheat oven to 375°F (190°C). Cut pita bread into triangles and place on a baking sheet.
2. **Season:** Brush pita triangles with olive oil and sprinkle with za'atar and salt.
3. **Bake:** Bake for 8-10 minutes, flipping halfway, until crispy and golden.

PROTEIN	CARBS	FAT	FIBER
4 GR	18 GR	4 GR	2 GR

ROASTED SPICED ALMONDS



INGREDIENTS:

- 1 cup raw almonds
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp cumin
- 1/4 tsp cayenne pepper (optional for heat)
- 1/4 tsp garlic powder
- 1/2 tsp salt

TIME	SERVES	CALORIES
15 MINS	4	180 KCAL

DIRECTIONS:

1. **Prep Oven:** Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. **Season Almonds:** Toss almonds with olive oil, paprika, cumin, cayenne (if using), garlic powder, and salt until evenly coated.
3. **Roast:** Spread almonds in a single layer on the baking sheet and roast for 10-12 minutes, stirring halfway through, until fragrant and slightly darkened.
4. **Cool and Serve:** Let cool completely before serving or storing in an airtight container.

PROTEIN	CARBS	FAT	FIBER
6 GR	7 GR	15 GR	3 GR

CARROT AND CUMIN DIP WITH WARM PITA



INGREDIENTS:

- Three carrots, peeled and chopped
- 2 tbsp olive oil, divided
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 cup Greek yogurt
- One garlic clove, minced
- 1 tbsp lemon juice
- Salt and pepper, to taste
- Four whole-grain pitas, warmed

TIME	SERVES	CALORIES
25 MINS	4	150 KCAL

DIRECTIONS:

1. Toss carrots with 1 tbsp olive oil, cumin, and paprika. Roast at 400°F (200°C) for 20 minutes until tender.
2. Blend roasted carrots, yogurt, garlic, lemon juice, and olive oil until smooth. Season to taste.
3. Serve with warm pita wedges.

PROTEIN	CARBS	FAT	FIBER
3 GR	20 GR	6 GR	4 GR

MINT AND FETA STUFFED MINI PEPPERS



INGREDIENTS:

- 12 mini bell peppers
- 1/2 cup crumbled feta cheese
- 1/4 cup plain Greek yogurt
- 2 tbsp fresh mint, chopped
- 1/2 tsp lemon zest
- 1/4 tsp black pepper

TIME	SERVES	CALORIES
20 MINS	4	120 KCAL

DIRECTIONS:

1. Preheat the oven to 375°F (190°C). Cut peppers in half lengthwise and remove seeds.
2. Mix feta, yogurt, mint, lemon zest, and black pepper in a bowl. Fill each pepper half with the mixture.
3. Bake for 10-12 minutes until peppers are tender. Serve warm or at room temperature.

PROTEIN	CARBS	FAT	FIBER
5 GR	6 GR	8 GR	2 GR

CAULIFLOWER AND TAHINI DIP WITH ZA'ATAR



INGREDIENTS:

- One medium-head cauliflower cut into florets
- 2 tbsp olive oil
- 1/4 cup tahini
- 2 tbsp lemon juice
- One clove of garlic, minced
- 1/2 tsp cumin
- Salt and pepper, to taste
- 1 tsp za'atar seasoning (plus extra for garnish)

Optional: fresh parsley for garnish

TIME	SERVES	CALORIES
25 MINS	6	140 KCAL

DIRECTIONS:

1. Preheat oven to 400°F (200°C). Toss cauliflower florets with olive oil, salt, and pepper. Roast on a baking sheet for 20 minutes until tender.
2. Blend roasted cauliflower, tahini, lemon juice, garlic, cumin, and 1 tsp za'atar in a food processor until smooth. Adjust seasoning to taste.
3. Transfer to a serving bowl, garnish with za'atar and parsley if desired, and serve with warm pita or veggie sticks.

PROTEIN	CARBS	FAT	FIBER
4 GR	10 GR	9 GR	3 GR

GRILLED ASPARAGUS WITH LEMON AND PARMESAN



INGREDIENTS:

- One lb. asparagus, trimmed
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 cup grated Parmesan cheese
- 1 tsp lemon zest
- 1 tbsp lemon juice

TIME	SERVES	CALORIES
15 MINS	4	90 KCAL

DIRECTIONS:

1. Preheat the grill or grill pan over medium heat. Toss asparagus with olive oil, salt, and pepper.
2. Grill asparagus for 6–8 minutes, turning occasionally, until tender and slightly charred.
3. Transfer to a serving plate, sprinkle with Parmesan, lemon zest, and juice. Serve warm.

PROTEIN	CARBS	FAT	FIBER
4 GR	5 GR	6 GR	2 GR

OLIVE TAPENADE WITH WHOLE-GRAIN CRACKERS



INGREDIENTS:

- 1 cup pitted black olives
- 2 tbsp capers, rinsed
- One clove of garlic
- 2 tbsp extra-virgin olive oil
- 1 tsp lemon juice
- 1/2 tsp dried oregano
- Whole-grain crackers for serving

TIME	SERVES	CALORIES
10 MINS	6	90 KCAL

DIRECTIONS:

1. In a food processor, combine olives, capers, garlic, olive oil, lemon juice, and oregano. Pulse until a coarse paste forms.
2. Adjust seasoning with salt and pepper, if needed.
3. Serve with whole-grain crackers for a flavorful snack or appetizer.

PROTEIN	CARBS	FAT	FIBER
1 GR	5 GR	8 GR	2 GR

FETA-STUFFED DATES



INGREDIENTS:

- 12 significant Medjool dates, pitted
- 1/4 cup crumbled feta cheese
- 1 tbsp chopped walnuts or pistachios

Optional: drizzle of honey or sprinkle of fresh thyme

TIME	SERVES	CALORIES
10 MINS	6	80 KCAL

DIRECTIONS:

1. Gently slice open each date lengthwise without cutting all the way through.
2. Fill each date with about one teaspoon of feta cheese.
3. Top with chopped nuts and drizzle with honey or sprinkle thyme if desired.

PROTEIN	CARBS	FAT	FIBER
2 GR	14 GR	2 GR	1 GR

SAUTÉED GARLICKY SPINACH WITH PINE NUTS



INGREDIENTS:

- 1 tbsp olive oil
- Three garlic cloves, minced
- 8 cups fresh spinach, washed and dried
- 2 tbsp pine nuts, toasted
- Salt and pepper, to taste

Optional: Squeeze of fresh lemon juice

TIME	SERVES	CALORIES
10 MINS	4	110 KCAL

DIRECTIONS:

- 1.Heat olive oil in a large skillet over medium heat. Add garlic and sauté for 1 minute until fragrant.
- 2.Add spinach in batches, stirring until wilted, about 2-3 minutes. Season with salt and pepper.
- 3.Sprinkle toasted pine nuts over the spinach and finish with a squeeze of lemon, if desired.

PROTEIN	CARBS	FAT	FIBER
3 GR	5 GR	9 GR	3 GR

AVOCADO AND OLIVE BRUSCHETTA



INGREDIENTS:

- 4 slices whole-grain baguette, lightly toasted
- One ripe avocado, mashed
- 1/4 cup mixed olives, finely chopped
- 2 tbsp olive oil
- 1 tsp lemon juice
- One garlic clove, halved
- Salt and pepper, to taste

Optional: fresh parsley or basil leaves for garnish

TIME	SERVES	CALORIES
10 MINS	4	160 KCAL

DIRECTIONS:

- 1.Rub the toasted baguette slices with the cut side of the garlic clove.
- 2.Mix mashed avocado, olives, olive oil, and lemon juice in a small bowl. Season with salt and pepper.
- 3.Spread the avocado mixture onto the toasted bread and garnish with parsley or basil, if desired.

PROTEIN	CARBS	FAT	FIBER
3 GR	14 GR	11 GR	4 GR



**CHAPTER SEVEN:
LIGHT DESSERTS,
WHOLESOME SWEET
TREATS**



ALMOND AND ORANGE BLOSSOM BISCOTTI



INGREDIENTS:

- 1 1/2 cups all-purpose flour
- 1/2 cup sugar
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 cup whole almonds, toasted
- Two large eggs
- 1/2 tsp orange blossom water
- Zest of 1 orange

TIME	SERVES	CALORIES
50 MINS	16	120 KCAL

DIRECTIONS:

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Mix flour, sugar, baking powder, salt, and almonds in a bowl.
3. Whisk eggs, orange blossom water, and orange zest in another bowl. Add to dry ingredients and stir until a dough forms.
4. Shape the dough into a log (about 12 inches long). Place on the baking sheet and bake for 25 minutes.
5. Remove and let cool slightly. Slice the log into 1/2-inch-thick pieces and lay slices flat on the baking sheet. Bake for 10–12 minutes per side until golden and crisp

PROTEIN	CARBS	FAT	FIBER
3 GR	15 GR	5 GR	1 GR

STUFFED BAKED APPLES WITH CINNAMON AND WALNUTS



INGREDIENTS:

- 4 medium apples (e.g., Honeycrisp or Granny Smith)
- 1/4 cup chopped walnuts
- 2 tbsp raisins
- 2 tbsp honey
- 1 tsp ground cinnamon
- 1/4 tsp nutmeg (optional)
- 1/4 cup water

TIME	SERVES	CALORIES
35 MINS	4	200 KCAL

DIRECTIONS:

1. Preheat the oven to 375°F (190°C). Core the apples, leaving the bottoms intact to form a cavity.
2. Mix walnuts, raisins, honey, cinnamon, and nutmeg in a bowl. Stuff the mixture into each apple cavity.
3. Place apples in a baking dish and pour water into the bottom of the dish. Cover with foil.
4. Bake for 25–30 minutes until the apples are tender but not mushy.

PROTEIN	CARBS	FAT	FIBER
2 GR	33 GR	8 GR	5 GR

FIG AND ALMOND ENERGY BITES



INGREDIENTS:

- 1 cup dried figs, stems removed
- 1/2 cup almonds
- 1/4 cup rolled oats
- 2 tbsp almond butter
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon

Optional: 1 tbsp chia seeds or shredded coconut for coating

TIME	SERVES	CALORIES
15 MINS	12	100 KCAL

DIRECTIONS:

1. Combine figs, almonds, oats, almond butter, vanilla, and cinnamon in a food processor. Pulse until the mixture is sticky and holds together.
2. Scoop out 1-tablespoon portions and roll them into balls.
3. Optional: Roll bites in chia seeds or shredded coconut for added texture.
4. Chill in the refrigerator for at least 30 minutes before serving.

PROTEIN	CARBS	FAT	FIBER
3 GR	15 GR	4 GR	3 GR

CHIA PUDDING WITH POMEGRANATE AND PISTACHIOS



INGREDIENTS:

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk (or any milk of choice)
- 1 tbsp honey or maple syrup
- 1/2 tsp vanilla extract
- 1/4 cup pomegranate seeds
- 2 tbsp chopped pistachios

TIME	SERVES	CALORIES
10 MINS	2	190 KCAL

DIRECTIONS:

1. Whisk chia seeds, almond milk, honey, and vanilla extract in a mixing bowl. Let sit for 5 minutes, then whisk again to prevent clumping.
2. Cover and refrigerate for at least 2 hours or overnight until the mixture thickens to a pudding-like consistency.
3. Divide the pudding into serving bowls and top with pomegranate seeds and pistachios.

PROTEIN	CARBS	FAT	FIBER
6 GR	21 GR	9 GR	8 GR

LEMON RICOTTA MOUSSE WITH FRESH BERRIES



INGREDIENTS:

- 1 cup ricotta cheese
- 1/4 cup Greek yogurt
- 3 tbsp honey or maple syrup
- Zest of 1 lemon
- 2 tbsp fresh lemon juice
- 1/2 tsp vanilla extract
- 1 cup mixed fresh berries (blueberries, raspberries, or strawberries)

Optional: mint leaves for garnish

TIME	SERVES	CALORIES
15 MINS	4	180 KCAL

DIRECTIONS:

1. In a mixing bowl, whisk together ricotta, Greek yogurt, honey, lemon zest, lemon juice, and vanilla until smooth and creamy.
2. Divide the mousse into serving glasses or bowls.
3. Top with mixed fresh berries and garnish with mint leaves, if desired.
4. Serve immediately or refrigerate for 2 hours for a chilled, refreshing treat.

PROTEIN	CARBS	FAT	FIBER
7 GR	19 GR	8 GR	3 GR

GRILLED PEACHES WITH GREEK YOGURT AND HONEY



INGREDIENTS:

- Four ripe peaches, halved and pitted
- 1 tsp olive oil or melted butter
- 1 cup plain Greek yogurt
- 2 tbsp honey (plus extra for drizzling)

Optional: chopped nuts or fresh mint for garnish

TIME	SERVES	CALORIES
10 MINS	4	140 KCAL

DIRECTIONS:

1. Lightly brush the peach halves with olive oil or melted butter. Preheat a grill or grill pan over medium heat.
2. Place the peaches cut-side down on the grill and cook for 3–4 minutes until softened and grill marks appear.
3. Serve the grilled peaches warm with a dollop of Greek yogurt, a drizzle of honey, and optional toppings like nuts or mint.

PROTEIN	CARBS	FAT	FIBER
6 GR	19 GR	5 GR	2 GR

DATE AND WALNUT BARS WITH COCONUT



INGREDIENTS:

- 1 ½ cups pitted Medjool dates
- 1 cup walnuts
- ½ cup unsweetened shredded coconut (plus extra for coating)
- 1 tbsp coconut oil
- ½ tsp ground cinnamon
- Pinch of sea salt

TIME	SERVES	CALORIES
15 MINS	12 BARS	180 KCAL

DIRECTIONS:

1. Blend the dates and coconut oil until smooth in a food processor.
2. Add walnuts, shredded coconut, cinnamon, sea salt, and pulse until the mixture sticks together.
3. Press the mixture evenly into a parchment-lined 8x8-inch baking dish. Sprinkle extra shredded coconut on top and press lightly.
4. Chill in the refrigerator for at least 1 hour.
5. Slice into 12 bars and serve.

PROTEIN	CARBS	FAT	FIBER
3 GR	22 GR	9 GR	4 GR

POMEGRANATE AND DARK CHOCOLATE BARK



INGREDIENTS:

- 1 ½ cups dark chocolate (70% cocoa or higher), chopped
- ½ cup pomegranate arils
- ¼ cup chopped pistachios
- 1 tbsp sea salt flakes (optional)

TIME	SERVES	CALORIES
20 MINS	12 PIECES	120 KCAL

DIRECTIONS:

1. Melt the dark chocolate in a heatproof bowl over a pot of simmering water, stirring until smooth.
2. Pour the melted chocolate onto a parchment-lined baking sheet and spread it evenly to about ¼-inch thickness.
3. Sprinkle pomegranate arils, pistachios, and sea salt evenly over the chocolate.
4. Chill in the refrigerator for at least 1 hour until set. Break into pieces and serve.

PROTEIN	CARBS	FAT	FIBER
2 GR	13 GR	7 GR	3 GR

OLIVE OIL CITRUS CAKE



INGREDIENTS:

- 1 $\frac{3}{4}$ cups all-purpose flour
- 1 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{4}$ tsp salt
- $\frac{3}{4}$ cup granulated sugar
- 2 large eggs
- $\frac{1}{2}$ cup extra-virgin olive oil
- $\frac{1}{3}$ cup fresh orange juice
- 2 tsp orange zest
- 1 tsp lemon zest
- $\frac{1}{2}$ cup Greek yogurt

Optional Glaze:

- $\frac{1}{2}$ cup powdered sugar
- 1 tbsp fresh orange juice

TIME	SERVES	CALORIES
60 MINS	8	250 KCAL

DIRECTIONS:

1. **Prep:** Preheat the oven to 350°F (175°C). Grease a 9-inch round cake pan and line the bottom with parchment paper.
2. **Mix:** In a bowl, whisk flour, baking powder, baking soda, and salt. In a separate bowl, beat sugar and eggs until pale and fluffy. Gradually whisk olive oil, orange juice, zest, and Greek yogurt.
3. **Combine:** Gently fold the dry ingredients into the wet mixture until smooth. Pour the batter into the prepared pan.
4. **Bake:** Bake for 35-40 minutes or until a toothpick inserted in the center comes out clean. Cool the cake completely.
5. **Glaze:** Whisk powdered sugar with orange juice and drizzle over the cooled cake before serving.

PROTEIN	CARBS	FAT	FIBER
4 GR	35 GR	10 GR	1 GR

LEMON YOGURT POPSICLES WITH FRESH BERRIES



INGREDIENTS:

- 1 cup plain Greek yogurt
- $\frac{1}{4}$ cup honey or maple syrup
- Juice and zest of 1 lemon
- $\frac{1}{2}$ cup mixed fresh berries (blueberries, raspberries, strawberries)

TIME	SERVES	CALORIES
10 MINS	6	180 KCAL

DIRECTIONS:

1. **Prepare the Mixture:** In a bowl, whisk together Greek yogurt, honey, lemon juice, and zest until smooth.
2. **Assemble Popsicles:** Add a few berries to each popsicle mold, then pour the yogurt mixture over the berries, leaving a small gap at the top.
3. **Freeze:** Insert popsicle sticks and freeze for 4–6 hours or until solid. To release, run warm water over the mold for a few seconds.

PROTEIN	CARBS	FAT	FIBER
3 GR	12 GR	2 GR	1 GR

HONEY-ROASTED NUTS WITH SEA SALT



INGREDIENTS:

- 2 cups mixed nuts (almonds, cashews, pecans, walnuts)
- 1/4 cup honey
- 2 tbsp butter
- 1 tsp vanilla extract (optional)
- 1/2 tsp ground cinnamon (optional)
- 1/2 tsp sea salt, plus extra for sprinkling

TIME	SERVES	CALORIES
20 MINS	6	200 KCAL

DIRECTIONS:

1. Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Prepare Glaze: Mix the butter and honey in a small saucepan over low heat. Stir in vanilla extract and cinnamon if using.
3. Place mixed nuts in a bowl. Pour the honey mixture over the nuts and stir until they are evenly coated.
4. Spread the coated nuts in a single layer on the prepared baking sheet. Sprinkle with 1/2 teaspoon of sea salt.
5. Bake for 12-15 minutes, stirring halfway through, until the nuts are golden brown.
6. Remove from the oven and sprinkle with additional sea salt if desired. Allow the nuts to cool completely; they will become crunchy as they cool. Store in an airtight container.

PROTEIN	CARBS	FAT	FIBER
5 GR	12 GR	16 GR	3 GR

APRICOT PISTACHIO BARS WITH OATS



INGREDIENTS:

- 1 cup rolled oats
- 1/2 cup pistachios, roughly chopped
- 1/2 cup dried apricots, finely chopped
- 1/4 cup honey or maple syrup
- 1/4 cup almond butter
- 1/4 tsp cinnamon
- Pinch of salt

TIME	SERVES	CALORIES
25 MINS	12 BARS	150 KCAL

DIRECTIONS:

1. Preheat the oven to 350°F (175°C) and line an 8x8-inch baking dish with parchment paper.
2. In a bowl, combine oats, pistachios, apricots, cinnamon, and salt. Heat almond butter and honey in a small saucepan over low heat until melted, then pour over the oat mixture. Stir to combine.
3. Press the mixture firmly into the prepared dish. Bake for 12-15 minutes until lightly golden. Let cool completely, then cut into bars.

PROTEIN	CARBS	FAT	FIBER
4 GR	22 GR	6 GR	3 GR

GREEK YOGURT CHEESECAKE CUPS WITH BERRY COMPOTE



INGREDIENTS:

- 1 cup Greek yogurt (plain, full-fat, or 2%)
- 4 oz cream cheese, softened
- 1/4 cup honey or maple syrup
- 1/2 tsp vanilla extract
- 1 cup mixed berries (blueberries, raspberries, or strawberries)
- 1 tbsp honey (for compote)
- 6 small graham cracker crumbs (optional for layering)

TIME	SERVES	CALORIES
20 MINS	6	180 KCAL

DIRECTIONS:

1. In a bowl, combine Greek yogurt, cream cheese, honey, and vanilla extract until smooth and creamy.
2. In a small saucepan over medium heat, cook the berries and one tablespoon of honey for 5 minutes until softened and syrupy. Let it cool.
3. Layer the graham cracker crumbs (if using), cheesecake mixture, and berry compote into small glasses or cups. Repeat for layering if desired.
4. Refrigerate for at least 2 hours before serving to allow the flavors to meld and the cheesecake to set.

PROTEIN	CARBS	FAT	FIBER
7 GR	18 GR	9 GR	2 GR

ORANGE AND ALMOND CAKE WITH HONEY GLAZE



INGREDIENTS:

- 1 1/2 cups almond flour
- 1/2 cup all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt
- Two large eggs
- 1/2 cup honey (plus 2 tbsp for glaze)
- 1/4 cup olive oil
- Juice and zest of 1 orange
- **Toppings:** Sliced almonds, powdered sugar

TIME	SERVES	CALORIES
60 MINS	8 SLICES	220 KCAL

DIRECTIONS:

1. Preheat oven to 350°F (175°C). Whisk almond flour, all-purpose flour, baking powder, and salt in a bowl. Mix eggs, honey, olive oil, orange juice, and zest in another bowl until smooth. Combine wet and dry ingredients.
2. Pour batter into a greased 8-inch round pan. Bake for 30–35 minutes or until a toothpick inserted in the center comes clean.
3. While warm, brush the cake with two tablespoons of honey. Let cool before serving. Garnish with sliced almonds or a dusting of powdered sugar, if desired.

PROTEIN	CARBS	FAT	FIBER
6 GR	28 GR	10 GR	3 GR

MEDITERRANEAN FRUIT SALAD WITH MINT AND CITRUS



INGREDIENTS:

- 1 cup strawberries, hulled and sliced
- 1 cup orange segments (about 2 oranges)
- 1 cup diced watermelon
- 1 cup grapes, halved
- 1/2 cup pomegranate seeds
- Juice and zest of 1 lemon
- 2 tbsp fresh mint leaves, chopped

Optional: 1 tsp honey or a pinch of cinnamon for sweetness

TIME	SERVES	CALORIES
10 MINS	4	120 KCAL

DIRECTIONS:

1. In a large bowl, combine strawberries, orange segments, watermelon, grapes, and pomegranate seeds.
2. Drizzle the lemon juice over the fruit, sprinkle with zest, and toss gently. Add chopped mint and mix again.
3. Drizzle with honey or sprinkle with cinnamon before serving.

PROTEIN	CARBS	FAT	FIBER
2 GR	28 GR	1 GR	4 GR

SESAME TAHINI AND HONEY COOKIES



INGREDIENTS:

- 1/2 cup tahini
- 1/4 cup honey
- 1/4 cup brown sugar
- 1 tsp vanilla extract
- One large egg
- 1 cup almond flour
- 1/4 tsp baking powder
- 2 tbsp sesame seeds (plus extra for topping)

TIME	SERVES	CALORIES
20 MINS	16 COOKIES	180 KCAL

DIRECTIONS:

1. Preheat the oven to 350°F (175°C). Whisk together tahini, honey, brown sugar, vanilla, and the egg until smooth.
2. Stir in almond flour, baking powder, and sesame seeds until a soft dough forms.
3. Roll the dough into 1-inch balls, flatten slightly, and press extra sesame seeds on top. Arrange on a parchment-lined baking sheet and bake for 10-12 minutes or until golden around the edges.
4. Let cool before serving.

PROTEIN	CARBS	FAT	FIBER
2 GR	10 GR	6 GR	1 GR

GREEK YOGURT LEMON BARS



INGREDIENTS:

Crust:

- 1 cup whole-wheat flour
- 1/4 cup almond flour
- 1/4 cup honey
- 1/4 cup unsalted butter, melted

Filling:

- 1 cup plain Greek yogurt
- 1/2 cup honey
- 3 large eggs
- 1/3 cup fresh lemon juice
- 1 tbsp lemon zest

TIME	SERVES	CALORIES
60 MINS	12	180 KCAL

DIRECTIONS:

- 1. Prepare Crust:** Preheat oven to 350°F (175°C). Mix crust ingredients until crumbly, press into an 8x8-inch pan, and bake for 10-12 minutes.
- 2. Make Filling:** Whisk yogurt, honey, eggs, lemon juice, and zest until smooth. Pour over baked crust.
- 3. Bake:** Bake for 20-25 minutes until set. Cool completely, then refrigerate for at least 2 hours before slicing into bars.

PROTEIN	CARBS	FAT	FIBER
4 GR	23 GR	7 GR	1 GR

ROASTED PEARS WITH CINNAMON AND WALNUTS



INGREDIENTS:

- Two large pears, halved and cored
- 2 tbsp honey
- 1/4 tsp ground cinnamon
- 1/4 cup walnuts, chopped
- 1 tbsp unsalted butter, melted

Optional Topping: Greek yogurt or vanilla ice cream

TIME	SERVES	CALORIES
25 MINS	4	140 KCAL

DIRECTIONS:

- 1. Prepare Pears:** Preheat the oven to 375°F (190°C). Place pear halves cut side up on a baking dish. Drizzle with melted butter and honey, then sprinkle with cinnamon.
- 2. Add Walnuts:** Sprinkle chopped walnuts over the pears, pressing gently to adhere.
- 3. Roast:** Bake for 20-25 minutes or until pears are tender and golden.
- 4. If desired,** serve warm with a dollop of Greek yogurt or a scoop of vanilla ice cream.

PROTEIN	CARBS	FAT	FIBER
2 GR	18 GR	8 GR	4 GR

ALMOND AND FIG TART WITH GREEK YOGURT



INGREDIENTS:

- One premade tart crust or 1 cup almond flour (for homemade crust)
- 1/2 cup plain Greek yogurt
- 2 tbsp honey
- Six fresh figs, sliced
- 1/4 cup sliced almonds, toasted

Optional: drizzle of honey, pinch of cinnamon

TIME	SERVES	CALORIES
30 MINS	6	220 KCAL

DIRECTIONS:

1. **Prep Crust:** If using a homemade crust, press almond flour into a tart pan and bake at 350°F (175°C) for 10 minutes. Cool completely.
2. **Assemble Tart:** Spread Greek yogurt with honey evenly over the crust. Arrange sliced figs on top.
3. **Finish and Serve:** Sprinkle with almonds, add optional toppings, and serve immediately.

PROTEIN	CARBS	FAT	FIBER
6 GR	24 GR	12 GR	3 GR

OLIVE OIL AND ORANGE SHORTBREAD COOKIES



INGREDIENTS:

- 1 3/4 cups all-purpose flour
- 1/3 cup powdered sugar
- Zest of 1 orange
- 1/2 cup extra-virgin olive oil
- 1/4 tsp salt
- 1/2 tsp vanilla extract

Optional: 1 tbsp orange juice, coarse sugar for sprinkling

TIME	SERVES	CALORIES
30 MINS	20 COOKIES	80 KCAL

DIRECTIONS:

1. **Preheat Oven:** Heat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. **Mix Dough:** In a bowl, combine flour, powdered sugar, orange zest, and salt. Add olive oil, vanilla, and orange juice (if using). Mix until a soft dough forms.
3. **Shape Cookies:** Roll dough into 1-inch balls, flatten slightly, and place on the baking sheet. Sprinkle with coarse sugar if desired.
4. **Bake:** Bake for 12-15 minutes until edges are lightly golden. Let cool completely before serving.

PROTEIN	CARBS	FAT	FIBER
1 GR	10 GR	4 GR	0.5 GR



**CHAPTER EIGHT:
REFRESHING
MEDITERRANEAN
BEVERAGES**



CLASSIC GREEK FRAPPE (ICED COFFEE)



INGREDIENTS:

- 1 tbsp instant coffee
- 1 tsp sugar (optional)
- 2 tbsp cold water
- 1/2 cup cold water or milk
- Ice cubes

TIME	SERVES	CALORIES
5 MINS	1	40 KCAL

DIRECTIONS:

1. **Froth Coffee:** In a shaker or jar, combine instant coffee, sugar (if using), and 2 tbsp cold water. Shake vigorously until thick and frothy.
2. **Assemble Drink:** Pour the frothy coffee into a tall glass. Add ice cubes and fill the glass with cold water or milk.
3. **Serve:** Stir gently and enjoy with a straw.

PROTEIN	CARBS	FAT	FIBER
6 GR	24 GR	12 GR	3 GR

CUCUMBER AND MINT LEMONADE



INGREDIENTS:

- 1/2 cucumber, peeled and sliced
- Juice of 2 lemons
- 2 tbsp honey or maple syrup
- 2 cups cold water
- 6-8 fresh mint leaves
- Ice cubes

TIME	SERVES	CALORIES
10 MINS	2	45 KCAL

DIRECTIONS:

1. **Blend Base:** In a blender, combine cucumber slices, lemon juice, honey, and water. Blend until smooth.
2. **Strain and Mix:** Strain the mixture through a fine mesh sieve into a pitcher. Add mint leaves and stir gently.
3. **Serve:** Pour over ice in glasses and garnish with extra mint leaves or a cucumber slice.
4. **Tip:** For a fizzy twist, replace 1 cup of water with sparkling water just before serving

PROTEIN	CARBS	FAT	FIBER
0 GR	11 GR	0 GR	1 GR

POMEGRANATE AND CITRUS SPARKLER



INGREDIENTS:

- 1/2 cup pomegranate juice
- Juice of 1 orange
- 1 cup sparkling water
- Pomegranate seeds for garnish
- Orange slices for garnish
- Ice cubes

TIME	SERVES	CALORIES
5 MINS	2	60 KCAL

DIRECTIONS:

1. **Mix Juices:** In a pitcher, combine pomegranate juice and orange juice. Stir well.
2. **Assemble:** Fill two glasses with ice, then pour the juice mixture evenly. Top with sparkling water.
3. **Garnish and Serve:** Add a few pomegranate seeds and an orange slice to each glass. Serve immediately.

PROTEIN	CARBS	FAT	FIBER
0 GR	15 GR	0 GR	1 GR

HIBISCUS ICED TEA WITH FRESH MINT



INGREDIENTS:

- 4 cups water
- 2 tbsp dried hibiscus flowers (or 4 hibiscus tea bags)
- 1-2 tbsp honey or sweetener of choice (optional)
- 1/4 cup fresh mint leaves
- Ice cubes
- Lemon slices for garnish

TIME	SERVES	CALORIES
10 MINS	4	5 KCAL

DIRECTIONS:

1. **Brew Tea:** Bring water to a boil, remove from heat, and add hibiscus flowers or tea bags. Let steep for 5 minutes. Strain and discard flowers or remove tea bags.
2. **Sweeten and Chill:** Stir in honey or sweetener if desired. Let the tea cool to room temperature, then refrigerate until cold.
3. **Serve:** Pour the tea over ice in glasses. Add fresh mint leaves and garnish with lemon slices.
4. **Tip:** Let the tea steep longer or add hibiscus flowers for a bolder flavor.

PROTEIN	CARBS	FAT	FIBER
0 GR	1 GR	0 GR	0 GR

SPICED ALMOND MILK WITH CINNAMON AND HONEY



INGREDIENTS:

- 2 cups unsweetened almond milk
- 1-2 tbsp honey (adjust to taste)
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp pure vanilla extract

Optional: pinch of ground ginger

TIME	SERVES	CALORIES
10 MINS	2	90 KCAL

DIRECTIONS:

1. **Heat Milk:** In a small saucepan, warm almond milk over medium heat. Stir occasionally to avoid scorching.
2. **Add Spices and Sweetener:** Whisk in honey, cinnamon, nutmeg, vanilla, and ginger (if using). Stir until well combined and the honey dissolves.
3. **Serve:** Pour into mugs and sprinkle with a pinch of cinnamon on top for garnish. Serve warm.
4. **Tip:** For a frothy texture, whisk the milk vigorously or use a milk frothier before serving.

PROTEIN	CARBS	FAT	FIBER
2 GR	12 GR	4 GR	1 GR

FRESH ORANGE AND GINGER JUICE



INGREDIENTS:

- 4 large oranges, juiced (about 2 cups)
- 1-inch piece of fresh ginger, peeled and grated
- 1/4 cup cold water (optional for diluting)
- Ice cubes (optional for serving)

TIME	SERVES	CALORIES
10 MINS	2	80 KCAL

DIRECTIONS:

1. **Juice Oranges:** Squeeze the juice from the oranges and pour it into a pitcher.
2. **Add Ginger:** Grate the ginger finely and stir it into the orange juice. Allow the juice to sit for 1-2 minutes for the flavors to blend.
3. **Strain:** Strain the juice through a fine mesh sieve if you prefer a smoother drink.
4. **Serve:** Pour into glasses over ice, if desired, and enjoy chilled.
5. **Tip:** Garnish with a thin orange slice or a sprig of mint for an added touch.

PROTEIN	CARBS	FAT	FIBER
1 GR	20 GR	0 GR	2 GR

MEDITERRANEAN HERBAL ICED TEA WITH ROSEMARY AND THYME



INGREDIENTS:

- 4 cups water
- 2 sprigs of fresh rosemary
- 2 sprigs fresh thyme
- 2 herbal tea bags (e.g., chamomile or mint)
- 1 tbsp honey (optional, adjust to taste)
- Ice cubes (for serving)

Optional Garnish: lemon slices, additional herb sprigs

TIME	SERVES	CALORIES
15 MINS	4	5 KCAL

DIRECTIONS:

1. **Boil Water:** Bring the water to a gentle boil in a saucepan.
2. **Steep Herbs and Tea:** Remove from heat and add rosemary, thyme, and tea bags. Cover and let steep for 10 minutes.
3. **Sweeten and Cool:** Remove the tea bags and herbs. Stir in honey if using. Allow the tea to cool to room temperature, then refrigerate until chilled.
4. **Serve:** Pour over ice into glasses and garnish with lemon slices or fresh herb sprigs, if desired.

Tip: Adjust the intensity of flavors by steeping the herbs longer for a bolder taste.

PROTEIN	CARBS	FAT	FIBER
0 GR	1 GR	0 GR	0 GR

SPARKLING WATER WITH LEMON AND BASIL



INGREDIENTS:

- 4 cups sparkling water, chilled
- one lemon, thinly sliced
- 8 fresh basil leaves
- Ice cubes (for serving)

Optional Sweetener: 1 tsp honey or agave syrup

TIME	SERVES	CALORIES
5 MINS	4	0 KCAL

DIRECTIONS:

1. **Prepare Glasses:** Add a few lemon slices and basil leaves to each glass. Muddle gently to release the basil's aroma.
2. **Add Sparkling Water:** Fill the glasses with ice cubes and pour in the sparkling water.
3. **Sweeten if Desired:** Stir in honey or agave syrup, if using, for a touch of sweetness.
4. **Tip:** For an extra-refreshing twist, let the lemon slices and basil infuse in the sparkling water for 10-15 minutes before serving.

PROTEIN	CARBS	FAT	FIBER
0 GR	0 GR	0 GR	0 GR

WATERMELON AND MINT SMOOTHIE



INGREDIENTS:

- 3 cups seedless watermelon, diced and chilled
- 1/4 cup fresh mint leaves
- 1/2 cup plain Greek yogurt or coconut milk (optional, for creaminess)
- 1 tbsp honey or agave syrup (optional for sweetness)
- Juice of 1 lime
- Ice cubes (for a frosty texture)

TIME	SERVES	CALORIES
5 MINS	2	90 KCAL

DIRECTIONS:

1. **Blend:** Add watermelon, mint leaves, lime juice, and ice cubes to a blender. Include yogurt or coconut milk if using. Blend until smooth.
2. **Taste and Sweeten:** Taste the smoothie and add honey or agave syrup if desired. Blend briefly to combine.
3. **Serve:** Pour into glasses and garnish with a sprig of mint or a small watermelon wedge.
4. **Tip:** For an extra cooling effect, freeze the watermelon chunks beforehand.

PROTEIN	CARBS	FAT	FIBER
1 GR	23 GR	0 GR	1 GR

ICED GREEN TEA WITH HONEY AND LEMON



INGREDIENTS:

- 4 cups water
- 3 green tea bags
- 3 tbsp honey (or to taste)
- Juice of 1 lemon
- Lemon slices and ice cubes (for serving)

TIME	SERVES	CALORIES
10 MINS	4	40 KCAL

DIRECTIONS:

1. **Brew:** Bring the water to a simmer, then remove from heat. Add green tea bags and steep for 3-4 minutes. Discard tea bags.
2. **Sweeten and Cool:** Stir in honey and lemon juice while the tea is warm. Let cool to room temperature, then chill in the refrigerator for at least 1 hour.
3. **Serve:** Pour over ice in glasses, garnish with lemon slices, and enjoy.
4. **Tip:** For extra flavor, add a sprig of mint or a slice of ginger while steeping the tea.

PROTEIN	CARBS	FAT	FIBER
0 GR	10 GR	0 GR	0 GR

LEMON BASIL ICED TEA



INGREDIENTS:

- 4 cups water
- Three black tea bags
- 1/4 cup fresh basil leaves
- Juice of 2 lemons
- 2-3 tbsp honey (adjust to taste)
- Ice cubes and lemon slices for serving

TIME	SERVES	CALORIES
10 MINS	4	25 KCAL

DIRECTIONS:

1. **Brew:** Heat water to a simmer, then add tea bags and basil leaves. Steep for 5 minutes. Remove tea bags and basil leaves.
2. **Sweeten and Cool:** Stir in lemon juice and honey while the tea is warm. Let the mixture cool, then refrigerate for at least 1 hour.
3. **Serve:** Pour over ice in glasses, garnish with lemon slices and fresh basil, and enjoy.
4. **Tip:** Add a pinch of grated ginger or a sprig of mint for a refreshing twist.

PROTEIN	CARBS	FAT	FIBER
0 GR	7 GR	0 GR	0 GR

ROSEMARY AND ORANGE INFUSED WATER



INGREDIENTS:

- 4 cups water
- 1 orange, thinly sliced
- 2 sprigs fresh rosemary
- Ice cubes

TIME	SERVES	CALORIES
5 MINS	4	10 KCAL

DIRECTIONS:

1. **Combine:** Add orange slices and rosemary sprigs to a water pitcher.
2. **Chill:** Refrigerate for at least 1 hour to allow the flavors to infuse.
3. **Serve:** Pour into glasses over ice and garnish with a sprig of rosemary or an orange slice if desired.
4. **Tip:** Gently bruise the rosemary sprigs before adding to the water for a more robust flavor.

PROTEIN	CARBS	FAT	FIBER
0 GR	2 GR	0 GR	0 GR

MEDITERRANEAN SPICED HOT CHOCOLATE WITH CARDAMON



INGREDIENTS:

- 2 cups unsweetened almond milk (or milk of choice)
- 2 tbsp unsweetened cocoa powder
- 2 tbsp honey (or sweetener of choice)
- 1/4 tsp ground cardamom
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg (optional)
- Pinch of sea salt

Optional Toppings: Whipped cream, grated dark chocolate, or a cinnamon stick

TIME	SERVES	CALORIES
10 MINS	2	170 KCAL

DIRECTIONS:

1. **Heat Milk:** In a small saucepan, heat almond milk over medium heat until warm but not boiling.
2. **Mix Spices:** Whisk in cocoa powder, honey, cardamom, cinnamon, nutmeg, and sea salt. Stir continuously until well combined and heated through.
3. **Serve:** Pour into mugs and top with whipped cream or grated dark chocolate if desired.

PROTEIN	CARBS	FAT	FIBER
6 GR	20 GR	8 GR	2 GR

ICED LAVENDER AND HONEY GREEN TEA



INGREDIENTS:

- 4 cups water
- 3 green tea bags
- 1 tbsp dried lavender flowers (food-grade)
- 3 tbsp honey (adjust to taste)
- Ice cubes

Optional: fresh lavender sprigs or lemon slices for garnish

TIME	SERVES	CALORIES
15 MINS	4	50 KCAL

DIRECTIONS:

1. **Steep Tea and Lavender:** Bring water to a gentle simmer in a pot. Remove from heat, add green tea bags and lavender flowers, and let steep for 5-7 minutes.
2. **Sweeten and Cool:** Strain the tea into a pitcher to remove lavender and tea bags. Stir in honey until dissolved. Allow to cool to room temperature, then refrigerate until chilled.
3. **Serve:** Pour over ice in glasses and garnish with fresh lavender sprigs or lemon slices if desired.
4. **Tip:** For a more robust lavender flavor, steep the flowers for 10 minutes. Adjust sweetness based on your preference.

PROTEIN	CARBS	FAT	FIBER
0 GR	12 GR	0 GR	0 GR

MINT AND CUCUMBER SPARKLING WATER



INGREDIENTS:

- One cucumber, thinly sliced
- 1/4 cup fresh mint leaves
- 4 cups sparkling water
- Ice cubes

Optional: Lemon or lime slices for garnish

TIME	SERVES	CALORIES
5 MINS	4	0 KCAL

DIRECTIONS:

1. **Prepare the Water:** Combine cucumber slices and mint leaves in a pitcher. Gently press with a spoon to release flavors.
2. **Add Sparkling Water:** Pour sparkling water into the pitcher and stir gently.
3. **Serve:** Pour over ice in glasses and garnish with lemon or lime slices, if desired.
4. **Tip:** Allow the water to infuse for a more intense flavor for 10-15 minutes before serving.

PROTEIN	CARBS	FAT	FIBER
0 GR	0 GR	0 GR	0 GR

FRESH PEACH AND THYME COOLER



INGREDIENTS:

- 2 ripe peaches, sliced
- 1/4 cup fresh thyme sprigs
- 4 cups sparkling water
- 1 tbsp honey (optional)
- Ice cubes

Optional: Peach slices and thyme sprigs for garnish

TIME	SERVES	CALORIES
10 MINS	4	60 KCAL

DIRECTIONS:

1. **Prepare the Base:** Blend peach slices with honey (if using) and 1/2 cup water until smooth. Strain if desired for a smoother texture.
2. **Infuse with Thyme:** Pour the peach puree into a pitcher and stir in thyme sprigs. Let it sit for 5 minutes to infuse.
3. **Mix and Serve:** Add sparkling water and ice. Stir gently, pour into glasses, and garnish with peach slices and thyme sprigs if desired.
4. **Tip:** Replace half the sparkling water with ginger ale for a fizzy twist.

PROTEIN	CARBS	FAT	FIBER
0 GR	15 GR	0 GR	1 GR

POMEGRANATE AND MINT ICED GREEN TEA



INGREDIENTS:

- 4 cups water
- 3 green tea bags
- 1/2 cup pomegranate juice
- 2 tbsp honey (optional)
- 1/4 cup fresh mint leaves
- Ice cubes

Optional: Pomegranate seeds and mint sprigs for garnish

TIME	SERVES	CALORIES
10 MINS	4	40 KCAL

DIRECTIONS:

1. **Brew the Tea:** Boil water and steep green tea bags for 3-4 minutes. Remove tea bags and let it cool to room temperature.
2. **Combine and Chill:** Mix cooled green tea with pomegranate juice, honey (if using), and mint leaves in a pitcher. Chill in the refrigerator for at least 1 hour.
3. **Serve:** Pour over ice in glasses, garnish with pomegranate seeds and mint sprigs, and enjoy.
4. **Tip:** For added zest, include a squeeze of fresh lime juice before serving.

PROTEIN	CARBS	FAT	FIBER
0 GR	10 GR	0 GR	0 GR

CITRUS AND GINGER WARM DETOX DRINK



INGREDIENTS:

- 2 cups water
- 1-inch piece of fresh ginger, sliced
- One lemon, juiced
- 1 orange, juiced
- 1 tsp honey or maple syrup (optional)
- Optional: 1/4 tsp ground turmeric

TIME	SERVES	CALORIES
10 MINS	2	30 KCAL

DIRECTIONS:

1. **Boil Water:** Bring water and sliced ginger to a gentle boil in a small pot. Reduce heat and simmer for 5 minutes.
2. **Mix Citrus and Sweetener:** Remove the pot from heat and stir in lemon juice, orange juice, and honey or maple syrup, if using. Add turmeric for an extra detox boost, if desired.
3. **Serve Warm:** Pour into mugs and serve immediately for a soothing, warming detox experience.
4. **Tip:** Garnish with a slice of lemon or orange and a sprig of fresh mint for extra flavor and presentation.

PROTEIN	CARBS	FAT	FIBER
0 GR	8 GR	0 GR	0 GR



CHAPTER NINE: STAYING MOTIVATED AND ON TRACK





Embarking on a Mediterranean diet is a journey toward healthier living, and like any lifestyle change, it comes with its own set of challenges. This chapter will provide you with practical strategies to maintain motivation, overcome obstacles, and ensure long-term success on your Mediterranean diet journey.

TIPS FOR SUCCESS:

Start with Realistic Goals

Setting achievable goals is the cornerstone of staying motivated. Instead of aiming for perfection, focus on progress. For instance, commit to preparing three Mediterranean meals weekly or swapping processed snacks for fruits and nuts. Small, consistent changes add up to significant results over time.

Create a Meal Planning Routine

A well-planned week reduces decision fatigue and prevents last-minute unhealthy choices. Dedicate a specific day to planning your meals, making your grocery list, and preparing ingredients in advance. Use the 30-day meal plan included in this book as a starting point.

Find Your “Why”

Understanding why you’ve chosen the Mediterranean diet can be a powerful motivator. Whether it’s improving your health, having more energy, or simply enjoying delicious meals, remind yourself of your personal reasons whenever motivation wanes.

Celebrate Small Wins

Recognize and celebrate your successes, no matter how small. Did you stick to the meal plan for a week? Treat yourself to a new cookbook or kitchen gadget. These positive reinforcements keep your spirits high.

Handle Cravings with a Plan

Cravings are natural, especially when transitioning to a new way of eating. Keep Mediterranean-friendly snacks, such as almonds, hummus, or Greek yogurt with honey, to satisfy cravings without derailing your progress.



TROUBLESHOOTING AND FAQs

1. What if I'm too busy to cook?

Busy schedules can make meal preparation challenging, but the Mediterranean diet is flexible. Choose quick and simple recipes, such as salads or one-pan dishes. Batch-cooking on weekends and freezing meals can save time during the week.

2. How can I deal with cravings for sweets or junk food?

Cravings are common and manageable. Incorporate naturally sweet options like fresh fruits or dark chocolate in moderation. For salty cravings, olives or roasted chickpeas are excellent alternatives. The key is balance—not deprivation.

3. What if my family isn't on board?

Getting family support can be tough, but you can lead by example. Cook flavorful Mediterranean dishes that everyone will enjoy, such as pasta with tomato sauce, grilled chicken, or homemade flatbreads. Gradually introduce healthier options without making it feel restrictive.

4. How do I keep meals exciting?

Variety is essential for long-term success. Rotate your favorite recipes and try seasonal ingredients to keep your meals fresh and flavourful. This book offers over 100 recipes to ensure you never run out of ideas.

5. What if I'm eating out?

Eating out can fit into the Mediterranean diet with a little planning. Look for grilled fish, salads with olive oil dressing, or vegetable-based dishes. Avoid fried or overly processed options, and don't hesitate to ask for substitutions.

6. What if I slip up?

Slipping up is part of the journey, not the end of it. Don't let it derail your progress if you have an off day. Reflect on what happened, adjust your approach, and get back on track with your next meal. Remember, consistency matters more than perfection.



Conclusion

Throughout this book, you've explored the vibrant world of the Mediterranean diet, one of the healthiest and most celebrated ways of eating. From understanding its foundational principles to trying over 100 delicious recipes, you've learned how to quickly bring the fresh, bold flavors of the Mediterranean into your kitchen.

We began with simple, nutrient-rich ingredients like olive oil, fresh vegetables, whole grains, and lean proteins. From there, we built a collection of recipes that showcase the variety and versatility of this timeless cuisine, covering everything from energizing breakfasts to satisfying lunches, hearty dinners, light snacks, and even wholesome desserts.

To help you get started, we included a 30-day meal plan and shopping list designed to take the guesswork out of meal preparation and set you up for success. With these tools, you have a roadmap to incorporate the Mediterranean lifestyle into your daily routine—one flavorful step at a time.

But the Mediterranean way of life is more than just a diet; it celebrates balance, connection, and joy. It's about slowing down, savoring each meal, and sharing moments with the people who matter most. By adopting this approach, you're nourishing your body and cultivating a healthier, more fulfilling way of living.

As you move forward, take these recipes, tips, and insights. Use them as a foundation to continue exploring, experimenting, and creating meals that work for your lifestyle. The Mediterranean diet isn't a rigid set of rules—it's a flexible, sustainable way to enjoy good food and health.



A NOTE FROM THE AUTHOR

Dear Reader,

Thank you for taking this journey into the vibrant and delicious world of the Mediterranean diet with me. I hope this cookbook has inspired you to embrace a healthier lifestyle while enjoying the simple pleasures of cooking and sharing meals with those you love.

The Mediterranean way of eating is about more than food—it's about balance, connection, and celebrating life's small joys. I hope that these recipes have not only nourished your body but also brought happiness to your table.

Remember, healthy eating doesn't have to be complicated. It's about taking one small step at a time and discovering the best flavors and habits for you. Whether cooking for yourself or creating special moments with family and friends, know that every meal contributes to a healthier, more vibrant you.

Thank you for letting me be part of your journey. I'd love to hear about your experiences, favorite recipes, and culinary adventures. Wishing you health, happiness, and many delicious meals ahead!

With heartfelt wishes for your success,

Tessa Green

"Small steps lead to big changes—embrace the journey, savor every bite, and let the Mediterranean lifestyle transform your health and happiness."